

LEICESTERSHIRE SAFER COMMUNITIES STRATEGY BOARD

17th JUNE 2022

LSCSB UPDATE: PUBLIC HEALTH, LEICESTERSHIRE COUNTY COUNCIL

Background

1. The purpose of this report is to:
 - Provide an update on the recommissioning of domestic abuse and sexual violence services;
 - Inform the Board of the range of services that the public health department commissions or provides to keep communities safe.
2. The work aligns with the 'Safe and Well' strategic outcome of the County Council's Strategic Plan 2022-26. This outcome aims to ensure that people are safe and protected from harm, live in a healthy environment, and have the opportunities and support they need to live active, independent, and fulfilling lives.
3. The offer also aligns with the 'Staying Healthy, Safe and Well' strategic priority of the Leicestershire Joint Health and Wellbeing Strategy 2022-2032.

Existing Offer

Domestic Abuse

4. The Board last received an update on the commissioning of domestic and sexual violence and abuse services from Public Health in December 2021. At that point successful bidders were announced, and the Implementation Stage had commenced to ensure the new services were ready for the contract start date. The new service system successfully commenced on 1st April 2022, and comprises of:
 - Helpline and Engagement Service provided by Free from Violence and Abuse (FreeVa) – commissioned by OPCC for LLR;
 - Domestic Abuse Locality Service provided by Living Without Abuse (LWA) – commissioned by Public Health for Leicestershire and Rutland;
 - Sexual Violence Support Service provided by FreeVa – commissioned by OPCC for LLR;
 - Leicestershire Safe Accommodation Support Service provided by Women's Aid Leicestershire Limited (WALL) – commissioned by LCC Public Health for Leicestershire.

5. Prior to the start of the new contracts, a communication briefing (Appendix A) was prepared for partners and widely circulated that explained the new provision. In addition, the individual service providers have delivered briefings to explain the new service system and referral processes.
6. **Domestic Abuse and Housing Alliance Accreditation** – This is the UK benchmark for how housing providers should respond to domestic abuse in the UK. The framework includes 8 categories for development which builds in processes that help to guide staff to adequately address the needs of victims/survivors and hold abusers to account. The public health department is currently working with all 7 districts/boroughs and Rutland to embed the standards of practice into their everyday roles with a view to accreditation being completed this year.

First Contact Plus

7. First Contact Plus offers a referral and signposting service for residents in Leicestershire, including those that have been recent victims of crime. The service offers a holistic conversation where appropriate referrals are made to partner agencies who specialise in a wide range of support areas, whether that be, crime reduction, victim support or mental health and wellbeing (to name a few). The service also offers information and advice for a resident to be able to research particular service offers, and determine which service is most suitable for their needs at that time. First Contact Plus works in partnership with GPs, the police, health organisations, voluntary groups, social care departments and district & borough councils with the overall aim of helping residents to live an independent and fulfilled life as possible.

For more information, please visit: <https://firstcontactplus.org.uk/>

Local Area Coordination (LAC)

8. Local Area Coordination is a targeted, place based, holistic provision which aims to improve quality of life, build safe and welcoming communities, and prevent onward need for service intervention. With a defined, person-centred way of working, LAC support people to add to and access community-based resources. By reducing barriers and having timely conversations around the wider determinants of health, LAC prevent people reaching crisis and needing formalised support. A key tenet of the LAC approach is that all people in our communities have the same rights, responsibilities, and opportunities to participate in and contribute to the life of the community, respecting and supporting their identity, beliefs, values, and practices. Local Area Coordination works across three levels:
 - Level 1 – Providing information and facilitating effective signposting;
 - Level 2 – Ongoing work with residents to tackle issue and support the use of their natural gifts and assets;
 - Community – Helping residents to build community assets.

Contact details for Local Area Coordinators are attached as Appendix B.

MECC+ (Making Every Contact Count)

9. Making Every Contact Count (MECC) is an evidence-based behaviour change technique that utilises day to day interactions that organisations/individuals have with people to encourage changes in behaviour that have a positive effect on their health and wellbeing. MECC training develops staff confidence and competence to have meaningful brief conversations with people on health-related topics, plus provide them with the knowledge to signpost and/or refer to the appropriate service.
10. Within LLR the MECC 'Plus' (+) approach has been adopted, whereby MECC is used to support the holistic assessment of a person's needs in a very person-centred manner. Rather than simply focusing on traditional health issues, MECC+ looks at the wider determinants of health and other influences such as loneliness, housing, and debt. The local MECC+ programme is called 'Healthy Conversation Skills' (HCS).

