

teen health

11-19 service

Supporting children and young people's health

Service Information Pack

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Schools Information in Brief

Please note:

We can only accept a referral if the Child/Young Person (or their parent/carer if under 13) has given consent – please ask the Young Person / parent/carer to complete the consent section.

The Teen Health 11-19 Service offers Public Health focussed group-based interventions to children and young people to:

Support and improve emotional wellbeing with a focus on:

- a. Improving self esteem
- b. Improving body image
- c. Building resilience

Supporting Healthy Relationships

- a. Building positive relationships
- b. Reduce violence in intimate relationships
- c. Promoting positive sexual health and wellbeing

Supporting children and young people to make healthier choices with a focus on

- a. Reducing substance misuse particularly cannabis use
- b. Reducing alcohol consumption

We will work with your education setting to support your 'Whole School Approach' to improving the emotional wellbeing and health of all students in the school, this can include information sessions and assemblies

Where another service may be more appropriate for the child or young person we will signpost and link to other agencies and are able to support referrals

We **may** be able to offer individual evidence-based interventions with young people and families who may have more complex needs, or where groups may not be appropriate, however please note there is very limited capacity for this

About the Teen Health 11-19 service in Leicestershire

Teen Health 11-19 service (Leicestershire)

The 'Teen Health 11-19' service provides preventive early intervention public health programmes as the heart of the universal service for young people of secondary school age and up to the age of 25 years for young people with Special Educational Needs and / or Disabilities (SEND).

Based within schools and the community, the programme supports children and young people to grow up to be healthy, stay safe and be able to achieve their potential. A key objective of this service is to promote healthier lifestyles and improve health outcomes and ensure that those at risk are identified at the earliest possible opportunity.

There is a focus on reducing harm, protecting and safeguarding children and young people. Responding to their needs earlier to enable them to be resilient and to reduce the need for more specialist interventions. By working in partnership with other organisations across the wider children and young people's services within Leicestershire, together we put the needs of children and young people at the centre of our approach.

The service currently operates Monday to Friday between 9am and 5pm, excluding bank holidays. We provide a year-round service which means children and young people can continue to receive support during school holiday periods.

Once the service has been established, and in consultation with young people who may need the support outside traditional office hours, we will trial extending availability outside of traditional office hours.

For more information please visit the webpage on

<https://www.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/teen-health-11-19>.

For general enquiries or advice on referrals please email teenhealth@leics.gov.uk or phone **0116 305 8727**

Our Priorities

As part of the wider Early Help and Children and families services, we are committed to supporting Children and Young People to achieve the priorities identified in the **Leicestershire Children and Families Partnership Plan** (for more information please visit <https://www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/leicestershire-children-and-families-partnership>)

Alongside this we are focussed on **Six High Impact Areas for school aged children**, as per the national guidance from the Office for Health Improvement and Disparities;

1. Supporting resilience and wellbeing
2. Improving health behaviours and reducing risk taking
3. Supporting healthy lifestyles
4. Supporting vulnerable young people and improving health inequalities
5. Supporting complex and additional health and wellbeing needs
6. Promoting self-care and improving health literacy prevention

Following consultation we have identified a number of **Locally identified priorities**;

1. **Support to improve emotional wellbeing with a focus on:**

- a. Improving self esteem
- b. Improving body image
- c. Building resilience

2. **Supporting Healthy Relationships**

- a. Building positive relationships
- b. Reduce violence in intimate relationships
- c. Promoting positive sexual health and wellbeing

3. **Supporting children and young people to make healthier choices with a focus on**

- a. Reducing substance misuse particularly cannabis use
- b. Reducing alcohol consumption

