



**teen
health**

The logo features the words 'teen' and 'health' in a large, bold, black sans-serif font. The 'e' in 'teen' and the 'h' in 'health' are partially cut off by a red, jagged, L-shaped line. Below this, a blue trapezoidal banner contains the text '11-19 service' in white.

Parent Information Pack



**Leicestershire
County Council**

About Teen Health

Teen Health offers support to young people in mainstream secondary schools in Leicestershire (aged 11-19).

We are part of Leicestershire County Council's Family Help Service. Our service aims to support young people to prevent low level worries in the below areas, mainly through group work in schools or in the community.

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

In some circumstances, we may be able to offer one to one support depending on the needs of the young person. All referrals that are received into the teen health service are triaged by experienced managers who make decisions about the support offered ensuring that the right level of support is put into place.

We also offer 'drop ins' in schools at lunch and break times – you can see on the "where do you study" section of our website which Health and Wellbeing Officer is in your child's school and what day they will be there. No referral is needed for a drop in, your child can go along to meet the officer and talk about any of their worries, and if appropriate, the officer can help them to make a referral

Our Support

Groups

Teen Health offer group support which are delivered through our evidence-based models. Groups are delivered in schools and in the community throughout the year.

The current group offer includes:

- **Wellbeing group** - which is a group to support emotional wellbeing
- **Healthy Relationships**- which is a group to support young people with their understanding around healthy relationships
- **Risk Avert**- which is a group to support the prevention of negative risk-taking behaviour.

Drop in sessions

Young people can access drop-in support within their school. Drop-in support consists of a 5-10-minute slot with a health and wellbeing officer to explore the young person's worries and signpost or refer for further information and support.

Drop-ins usually take place at lunch time to give young people opportunity to independently access support.

Pop up sessions

Young people can access pop up sessions within their school. Pop up sessions are between 30-60 minutes long and the aim is to raise awareness on specific themes. Pop up sessions are led by school need and there is usually focussed pop up sessions offered throughout the school year to support with themes such as transitions and exams stress, wellbeing etc.

There are no referrals needed for these sessions and we would encourage young people to access them independently where possible.

Brief one to one intervention

Health and wellbeing officers can work with young people, within the thresholds criteria, on a one to one basis. One to one support is usually considered where a group is unable to address the worries identified by the young person. This is short term intervention with a view to refer on to specialist services if needed.

Referrals to Teen Health

Referrals can be made by a parent, and directly by the young person. Referrals can be made via the online referral form available on the webpage (<https://www.teenhealth.org.uk>)

As part of the Universal and Targeted Universal offer, our mission is to provide the appropriate support, at the right time and in a place that is most suitable for children and young people.

All referrals must be made with the permission and agreement of the Young Person. Any referrals received without this agreement will be returned and will not be processed.

Things to know about us before making a referral:

- Young People's voice is important in the referral. All young people need to agree with a referral being made and it's important to include their views and worries within the referral. If we don't have this, or if it is unclear what support is needed, this may delay support being offered. Sometimes we may also ask for our Information Support Co-Ordinators to contact you and your child by phone to gather more information if needed. This helps us to gather all the information needed to enable the right level of support to be offered.
- Teen Health is a low-level preventative offer – please see the criteria attached. If we receive referrals for young people that are above this level of support one of our Information Support Co-Ordinators may contact you and your child by phone to gather more information and signpost you to specialist services.
- A referral to Teen Health is not a guarantee of support, if your child declines support when the Health and Wellbeing Officer speaks to them in school, we may close the referral as it is their choice to engage with the support being offered.

Teen Health Website

Teen health has a website that provides self-help support for young people, professionals and parents as well as links and information to other services that can offer support with specific concerns.

The website also provides information about which health and wellbeing officer is in which school and any events that teen health have planned.

To access the website, please visit: www.teenhealth.org.uk

Frequently Asked Questions

Why am I being sent this information?

The school that your child attends has sent this email to you to consider whether your child would benefit from possible Teen Health support and is asking you to make the referral for the next available group in school. If you are unsure why you have received this, please speak to the school in the first instance.

Will I be told what my child is going to be offered?

Yes, once the referral has been processed, if you are the person that has made the referral, you will be contacted by email to let you know the outcome.

Will I be told what my child does/what they say?

Teen Health is a confidential service, therefore, we will only share information that your child/young person agrees for us to share. However, as a service we have a duty of care to all children, families and young people. If we are worried what your child/young person has shared with us, the officer will then contact you to inform what we are worried about and the next steps to be taken.

Will my child miss lessons?

Although we understand that it can be a worry when students miss lessons, Health and Wellbeing Officers work closely with schools to limit the impact of attendance during Teen Health interventions. Groups usually take place once a week for six weeks and are around 45-50 mins long.

Who do I contact if I have any concerns whilst my child is receiving support from Teen Health?

Please contact the school or Teen Health at teen.health@leics.gov.uk

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