

## ITEM 9

### BRISTOL HEALTH SCRUTINY COMMITTEE

5 December 2022

**Update from Sirona Care and Health - The development of the early help offer through offering interventions that have a focus on prevention, early intervention and reducing inequalities**

#### **1. Purpose of briefing note:**

The purpose of this note is to set the context for provide a briefing / update to the committee from representatives of Sirona Care and Health.

The presentation at this meeting will be delivered by Lorrain McMullen, Interim Deputy Director of Operations and colleagues Nikki Lawrence and Geraldine Bates.

#### **2. Background / summary of issues for Scrutiny members to note / consider:**

The briefing / update at this meeting will provide detail on Sirona's approach / progress in relation to how Public Health Nursing (PHN) and Therapy services support the development of the early help offer in Bristol

#### **Public Health Nursing**

The service offers a range of interventions to support the early help offer which include:

#### **Transformation**

The PHN service has embarked on an ambitious transformation programme that places children, young people, and families at the heart of the service they receive. This transformation will introduce the I THRIVE conceptual model, which is a value driven, personalised and preventative/early intervention approach to service provision which supports better outcomes for children, young people, and families through its integrated and needs led approach. Since the modernisation of the Healthy Child programme in 2021, work has already begun to develop new pathways that are based on the best evidence and are being coproduced with a wide range of service users that include parent carer groups, Barnardos schools and system partners.

#### **Mandated reviews**

PHN services deliver the healthy child programme (2021) which identifies areas of high impact providing an evidence-based framework for delivering the public health nursing service. These areas of high impact describe domains where health visitors

and school nurses can have significant influence on the health wellbeing and longer-term outcomes for children, families, and communities through the delivery of a universal, preventative service. The programme mandates that 5 universal contacts are made which include: ante natal, new birth, 6 to 8 week, 1 year and 2- 2.5-year reviews. PHN has focussed on ensuring all eligible service users are offered an ante natal visit which provides an opportunity to build a relationship and carry out an assessment which includes the early identification of need, offer health promotion, early intervention and primary prevention in the antenatal period that continues into the early years.

### ASQ, ASQ- SE and ELIM assessments

The two-year review aims to optimise child development and emotional wellbeing and reduce inequalities in outcomes by sharing information with parents and the early identification of need in partnership with parents. The priority areas are emotional development, communication skills, support of positive relationships in families and obesity prevention. The ASQ-3 is the screening tool used as part of this holistic needs assessment reviewing the health and development of children in partnership with parents and carers. This review identifies a child's strengths as well as any areas where they may need additional support. Health visitors are encouraged to use the ASQ-SE in partnership with parents where further exploration is required to inform a holistic assessment of need.

Holistic needs assessments completed at all 5 mandated reviews, including the 2-year review, aim to identify health or developmental needs at an early stage to enable further assessment to take place. This may require a referral to a specialist service such as OT, SALT, audiology, ophthalmology, children's centres, voluntary sector support, social care or dietician.

In January 2021, PHE announced their ambition to develop a programme of work to reduce inequalities in early speech, language, and communication. This included guidance to support local areas to develop evidence-based speech, language and communication pathways and the development of a new early language and identification measure (ELIM); this tool to be used alongside our existing ASQ-3 at the 2-2.5-year contact. Research has shown that the ELIM assessment can identify 94% of toddlers with early language needs and that children with delayed language development do worse at school and have poorer outcomes later in life. It can also signal other developmental conditions such as autism spectrum disorders (ASD) and attention deficit hyperactivity disorder (ADHD). The ELIM assessment is now carried out routinely at all Bristol 2- 2.5-year reviews

### Baby hubs

One of the transformation's aims is to roll out the successful South Gloucestershire baby hub model across BNSSG. The hubs provide an opportunity to deliver a proactive, family centred model of community support, with the aim of building parents' confidence, sensitivity, and self-efficacy around their relationship with their baby. The primary aim of both services is the reduction of health and wellbeing inequalities and the promotion of responsive, attuned, and secure relationships between children and their parents or carers, ensuring children are ready to learn.

