

Getting it right for Care Leavers Health and Well-being

GP Safeguarding Forum

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Aim

Primary Care GP Forum to have an overview of the health and well-being of care leavers

Objectives

Understand the definition and statutory guidance for care leavers

Explore the role of LAC Health team and health needs of Care Leavers

Understand the health needs of Southwark Care Leavers and Care Leavers Health Summary

Explore to voice of care leavers

Have an opportunity to discuss Care Leavers cases

Have knowledge and information on the role of CSC and Pathway Plan/Care Leaver Offer

Policies and Guidance

Care Leavers Charter 2012

Care Leavers Strategy 2013

Promoting the health and wellbeing LAC (DFE, DH 2015)

Southwark Children and Care Leavers Strategy 2016-19

Children and Social Work Act 2017

Local Offer Guidance 2018

Who LAC Health Team Work With

Primary Care

HV/SN

Carelink/CAMHS

FNP

SALT/OT/Dietician

YOS

CSC

Education

SEND

Sexual Health Services

Midwifery

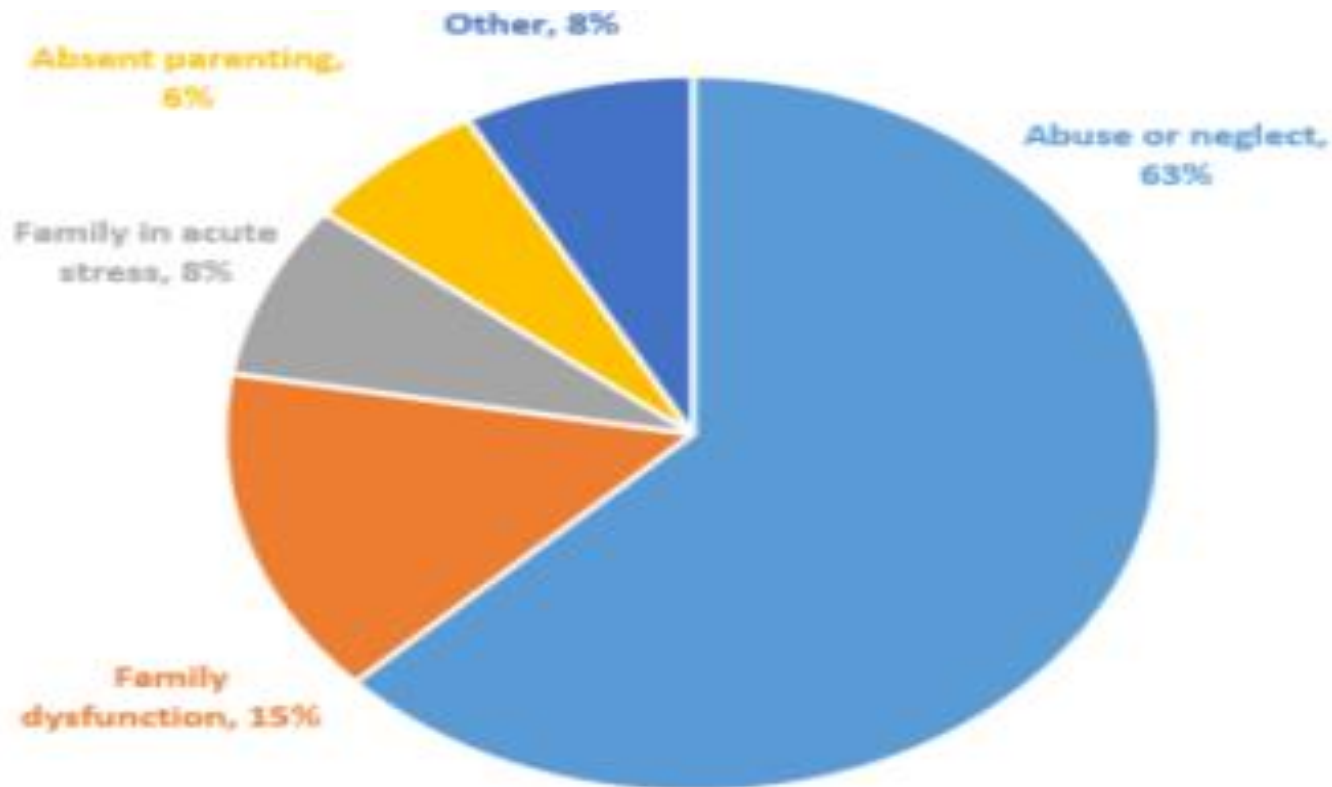
Acute Services

Adult Health Services

LAC Health Teams

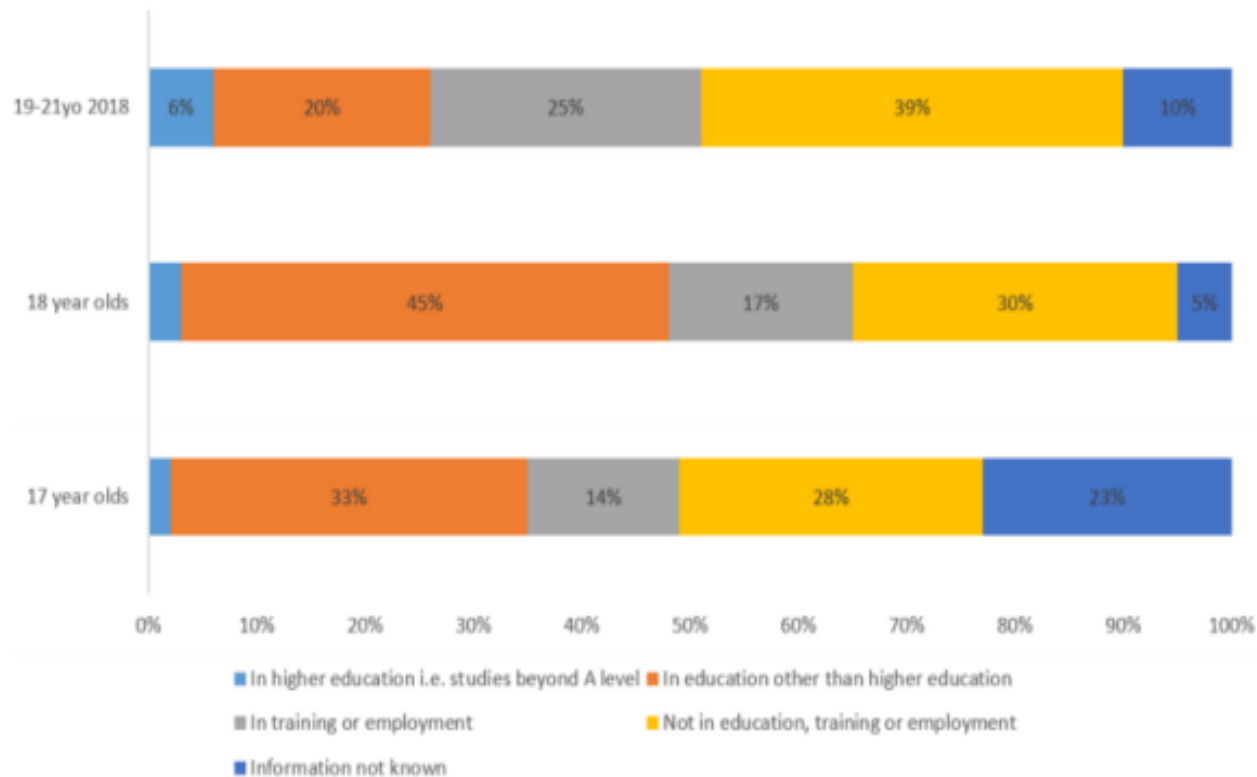
Proportion of Children Looked After by Primary Need 31.03.2018

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/757922/Children_looked_after_in_England_2018_Text_revised.pdf



Care leavers by activity and age: England, year ending 31 March 2018

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/757922/Children_looked_after_in_England_2018_Text_revised.pdf



Local Authorities in touch with care leavers in England 31 March 2016 to 2018

Age of care leaver	Numbers of care leavers:			Percentage in touch:		
	2016	2017	2018	2016	2017	2018
17 year olds	920	620	620	81%	79%	76%
18 year olds	8,350	10,070	10,460	94%	93%	94%
19 to 21 years olds	26,330	26,990	28,510	87%	88%	88%

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/757922/Children_looked_after_in_England_2018_Text_revised.pdf

Definition of care leaver

Eligible Young People: This is a term used in the Leaving Care Procedures. Eligible Young People are young people aged 16 or 17, have been Looked After for a period or periods totalling at least 13 weeks starting after their 14th birthday and are still Looked After. (This total does not include a series of short-term placements of up to four weeks where the child has returned to the parent.) There is a duty to support these young people up to the age of 18.

