

# Health Improvement: Children and Young People

## 2021/2022 Flash Report South Lanarkshire



This report sets out an overview of the Prevention, Early Intervention, Addressing Inequalities strand within children's services partnership in South Lanarkshire which contributes to all Public health priorities to transform the outcomes for children, young people and families.

### Improving the health and wellbeing of care experienced children and young people



The Promise

The promise 2020, advocates a right- based assessment stating that nurturing relationships should be at the centre of caring for children and young people, and that as with any other child, it is these relationships with adults which must alert us to potential health concerns. Early identification, the right help and timely intervention from the right people is a crucial element of health needs conversations with care experienced children and young people and vital to improving outcomes. Below are some data outlining the emotional and mental wellbeing issues for a cohort of 78 school age children.

52.8 % with an emotional concern

46.2 % with a behavioural concern

7.7 % self harming

2.2 % suicidal thoughts

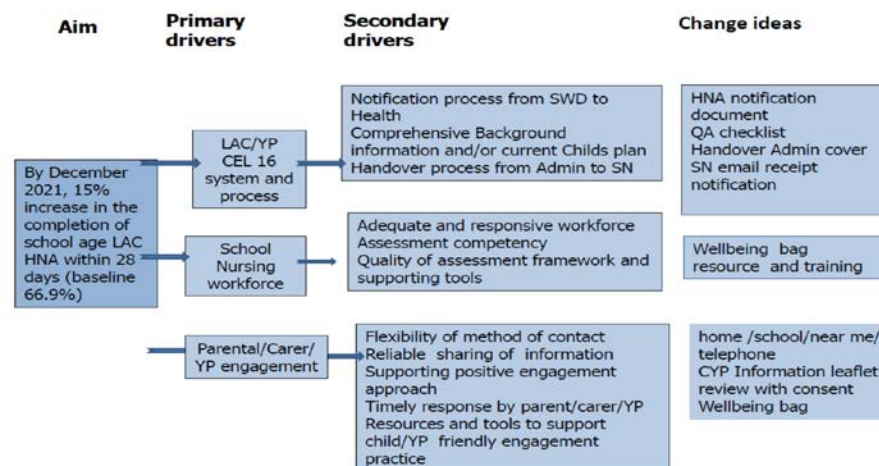
### Covid-19 Response

An 'improvement team' of staff adapted their practice to overcome challenges of young people shielding, self isolation, education disruption and children's houses restrictions presenting throughout the COVID pandemic. The improvement team (social work, health and education) utilised the three- step model for improvement in practice to address the challenges.

### Listening to the voices of children

We listened to the voices of children and young people and their desire to change the approach from assessments to 'health conversations'. As part of the response, we worked collaboratively with them to redesign the health needs information leaflet and to improve their experience of the assessment, we used a 'wellbeing bag' of resources to help young people articulate their needs. We made sure we took the time to capture children and young peoples views of their own health and wellbeing needs to inform future planning.

Figure 2 Our Theory of change



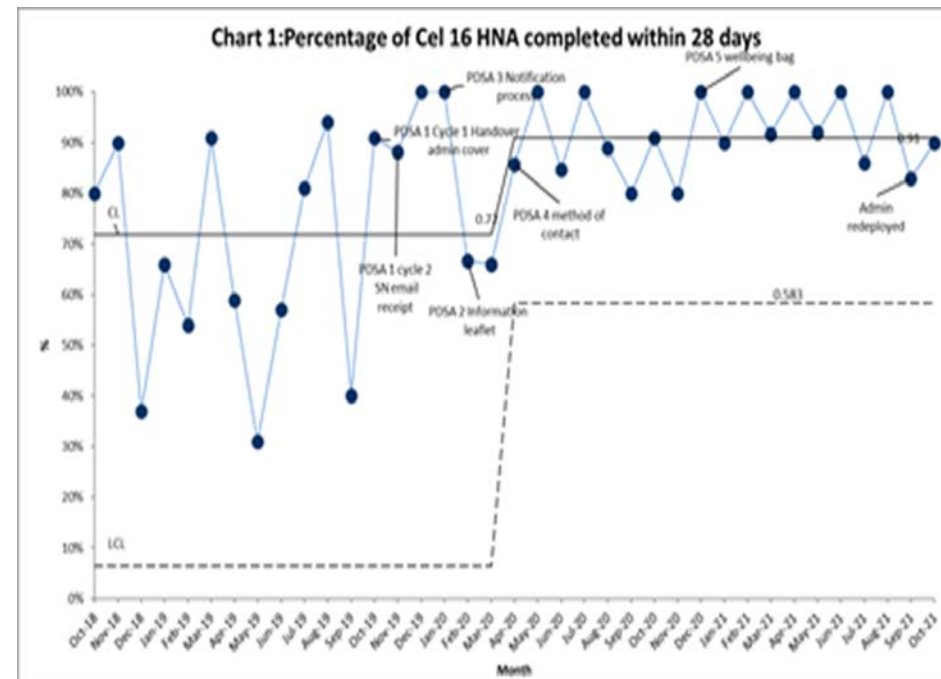
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## Celebrating Success

### Key learning points

- Staff adapted their practice to respond to ongoing challenges e.g. virtual contact with children and young people, carers and staff and in restricted visits to 'children's houses' and education hubs.
- We have changed the process of Social Work notifying Health that a child or young person has been taken into care and created a new information leaflet to improve engagement with school nursing staff
- The use of the Wellbeing Bag has helped capture children and young people's views about their own health and wellbeing needs and helps to inform future care planning
- The project learning has highlighted that demands to complete assessments within a limited time timescales can have a negative effect on achieving a high-quality assessment
- The changes to our approach have been implemented and rolled out across school nursing and social work teams



The team went onto win a Scottish Government Quality Improvement award in December 2021 for Embedding **Quality Improvement to Get It Right For Every Child** - Meeting the Health Needs of Looked After Children, which can be viewed on: <https://vimeo.com/647804323/6dfcb5ca86>

### Next Steps

- Recruitment of two Through care nurses focusing on the health needs of the through care and aftercare population.
- Specific focus on improving support within three priority areas housing , alcohol/drugs use and Mental health.

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