

ESCC THROUGH CARE SERVICE HEALTH AND WELLBEING PROJECT

BASED ON A SOCIAL PRESCRIBING APPROACH

PROVIDING PERSONAL HEALTH BUDGETS FOR CARE EXPERIENCED YOUNG PEOPLE AND ADULTS

- **Introduction bit**

 - Inc video clip – The girl who climbs

- **How did the Project come about?**

 - A 5 year journey...
 - An Opportunity and a bid

- **How does it work?**

 - Team, Plan and Process

- **Does it work!?**

 - Positives and Challenges
 - Stories not Stats – Animate Video

WHAT IS SOCIAL PRESCRIBING?

At its core it's about - shared decision making- explore management of their health and wellbeing within context of their whole life and family- what do you want to achieve?

Social prescribing enables all local agencies to refer people to a link worker. Link workers give people time and focus on what matters to the person as identified through shared decision making or personalised care and support planning. They connect people to community groups and agencies for practical and emotional support.

HOW DID THE PROJECT COME ABOUT? *OUT OF CHAOS.....!*



- For the last 5 years we have been focussed in part on transitions into adult social care and Adult Mental Health Services.
- Looking to create a better way and a smoother pathway for young people.
- Our Assistant Director at the time was working on getting pre-paid prescriptions
- Children and Young People's Health Oversight Board (CYPHOB) opportunity arose to bid for some 'spare funding'.
- Bid made focussing on Health Inequalities for our care experienced young people and consequent poor health outcomes.
- The bid highlighted high need, lack of opportunities and disadvantages faced by our Care experienced young people around financial support to participate in sports, the arts and healthy promoting activities.

SMALL GROUP DISCUSSION

- What positive links do you already have with Health Colleagues and Local NHS trust?
- Share ideas of how can you develop and build relationships with Professional Colleagues in Health and Adult Services as well as Social Prescribing leads in your locality. Can you identify any barriers you need to overcome?

Any Feedback or Questions

15-20 minutes



HOW DOES IT WORK?

- Setting up a team within the Through Care Service



- Project Manager
- Mental Health specialist (P/T)
- Business Administrator (P/T)

- Time Pressure, making a **Plan** and sorting a **Process**



GETTING THE WORD OUT...QUICKLY

- Producing a Project Plan
- Informing the team and other professionals (IRO's, CLA Nurses)
- Explaining our SW/PA roles in the project
- Sharing what the project is about with our young people
- Creating a Health and Wellbeing Plan with Young people
- Finding 'community assets'

HEALTH AND WELLBEING PLAN

Questions covered in the plan:

- Things you need to know about me and my health
- What I want to do to make my health and general life better now
- What do I need to look out for that can make my health worse and what practically will stop me from doing what I want to do that will make my life better
- If my circumstances change or I want to change my plan I will talk to
- Who else is involved in your care and this plan? Nurse; LACCAMHS, GP, therapist?
- Please highlight any difficulties you might experience with your emotional wellbeing or mental health
- 6 Scaling questions used with young people to rate their wellbeing needs
Eg: overall wellbeing, physical health, sleep, motivation, mood, relationships

IDENTIFY YOUNG PERSON IN NEED OF SUPPORT



WORKER AND YOUNG PERSON MEET TO DISCUSS HEALTH AND WELLBEING PLAN



HWP EMAILED TO PROJECT MANAGER (FOLLOW UP DISCUSSION AND POSSIBLE REFERRAL TO MH LEAD)



YOUNG PERSON/WORKER AND OR PROJECT IDENTIFY COMMUNITY ASSET OR EQUIPMENT



FINANCE PAYMENTS ORGANISED BY PROJECT BUSINESS ADMIN

YOUNG PERSON AND WORKER INFORMED ONCE PAYMENT MADE



WHAT SORTS OF THINGS HAVE BEEN REQUESTED?

- **Horse Riding**
- **Gym memberships**
- **Push Bikes**
- **Glider lessons**
- **Dental work and Physiotherapy**
- **Music software**
- **Voice coaching**
- **Cricket and Football gear**
- **CBT Motorbike lessons**
- **Art classes and equipment**
- **Bagpipe lessons**
- **Horse Therapy**
- **Studio time to sing**
- **Guitar lessons**

HOW HAS THE PROJECT BEEN OF BENEFIT?