For more information, visit <https://www.healthyconversationskills.co.uk/>

Healthy Child Programme (HCP)

11. The Healthy Child Programme (HCP) is an early intervention and prevention public health programme which focuses on a universal preventative service for children and families. The 0-11 element of the service will continue to be provided by Leicestershire Partnership Trust (LPT). The service provides an invaluable opportunity to identify families that are in need of additional support, and children who are at risk of poor outcomes. Families are provided a programme of health and development reviews, supplemented by advice around health, wellbeing, and parenting.

Healthy Schools

12. The Leicestershire Healthy Schools programme (LHSP) supports schools to create a positive environment to improve the health and wellbeing of pupils, school staff & the wider school community whilst reducing health inequalities. The programme is available to all primary and secondary schools within Leicestershire.
13. The programme uses a Whole School Approach to define a comprehensive set of criteria for schools to review, monitor and improve their health and wellbeing offer. The accreditation scheme is designed to provide schools with external verification that showcases their commitment to supporting the health and wellbeing needs of the school community. At present, 76 schools are

working through the accreditation process, supported by the Health Improvement Team.

14. For increased levels of need, the programme offers a range of targeted interventions and programmes. Currently, these include: Youth Mental Health First Aid, Think Family – Parental Mental Illness, Whole Family Relationships (currently in development), DfE Wellbeing for Education Recovery, Whole School Approach to Mental Wellbeing, Food 4 Life, Young Health Champions Level 2 Award (currently in development).

For more information, please visit: www.leicestershirehealthyschools.org.uk/

Healthy Relationships

15. The Public Health department is working with Children and Family Wellbeing Services, Police and Education services to provide front line staff with training and resources to enhance understanding of conflict versus domestic abuse. A longer-term goal is to work with partners to look at the recording of 'domestic incidents' to help improve our understanding of conflict versus abuse and developing bespoke resources and/or training to support schools.
16. In addition, Children and Family Wellbeing Services have trained over 100 people in the use of the Leicestershire Practitioner Toolkit (Appendix C) and have trained 11 'Relationship Leaders'. The toolkit provides the resources needed for practitioners to ask appropriate questions in order to engage individuals in productive conversations and to reflect on their relationship, with a view to empowering individuals/families to make things better for themselves. The Relationship Leaders act as champions for this agenda but also importantly they have undertaken the 'Train the Trainer' model so are able to deliver the Practitioner Toolkit Training. It is intended that further Relationship Leaders training will be offered to partners and other agencies in the future.

Substance Misuse

17. Recommissioning of the Integrated Substance Misuse Community Treatment Service took place last year with the new service commencing on 1st April 2022. The service works in partnership with Dear Albert, Falcon Homeless and Community Support and Age UK to provide the following offer:
 - **My Turning Point** - a digital treatment tool that provides 24/7 access to a range of guided and self-help sessions that can help with drug and alcohol use, as well as emotional health and other wellbeing issues.
 - **Alcohol and wellbeing programmes** – designed to help individuals cut down or stop drinking
 - **Opiate Substitute Prescribing** – This is aimed at those dependent on opiate drugs such as heroin. The offer involves clinical interventions

that sit alongside a programme of talking therapies and recovery support.

- **Reclaim** - This is designed to support people who are using drugs to help develop the skills and commitment to make positive changes to their drug use.
- **Young People's Service** – A dedicated Young People's team that works with all under 18s (and those aged up to 25 where required) at a location suited to the young person. The team supports young people to make changes to their drug and alcohol use. The team also supports young people affected by someone else's substance use.
- **Family and Friends Support** - Offers support to family and friends even if the individual with a drug or alcohol problem isn't accessing treatment services.
- **Last Orders Project** – This project helps those over 50 to learn more about their drinking and how it affects their life and provides support to make positive changes.
- **Community detoxification service.**
- **Access to inpatient detoxification services.**
- **Access to residential rehabilitation services.**
- **Harm reduction support** via district wide drop-in sessions in partnership with Falcon Support Services.
- **Access to recovery support.**

18. Turning Point also deliver a dual diagnosis service through additional funding from the Clinical Commissioning Groups. This service provides specialist and intensive support to individuals with co-occurring mental health and substance misuse issues. This is a pilot service that will run until 31st March 2023.

