

<b>Item No.</b> 7.	<b>Classification:</b> Open	<b>Date:</b> 1 March 2017	<b>Meeting:</b> Corporate Parenting Committee
<b>Report title:</b>		Southwark Looked After Children: Health Annual Report 2015-2016	
<b>From:</b>		Doctor Stacy John-Legere, Designated Doctor for Looked After Children (LAC), Angela Brown, Designated Nurse for LAC	

## RECOMMENDATIONS

1. The committee note the report and Appendices 1 and 2.

## BACKGROUND

2. This report is to assure Southwark corporate parenting committee areas of significance for children looked after by the London Borough of Southwark. It provides an overview of multiple areas of importance and continues the theme of partnership working across the sectors; and expands on the client experience. The full report presents updates regarding physical health, emotional health and wellbeing of looked after children, access to local services and indicators of need. The views and experiences of the young people themselves are reflected in consultation responses.

## KEY ISSUES FOR CONSIDERATION

3. At year end 2016 there were 477 looked after children with a significant proportion aged 16-17 and approximately 75% placed out of borough with a smaller but significant proportion resident more than 20 miles away from Southwark. Children are mainly placed in foster placements with a smaller percentage in residential placements or independent living.

## Introduction and background

4. The Southwark Looked after Children's Health Service is commissioned and funded by NHS Southwark Clinical Commissioning Group (CCG) from Guys and St Thomas' NHS Trust (as the provider) and lies within the Trust's Vulnerable Person's Assurance Group with direct reporting into the Children's Safeguarding Executive at Guys and St Thomas'. It designates the professionals for LAC. The designated doctor and nurse form part of the CCG safeguarding children and adults team and its governance is to the CCG Safeguarding Executive Committee chaired by the CCG director of quality and chief nurse. Strategically, children in care remain a priority for both the CCG and children's social care. They are factored within the Southwark children and young people's wellbeing, health education and social care strategic framework 2016-2021 as well as the specific Southwark children in care and care leaver's strategy. The children and young people commissioning development group (chaired by Caroline Gilmartin) are progressing the development of a joint work stream to collectively improve outcomes of LAC and ensure they experience stable placements.
5. Southwark looked after children are also prominently figured in one of the work streams of the children and young people health partnership programme (CYPHP). The strategic issues regarding Southwark's looked after children are reviewed at the

children in care board chaired by David Quirke-Thornton. The designated health professionals also report to the corporate parenting committee, and in their provider roles work closely with social care colleagues as well as the wider health economy both in the assessment of need as well as teaching and training.

### Statutory performance

6. For the reporting year 2015-2016 improvements were noted in completion of health assessments (96%), dental assessments (91%) and the strength and difficulties questionnaire (SDQ) (75%). A fall in immunisations up to date (69%) was noted. The SDQ average score was 14.8. In this reporting year (2016-2017) Southwark is reconfiguring the adoption and fostering panels with the proposal for joint panels. Additionally we are seeing a small increase in children who were put forward for the agency decision maker whilst still at home and thus requiring an adoption medical and assessment by the medical advisor for adoption. The impact of the increase in these types of assessment is being assessed. The medical advisor for adoption and the designated doctor for LAC also provide advice, based on assessments carried out by their local GP, regarding any physical or mental health issues that may impact on the adult's capacity (prospective adopters, prospective carers under an SGO or foster carer) to look after the challenging and vulnerable children who need fostering and adoption.

Table showing key performance indicators.

