

**Appendix 3 2009/10 CLA Health Steering Group Plan****BE HEALTHY**

The Business Unit for Looked-After Children is responsible for ensuring looked-after children are healthy both physically and mentally. This will be delivered through our partnerships with the PCT and CAMHS and is a particular challenging practice area, as it will require the CLA Service and its key health partners to be delivering services beyond Southwark borders with 69% of CLA placed within 7 miles of the London Borough of Southwark and only 7% over 20 miles.

<b>1. Area for development / priority: Southwark CLA are healthy and receive prompt and appropriate health interventions</b>		
<b>Key actions</b>	<b>Intended Impact and Success Measures</b>	<b>* Notes/Other info</b>
Ensure all CLA (13+) have access to specialist nurse advice about sexual health, fitness and diet, including delivery of free help line directly to designated nurses.	Reduced teenage pregnancy rates for Looked-After children. Two specialist nurses funded and in post.	Lead officers: Jean Hughes / Shola Yemi
Ensure all children have an annual health assessment	Target 93% KPI C19	Lead officers: Chris Saunders / Beatrice Cooper
Delivery of initial health assessments by CLA consultant paediatrician (team) for all new children entering the care system.	Health issues identified early 50% seen at Sunshine House within 20 working days	Lead officer: Beatrice Cooper
Tracking by designated consultant paediatrician (team) where significant health concerns have been identified at initial Health Assessment for CLA or transition issues at 18	CLA effectively accessing specialist health services	Lead officer: Beatrice Cooper
CLA service to deliver greater compliance concerning changes of placement address to reduce numbers of cancellations for health assessments and appointments.	To improve follow up or access to follow-up services and improved outcomes	Lead officers: Mark Mapstone / Beatrice Cooper

1. Southwark CLA are healthy and receive prompt and appropriate health interventions continued		
Key actions	Intended Impact and Success Measures	* Notes/Other info
Delivery of CLA nurse service targeted at delivering health assessments and individual programmes for CLA who refuse annual health assessments or have been assessed as being vulnerable regarding teenage pregnancy.	Target 93% KPI C19 Reduction in Teenage Pregnancy	Lead officers: Jean Hughes / Shola Yemi – designated nurse for CLA
Designated health officers support adoption panels and foster carer approval processes	Improve delivery of health reports to designated health officer KPI C23 1114	Lead officers: Susan Sinclair / Beatrice Cooper
Deliver contract arrangement with PCT regarding delivery of dental consultation 4 times a year at Bradenham	KPI C19 Target 93%	Lead officers: Jean Hughes / Shola Yemi
Incorporation of health issues in Adolescent and Aftercare Group Work Programme	KPI C19 Reduced teenage pregnancy Reduce use of substance abuse	Lead officer: Jean Hughes
Review how staff in the 0-12 service can access health advice namely delivery of a schedule of multi-disciplinary events at Harper Road to enhance worker knowledge relating to the search, health service developments and referral pathways	Delivery of two multi-disciplinary events during 09/10	Lead officers: Alasdair Smith / Elizabeth Murphy / Shola Yemi
Delivery of a health fun day for looked after children aged 13-17 which will include a range of issues including sexual health, diet and obesity, managing stress, physical exercise and constructive use of recreation, substance misuse, access to free leisure facilities and dental care.	Raising awareness for young people and their carers of health support available and improving on people's capacity to make positive life choices delivered in July 2009	Lead officers: Chris Saunders / Jean Hughes / Shola Yemi / Mark Nankivell