19. Turning Point run information sessions on the last Tuesday of every other month for anyone wanting to know more about the service. The sessions for 2022 will take place on:

- Tuesday 28 June 2pm to 3pm
- Tuesday 30 August 2pm to 3pm
- Tuesday 25 October 2pm to 3pm

To book a place please email caroline.gadsby@turning-point.co.uk

Mental Health

20. **Start a Conversation** is a suicide prevention campaign that aims to build a community that is committed to the mental health and wellbeing of its residents. It provides a non-judgmental environment where care and support are available to those in distress or those bereaved or affected by suicide. Through raised awareness and open and honest conversations about suicide we believe that every person has the potential to make a difference and save a life. The campaign is led by Leicestershire County Council working in partnership with a number of organisations, that have come together with a commitment to prevent suicide. As well as advice and guidance on a range of

wider issues, such as debt advice or relationship difficulties; Start a Conversation also commissions a range of services to directly support individuals across Leicester, Leicestershire and Rutland. These include:

- Tomorrow Project – specialist suicide bereavement service;
- Harmless All-Age Self-Harm Service;
- Mensoar – Men's Peer-Support;
- DistrACT – an app designed to improve early access to evidence-based information about self-harm and personal first aid.

For more information, visit: www.startaconversation.co.uk/

21. **All Age Self-Harm Service** - Self-harm is a considerable and increasing public health concern both locally and nationally. Whilst self-harm rates are increasing, presentation to clinical services has not kept pace. Prevalence of self-harm in the community is generally increasing year-on-year. It is well-known that non-fatal self-harm is the strongest risk factor for subsequent suicide attempt – this risk factor significantly increases when an individual presents at clinical services, particularly among adolescents. The Community Self-Harm Intervention service provides capacity and expertise at community-level to sensitively support individuals who self-harm via an inform and prevent approach and via an earlier intervention approach. The overall aims of this service are to:

- Increase the quality, availability and access to information and self-help resources for prevention;
- Improve stakeholder's confidence and competence to understand and manage self-harm risk in the community;
- Improve the information provided by key stakeholders and partners to individuals that self-harm;
- To provide earlier community-level intervention for individuals that self-harm;
- Contribute to the reduction of known inequalities that exist across groups that self-harm in Leicester, Leicestershire and Rutland (LLR).

Homelessness

22. The Public Health department commissions a hostel-based and outreach-based support service which is currently provided by The Bridge, Falcon Support Services and Nottingham Community Housing Association. From 1st July 2022, the service will be provided by Falcon Support Services and Nottingham Community Housing Association. The service provides:

- A referral hub which includes assessment and allocation;
- Needs based support for those in hostel accommodation;
- Support for those who were recently homeless and have since been housed (non-priority need only);
- Drop-in service to support individuals who require information, advice, or guidance;
- Support to prevent those in their own accommodation from becoming homeless;

- A link into other public health services e.g. substance misuse services, sexual health services etc.

Probation Health Trainers Service

23. The Probation Health Trainer Service provides support to offenders and ex-offenders to make changes towards a healthier lifestyle but who are unlikely to make and maintain this without individual support.
24. Probation Health Trainers are generally ex-offenders and have successfully completed the nationally accredited Health Trainer training. They work with clients on a one-to-one basis to assess their health and lifestyle risks and support them to make and sustain behavioural change towards a healthier lifestyle. A key element of the service involves supporting clients to access a comprehensive range of services aimed at improving mental and physical health and wellbeing, addressing isolation and loneliness, addressing housing, education, training and employment needs, and access to welfare and benefits advice.
25. The Probation Health Trainers Service works with offenders in the community who are on community orders or licence. Referrals to the service are primarily through the Probation Service but may also be taken from other services working with offenders in the community (e.g. substance misuse services).
26. The service was recommissioned in 2021 with the new service commencing on 1st April 2022 and is provided by Ingeus.