		2012-13	2013-14	2014-2015	2015-2016
	<b>CLA at 31<sup>st</sup> March</b>	<b>565</b>	<b>550</b>	<b>503</b>	<b>477</b>
<b>Key performance Indicators (England)</b>	Health Assessments up to date	89% (87%)	90.8% (88.4%)	92%	<b>96%</b>
	Immunisations up to date	69% (83%)	69% (87%)	74%	<b>69%</b>
	Dental Assessments up to date	83% (82)	84.6% (84.2%)	85%	<b>91%</b>
	Substance abuse problem	5.2% (3.5%)	2.6% (3.5%)	6%	<b>3.5% (n=17)</b>
	SDQ % completed	28% (71%)	35% (68%)	68%	<b>75%</b>
	SDQ average score	11.4 (14)	13.6 (13.9)	14.5	<b>14.8</b>
<b>Children Seen (GSTT)</b>	Total appointments where child seen	682	572	513	<b>620</b>
	IHAs	199	nk	130 estimate	<b>182</b>
	Total HAs by Drs at SH	453	454	370	<b>415</b>
	Nurse RHAs	86	87	109	<b>176</b>
	Nurse other appts	43	Approx. 41	66	<b>29</b>
	RHAs from GP and other	150-200	150	113	<b>26</b>

## **Emotional and Mental Wellbeing**

7. Southwark LAC access a specialist service (Carelink). Carelink is the NHS team who offer a specialist child and adolescent mental health service (CAMHS) for Southwark looked after children and adopted children. The team work in very close partnership with children's social care, child health and other agencies working with children and young people in care. Carelink is part of South London and Maudsley NHS Foundation Trust. During the year the team caseload usually fluctuates between 182-220 open cases. Children and young people are referred with a wide variety of problems including; emotional disorders, low mood, depression, self-harm, suicidal thoughts, post-traumatic stress disorder, eating problems, anxiety, attachment disorder and difficulties, thought disorders, behavioural and conduct problems and neuro-developmental problems. There are significant needs within this population including the need for specialist provision and episodes of in-patient psychiatric care. The Carelink team co-ordinate with other CAMHS services regarding local access for Southwark LAC as far as is possible. See Appendix 2 for more information about Carelink.

## **Children's Safeguarding**

8. Southwark's population of looked after children contains much inherent vulnerability. Owing to the large proportion of children placed out of borough, and the small but significant proportion placed more than 20 miles away from Southwark boundaries, it is known that there are challenges for these children and young people to access quality and meaningful services in the same way as their peers who are able to access local services when placed within the Borough of Southwark. To this end, in concert with CYPHP, Guys' and St. Thomas' Trust (GSTT) has commissioned a specialist nurse whose remit will include close surveillance of health recommendations made for children placed out of borough, particularly those far away.
9. Children looked after by the London Borough of Southwark are also over-represented in the population of children who are either known or suspected to have vulnerabilities regarding child sexual exploitation and/or missing from home. Direct support to this cohort is provided by the designated and specialist nurses who attend the child sexual exploitation (CSE) operational group where client level data is discussed. Overall the health needs of looked after children within this vulnerable cohort are managed in accordance with the wider Southwark child safeguarding CSE strategy. Southwark is in one of the top five highest boroughs for youth violence and robbery. The designated professionals have also met with colleagues from the youth offending service to clarify pathways for ensuring that health needs are identified and appropriate referrals sort and specialist advice made available. 39% of the looked after children cohort as at 31 March 2016 had an identified special educational need of which the greater proportion was an emotional and behavioural need, in contrast with the general paediatrician population of Southwark where the greater need was social communication autism. A deep dive audit was undertaken looking at children with autism who were looked after and their access to services. The LAC health service is currently undertaking an audit of the same with respect to children with disabilities and those with special educational needs. Southwark looked after children are also over-represented in the population of children missing from education as noted by the multi-agency audit completed by the audit sub-group of the safeguarding board.

## **Governance**

10. The looked after children's health team follows a robust audit plan and implements learning and recommendations arising out of serious case reviews, and management reviews. The looked after children's team actively participate in safeguarding activities, they attend strategy meetings, follow up referrals from social care, as well as carrying out joint visits where appropriate. The team attend care plan meetings as well as care programme approach (CPAs) for vulnerable looked after children, attend Match Panel as needed and professional meetings. The LAC health team participate in LAC peer review.