2. Area for development / priority: Looked-After Children are physically active		
Key actions	Intended Impact and Success Measures	* Notes/Other info
Increase proportion of CLA accessing leisure resources, through after school provision, fostering support and partnership with Fusion	Target 50% of all Looked-After Children aged 9-16 Up to 100 (14-20 year olds) CLA regularly accessing Fusion leisure activities	Lead officers: Susan Sinclair / Chris Saunders / Mark Mapstone / Fusion
Further improve tracking and reporting systems within CareFirst to collate and report on Looked-After Children able to gain access to hobbies and sports (minimum of 2 hours per week) and Fusion activities	Target 50% of all Looked-After Children aged 9-16 Increased access to sport and leisure activities for Looked-After Children	Lead officers: Mark Mapstone / Chris Saunders / Susan Sinclair
CLA Services to actively promote sport and hobbies through:- <ul style="list-style-type: none"> <li>• Designated budgets available in fostering service</li> <li>• Fostering link social worker activity</li> <li>• IRO input at Reviews</li> <li>• Fostering magazines</li> <li>• SpeakerBox magazine</li> <li>• Health Fun Day</li> <li>• Fusion partnership</li> <li>• Extended school</li> <li>• Group work</li> </ul>	Target 50%	Lead officers: Susan Sinclair / Chris Saunders

<b>2. Looked-After Children are physically active cont'd</b>		
<b>Key actions</b>	<b>Intended Impact and Success Measures</b>	<b>* Notes/Other info</b>
In partnership with independent reviewing officers ensure discussions at statutory reviews ask social worker and placement carers to report how the young person is accessing hobby / support activities	Target 50% Improved access for CLA to leisure and recreational activities, including Fusion	Lead officers: Chris Saunders / Roisin McManus
Tracking and improvement of free access arrangements to Southwark's leisure facilities (through Fusion – Life Style Membership)	Issuing of free cards to Looked-After Children by Fusion Target of 100 young people regularly using Fusion facilities	Lead officers: Chris Saunders / Jean Hughes / Fusion
Delivery of a health fun day for looked after children aged 13-17 which will include a range of issues including sexual health, diet and obesity, managing stress, physical exercise and constructive use of recreation, substance misuse, access to free leisure facilities and dental care.	Raising awareness for young people and their carers of health support available and improving on people's capacity to make positive life choices delivered in July 2009	Lead officers: Chris Saunders / Jean Hughes / Shola Yemi / Mark Nankivell
<b>3. Area for development / priority: Provide effective interventions for Looked-After young people concerning substance misuse</b>		
CLA drugs specialist (DAAT funded) promoting assessments for all young people in the Adolescent and Aftercare Service to determine whether they are vulnerable to substance abuse (include links with YOT services)	Delivery of targeted interventions to most vulnerable young people. 100% of children in Adolescent and Aftercare screened for substance misuse Development of annual review process for all CLA	Lead officer: Jean Hughes / Mark Nankivell / Natalie Fishwick

<b>3. Provide effective interventions for Looked-After young people concerning substance misuse cont'd</b>		
<b>Key actions</b>	<b>Intended Impact and Success Measures</b>	<b>* Notes/Other info</b>
Delivery of health advice and consultation line for Southwark carers	Bi-annual profiling in fostering magazine by CLA drugs worker Improved carer awareness and access to substance misuse advice	Lead officer: Susan Sinclair
Delivery of a health fun day for looked after children aged 13-17 which will include a range of issues including sexual health, diet and obesity, managing stress, physical exercise and constructive use of recreation, substance misuse, access to free leisure facilities and dental care.	Raising awareness for young people and their carers of health support available and improving on people's capacity to make positive life choices delivered in July 2009	Lead officers: Chris Saunders / Jean Hughes / Shola Yemi / Mark Nankivell
Deliver casework intervention for all young people in care assessed as being vulnerable (or using) to substance misuse. Deliver quarterly reports via CareFirst for DAAT Steering Group.	All children assessed as being vulnerable are able to engage with casework intervention provided by CLA drugs specialist provided by DAAT.	Lead officer: Jean Hughes / Mark Mapstone / Mark Nankivell / Natalie Fishwick

