

**Derby City Health Offer for Care Experienced Young People**

**V 1.0**

**May 2024**

Young people who have experienced care will face a number of challenges in relation to their physical, emotional, psychological and mental health, and one of the aims of the Leaving Care Service is to ensure we support young people to improve their holistic health outcomes. We aim to do this through a tiered approach alongside our partner agencies and organisations to ensure young people are supported to access an appropriate tier of health intervention to address needs at the earliest possible point before they significantly impact on young people’s day-to-day lives.

Our approach recognises the complex trauma children and young people have faced throughout their journeys but try to ensure that a preventative approach is taken wherever possible and young people are empowered and given advice to make informed choices around their health throughout their lives. We aim for young people to take control of their lives and do not become reliant upon statutory services but ensure that where acute and significant need is identified, we have referral mechanisms and young people understand where they can go for help.

With this in mind, we have collaborated to develop the health offer (below) for children and young people based on a tiered and proportionate approach and using the views of young people on the array of services available across Derby and Derbyshire both in house and from partner organisations.

Young people have access to health information through the local offer for our care experienced young people which can be accessed through every young person's Pathway Plan via a QR code. This ensures young people have access to a range of information to access services around the clock where needed and can do so through their electronic devices rather than being reliant on Personal Advisors and nine to five services.

This offer is reviewed annually to ensure that links and key information remains up to date and any new services are integrated into the offer, and we ensure we discuss this with our care experienced forums to ensure young people's voice informs and understands this ongoing piece of work.

All work with our care experienced young people will be underpinned by the National Framework for Children’s Social care which is framed by a set of enablers and outcomes to be achieved:

Enablers to facilitate effective support for children, young people, and families and are foundational to good practice

• Multi-agency working is prioritised and effective

• Leaders drive conditions for effective practice

• The workforce is equipped and effective

The outcomes described in the National Framework are what children’s social care should achieve for the children, young people, and families they support. They reflect the core purpose of children’s social care. There are 4 outcomes:

• Outcome 1: children, young people and families stay together and get the help they need

• Outcome 2: children and young people are supported by their family network

• Outcome 3: children and young people are safe in and outside of their homes

• Outcome 4: children in care and care leavers have stable, loving homes

To help care experienced young people have stability in their transition into adulthood, we recognise managing health is a key ingredient and the below offer which will be reflected in the Care Leavers Local Offer is a way of ensuring children and young people have access to a range of preventative, diversionary and acute services which they can be supported to access both whilst supported by Leaving Care and beyond to ensure they are equipped to have stability throughout their lives.