Coming Year

27. The following paragraphs outline the areas that the Public Health Department will be expanding on in the coming year:

Domestic Abuse

28. Public Health continues to work with the Community Safety Team within Children and Family Services to ensure delivery of priorities within the Domestic Abuse Strategy, and to ensure victims of domestic abuse can access the right support in safe accommodation.

Local Area Coordination (LAC)

29. The team is expanding this year with capacity being added to existing areas and also going into 12 new communities across Leicestershire.

Healthy Child Programme (HCP)

30. Adolescence is a time of huge change and experimentation. In seeking greater independence many young people will engage in some level of risky behaviour between the ages of 11 and 14 years old. For most, there will be no lasting harm. However, there are some young people for whom 'risk taking'

behaviour becomes problematic with profound negative consequences that last well into adulthood. It is therefore crucial we understand the rationale behind the more significant risky behaviours and how we might minimise harm and support choices promoting more positive health outcomes. This will mean that the 11-19 service will be delivered differently to the current School Nursing Service. From September 2022, for children and young people aged 11-19 (up to 25 for those identified with additional needs), the HCP offer will be a Public Health led service, delivered through the Children and Family Wellbeing Service. The aim is to work with partners to ensure prevention is included as part of any pathway for adolescents to prevent and reduce demand on specialist services.

31. The Public Health department is keen to work with partners to align services and pathways with the new adolescent Public Health service. A workshop is being planned for external stakeholders in the Summer to drive this agenda forward.

Healthy Relationships

32. The Public Health department is currently procuring a whole family relationship support programme. This service will provide wrap around early help and preventative support for families to become resilient, addressing the issue of parental conflict and improving the lives of children and young people experiencing this. The tender is due out imminently for a 3-year delivery. The service will look to work with schools and pre- and post-natal services, as well as be aligned to Leicestershire's trauma informed practice work.

Trauma Informed Approach

33. Public Health are currently working on a package of support for the development of trauma informed practice within perinatal services and Early years settings. This offer will complement the work Barnardo's are doing and focuses on 'preventing' adverse childhood effects from occurring. The focus will be Early years settings, Health Visiting services, midwifery services and parental support.

Substance Misuse

34. The Public Health department is leading on the implementation of an LLR Drug and Alcohol Related Deaths Review Panel. The panel is a multi-agency panel whose primary aim is to prevent and/or reduce future drug and alcohol related deaths by:
- Reviewing drug and alcohol related deaths as well as near misses;
 - Determining any modifiable risk factors which may have contributed to the death;
 - Identifying patterns or trends;
 - Identifying and sharing learning across agencies;
 - Identifying, advocating and actioning changes.
- It is anticipated that the panel will go live in Summer 2022.

35. The Office for Health Improvement and Disparities (OHID) have provided supplemental funding to all local authorities across the country to enhance substance misuse service provision over the next 3 years. For Leicestershire, the maximum allocation is just under £2m. The proposal for Year 1 has been submitted to OHID for approval and comprises of:

- Enhanced work with underserved communities – understanding unmet need and putting in place recommendations for action;
- Additional naloxone provision through police;
- Enhanced needle and syringe programmes;
- Enhanced capacity to support police and court custody assessments to improve pathways into treatment;
- Complex case/vulnerability team within the treatment service to support individuals with complex needs;
- Enhancing the volunteer and peer mentor scheme.

Mental Health

36. Recognising the importance and value of the lived experience voice, the LLR Suicide Audit and Prevention Group are working in partnership with the National Suicide Prevention Alliance to develop and formalise a new lived experience network. The aim of the network is to develop and train a group of local people with lived experience of suicide and mental health challenges to influence suicide prevention policy and practice at all levels.

Homelessness

37. Public Health are in the process of recommissioning the hostel-based and outreach-based support service for adults who are homeless or at risk of homelessness. This is in preparation for a go live date of 1st April 2024. The first phase of the project involves completing a needs assessment and running stakeholder engagement workshops to support the development of a draft model. These are currently underway.

Partnerships

38. The Public Health department is increasing capacity to expand the public health approach across the partnership, including discussions with Community Safety Partnerships on how best public health can support their work.

Recommendations for the Board

39. It is recommended that:

- (a) That the Board notes the content of the report;
- (b) That Board members update and raise awareness of these services within their organisations, including seeking opportunities to continue to work together, particularly on the areas being developed over the coming year.

Officer to Contact

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