

<b>TITLE OF REPORT:</b>	The Physical & Emotional Wellbeing of Looked After Children & Young People
<b>REPORT OF:</b>	David Bunce, Strategic Director, Care, Wellbeing and Learning.

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### **EXECUTIVE SUMMARY**

This report provides a summary of the work and outcomes for the Looked After Children and Young People Health Team in Gateshead 2014-15. Themes from the team's annual report are presented, including the work undertaken by colleagues in sexual health, drug and alcohol services and Family Nurse Partnership team. Priorities for the future year are also included.

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### **Background**

1. The Looked After Children's (LAC) Health Team has had another demanding year. August 2014 saw an unannounced visit from Care Quality Commission (CQC) who undertook a review of health services for Children Looked After and Safeguarding in Gateshead. Recommendations for the Looked After Children's Health Team have all been actioned.
2. In March 2015 two key documents relating to LAC and health provision were updated and published: Promoting the health & wellbeing of looked after children (DH / DfE 2015) and Looked After Children Knowledge, skills & competencies of health care staff (RCN / RCPCH 2015). These documents will support the review of the structure and service delivery of the Looked After Children's Health Team in Gateshead.
3. The Looked After Children's Health Team is commissioned by Newcastle Gateshead Clinical Commissioning Group. The team consists of a Designated Doctor LAC 6 sessions-including the role of medical advisor adoption, who is employed by Gateshead Health NHS Foundation Trust. A Designated Nurse LAC – Full Time, Medical Secretary – Full Time , LAC Administrator- Full Time, who are all employed by South Tyneside NHS Foundation Trust.

### **Activity**

4. The team recorded a total of **189 notifications** of children and young people coming into care in 2014-15 of which **161 had IHA's completed**. The remaining 28 left care prior to having a health assessment for most the health assessment process had begun and information collection,

preparation of paperwork and on some occasions, appointments planned for them.

5. Our overall compliance for medical practitioners to complete the IHA (DH / DfE 2015) was 96.9%
6. The LAC Health Team were pleased with the yearly returns

	2012	2013	2014	<i>National 2014</i>	<b>2015</b>
<b>Immunisations</b>	97.6%	92.83%	96.1%	<i>87.1</i>	<b>97.6%</b>
<b>Dental check</b>	94.8%	89.81%	87.9%	<i>84.4</i>	<b>94.4%</b>
<b>Annual health assessment</b>	97.2%	96.98%	95.7%	<i>88.4</i>	<b>96.6%</b>

### **Initial health Assessments**

7. There is on-going monitoring of timeframes for completion of Initial Health Assessments within 28 days (20 working days) (DH / DfE 2015).
8. In 2014-15 we have achieved **51.2%** compliance; this is a slight drop from 52% for the previous year.
9. The LAC Health Team was able to offer IHA appointments to **95.6%** of children within 20 working days of consents being received. This was an improvement on the previous year (79%).
10. Other challenges in meeting the time frame were delays in consent from social workers (35.8%). This is reported to and reviewed by the Local Authorities' Performance and Monitoring group.
11. Other contributing delays:
  - Combination of late consents and late appointments (2.5%)
  - Late appointment (3.7%)
  - Appointments not attended or cancelled by carers (6.8%)

### **Review Health Assessments**

12. A total of **315 RHA's were completed** 2014-15. **86.1%** of these were completed within 28 days of their due date, many of which were completed earlier.

### **Leaving Care**

13. Leaving Care Health Consultations have in response to comments from CQC been redesigned the new format is to be shared with young people to get their views before being introduced.
14. There are plans to meet with Personal Advisors to support them in strengthening their skills and knowledge on the health needs of LAC from 16 years onwards as they become involved at an earlier age with the aim to strengthen transition.

## **LAC Psychology**

15. The LAC Health Team work with Children and Young Peoples Service (CYPS) from Northumberland, Tyne and Wear NHS Foundation Trust striving to ensure that our looked after children and young people remain a priority group and receive appropriate interventions.
16. CYPs Services for Gateshead children, including looked after children have realigned with Newcastle reflecting the alignment of the Clinical Commissioning Groups. Within this service LAC are prioritised in the 'disrupted childhood 1' pathway.
17. The team has limited data from the service and would expect that this will be available within the CYPS own Annual Report.
18. In 2014-15 the LAC Health Team continued to distribute the Strength & Difficulty Questionnaire (SDQ). From April 2015 they will continue to distribute it only in the Initial Health Assessments; this is a change of process as the annual SDQ will be managed by the Local Authority. The scores will be fed back to the health team for inclusion in the review health assessments which will be an improvement in practice.
19. The mean score for the SDQ screening 2014-15 is **12.6** which remains the same as the previous year.

## **Foetal Alcohol Spectrum Disorder**

20. Designated professionals are now both recognising the impact on LAC of alcohol exposure pre-birth. And in the absence of a regional service are undertaking assessment and diagnosis.
21. The children present with significant emotional, behavioural and learning problems for which there is no specific service provided by CYPs
22. There is a 2 way referral route between the LAC Health Team and CYPs to address the mental health needs of LAC and support needs of carers and a diagnostic pathway is being developed.