4. Area for development / priority: Deliver Comprehensive Child and Adolescent Mental Health Service (CAMHS) for CLA		
Delivery of joint funded CAMHS team (CareLink) to provide direct support and interventions to Looked-After Children and their carers	Improved placement stability KPI A1	Lead officers: Susan Sinclair / Elizabeth Murphy
Review partnership with SLAM, for assessing, supporting and monitoring Children in Care identified as abusing (or high likelihood of) other children (funding reduction)	Improved planning and service delivery through COC steering group and lead practitioners KPI A1	Lead officer: Chris Saunders
Development of strategy with Southwark CAMHS to fast-track access to tier 3 and 4 services for Children in Care – especially those demonstrating highly destructive and / or significant self harming behaviours	Use of Escalation policy to reduce placement instability and children missing from care	Lead officers: Chris Saunders / Elizabeth Murphy
Evaluation of screening process (research funded) for new Looked-After Children to identify future vulnerability to mental health problems (sustainability revised)	Review of pilot to assess impact upon placement stability KPI A1	Lead officers: Elizabeth Murphy / Susan Sinclair
Implement children's service with autistic spectrum disorder strategy (as it relates to children looked after). Introduce concept of TAC for resolving complex care planning issues	Improved placement stability KPI A1	Lead officers: Beatrice Cooper / Moira Leydon / Elizabeth Murphy
Delivery of a health fun day for looked after children aged 13-17 which will include a range of issues including sexual health, diet and obesity, managing stress, physical exercise and constructive use of recreation, substance misuse, access to free leisure facilities and dental care.	Raising awareness for young people and their carers of health support available and improving on people's capacity to make positive life choices delivered in July 2009	Lead officers: Chris Saunders / Jean Hughes / Shola Yemi / Mark Nankivell

5. Area for development / priority: Deliver on-going strategy to reduce teenage pregnancy		
Key actions	Intended Impact and Success Measures	* Notes/Other info
Management of Specialist CLA Nurse screening to assess Children in Care over 13 as being vulnerable for teenage pregnancy. Integrate new requirements for community CAF's to include vulnerability to teenage pregnancy	Target 90% of all young women in Adolescent and After Care Service are screened Performance reports provided for corporate teenage pregnancy steering group Reduce teenage pregnancy	Lead officers: Jean Hughes / Shola Yemi
Provide information, guidance and advice to Southwark carers relating to sexual health issues. Delivery of bi annual articles in fostering magazine and delivery of health input in pre-approval carer training (x4)	Carers accessing nurse help-line	Lead officers: Susan Sinclair / Shola Yemi / Jean Hughes
Develop tracking and reporting systems to monitor outcomes and interventions for those children identified most at risk to teenage pregnancy (screening outcomes)	CareFirst changes in places. Data set reports to health steering group provided 90% of all young women in Adolescent and After Care Service are screened	Lead officers: Jean Hughes / Shola Yemi
"puberty packs" are issued to carers of all Looked-After Children who reach the age of 10 during the financial year	Encouragement of carers to sit down and work with child looking at issues relating to sexual development Support provided by fostering link social workers	Lead officers: Jan Goodwin / Susan Sinclair

5. Deliver on-going strategy to reduce teenage pregnancy cont'd		
Key actions	Intended Impact and Success Measures	* Notes/Other info
Key social work staff in Adolescent and Aftercare Service attend SRE (Sex, Relationship, Education) training	Enhanced social worker and personal advisor awareness of teenage pregnancy issues Reduced teenage pregnancy for Looked After Children	Lead officer: Jean Hughes
To develop a specific strategy to raise awareness for 13 year old looked after children concerning teenage pregnancy. Strategy to involve both young men and young women and be particularly targeted at any young people associated with gangs	Delivery of strategy and reduction in teenage pregnancy for looked after children	Lead officers: Jean Hughes / Joan Small / Roisin McManus / Susan Sinclair
Delivery of a health fun day for looked after children aged 13-17 which will include a range of issues including sexual health, diet and obesity, managing stress, physical exercise and constructive use of recreation, substance misuse, access to free leisure facilities and dental care.	Raising awareness for young people and their carers of health support available and improving on people's capacity to make positive life choices delivered in July 2009	Lead officers: Chris Saunders / Jean Hughes / Shola Yemi / Mark Nankivell