The focus of the hubs is to provide a friendly, safe, and welcoming local community space where parents can find support and swap experiences about their parenting journey. They are places where up to date, evidence based, and unbiased information can be found and where relationships with practitioners and other parents in the local community can be formed.

### Intensive home visiting

Sirona delivers a universal PHN programme to all families. In addition to this Sirona also provides two targeted early intervention population programmes that aim to improve a variety of child and parent outcomes and reduce inequalities. The Family nurse partnership (FNP) has operated in Bristol since 2014 and is a licensed home visiting programme delivered by family nurses for first time young Mums. The Maternal Early Childhood Sustained Home-visiting (MECSH) programme has recently been launched in Bristol and is delivered by health visitors. It offers sustained support for families at risk of poorer maternal and child health and development outcomes.

### Support packages- Health visiting

As part of the transformation a suite of evidence-based support packages are being developed. These are short term, time limited interventions that will be delivered by Community nursery nurses following a holistic needs assessment by a health visitor. These support packages will include a range of topics such as managing minor illnesses, accident prevention, sleep, healthy eating, introducing family foods and supporting play.

Webinars: The health visiting teams now run several webinars offering accessible and early support for families on a range of issues from infant feeding and sleep to safety at home and introducing family foods. The attendance and feedback have been positive to date and the series is being expanded in response to requests from families.

### Public Health Nurse response team

A small team of public health nurses have been established to work in partnership with emergency settings and wider public health teams across BNSSG. They use a health promoting approach, with a focus on prevention and self-efficacy rather than treatment or cure. They can also play an important role in improving parental health literacy to manage minor illness. This builds parental confidence and knowledge on self-management and when to seek help, enabling them to manage childhood illnesses at home, access appropriate support and services and reduce unnecessary emergency department attendance. Public health nurses ensure that young people are aware and confident in how to access health services in their community which includes appropriate use of emergency care settings, GPs, and pharmacists to support self-care.

### Specialist Health visitors for Perinatal and Infant mental health

A team of three health visitors that have undertaken additional training in perinatal and infant mental health has recently been formed and sits within the public health nursing service. The team have a focus on supporting staff to develop their understanding and support skills around parental and infant emotional wellbeing and early relationships, through staff training, supervision, and consultations. The team are also building effective relationships with partner organisations engaged in the delivery of perinatal & infant mental health support to improve referral processes for families.

Targeted, preventative interventions directly supporting parents (such as PEEP antenatal and Watch, Wait and Wonder) will also be offered by the team in 2023 to support parents at risk of isolation, anxiety and low-level depression in the perinatal period, reducing the risk to early parent-infant relationships.

### Infant feeding team

The health visiting service in Bristol has retained its UNICEF Baby Friendly Accreditation following an assessment in May 2022. The service will now work towards achieving the Gold Award in 2025.

The infant feeding team in Bristol (which sits within the public health nursing service) continues to offer specialist support for breastfeeding mothers who are experiencing complex and / or enduring breastfeeding challenges. The service offers needs led support both antenatally and postnatally for a wide range of issues impacting of the infant feeding relationship. The team will begin to work closely with the perinatal and infant mental health team in 2023 to ensure a joined-up approach to parental and infant wellbeing.

### Chat Health

This confidential and secure text messaging service for young people, aged 11-19 was launched across BNSSG by Sirona school nursing services in April 2022. It provides an easy and anonymous access with a healthcare professional for advice and support.

Youth Access, July 2020, reported that remote forms of support can lead to positive outcomes amongst young people, and improved accessibility for those who struggle to access face to face service such as young men, young carers, LGBTQ+ and young people with disabilities.

To date there has been 1047 text messages sent to the BNSSG school nursing service from young people whose feedback suggests that they value this service and report they may not have sought support had the text option not been available.

## Emotional Health support in schools

**Mental Health in Schools team (MHST)**- The school nursing team in In Bristol is working closely with the MHST programme. This is being delivered in partnership between Off the Record (OTR) and Avon and Wiltshire Mental Health Partnership NHS Trust (AWP), both of whom are already delivering mental health support services locally.