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| **Emotional wellbeing** |  |  |  |
| **Area of Support** | **Provider** | **Frequency** | **Impact** |
| Reflective Practice sessions for Personal Advisors (PAs) | DECC | Monthly moving to bi-monthly | PAs report sessions are helpful and beneficial, a allowing them to think about impact of their work.  Will move towards enabling PAs to develop practice and understanding of trauma informed approach |
| Consultations for PAs | DECC | Bookable when needed | PAs have information on how to access |
| Reflective Circles (emotional wellbeing but also practical sessions for case reflection for stuck cases) | Principal Social Worker | Monthly bookable sessions | PAs to be given information on accessing these |
| **Communication allowance** | **Leaving Care Service** | **Monthly paid directly to care experienced young person** | **Enables care experienced young person to maintain contact with family, friends and professionals and reduced impact of loneliness** |
| **Leisure & activity allowance (physical and emotional/mental wellbeing)** | **Leaving Care Service** | **Monthly paid directly to care experienced young person** | **Allows young people an outlet and positive time in their free time that helps manage wellbeing** |
| **Access to Plus One scheme and Derby Theatre** | **Derby Theatre** | **PAs make referrals as and when required** | **Allows positive relationships and outlets for young people** |
| **Access to Creative Mentoring** | **Derby Theatre** | **PAs make referrals as and when required** | **Allows positive relationships and outlets for young people** |
| **Referrals to Local Area Coordination**  [**Local Area Coordinators - Derby City Council**](https://www.derby.gov.uk/health-and-social-care/your-life-your-choice/living-independently/local-area-coordinators/#page-1) | **Derby City Council** | **PAs make referrals as and when required** | **Promotes links to local communities for young people to address loneliness and promote connectivity** |
| Increase in visits and interactions with PAs where needed | Leaving Care Service | PA’s will complete when assessed as needed | YP are provided extra support in times of higher need |
| Access to specialist advice where needs are increasing | Escalation to Trauma Navigator by PA or TM  Use of health complex case escalation pathway | Where YP needs increasing or health needs not being met at lower level | Access to health practitioners who can unblock access to services for YP |
| **Access to activities that can increase connectivity and promote well-being** | **Derby Youth Alliance**  [**https://www.communityactionderby.org.uk/projects/children-young-people/the-derby-youth-alliance**](https://www.communityactionderby.org.uk/projects/children-young-people/the-derby-youth-alliance) | **As and when needed** | **Early health and well-being for YP** |
| **Access to groups, peers, activities for new parents** | **Derby Family Hubs**  [**https://www.derby.gov.uk/community-and-living/family-hub-childcare/family-hub/**](https://www.derby.gov.uk/community-and-living/family-hub-childcare/family-hub/) | **As and when needed** | **Support for new parents as a source of emotional and social support** |
| **Access To Services** |  |  |  |
| **Health Passports** | **LAC Health Team** | **Provided to young person prior to 18th birthday** | **Young person has information on their health history and that of their family** |
| **Support to register with GP** | Trauma Navigator will support if support is needed  **PAs support with this and keyworkers for accommodation** | **All YP need to be registered with universal health services on access to LCS if not already in place** | **YP have access to universal services when needed** |
| **Support to register with Dentist** | [**https://www.nhs.uk/service-search/find-a-dentist**](https://www.nhs.uk/service-search/find-a-dentist)  Trauma Navigator will support if needed to register with dentist  PAs support with this and keyworkers for accommodation | **All young people need to be registered with dental health services** | **YP have access to universal services when needed** |
| **Support to access sexual health services** | **ACORN fast pass available for Care Experienced Young People**  **Website:** [**https://www.yoursexualhealthmatters.org.uk/**](https://www.yoursexualhealthmatters.org.uk/)  Trauma Navigator will support if support is needed.  **PAs support with this and keyworkers for accommodation** | **Where young people report or there are concerns with regard to sexual health** | **For young people where needs arise** |
| **Support to attend health appointments** | Trauma Navigator will support if support is needed  **PAs support with this and keyworkers for accommodation** | **Where we worry that young people are not accessing health care** | **YP who have barriers to accessing health services are supported to do this** |
| **Support to access drug and alcohol misuse services** | **Aquarius**  [**https://aquarius.org.uk/our-services/adult-services/derby/**](https://aquarius.org.uk/our-services/adult-services/derby/) | **Where we worry that young people are misusing substances** | **Prevention of deterioration due to misuse of substances** |
| **Access to support for Non-urgent health needs** | **Designated Nurse for Looked After Children & Trauma Navigator** | **As and when needed** | **Can avoid escalation, meet need at lowest possible point** |
| **Mental Health** |  |  |  |
| **Free online counselling to support mental health and wellbeing, without the need for a referral** | **Kooth**  [**Home - Kooth**](https://www.kooth.com/) | **As and when needed** | **Can avoid escalation, meet need at lowest possible point** |
| **Referrals to community and health mental health teams** | **PA do this where need is identified** | **As and when needed** | **PA supports YP to make self-referrals** |
| **Counselling support/Talking Therapy** | **Support to make referral to Trent PTS**  [**https://www.trentpts.co.uk/**](https://www.trentpts.co.uk/)  **PA do this where need is identified** | **As and when needed** | **Can promote nonclinical support to improve emotional and mental health** |
| **Support to make referrals to Talking Mental Health**  [**Talking Mental Health Derbyshire: Derbyshire Healthcare NHS Foundation Trust (derbyshirehealthcareft.nhs.uk)**](https://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire) | **PA do this where need is identified** | **As and when needed** | **Can promote nonclinical support to improve emotional and mental health** |
| **Safe Havens – for adults with immediate mental health needs – run in Derby and Chesterfield every evening from 4.30pm to 12.30am.**  [**Safe Haven - Derby Life Links | Supporting Mental Health in Derby (derbycitylifelinks.org.uk)**](https://derbycitylifelinks.org.uk/safe-haven/)  **Self-referral – on 03300083722 or Drop-in to the service at 309 Burton Road Referrals through clinical services –**  **Refer through GP or by calling Mental Health Helpline on 0800 0280077**  **Open to anybody 18 years or above** | **Derbyshire Health Care** | **As and when needed** | **Can support YP at times of acute stress that does not require emergency response** |
| **Mental health helpline and support service is available 24 hours a day, seven days a week for residents of Derby and Derbyshire. Call 0800 028 0077**  [**Telephone support for Derbyshire people experiencing anxiety or distress (derbyshirehealthcareft.nhs.uk)**](https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service) | **Derbyshire Health Care** | **As per information provided** | **Ensures YP have advice and help across the week and can access from their own homes** |
| Safety Panels | Leaving Care Service and partner agencies | Held monthly and cases heard based on level of risk as assessed by YARE | Where risks are developing regarding social needs but could also be symptomatic of emerging emotional/mental health needs or exploitation risks could increase risks associated with emotional/mental health |
| **Additional Needs** |  |  |  |
| Preparing for Adulthood Team | Referrals to PFA forum  PFA Champion | By 16 years with PFA assessment starting at 17 years | Access to additional support form Adult Social care to augment support from LCS where YP have additional needs |
| Continuing care protocol work for those with high level health needs over and above universal and special services | Continuing Care Team (DNHSFT)  [karen.wilson71@nhs.net](mailto:karen.wilson71@nhs.net)  NHS MIDLANDS AND LANCASHIRE COMMISSIONING SUPPORT UNIT | AS and when needed | Can ensure care packages where YP have higher level health needs that are not able to be met by Universal or Specialist Services |
| **Access to Key Workers for those referred to Dynamic Support Pathway** | **Affinity Trust**  [**https://www.affinitytrust.org/**](https://www.affinitytrust.org/) | **As and when needed in line with eligibility criteria** | **Can support YP where there are needs associated with LD/ASC** |
| **Overall health** |  |  |  |
| Living well scheme-  Derby Wellbeing Offer | Living Well | AS and when needed, where YP meet eligibility criteria | Can ensure broader range of YP have access to EMH services where they might not meet criteria for Adult Mental Health Teams |
| Young Adults scheme | Derbyshire Federation for Mental Health  [HOME | Mysite (dfmh.co.uk)](https://www.dfmh.co.uk/) | Where YP meet criteria – awaiting confirmation of roll out into Derby City | Can support YP with emotional and mental health neds through range of support INC mentoring |

Key:

**Bold font = is INC in Derby City Local Offer for care experienced young people**