Thresholds and referral Criteria

As a service with a focus on providing early intervention we may not always be the most appropriate service for the Child or Young Person. Please see below for more detail on what our Health and Wellbeing Officers can support with, and where another service may be more suitable;

| | Youth Wellbeing officer will assess and support with | Youth Wellbeing officer will not support with |
|-----------------------|---|---|
| Emotional wellbeing | <ul style="list-style-type: none"> ■ Children with low level emotional wellbeing concerns, for example; ■ Low mood as a result of poor image or peer relationships ■ Anxiety due to poor relationships where support to improve social skills can increase emotional resilience ■ Children for whom emotional wellbeing concerns may be impacting their attendance and engagement in education ■ Children beginning to show a pattern or repeated exclusions from school, where the sole reason is not due to behaviour ■ Children who are NEET where there are wider factors and that this is not the sole reason for the referral | <ul style="list-style-type: none"> ■ Children who meet CAMHS Thresholds ■ Children who are using Self-harm, have suicidal thoughts or intent ■ Children experiencing suicidal thoughts or intent ■ Children who are not attending school due to a medical condition, or are already open to Exclusion Team or Youth Services ■ Persistent & unexplained absences from school where there are wider factors which may prevent engagement in education ■ Children who are on the waiting list for CAMHS / open to CAMHS for an active assessment and are receiving treatment ■ Children who have complex mental health difficulties or diagnosis (such as eating disorders, significant self-harming, OCD, body dysmorphia, severe social anxiety and/or significant depressive episodes) ■ Children who are being electively home educated |
| Healthy relationships | <ul style="list-style-type: none"> ■ Children growing up in families who may be receiving support from other agencies due to low-level needs which may be impacting the child ■ Support to develop positive coping strategies in relation to family relationships ■ Children who are living in environments where adults and/or other children/elder siblings are actively involved with Youth Justice, Adult Probation, or are in Prison ■ Supporting children who may be vulnerable to being exploited - where there is currently a low risk ■ Risk taking behaviours around personal or intimate relationships ■ May be a survivor of Domestic Abuse in intimate peer relationships ■ Children who may be experiencing issues around their gender identity or sexuality ■ Children who may be experiencing negative peer relationships or social isolation ■ Children who may benefit from additional support around sexual health, STI's, positive sexual relationships, consent and other needs | <ul style="list-style-type: none"> ■ Children where the concern is solely their behaviour in school ■ Children who are subject to 'internal' exclusions within school ■ Significant parental substance misuse, AMH and current domestic abuse ■ Family breakdown and breakdown and significant bereavement ■ Parental conflicts around custody and / or contact arrangements ■ Where there is a family and there is more than one child who requires support, consideration should be given for wider Family support in the first instance ■ Low level behaviours at home only ■ Children who have been repeatedly missing from home ■ Children who have made a disclosure which is being actively investigated and where the child may require more specialist support ■ Children who are currently receiving support from social care for CCE/CSE, or perpetrating harmful sexual behaviour ■ Children who are receiving additional sessions via the Safe Return Project Team ■ Children who are already open to the CSE / CCE Team and/or where a RAT has been completed |

| | Youth Wellbeing officer will assess and support with | Youth Wellbeing officer will not support with |
|-------------------|---|---|
| Healthy lifestyle | <ul style="list-style-type: none"> Children growing up in families currently receiving support for low levels of substance misuse Children who may benefit from additional psychoeducation around substance misuse or alcohol use Risk taking behaviours around substance or alcohol use Children who may benefit from wider preventative health support, for example healthy weight and smoking cessation | <ul style="list-style-type: none"> Children who are open to Youth Justice or have received current Out of Court Disposals themselves Children already receiving substance misuse support – e.g., open to Turning Point, where substance use is the only concern |

Referrals to the Teen Health 11-19 service

Referrals can be made by the school, by a parent, and in time directly by the young person

Referrals can be made via the online referral form available via the 'Accessing the service' section on the webpage (<https://www.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/teen-health-11-19>)

Schools can also make referrals directly via discussion with the Health and Wellbeing Officer for the rolling groupwork programmes in the school, any individual work required will need a referral via the form .

All referrals must be made with the express consent of the Child or Young Person, or their Parent or Carer (if appropriate). Any referrals received without this consent will be returned or may not be processed

Following the referral being received, the team will assess through a triage process to identify whether our Health and Wellbeing Officers are best placed to provide the required support, or if another service is better placed.

