

CHILDREN'S SERVICES REVIEW COMMITTEE

THURSDAY 9 OCTOBER

RISK AND RESILIENCE STRATEGY

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Risk and Resilience Factors and Risk Taking Behaviour

- **Resilience** describes the capacity of children and young people to cope with changes and challenges and bounce back in difficult times
- **Risk Factors** are factors that heighten the probability that young people will experience poor outcomes
- **Risk Taking Behaviours** are behaviours that have the potential to harm the individual in the short or long term. The risk taking behaviours addressed within this strategy are unprotected sexual activity, teenage conception, substance misuse and smoking
- Risk and resilience and resilience factors operate in 3 dimensions: child, family and community
- Risk taking behaviours are inter-connected – young people rarely engage in only one risk taking behaviour

Aims

- To improve outcomes for children, young people and their families by providing effective, integrated services that :
 - Raise aspirations
 - Promote resilience
 - Support children and young people make positive lifestyle
 - Address risk taking behaviours that impact upon :
 - Sexual health
 - Teenage pregnancy
 - Substance misuse (includes drugs,alcohol and volatile substances)
 - Smoking

Strategy Development

- Multi-Agency Risk and Resilience Board Established in December 2007 amalgamating:
 - Teenage Pregnancy Board
 - Substance Misuse Joint Commissioning Group
- Needs Assessment Building Upon Children and Young People's Plan
 - demographic data
 - performance data
 - consultation with children and young people
 - consultation with parents and carers
 - available evidence of effectiveness and efficacy of interventions
 - self assessment and inspection
- Audit of current provision and GAP analysis
- Consultation on draft strategy
- Looked at Local and National Policy and Legislation

CORE OFFER

Key Features

- Holistic model of service delivery
- Locality based services
- Developmentally appropriate service delivery
- Three tiered approach:
 - universal
 - targeted
 - Specialist
- Evidence informed

UNIVERSAL SERVICES

Raising Aspirations	Child Poverty, Aim Higher, Extra Mile
Promoting Resilience	Healthy Schools Programme – PSHE, Emotional Health and well being lead Strengthen implementation of SEAL programme Parenting support – parenting strategy Positive contribution – extended services / Youth Offer
Positive Lifestyle Choices	Develop a model of integrated PSHE / SRE and substance misuse education across schools, extended services and community based settings
Accessible Drop in Services	Core offer with school nursing service including extended services in colleges

Target Populations

Location:

- High levels of socio-economic deprivation
- “Hotspot Areas” areas with high levels of teenage pregnancy and substance misuse

Target Groups:

- Those who have ever been Looked After by the Local Authority, fostered, homeless or moved frequently
- Those whose parents or family members misuse substances
- Those from marginalised and disadvantaged communities including some BME Groups
- Those with behavioural and mental health problems (specialist education / PRU)
- Serious or frequent offenders
- Those with low educational attainment
- Those disengaged with education
- Those not in education, employment or training (NEET)

Targeted Services

Locality based risk and resilience services	Risk and Resilience workers –sexual health, contraception and substance misuse support as part of locality based teams Enhance “hotspot” provision
Targeted services	Target Populations Assessment and screening Provision of sexual health, contraceptive advice Provision of specific programmes – Incredible Years, Strengthening Families Programme Promotion of resilience and positive decision making skills Specific family interventions to children of parents with substance misuse issues
Locality based reproductive health services	Accessible, clearly branded reproductive health services offering a full range of contraceptive services including LARC

Specialist services – substance misuse

- Development of Young People's Treatment Service to include broad skill base to deliver:
 - Specialist assessment
 - Motivational interviewing
 - Psychological therapies - family, multi-systemic
 - Community based pharmacological interventions
 - Sexual health and Contraceptive services
 - Clear pathways – from A&E and custody
 - CAMHS input and links to specialist services
 - Access to in patient provision
 - Holistic assessment of needs across each of 5 outcome areas

Teenage Pregnancy Services

- Well publicised and accessible teenage pregnancy services:
 - Support and access to reproductive health services following a negative result
 - Access to Options advice and counselling with swift referral to either:
 - NHS termination of pregnancy service, counselling, support and contraceptive options including LARC
 - Swift referral to ante –natal care

Young Parents Services

- Dedicated lead professional / dedicated services including offer of FNP support
- Prevention of second and subsequent pregnancies to include clear contraceptive plan
- Early booking and ongoing ante-natal care
- Access to smoking and alcohol substance misuse services
- Access to emotional health and well being (CAMHS) support
- Support for breastfeeding
- Access to childcare and engagement in education, employment and training
- Support to appropriate benefits through job centre plus
- Proactive support to supporting young fathers
- Provision of enhanced support to care leavers