

Extended schools and health services – working together for better outcomes for children and families



Every Child Matters
Change For Children



INFORMATION

Every Child Matters – and health professionals



Extended schools are at the heart of delivering the Every Child Matters outcomes for children and families. Together with Sure Start Children's Centres, they offer a model of integrated working which will make it easier for children's health professionals to work closely with colleagues in schools and other agencies and so help implement the National Service Framework for Children, Young People and Maternity Services.

For health professionals, these initiatives offer the opportunity to reconfigure health provision for children and young people – bringing services closer to families and enhancing the ways in which their health needs are met.

All public agencies working with children and young people now have at their core the five Every Child Matters outcomes that are also central to the National Service Framework for Children, Young People and Maternity Services:

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic wellbeing

The Every Child Matters outcomes reinforce each other. A child who is healthy, safe and supported is more likely to learn and thrive. Educational achievement is the key to success in later life, allows young people to make informed choices about healthy living and is associated with better adult health.



Extended services in and around schools

Through offering extended services, including health, schools have a particular contribution to make in delivering the vision of Every Child Matters.

Addressing health needs through extended schools delivers benefits by:

- Improving pupils' attendance
- Removing barriers to learning through earlier intervention

- Improving take up of preventative health services
- Reaching hard to access communities

Schools are particularly important to Every Child Matters because they are the universal service that has the most contact with school-age children and, increasingly, those children accessing the early education offer, as well as frequent and close contact with their families.

The core extended services that will be offered in and around schools are:

- A varied menu of activities (study support)
- High quality, 8am-6pm, childcare provided on the school site or through other local providers
- Parenting support – including information sessions and family learning
- Swift and easy referral to a wide range of specialist support services (including services which may be delivered by health professionals on the school site)
- Wider community access to school facilities

In September 2006 over 2,500 schools were already offering families access to this core offer of extended services, with all schools expected to be working in this way by 2010.

However, extended schools do not mean schools taking on the roles of other professionals or owning the agenda. Integrated service delivery in and around schools can be built only on genuine partnerships and co-operation across services and professional disciplines.

Sure Start Children's Centres are being developed across the country and will provide integrated support for families of pre-school children. The main purpose of children's centres will be to improve outcomes for young children as set out in Every Child Matters, with a particular focus on the most disadvantaged. Children's Centres will often provide health including antenatal and post-natal services and other child health services such as therapies. There are currently over 900 centres, with plans for 2,500 by March 2008 and 3,500 by 2010. The majority of children's centres

designated between 2006-08 will be located on school sites and all should be working with primary schools in their area. This will give opportunities to make strong links and partnership working around access to health services e.g. using health practitioners who work from children's centres to provide support to school-age children and their families.

Health services accessed through extended schools are important in tackling health inequalities and targeting previously unmet health needs – including those of young carers and children of parents with mental health or substance misuse problems.

"We will also be seeking to make health an integral part of the everyday services that young people use. Partly this will be building on the Government's commitment in the Every Child Matters: Change for Children programme to develop extended schools so that we provide welcoming and accessible health care in school settings."

Our Health, Our Care, Our Say – Department of Health



CASE STUDY

North Prospect Community School – Plymouth

North Prospect worked with a health visitor and local authority Community Development Worker to conduct a consultation exercise focused on identifying those health-related issues which most concerned families. A door-to-door survey identified particular concerns around smoking cessation and teenage pregnancy. There were also issues surrounding access to General Practitioner (GP) services, which it was felt were having a negative impact on the health of local families. The joint working between the school, local PCT and GPs culminated last year with the opening of a GP surgery on the school site which allows quicker and earlier intervention when young people require support from health services. The extended services offered in partnership with health professionals have led to increased access to specialist support. Both school and families have benefited from quicker and more effective referrals. There has been a significant improvement in the behaviour of pupils.