The Health and Wellbeing Officer will then meet with the Child or Young Person and work together to complete an assessment to better understand their needs, and agree the most appropriate type and level of support. This will result in an offer of intervention or, if the needs are better met by another service, a discussion with the Teen Health Team Lead for a referral onwards.

Our support

As part of the Universal and Targeted Universal offer (**see figure 1 below**) our Health and Wellbeing Officers work across Tier 1 and Tier 2 needs and risks. Our mission is to provide the appropriate support, at the right time and in a place that is most suitable for Children and Young People.

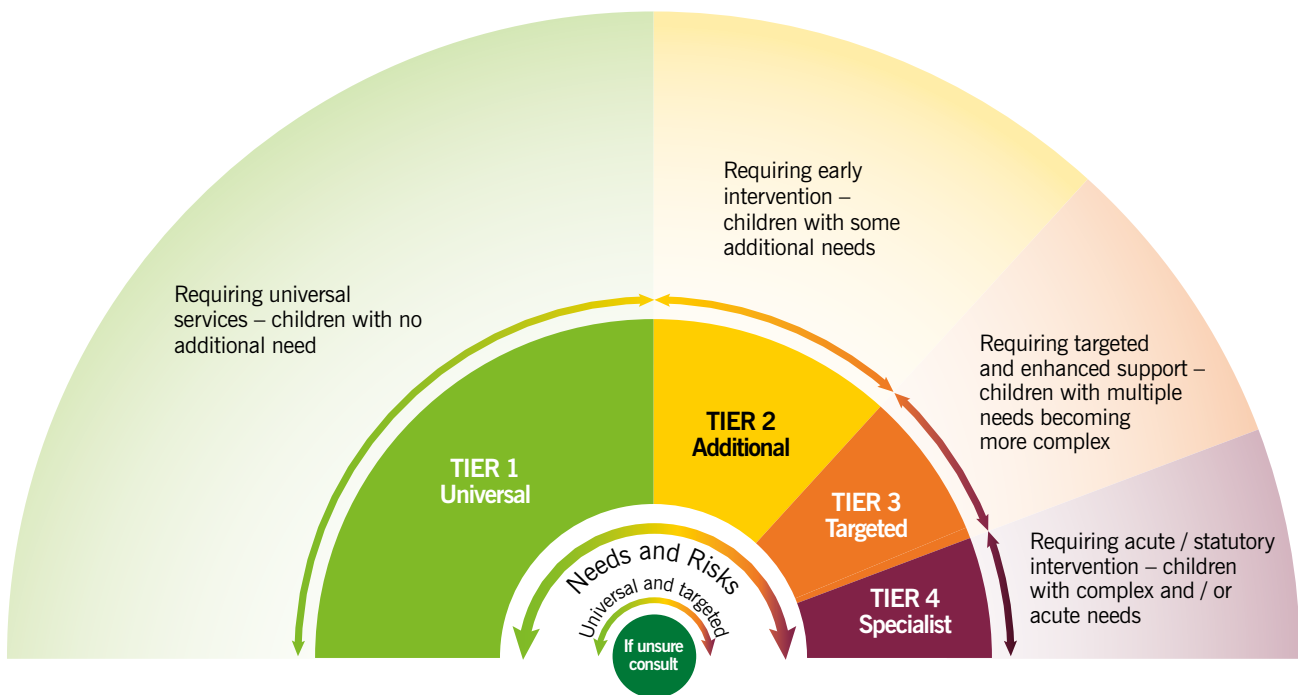
In line with the **Locally identified priorities**, we request referrals based on the three key areas;

- Support to improve emotional wellbeing:
- Supporting Healthy Relationships
- Supporting CYP to make healthier choices

(see Referrals section for more information on making referrals, and how they are processed)