POSITIVES

- **It's helped relationships between workers and young people – yes we can help!**
- **Making new friendships and Improved mood and built self confidence**
- **Sparked motivation to do something else....go to college, volunteering**
- **Provided new experiences and learning of new skills**
- **Reduced social isolation and helped get people out of their bedrooms!**
- **Helped improve access to health services e.g. GP and counselling services**
- **Improved sleep for many young people.**

CHALLENGES

- **Quality Assurance can be patchy- understanding of needs of young people**
- **Some of our young people have disengaged from activity, not turned up for the activity, a housing move out of area**
- **We could not make direct debit payments for gym memberships which did limit gym options sometimes. BACS payments can be very slow to set up and rely on the community asset to return paperwork.**
- **Developing links to social prescribers in GP surgeries for post 18 year olds**
- **Getting timely feedback from young people and their workers on how the personal health budget has impacted their mental health has been a challenge at times!**
- **The Quality of some of the Health and Wellbeing Plans in terms of clarity around needs and wishes of the young person**
- **More paperwork for overstretched workers**

SOME STATS!

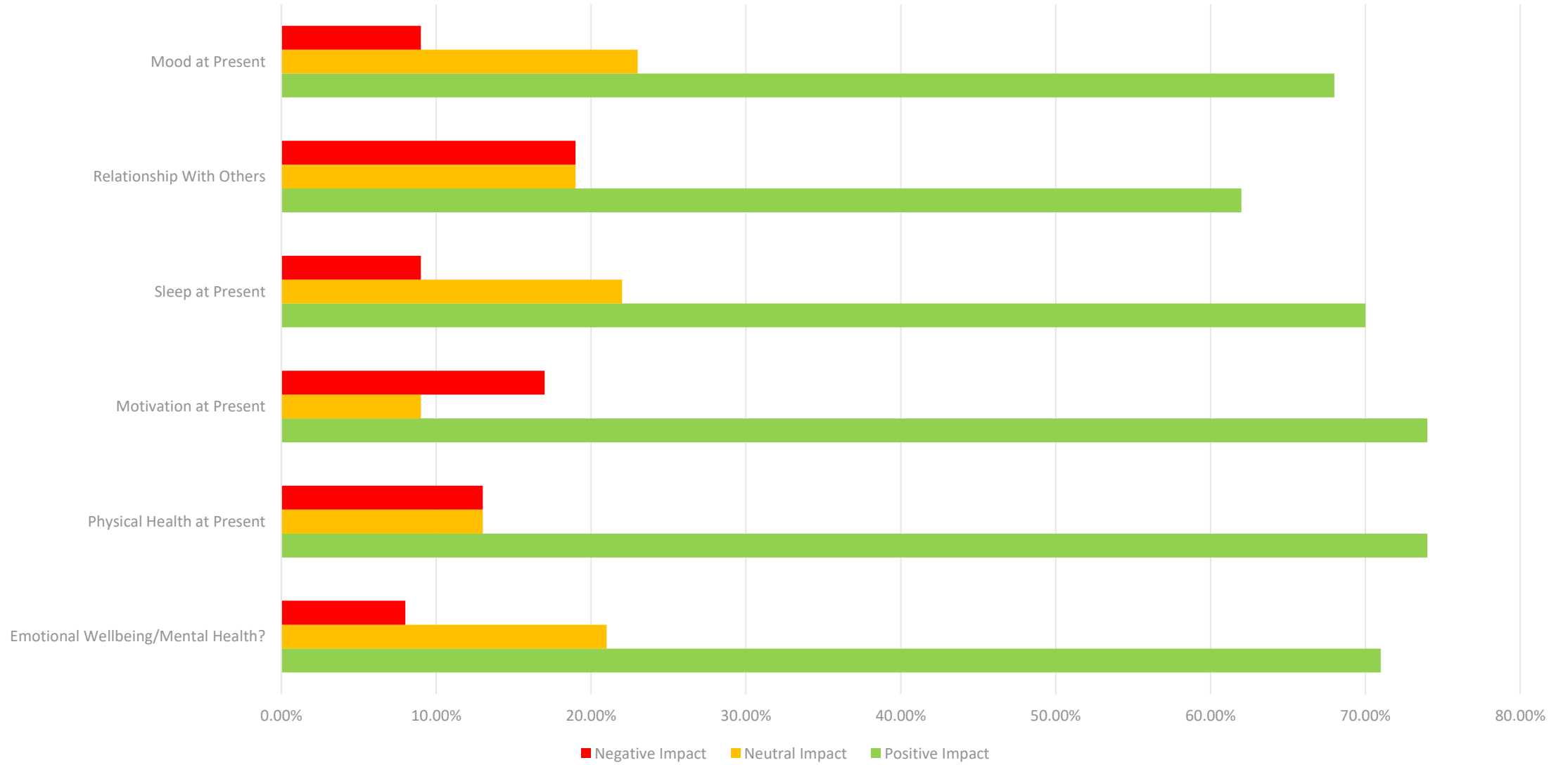
FIRST 6 MONTHS 2021/22

135

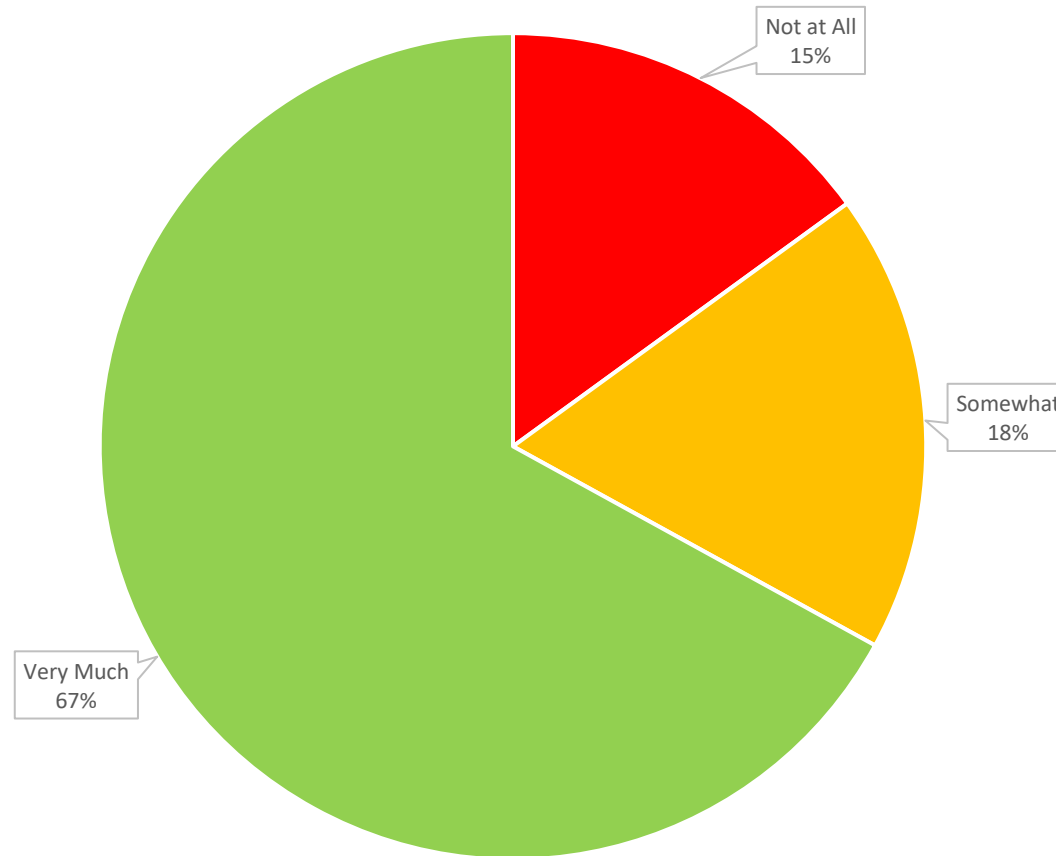
SECOND YEAR 2022/23 AND BEYOND

- **253 plus 32 small PHB's for group activities**
- **Total PHB's April 2023 to current day = 97 referred and 76 PHB's in place with 21 in process...**

Scaling Question Results



Are you enjoying / benefiting from activity / support given?



■ Not at All ■ Somewhat ■ Very Much

VIDEO STORIES

THE BEST BIT!



286
Fairfax Co Pkwy
→

GOD GAVE US
MOUTHS THAT CLOSE
AND EARS THAT DON'T.
THAT MAY TELL US SOMETHING.

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