As of April 2018, Southwark is now under a new duty which requires it to offer PA support to all care leavers up to age 25, irrespective of whether they are engaged in education or training. This includes care leavers who return to the local authority at any point after the age of 21 up to age 25 and request PA support.

Relevant Young People: are those aged 16 or 17 who are no longer Looked After, having previously been in the category of Eligible Young People when Looked After. However, if after leaving the Looked After service, a young person returns home for a period of 6 months or more to be cared for by a parent and the return home has been formally agreed as successful, he or she will no longer be a Relevant Young Person. A young person is also Relevant if, having been looked after for three months or more, he or she is then detained after their 16th birthday either in hospital, remand centre, young offenders' institution or secure training centre. There is a duty to support relevant young people up to the age of 18, wherever they are living.



Department
for Education

Local offer guidance

Guidance for local authorities

February 2018



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Local Offer for Health

Health and Well-being

This will include services that teach about, support and enable good health and wellbeing. It should include links to, or information about, universal health services that might be particularly relevant to care leavers, as well as specific health and wellbeing services targeted at them.

Outcomes for Care Leavers

Care Leavers Transition to Adulthood (National Audit Office 2015-16)

Physical Health (2/3)

Mental Health (40%)

Homeless (2010, 25% - were in care)

Contact with criminal justice (2008, 49% - young men age 21 years)

Teenage Parents (2014, 22% - female care leavers)

Not in education employment or training (2014, 14% -19 year olds)

10,000 Young people leaving care every year (England)

Care Leavers

(Statutory Guidance, DFE, DH 2015)

‘Local authorities, CCGs and NHS England should ensure that there are effective plans in place to enable looked-after children aged 16 or 17 to make a smooth transition to adulthood, and that they are able to continue to obtain the health advice and services they need’.

Emphasis on partnership working between the young person and their personal adviser, and the doctors and nurses involved in their health assessments

Personal advisers should have access to information and training about how to promote physical and mental health

Transitions

Think of a transition you have experienced?
What was helpful?

What transitions do LAC experience?

How can we support Care Leavers with Transition?

Health Needs of Southwark Care Leavers

17 year olds-90 (08/05/2019)

Carelink-6

CAMHS-6

Behaviour-6

ADHD-4

Autism-3

Dyslexia -1

Sleep problems-6

Self-harm-4

Cannabis -6 /Smoking-7

Cannabis and Cigarette 6

Health Needs

Enuresis-3

HIV positive -1

Depression -1

Anxiety Disorder-1

Diabetes -1

Eczema-6

Psoriasis-1

Sickle Cell-1

What is your role?

Your Role

Engaging Care leavers

Continuity of care

Information on health history

Careleavers and their children

Identifying new and emerging health concerns

Opportunity to maximise health

Immunisations

Lifestyle: e.g. Obesity/Substance misuse/Sexual and reproductive health/Other

Teenage Immunisations

HPV vaccine

3-in-1 teenage booster

tetanus, diphtheria and polio

MenACWY vaccine

MMR Vaccine – some teenagers

Your Life Beyond Care

*The views of care leavers in
Southwark on their well-being &
what makes life good*

June, 2018

Dr. Claire Baker, Coram Voice



Key findings (1):

60 care leavers (40%) in Southwark responded to the survey with slightly more women taking part.



Many (78%) care leavers felt they had either been treated better or the same as young people who had not been in care.



Virtually all care leavers could identify at least one person (average 2-3 types of people) who gave them emotional support. Friends were the most frequent response followed by leaving care worker.



Most care leavers (72%) trusted their leaving care worker. Those who reported more negative experiences noted how their workers could be hard to contact and did not always do what they said they would do.



Whilst many care leavers felt involved in pathway planning, 19% did not. They either did not know what a pathway plan was, did not have one or had rarely or never felt involved.



Care leavers experienced fewer changes of worker compared to young people in care (11-18yrs) in Southwark.