## **Progress in the action plan**

11. For 2016-2017 LAC health professionals now have continued communication pathways with administrative teams within social care and are in receipt of common performance figures. There has been formal commissioning of a risk stratification system so that health professionals are more readily aware of vulnerable LAC in terms of their risks, CSE, missing and additional health needs. The team continues delivering a robust teaching and training plan. All current pathways in development are being considered for extension to care leavers; this forms one strand of the commissioning development group and the commissioning intention of Southwark CCG. The designated nurse has met with the care leavers team manager at Southwark social care. The LAC health team will contribute to pathway planning for care leavers by attending leaving care forum planned to start in December 2016.

## **Limitations**

12. The Southwark LAC Health Service as a part of the GSTT NHS Foundation Trust continues to be affected by the IT systems change. These constituent IT difficulties have resulted in significant challenges to the delivery of safe and accountable care. These risks are being monitored at Trust level and reported to the CCG through the contract monitoring and quality meetings

## **Community impact statement**

13. The health of looked after children is an important aspect of their care. All children in care to Southwark, with the exception of some unaccompanied asylum seeking young people, come from communities based in Southwark although many are placed with carers outside Southwark. It is hoped that the attention we give to the health and well being of children in care makes an important impact on the community both now and in the future in relation to their health and wellbeing.

## **BACKGROUND DOCUMENTS**

<b>Background Papers</b>	<b>Held At</b>	<b>Contact</b>
None		

## APPENDICES

No.	Title
Appendix 1	Sexual Health and Risky Behaviours – Looked After Children
Appendix 2	Carelink report

## AUDIT TRAIL

<b>Lead Officer</b>	Designated Doctor and Designated Nurse for Children in Care	
<b>Report Author</b>	Designated Doctor and Designated Nurse for Children in Care	
<b>Version</b>	Final	
<b>Dated</b>	20 February 2017	
<b>Key Decision?</b>	No	
<b>CONSULTATION WITH OTHER OFFICERS / DIRECTORATES / CABINET MEMBER</b>		
<b>Officer Title</b>	<b>Comments Sought</b>	<b>Comments Included</b>
Director of Law and Democracy	No	No
Strategic Director of Finance and Governance	No	No
<b>Cabinet Member</b>	No	No
<b>Date final report sent to Constitutional Team</b>	20 February 2017	

## APPENDIX 1

### Sexual Health and Risky Behaviours – Looked After Children (LAC), Southwark

Date: 13 January 2017

#### Background

Southwark has a diverse population, with the most common reason for being in care is abuse and neglect. The health profile of LAC is that they are at increased risk of mental health problem and learning difficulties with risk of smoking, substance abuse and teenage pregnancy.<sup>3</sup> These risks also include unplanned and unwanted pregnancies and STI's. Unaccompanied minors are at increased risk. Children and young people in the care of the local authority are nationally recognised as being at risk of Child Sexual Exploitation (CSE). Peer on peer abuse is an increasing feature in CSE and online abuse.

In Southwark 50% of LAC with CSE risk identified during April –June 2016 have had a missing/absent episode. This has now reduced to 25% in July—Sept 2016. Young people are at risks with majority being victims and some perpetrators or both. LAC are overrepresented in children missing from education - in September 2016 there were 29.

Southwark young people are known to have poor sexual health – in 2013, 5,508 new STI's (excluding chlamydia) under 25 years old and there were 124 under age 18 conceptions (15-17yrs).<sup>4</sup> This is significantly worse than the England average. In 2014 there were 27.4 per 1000 conceptions with 72.7% leading to abortions compared to 2013 with 30.6 per thousand and 70.2% leading to abortions. <sup>6</sup> There were 8 reported teenage mothers in 2014 reporting year. The teenage pregnancy rate is better than our statistical neighbours in Lewisham and Lambeth.<sup>2</sup> Even though the Teenage pregnancy rate has significantly decreased in the last 10 years but LAC are at increased risk due to their vulnerability.

