

teen health

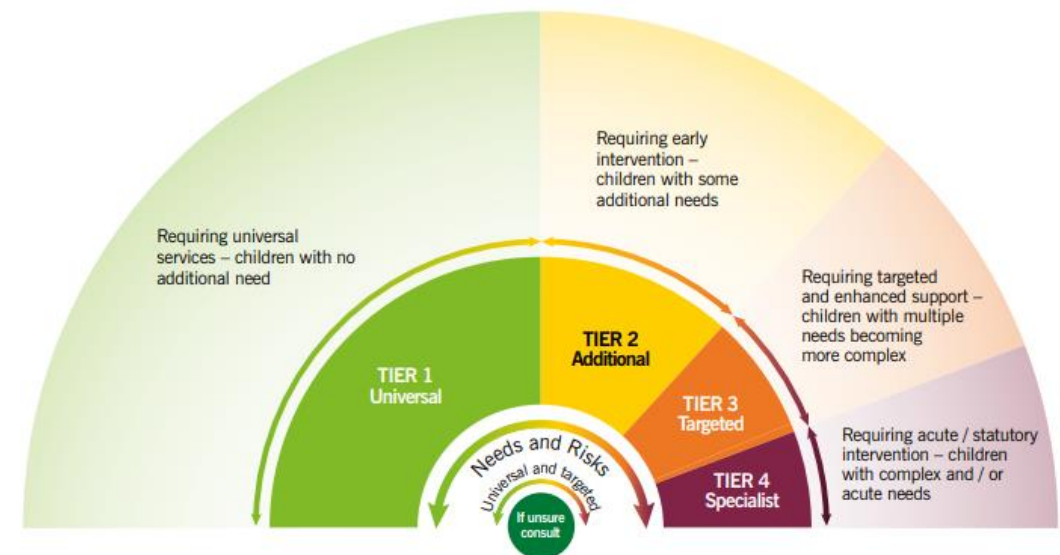
11-19 service

Service Information

What does the service look like?

- Integrated within Early Help Service
- Supporting delivery of Healthy Child Programme
- Focus on universal prevention with seamless transition between CFWS and 11+

Different types of assessed need and levels of intervention



Our Priority Areas



Supporting resilience and wellbeing

Promoting self care and improving health literacy

Supporting healthy lifestyles

Improving health behaviours and reducing risk taking

Supporting complex and additional health wellbeing needs

Supporting vulnerable young people and improving health inequalities.

A smaller version of the 'teen health 11-19 service' logo, positioned above the Leicestershire County Council logo.

Our Priority Areas

Support to improve emotional wellbeing:

- Self esteem
- Body image
- Building resilience

Supporting young people to make healthier choices:

- Reducing substance misuse particularly cannabis use
- Reducing alcohol consumption

Supporting Healthy Relationships:

- Building positive relationships
- Reduce violence in intimate relationships
- Promoting positive sexual health and wellbeing

Current Service Delivery

1:1 Brief Intervention:

- YPHWO 5 YP maximum capacity.
- Criteria for 1:1 support.

Groups:

- REACT 14+ group in localities.
- Wellbeing group in schools for KS3.
- Healthy relationships group in locality.
- Pop up sessions in schools.

Drop in sessions:

- Being delivered in schools.
- Lunch time and after school dependent on needs.
- Wellbeing and Sexual Health focus.

Networking:

- All schools have accepted the offer.
- Building relationships with in school.
- Planning events/campaigns in their areas.
- Working together with other local agencies.

www.teenhealth.org.uk

Service Data: Jan to June 2023

1170 referrals received into the Teen Health



1:1 Brief Intervention:

- Worked with Over 80 Young People

Groups:

- 111 groups delivered across Leicestershire secondary schools and community venues (March 2023 – June 2023) - The Wellbeing and REACT group (doesn't include summer groups)

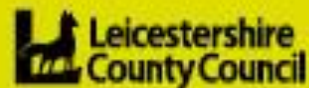
Drop in sessions:

- 719 YP have been seen .

Sexual Health:

- 19 out of 43 schools have had sexual health registration events co delivered with LSH.
- Over 1000 YP signed up for c-card

www.teenhealth.org.uk



Feedback and Voice



I like how I can let all of my feelings and emotions out with the HWO and she has taught me how to manage my anger and how not to lash out and instead stay calm.

1:1 Young Person

As a parent, I was really impressed with how the HWO kept in touch with me and especially the review meeting that we had to look at what K had done, I could see that the HWO had really listened to, and taken on board all of K's worries and she really made sure that K understood what they had done together.

10/10 and 1000 stars for the HWO 😊

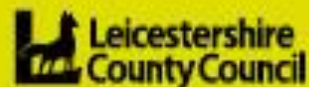
Parent

It has been really helpful as my confidence has got better and I can see that I have lots of things in place that I can use in different ways when I am struggling.

Group- Young person

The HWO was helpful and caring and I felt listened to. I would have loved to have them working with me for longer 😊
I feel more confident and have learned some really good strategies that I use.

1:1 Young Person



The Team

Ami Lynch Team Leader (West)

Alesha Jethwa

Emma Pratt

Sam Harris

Lisa Preston

Sam Gill

Mindy Dhaliwal

Michelle Paulson

Stella Taylor

Joanne White

Team and Partnership Manager

Emma Parker Team Leader (East)

Vashima Takoliya

Chelsey Branson

Simon Frear

Jay Brewin

Nicki Rhodes

2x new posts

Referral Information – **MUST** have consent of young person



Teen Health 11-19 referral

Referrer Details

Are you making this referral for yourself? *

 Yes No

Referrer

First name *

Surname *

Email address *

Please check you have typed the email address correctly with no spaces in it or at the end

- You will need child's name, home address, date of birth and the child's contact details
- If you know of other agencies involved with the family it is helpful if you can include any details, i.e names of practitioners
- It is also helpful if you are able to put what has already been tried previously.
- You **MUST** have Young persons consent.

Referrals



- Professionals, parents and young people can refer using the simple on-line referral form

<https://www.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/teen-health-11-19>

- If you are require advice around making a referral you can contact our Support & Advice Line:
0116 305 8727

A smaller version of the 'teen health 11-19 service' logo, positioned on a pink rectangular background.

The Leicestershire County Council logo, featuring a stylized black silhouette of a stag's head and the text 'Leicestershire County Council' in a black, sans-serif font, set against a yellow rectangular background.

Questions?

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