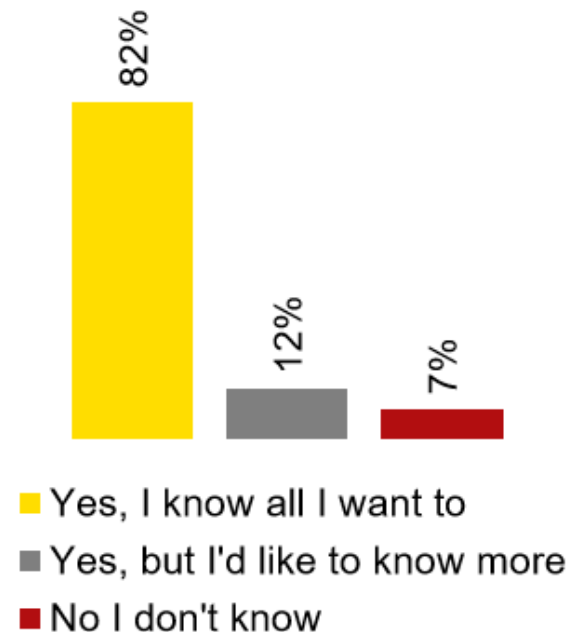
Understanding reason for care

Research with care leavers has shown that some young people felt strongly that the care system had not sufficiently equipped them with an understanding of their background and personal history. (Kelly, 2016)

All care leavers were asked, *do you understand why you were in care?*

- Many care leavers felt that they understood why they had been in care.
- However, about a fifth recorded that they wanted to know more or did not know why they had been in care ($n=11$; 19%).

Do you understand why you were in care?*



*Due to rounding does not equal 100%

Stress

We used questions from the 'perceived stress scale' (Cohen and Williamson, 1983) to ask care leavers about their feelings and thoughts during the last month. The questions can be scored on a scale from 0-4 with a maximum of 16 and minimum of 0. High scores suggests a higher level of stress. (Warttig et al., 2013)

Stress, depression and discomfort generally. I have an expensive, stressful life that I didn't ask for and I can't lean on my parents like other families do.

- Care leavers had higher 'stress scores' (average score was 7.3) compared to peers in the general population (average score of 6.7).

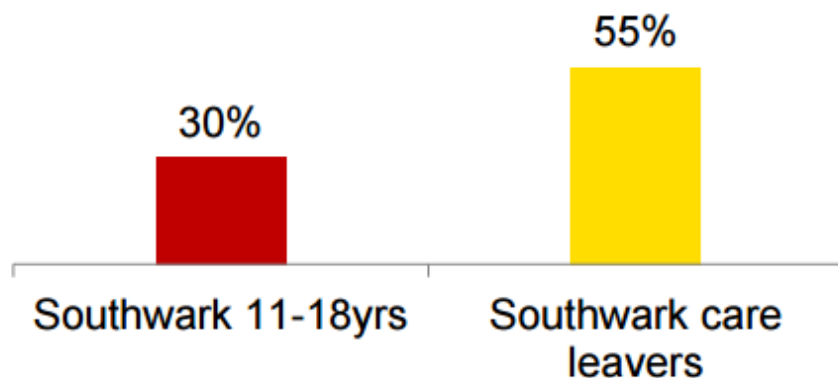
	Often	Fairly often	Some-times	Almost never	Never
Unable to control the important things in life	9%	22%	46%	13%	9%
Difficulties were piling up higher than you could solve them	18%	14%	36%	20%	11%
Things were going your way	11%	16%	47%	16%	9%
Confident about your ability to handle your personal problems	33%	31%	31%	5%	0%

Positivity about the future



Young people were asked on a scale of 0-10, *how positive are you about your future?*

Very positive about the future scores



- 17 (30%) care leavers were **very positive** about their future.
- 12 (21%) had low scores and did not feel positive about their future

In the focus groups a main theme for young people was *'having and achieving goals'*. All care leavers in Southwark were asked if they agreed with the statement, *I've got goals and plans for the future.*

- Many young people (85%) 'mostly agreed' with the statement and had goals and plans for the future, but 8 (15%) disagreed with the statement.
- 7 of the 8 care leavers who did not think they had goals and plans for the future were women.

[Is there anything you want to tell us about your feelings?]

Just want to achieve my goals in life and not give up.

“I am not a case; I’m not a piece of paper. I’m a human. I need you to see that if you’re going to help me”

(Care leaver, The Who Cares ?
Trust)

“I thought I could handle myself, the flat, my money and the bills.