It was reported that 3.5% of LAC in Southwark (March 2016) had substance abuse problem. This data can vary due to how data is recorded. Research has shown that substance misuse is associated with sexual risk behaviour.<sup>1</sup> All these factors have an impact of the young person's emotional health, education, relationships, attachment, placement stability and transition to adulthood.

#### LAC Health Team

The LAC nurses provide one to one support in the form of health promotion for LAC and care leavers on sexual health. Follow up home visits are offered to young people at home, school, social care or other place young person has chosen. Referrals to LAC nurses are from social workers, carers and paediatricians. LAC Nurses provide condoms to young people and referrals to sexual health services e.g. WUSH, Brook, local clinics.

Foster carers are supported by LAC nurses with resources and training to talk to young people about sexual health and relationships. Further training is planned for May 2017. The LAC nurses attend Strategy meeting and CSE Operational Meetings monthly where they contribute knowledge of individual cases and care planning. The LAC Health Team are involved in the CSE Task and Finish Group also held monthly which includes the monitoring and mapping of services for LAC in Southwark.

Sexual health discussions are part of the LAC Health Team role and they refer young people to Brook, Wise up to Sexual Health (WUSH), King's College Sexual Health services and others. These services are flexible and engaging sexual health services that are inclusive of school and college times and young people are fast tracked avoiding waiting list. Also LAC are signposted to sexual services out of borough nearer to where they live. Induction and

training of Social workers and Foster carers is on-going and this includes sexual health as part of the programme.

Pregnant LAC young people are referred to Family Nurse Partnership by GP, SW, LAC Health Team and Midwives. Carelink have referred 11 young people between April to December 2016 for sexual health promotion to the LAC Nurses. These vulnerable young women with emotional and mental health concerns have been identified with special educational needs, previous self-harm, depression and anxiety, placement breakdown and self-esteem issues. The LAC nurses routinely liaise with Carelink and attend their team meetings and provide follow up support to young people and provide advice and resources to carers in promoting the sexual health of the LAC.

The LAC Health Team have successfully recruited to the post of Out of Borough LAC Nurse (funded by the Children and Young People Health Project) in January 2017. The role is designed for the nurse to undertake and outreach visits to LAC placed out of borough more than 20 miles, aged over the age of 10 to do health assessment and follow up health recommendations including sexual health promotion. The LAC Nurses have previously attended the Drop in service at Talfourd Place where sexual health workshops were undertaken. This was poorly attended and is now being re-developed with Leaving Care Team Lead and Speakerbox. The Drop in will be re-started in March 2017.

### **Voice of the Young People**

A recent Southwark consultation event with 23 young people (aged 16-20) in April 2016 reported that fifty percent of young people said they knew where to get sexual health information, but only 45% reported that they knew what to do if they had an STI. Young people identified that they felt that peer pressure was harmful to mental health. <sup>5</sup>

### **Recommendations:**

- Improve the sexual health support to LAC placed out of borough – Out of borough LAC nurse
- Improve support to young people to access sexual health services
- Improve training of Social Workers and Foster carers on Sexual health and Relationships
- LAC Nurses to be involved in Drop in services for LAC and Care Leavers
- LAC health team to work with young people and Speakerbox to develop and improve information and resources for young people

### **References**

1. Sex, Drugs, Alcohol and Young People (Independent Advisory Group on Sexual health and HIV, 2007)
2. Lambeth, Southwark and Lewisham Sexual Health Strategy 2014-2017 (April 2012)
3. Promoting the health and well being of LAC (DFE, DH 2015)
4. Southwark Health Profile (Public Health England, 2015)
5. My Voice Counts - Event (Southwark CCG, April 2016)
6. <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/conceptionandfertilityrates/datasets/conceptionstatisticsenglandandwalesreferencetables>

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