Health professionals who are already working with and through schools have identified a number of benefits:

- Young people's health concerns are addressed more quickly, before they develop into more serious health problems
- Health promotion work discourages young people from adopting unhealthy lifestyles
- Health provision in schools can reach hard-to-help young people
- Schools are often the main or only resource within a community and may be more accessible for families
- Health services can be tailored to meet the specific needs of young people
- Multi-agency working better addresses the sometimes complex needs of young people
- There are opportunities to share knowledge and expertise
- These health benefits for children and young people also allow them to enjoy and achieve more effectively at school
- Working through children's centres has improved take up of breast feeding
- Children's centres have contributed to meeting targets on smoking cessation

DELIVERING EVERY CHILD MATTERS

Delivering the Every Child Matters outcomes and working across agencies and services is a challenge for all those working with children and young people. It will mean working with new colleagues, in new ways and in new settings within the context of a strategic local authority Children and Young People's Plan.

There are already models of effective collaboration between health professionals and schools in the context of Sure Start Children's Centres, the Healthy Schools programme, extended schools and in the ongoing and evolving role of school nurses. Where people are working well together, the effect on outcomes for children and young people has been huge. Achieving these benefits can require confronting different working cultures, practices and terminology in order to avoid anxieties arising.

In each local authority there is an Extended Schools Remodelling Adviser (ESRA) who is responsible for supporting the development of extended services in and around schools and who can help overcome these issues. An important element of their role is to bring together professionals from across agencies to plan effective and sustainable provision which meets local needs.

CASE STUDY

The role of the school nurse

Louise Mattinson, a school nurse, runs a regular voluntary drop-in session at lunchtimes for students of a school in Wolverhampton. Pupils seek advice and support on a range of issues such as sexual health, bullying, relationships, drugs, pregnancy and family problems.

Louise provides specialist support to curriculum leaders by helping to deliver Personal, Social and Health Education (PSHE). As a member of the school's Behaviour and Education Support Team, she enables the school to make more appropriate and efficient referrals to the relevant agencies.

Louise also has a significant role on days when the curriculum is not timetabled. On these occasions, in response to specific requests from the school's pastoral staff, she will bring her team of nurses into the school and discuss issues with whole year groups.

On a regular basis Louise provides health audit information to the school's senior leadership team. This analysis of reasons for visits to the drop-in sessions helps in planning joint work which delivers benefits to pupils' health and education.

To find out more about the work of school nurses go to:

www.everychildmatters.gov.uk/health/schoolnurses

Healthy Schools Programme

The development of extended services in and around schools is closely aligned with the DfES/DH Healthy Schools Programme, which has targets for every school in England to be on the programme by 2009, with 75% of them having achieved the new status by then. Healthy School status means a school has met criteria in personal, social and health education (including drugs education and sex and relationships education), healthy eating, physical activity and emotional health and well-being. Many health professionals are working on the Healthy Schools programme and much of this work helps schools to develop extended services. Throughout the country extended schools and Healthy Schools officers are working closely together, to the benefit of schools, young people and local communities.

Local authorities, working through their ESRAs, should engage PCTs at an early stage in the development of extended schools to ensure that both services influence the strategic planning of the agenda. This allows PCTs to consider the full range of options for supporting the delivery of extended schools. It also ensures that the needs of health professionals who will be working in schools can be accounted for in any capital changes.



Health priorities in extended schools

OBESITY

The government is committed to halting the year-on-year rise in obesity among children under 11 by 2010. The best, evidence-based, approach to preventing child obesity is through a whole-school approach involving health professionals, school staff and parents. Extended services such as food markets, cookery and gardening clubs, diet advice and sports activities, offer further opportunities for this kind of involvement.

CASE STUDY

Beach Road Primary School, Sefton

Beach Road school was chosen by Sefton Health Improvement Support Service (SHISS - part of Sefton PCT) to pilot a playground market because of a lack of access to good quality fresh fruit and vegetables. Start-up funding was given from the PCT to promote healthy

eating and as a way of meeting targets on reducing childhood obesity. Health promotion officers worked with several year groups at the school to explain the balance of good health and the importance of the five-a-day message. They also talked to parents and the local community and visited school assemblies.