## **Drug & Alcohol services**

23. Drug and alcohol services were re-commissioned in November 2014 and services are now provided by Platform Gateshead (Part of DISC). The team have a themed lead for LAC and continue to provide 1:1 interventions and arrange 'drop ins' at Edenview Children's home. Training and advice is offered to carers and to professionals working with looked after children.
24. A new screening tool used in health assessments has seen an increase in referrals to the service.

25. Statistics are only available from the 3<sup>rd</sup> November 2014. During this period there were 15 referrals for LAC.  
12 received psychosocial interventions.  
2 received education work  
1 did not engage due to having several professionals involved and feeling overwhelmed.
26. From this data substance of choice appear to be alcohol and mephedrone with cannabis still a feature.

### **Sexual Health Services**

27. Looked after young people are encouraged to access generic sexual health services in their area as required. Those young people identified as in need of specialist intervention are looked at on an individual basis and professionals work together to ensure their identified needs are met.
28. Carers are promoted to encourage young people to attend sexual health services as required.
29. Links with the Specialist Teenage Pregnancy and Option Advisor remain robust and she continues to offer advice to young people and staff/carers. She will offer domiciliary visits as required and had 62 domiciliary contact with LAC 2014-15
30. There were a total of five known pregnancies within this period of looked after young women up to 18 years of age.
  - One 16 year old came into care when pregnant and left with her child to live with her partner.
  - One 14 year old who remains in foster care with her child.
  - One 17 year old who remains in foster care with her child
  - One girl 17 when pregnancy confirmed – had her child when 18 as a care leaver.
  - One 15 year old who decided not to progress with the pregnancy.
31. Four young mums continue to have care of their babies as of 31 March 2015
32. Four young mums have been involved with the family Nurse Partnership service. One girl had on-going support offered although the baby was not placed in her care. One girl was unable to access the service as no capacity due to high demand
33. One young dad was identified aged 16.

### **Fostering & Adoption**

34. The Designated Doctor and Designated Nurse attended 21 foster panels and medical advice was provided to 3, which they were unable to attend.

35. There has been a significant rise in the number of foster carers assessed and approved during the year resulting in a total of 244 adult medicals requiring advice. (136 previous year)
36. Adoption work is undertaken by the Designated Doctor LAC as Medical Advisor. 49 adoptive medicals were undertaken and advice was prepared for the agency decision maker on 28 children where a plan for adoption was considered.
37. 34 children were progressed and adopted in the year.
38. The Medical Advisor attended a number of preparation groups to discuss the complex health needs of children placed for adoption.
39. The medical advisor reviewed total of 44 adult medicals with advice being provided to the agency and the panel.
40. Nine of 13 Adoption Panels were attended by the Medical Advisor, with written comprehensive advice being provided for the remaining 4 panels 2014-15.

### **Training**

41. The team has continued to offer a variety of training to foster carers: Foetal Alcohol Syndrome, Healthy Care co delivered with a foster carer and continue to promote training from other health services.
42. Level 3 safeguarding training is provided to professionals in South Tyneside NHS Foundation Trust including Gateshead community healthcare staff, Gateshead Health Care Trust and GPs who are directly involved in providing health care to looked after children and young people.

### **Team Developments**

43. The inclusion of health assessments for looked after children in the Responsible Commissioner Guidance (2013) is a consideration for the team as there were 133 of our LAC placed outside the borough (end March 2015). There is an expectation that the team will undertake the majority of health assessments for LAC who are placed regionally. Requests for 37 health assessments for Gateshead LAC placed further afield were coordinated 2014-15.
44. The team has introduced GP information into the review health assessment process.
45. There is on-going work to develop a Young people's user strategy for South Tyneside NHS Foundation Trust.
46. A Health Care Pathway has been completed to support health staff involved with LAC, and a concise version made available to carers.
47. The team have completed audits on
  - Quality of Initial Health Assessments
  - Quality of Review Health Assessments

- Young People's views on health assessments

The recommendations from these audits have strengthened the training for practitioners undertaking health assessment which has been redesigned to be delivered to both medical and nursing staff.

### **Priorities 2015-16**

48. It is hoped that the business plan being considered by Newcastle Gateshead CCG and South Tyneside Foundation NHS Trust will add resources to strengthen the team and support them in fulfilling their functions.
49. Review the service provision against Promoting the health & well-being of looked after children Statutory Guidance (DH / DfE 2015) and the updated Intercollegiate document (RCN / RCPCH 2015)
50. To develop a regional pathway for the diagnosis and management of children with Foetal Alcohol Spectrum Disorder.
51. Develop a new young people's leaflet with looked after children & young people to include contact details for the team.
52. Continue to work with the local Authority to improve initial health assessment timeframes.

Dept Health & Dept.for Education (DH / DfE)	2015	Statutory Guidance on Promoting the Health & Well being of Looked After Children
National institute for Health & Clinical Excellence (NICE)	2013	Promoting the Quality of Life for Looked After Children & Young People- public health guidance 28-(recommendation 48)
Department of Health	2013	Responsible Commissioner: Payment by results Guidance 2013-14; Health assessments for LAC
Royal College of Nursing & Royal College of Paediatricians and community health (RCN / RCPCH )	2015	LAC, Knowledge, skills & competencies of health care staff. Intercollegiate role framework.

### **Recommendation**

It is requested that the Corporate Parenting Overview and Scrutiny Committee consider and comment on the content of this report.

### **Contact**

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