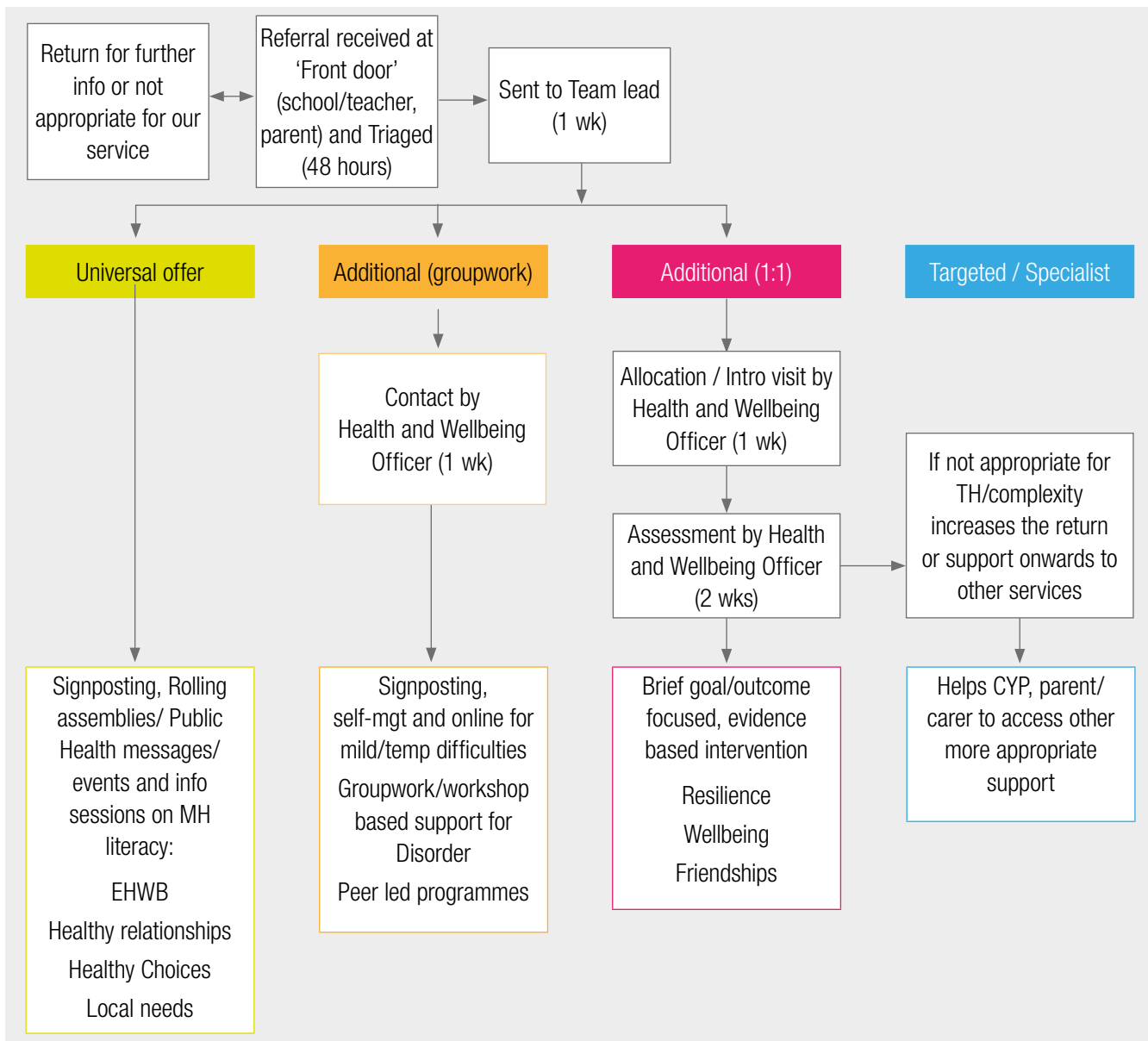
Different types of assessed needs and levels of intervention

(figure 1)



We work with the school to identify and support students in groups and assemblies, to help identify what may be causing problems, identify their own goals, and then make a plan to achieve them.

After the referral process, the following Universal and Group work support is available based on individual requirements:



Where a student may need intensive support other than via our Universal or Group work offer, we may be able to explore 1:1 work dependent on service capacity and type of need. If at assessment or during delivery of direct work a more specialist service is required, we may then support the referrer or CYP, parent/carer to access more appropriate support.