The market now makes an important contribution to the Healthy School standards and to the life of the wider community. "One of the most pleasing aspects of this venture," says Amanda Bourne, a teacher at the school, "is seeing the children's horizons expanding. They are becoming very discriminating about fruit and vegetables, recognising items that initially mystified them and, perhaps most valuable of all, becoming entirely open-minded about eating a healthier diet."

A PCT officer, funded jointly from healthy schools and extended schools budgets works with the school on the implementation of both.

To find out more about how health professionals are working with schools to reduce childhood obesity go to: www.everychildmatters.gov.uk/health/obesity



CHILD AND ADOLESCENT MENTAL HEALTH (CAMHS)

CAMHS involvement in extended schools has an important role to play in supporting children and young people at tiers one and two in the four-tier strategic CAMHS framework. This community-based provision will also be important in facilitating referral for those who need to access services at tiers three and four.

CASE STUDY

CAMHS in Croydon

Croydon's HeadStart Programme is part of the Croydon CAMHS Early Intervention Service and aims to provide mental health services for children, young people, families and education staff.

The HeadStart programme has proved to be an effective method for facilitating early intervention before more serious mental health problems arise for young people. The programme has streamlined its approach into three different packages so as to address the needs of the borough's secondary schools, pupil referral units (PRUs), colleges and secondary special schools:

Package One: An introductory package focusing primarily on training school staff on mental health issues, for example, depression or deliberate self-harm and providing knowledge about referring to CAMHS. It also provides

sign-posting sessions for pupils and their families, which leads to referrals or work with further packages

Package Two: Offers a more specific approach for both students and teachers, with specialised workshops, involvement in PSHE lessons, referral advice and further training packages

Package Three: More individualised and targeted than the other packages. This offers the most direct work, sometimes resulting in one-to-one consultations, group work or family work

The development of a referral form by Croydon CAMHS, and an extension of those able to refer, has enabled schools to identify and refer pupils who previously may not have accessed CAMHS services. Staff have valued the consultation sessions offered and feel they have a clearer picture of what constitutes a mental health problem. The signposting sessions offered to pupils and their families have been successful due to the element of choice regarding the services available to them. All of the schools have welcomed the direct referral into CAMHS.

To find out more about how CAMHS are working with schools and for an explanation of the four-tier CAMHS framework go to: www.everychildmatters.gov.uk/health/CAMHS

TEENAGE PREGNANCY

Improving young people's access to contraceptive and sexual health advice is a key strand of the teenage pregnancy strategy. Extended schools offer opportunities to reach young people who are not accessing these services in traditional clinical settings. Under-16s are the group least likely to access advice prior to first sex, putting them at a high risk of unplanned pregnancies and sexually transmitted infections.

CASE STUDY

Lea Manor High School, Luton

As part of the move to offer extended services to pupils, their families and the wider community, Lea Manor's campus now hosts the Marsh Farm Children's Centre which opened in September 2005 and includes a 62-place nursery. Lea Manor is a Healthy School and has multi-agency health provision on site, operating from the school's student common room. As well as the main room being a haven for many pupils, there is an adjacent consultation room in which students can seek out confidential health advice from a wide range of visiting professionals including a GP, teenage pregnancy co-ordinators and the school nurse. "It is here that students can get the kind of specialist information that they might once never have accessed or sought from hard-pressed teachers," suggests John Salusbury, extended schools co-ordinator. "Here students can bring up issues as diverse as self-harm, drug-taking and the worries associated with a terminally ill parent."

CASE STUDY

London Borough of Greenwich

Within one secondary school in the Greenwich Teaching PCT, Woolwich Development Agency has funded a drop in centre called 'Teen Talk@Kidbrooke'. Kidbrooke is a Healthy School and this multi-professional and multi-agency centre is facilitated, every lunch time, by youth workers and nurses with different skills and expertise (school nurse, family planning nurse, nurse from the genitourinary medicine clinic).

Approximately 50 students (some in groups) attend weekly and are offered one-to-one general health advice and sexual health advice from the nurses. Youth workers host group sessions and signpost young people to appropriate support services. In 2003 the school had some of the highest teenage pregnancy rates in the Borough. Since the opening of the centre three years ago there have been, at the beginning of 2006, no known pregnancies.

