

‘Self Care & Resilience: How Can We Care?’

**Student Summer School 2014 – 5/6th September
King’s College London
Florence Nightingale School of Nursing and Midwifery**

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School Based Integrated Health Centres

Why do we need them?

“Medicine is a failed prevention” – Professor Sir Michael Marmot

- 2006 seminar
- Access
- Confidentiality
- Information, Advice and Guidance
- Questionnaires: sex and relationships; alcohol and substance abuse; diet, nutrition and self-image; mental health and domestic abuse

School Based Integrated Health Centres

- What are we trying to achieve?

- Prevention
- Adoption of a whole school, and wider community, approach
- Integration of health related services
- Integration of curriculum with health outcomes

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- What does this mean?

- Delivery on the school site
- Focus upon the child/young person not the service
- Links between PE/Science/PSHE etc
- Teaching of decision-making and links between behaviours and outcomes
- Programmes such as Stop Stigma, Thrive, Headstart

School Based Integrated Health Centres

- What have we achieved thus far?
- 25,000 students in 4 years (500 a month in term time; 48% male) per IHC
- Reduction in teenage pregnancy and risky behaviour
- Increased attendance at school
- Greater reduction in youth offending than other schools

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- Next steps

- 3 new Centres for 2014 and potentially 3 more for 2015
- Cornwall Pioneer for integration of services – IHCs featured
- Realignment of services to become more effective and focused upon the child and young person
- Curriculum issues in schools
- Early childhood support
- Mental Health

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- Next steps

- A new electronics records systems (KITS RIO)
- Closer working with education partners (Stop Stigma, Headstart, Rise)
- A nationally innovative training scheme for health visitors
- The development of MARU (Multi agency referral unit)
- Innovative improvements to the Family Nurse Partnership
- A closer working relationship with Police over the Troubled Families Agenda
- 136 suites accepting children to ensure children don't go into police custody
- Pathways of integration with the local authority for children's provision.

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- Curriculum

- Knowledge
- Make links (Science; PSHE; Food tech; Sport, Health and Fitness); relevance
- Develop skills: personal decision-making; personal responsibilities; resilience;
- Attitudes: positivity; cheerfulness; hope; control

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- Families and early childhood

- Intervention: Family support and education - pre-birth of children onwards
- Integrated approach from services (one significant professional?)

Sir Ian Kennedy said...

The complexity of the NHS, as seen both from the inside and the outside, is a major barrier to offering the services that children and young people need and deserve. The premise for the future must be that the NHS is there for children and young people, rather than that the child or young person is there for the service. This means that the complexity must be addressed and managed. It means that current ways of working must change both from the inside and the outside.

Getting it right for children and young people: Overcoming cultural barriers in the nhs so as to meet their needs (2010)

Thank you.

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