The Teams

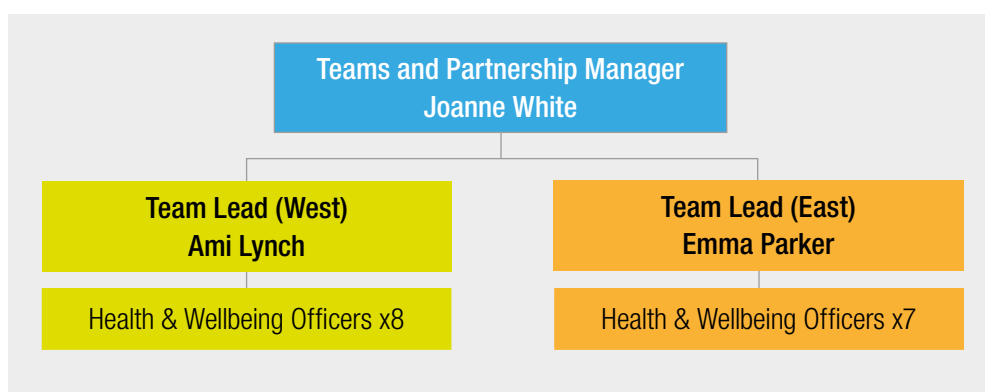
We have two teams of Health and Wellbeing Officers providing direct support into secondary schools across Leicestershire

- East Team covers: Melton and Market Harborough, Charnwood
- West Team covers: Hinkley and Bosworth, Oadby, Blaby and Wigston, North-West Leicestershire

Each team has:

- 1 Team Lead
- 7 to 8 Health Improvement Officers

Our staff structure:



Our Health and Wellbeing Officers come from a range of backgrounds and are skilled at providing support to, and in working with Children and Young People

Consent

We abide by the Leicestershire County Council Consent and Information Sharing Agreement working across different partner agencies (if you would like a copy of this, please contact the Team Lead for your area to request a copy). We adhere to LSCP B safeguarding guidance and would work closely with their safeguarding lead.

All referrals must be made with the express consent of the Child or Young Person, or their Parent or Carer (if appropriate). Any referrals received without this consent will be returned or may not be processed

When a Child or Young Person has been referred via discussion between the school and the Health and Wellbeing Officer, our consent form will be completed with the Child or Young Person if they are over 13, or with the parent if under 13 years of age. A copy of this form will be retained for reference.

Every member of our staff has an obligation to protect confidentiality, as part of our standard assurance all our staff will have received up to date training regarding GDPR, information governance and confidentiality.

Confidentiality and Information Sharing

To help us provide the best support to our clients we write records in the MOSAIC electronic system. These notes can be viewed by other Children and Family Wellbeing Services professionals such as social workers.

If appropriate, we will share information with other partners who may be able to provide Health, Education or Social Care support to the child. The two main reasons for sharing information outside our service will be:

- Due to concerns in relation to risk, (to the child or to others). If this circumstance arises, we will advise the child, where safe to do so, of the concerns and contact the appropriate agency/agencies.
- To connect the child with other services that might support their needs better than us.

In addition to this, our Health and Wellbeing Officers discuss cases within the team and with their Team Lead. This is a process for ensuring safe practice and quality of interventions.

Any information provided to us will be used in accordance with the General Data Protection Regulation (GDPR)/Data Protection Act (DPA) 2018.

Our Fair Processing Notice explains this in more detail and can be accessed by following the following link:

<https://www.leicestershire.gov.uk/sites/default/files/field/pdf/2020/10/29/Children-and-family-wellbeing-service-fair-processing-notice.pdf>

Self Help advice, information and videos

For more information about the team – and to find more support, please visit the [Teen Health website](#)

Directory of Services

<https://lrsb.org.uk/uploads/lr-professionals-service-directory.pdf>

Complaints

Please raise any concerns with the Team Lead for your area, or email our Team and Partnerships Manager

Joanne.White@leics.gov.uk

DBS information

All our staff will have successfully completed the Enhanced checks with the Disclosure and Barring Service.

For any further information please contact the Team Lead for your area, or email our Team and Partnerships Manager

Joanne.White@leics.gov.uk



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