To find out more about how health professionals are working with schools on the teenage pregnancy strategy and the sexual health of young people go to: www.everychildmatters.gov.uk/health/teenagepregnancy



SUBSTANCE MISUSE (including smoking cessation)

Information and counselling made available through schools is an important factor in making all children and young people aware of the dangers of substance misuse, including smoking. Targeted and specialist services provided by health professionals will help to prevent the harm caused by drugs to children and young people, including those most at risk.

CASE STUDY

Bolton's 360° children and families substance misuse service

Bolton's substance misuse service, 360°, primarily delivers services to young people with drug and alcohol problems at tier 3 – those whose use of drugs or alcohol can be classified as chaotic or dependent. However, in 2004 a strategic decision was made to develop a locally based, borough-wide 'tier 2' substance misuse support strategy for vulnerable young people. This tier 2 strategy works through universal children's services, including schools, to provide earlier, preventative interventions and a more effective referral route for children and young people in danger of developing more serious dependencies.

The newly appointed 360° tier 2 co-ordinator developed an assessment tool which school staff and others could use to more effectively identify indicators of substance misuse among the young people they work with. A two-day training course was also designed and rolled out across the borough for all staff working with children and young people – in schools these were primarily teachers, school nurses and Connexions personal advisors. The training increases awareness of the most appropriate ways of providing support for vulnerable young people who are misusing substances and when and how to refer to 360°s tier 3 services.

The work of 360° is aligned with Bolton's Healthy Schools strategy, providing input to schools' programmes of Personal, Social and Health Education, and also works closely with the local CAMHS team. The service also provides a support group for children whose parents or siblings have alcohol or drug problems. 360°s work with schools has seen a significant increase in referrals from this source – suggesting both an increased awareness among school staff of substance misuse issues and that the service is addressing a previously unmet need.

CASE STUDY

Islington smoking cessation

Islington Stop Smoking Advisor, Emily Carr says: "An essential role for any Stop Smoking Advisor is to be at the heart of the community. As the young people's stop smoking advisor at Islington PCT this becomes even more paramount, given the level of work needed to prevent children and young people from starting to smoke and to get those who have started committed to stopping. This work would not be possible without strategic partnership working with extended schools. Simply going into curriculum-led school lessons is not enough. By working with extended schools I have been able to access children and young people via Islington's breakfast and after-school clubs through the variety of activities they hold, as well as communicate more effectively with parents and carers through the extended schools parenting support programmes. I am also assured that my role will be widely publicised via the umbrella of services that the extended schools network covers. The immediate effect on my role has been measurable – we are meeting local targets for prevention and cessation through this work. I am also now looking to develop this work with extended schools through the newly established Children's Trusts to inform an even wider network of health professionals about my work."

The Islington Healthy Schools Programme ensures that all schools in the authority are aware of the work of the Stop Smoking Advisor and how this can help them gain National Healthy School status.

To find out more about how health professionals are working with schools to combat substance misuse go to: www.everychildmatters.gov.uk/health/substancemisuse



Find out more:

4Children is the national charity dedicated to creating opportunities and building futures for all children. The organisation provides strategic support to schools and local authorities on the development of childcare and children's services in and around schools through a regional workforce and many national initiatives. www.4children.org.uk

ContinYou works actively to promote the sharing of good practice around the development of extended services in and around schools. ContinYou enables schools and local authorities to tap into existing expertise from a wide variety of sources and engage partners, including health professionals, more readily. www.continyou.org.uk

The Training and Development Agency for Schools (TDA) supports local authorities, schools and partner organisations in the development of extended services which meet the needs of children and young people, their families and the wider community. www.tda.gov.uk/remodelling/extendedschools

The National Service Framework for Children and Young People and Maternity Services is the key strategic document for children's health services. www.dh.gov.uk/childrensnfsf

National Healthy Schools Programme
To find out more about Healthy Schools and how they connect with extended services in schools go to. www.wiredforhealth.gov.uk

To find out more about your local healthy schools programme go to. www.lhsp.org





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