I get lonely”
(Daniel, aged 19)

“I am not getting on with my family. I am a teenage mum I have good days and really bad days. When I get home from college I am so tired”

(Samantha, aged 18)

Care Leavers Health Summary



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Community Health Services

Looked after Children
Sunshine House
Children & Young Peoples Development
Centre
27 Peckham Road
Camberwell
London
SE5 8UH
Tel: 0203 049 8037
gst-tr.Southwark.AC@nhs.net

Designated Doctor: Dr John-Legere
Medical Advisor: Dr Molinari
Designated Nurse: Angela Brown
Specialist Nurse: Helen Corry

Care Leavers Health Summary

Date:

First Name: X
Surname: X
DOB: X
NHS No: X

This information is about your health and was completed with you at your initial/review (and last) statutory health assessment.

Looking after your health is really important. Keeping a record of your health and appointments will help you to attend appointments and get the help and support you need early to stay healthy.

Health Appointments:

Health Appointment Address:	Last appointment	Next appointment
GP:		
Dentist:		
Optician:		
Carelink:		
Other:		



Your Health History

Immunisations:
(see printout)

Birth History:

Family History:

Medical History:

Allergies:

Medication:

Height:

Weight:

BMI:

Follow up actions for you:

If you would like more information about your health history, talk to your GP or Social worker.

(See leaflet with health services contact details and on how to register with a GP)

Health information and advice:

Telephone: 111

NHS Choices:

Provides online information and guidance on all aspects of health and healthcare to help you make choices about your health. You will also find information local hospital and pharmacies at: www.nhschoices.org.uk

For emotional health support and advice you can talk to your GP or self-refer to your local IAPT (improving access to psychological therapies) [http://www.nhs.uk/Service-Search/Psychological%20therapies%20\(IAPT\)/LocationSearch/10008](http://www.nhs.uk/Service-Search/Psychological%20therapies%20(IAPT)/LocationSearch/10008)



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Case A

- Aged 17 (Male) Initial Health Assessment (interpreter present)
- Unaccompanied minor from Vietnam (came via lorry from France)
- No family history available/No contact with family
- No siblings
- Born in hospital – no other information of birth
- One admission to hospital – concussion following assault
- Parasitic worm infection -2018 treated
- Tinnitus 2018 – Referred for hearing test
- No allergies/No medication
- Education up to age 10yrs

Review health assessment

- Height 157cm (on 4th centile) Weight 49.9kg (below 2nd centile) BMI 20.24 (50th centile) Gained weight
- Attending ESOL course at College
- No concerns re: emotional health/stable foster placement/no family contact/friends at College
- Attended Dentist/Optician/Up to date with immunisations at age 18 years

Case J

- Age 18 years (Female)
- Algerian
- Sexual Assault age 7 in Algeria
- Initial health assessment 2017
- Risk of forced marriage – Scared of sister and mother
- CSE – groomed and sexually exploited by older males on internet
- Referred to MASE
- Self harm – Attempted suicide
- Mother - history of Raised blood pressure
- Father – no health information
- Asthma – Uses inhalers/No concerns
- Attended Carelink – Low mood/socially immature/nightmares/post traumatic stress
Had Psychotherapy
- Missing school/telling lies
- Stay Put scheme/ Professionals meetings x2
- Enhanced LAC Nurse review
- Referred to Brook Sexual health outreach team

Challenges

- Increasing number of young people coming into care
- Engaging those that refuse health assessment and reviews
- Engaging care leavers
- Increasing the number of care leavers in education employment and training
- Identifying and meeting mental and emotional health needs
- Supporting resilience
- Supporting and Improving stability of placements
- Providing locally based support that is flexible
- Supporting transitions to independence

Key Messages

Voice of Child Care Leaver
Delivering flexible responsive support
Partnership working
Making every contact count
Supporting resilience

Getting it right!

Useful Websites -Care Leavers

<https://www.southwark.gov.uk/social-care-and-support/the-local-offer-for-care-leavers>

<https://www.catch-22.org.uk/offers/looked-after-children-and-care-leavers/>

<https://www.gov.uk/government/consultations/corporate-parenting-the-local-offer-and-personal-adviser-support>

<https://www.local.gov.uk/get-act-children-and-social-work-act-2017>