MHSTs are working with several schools across Bristol and offer support to children and young people for mild to moderate mental health difficulties that could include anxieties, low mood, exam stress and friendship issues. The school nurse leads have been working with MHST leads to agree referral criteria so young people can access the level of support they need to manage any issues and to prevent duplication. This should mean that school nurses deliver support to those students with milder issues and the MHST pick up referrals for those with moderate and more complex problems.

**Off the Record (OTR) and Kooth:** School nursing teams currently signpost young people to these organisations for support with their mental and emotional health. OTR also support the teams by delivering some training to enable the staff to deliver support packages as appropriate

## Support packages- School nursing

The PHN service review that was carried out in 2021 identified a need to create a range of evidence based and time limited support packages that school nurses can use when working with children and young people. The first support package is on providing support with emotional health and building resilience and is bringing together best practice guidance and resources to ensure practitioners offer appropriate support that meets the needs of the children and young people accessing their services.

Webinars: the school nurse service runs a series of free webinars for parents and carers to offer tips and advice on issues such as healthy eating, emotional wellbeing, sleep, dental health and eating disorder awareness. These are well attended and positively reviewed by families who find them relevant, accessible, and very supportive, and the continuing BNSSG wide approach to delivering these was described as inspirational.

## Healthy Weight extended brief intervention project

A team of school health assistants have started the Bristol evidence-based interventions (EBI) project for children and young People in Year 6 who are very overweight. The team will proactively be calling parents and carers to raise the issue of weight and signpost to the new tier 2 weight management service Bee Zee Bodies. This organisation offers a range of successful healthy weight interventions that can be adapted to meet individual needs.

## Engagement, coproduction and service user voice

One of the key aims of the transformation programme is to co-produce PHN with service users and embed effective mechanisms to capture meaningful feedback to drive service improvement. Barnardos and parent carer groups are engaged in the transformation workstreams and steering group while school nursing is involved in a digital project working in partnership with a young people's digital group, Barnardos, Avon & Wiltshire Partnership (AWP) and MHST teams to improve and increase access to "Getting Help".

QR codes and surveys are currently being developed and a strategy agreed to access a wide range of service users, including those who are seldom heard, to ensure that everyone has a voice. The service is also closely linked to the Sirona People's Council and is contributing to the organisational engagement strategy to ensure that all communities across BNSSG have an opportunity to contribute to service design.

### **Speech and Language Therapy**

The speech and language therapy service works in collaboration with educational and early years settings to improve the communication outcomes for children and young people (C/YP) with Speech, Language and Communication Needs (SLCN). We aim to support C/YP at the earliest opportunity and lessen the impact of their difficulties on social success and academic progress. We support schools and early years settings to put communication at the heart of the curriculum, enabling all staff to create a supportive communication environment through Quality First Teaching. We provide training on specific interventions, advice and recommendations for specific children and signposting to high quality resources for children with mild and moderate communication needs.

Speech and Language Therapy telephone advice line is available for any family or professional who has concerns about a CYP's speech, language, and communication to offer early help and advice. Useful resources and signposting available to all via the CCHP website. Training: extensive training package for educational professionals: [sirona.sltrainingteam@nhs.net](mailto:sirona.sltrainingteam@nhs.net) and training videos and webinars are freely available to families of pre-school children to support their child's speech and language development.

Each primary school in Bristol has a named SaLT who offer:

School based drop in, for families or school staff to discuss concerns with a therapist, receive advice and support at the earliest opportunity.

School based liaison meeting with school SENDCo: to discuss early concerns with a therapist, receive advice, support, and possible referral into the service for further investigation

### **Occupational Therapy**

The Occupational Therapy Service offers an early help advice telephone line with a focus on sensory integration. This is available for any family or professional who has concerns about sensory processing difficulties. Calls can last approximately 3/4hour.

Sensory educational films are freely available to all via the CCHP website and local offers.

A range of detailed information handouts and signposting is available on the CCHP website.