



Tower Hamlets

Young People's Integrated Health and Wellbeing Service

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Background

- Adolescence is a time of experimentation with risk-taking behaviours and accompanying vulnerability
- Risky behaviours are associated with poor educational achievement, mental ill-health, morbidity and premature mortality
- Greater likelihood of disease/lifetime problems:
 - Unsafe sexual behaviour
 - Uptake of smoking
 - Alcohol and drug misuse
- Young people engaging in one type of risky behaviour more likely to engage in other types
 - Substance misuse linked with risky sexual behaviour, CSE, criminal activity, domestic violence
- Prevention and early intervention may improve more than one outcome



Core Elements of our Service





Eligibility

- We work with young people in relation to substance misuse, smoking, sexual health and associated emotional wellbeing
- The core age group is **10-19 years**
(**up to 25 years** for those that are Looked After Children, Care Leavers or with SEND)
- The **specialist substance misuse treatment** element of the service is offered **up to 18 years**
- For the **Clinic in Box** the targeted population are young people aged **13-19** years old.
- For the **National Chlamydia screening and C-card schemes** we work with young people **up to 25 years** old
- We need consent from the young person to work with them and will also require **parental consent** for those **aged 10-12** (assuming **Fraser/Gillick competence** for those **aged 13 and over**)



Modes of Delivery

Multi agency team of Health and Wellbeing Workers and Nurses, partnership between Compass and Kings College Hospital

- **1:1 case management** for young people experiencing multiple vulnerabilities in relation to substance misuse, sexual health and associated emotional wellbeing
- **Open access** sexual health and contraception clinics
- **Delivering workshops and sessions** on Sex and Relationships, Drugs and Alcohol Education and Smoking Cessation within universal settings such as schools, colleges and youth centres
- **Peer Education Programme** – Peer mentors support other young people to help them make safer choices around their health
- **Targeted support with at risk groups**, such as YOT, LAC/Care Leavers, Hidden Harm, Young Carers, Teenage parents, PRU, CAMHS
- **Assertive Outreach** – targeting hard to reach
- **ChatHealth** - confidential text messaging service that enables young people in Tower Hamlets to send questions via SMS
- **Training for professionals** in relation to Drugs and Alcohol and SRE agenda
- **Self referral** - Young people can self-refer by phone, email or drop-in
- **Other referral routes** - Professionals can refer by referral form (with YP consent)



Integrated Sexual Health



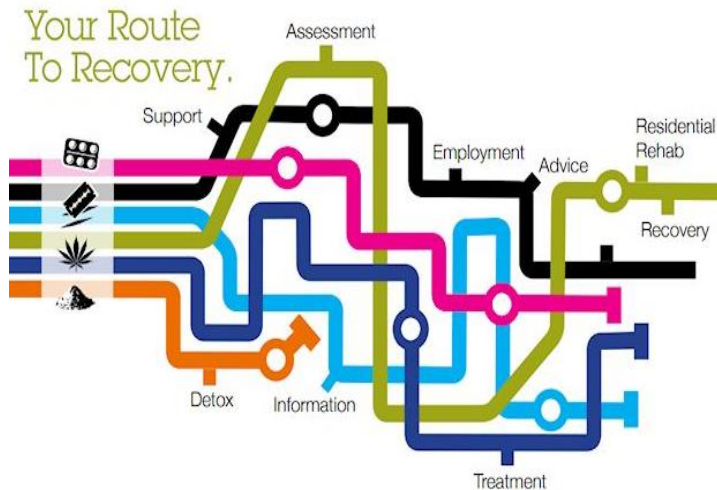
- **Assessment:** Sexual health risk assessment, Holistic safeguarding assessment, Sexual health promotion, risk reduction
- **Screening:** HIV testing, including rapid Point-of-Care tests, Screening and vaccination for Hepatitis B, Pregnancy testing and support, Screening for STIs
- **Treatment:** Treatment uncomplicated/symptomless STIs, Signposting to appropriate Sexual Health Services for more complex needs; multi-agency approach
- **Contraception:** Oral contraception, Emergency Contraception, Long-acting reversible contraception, Free condom distribution, including C-Card





Substance Misuse

- Holistic harm minimisation approach within a case management framework
- Education, strength based approach and psychosocial interventions
- Assessment and treatment of substance misuse
- Commencing nicotine replacement therapy
- Onward referral to Hidden Harm support services, MACSE, MARAC and MASH where appropriate





Where we work

We cover the whole borough of Tower Hamlets and offer the following:

- Clinics and Drop-ins at a range of settings (see next slide)
- Co-location with YOT, Looked After Children, PRUs
- Bespoke group sessions for at-risk groups
- Brief interventions within schools and universal settings
- Working with young people at accessible locations (on request)

Coming soon:

- Full range of interventions at our recently acquired Hub premises in Whitechapel (date to be announced)
- Clinic in a box services (including C-Card, emergency contraception, BBV testing and Hepatitis B vaccinations)



Clinics and Drop-in Sessions

WHERE TO FIND US

Free, flexible, easily accessible services open 5 days a week until late evening.



MONDAY	XX Place Health Centre Mile End Hospital Site, Bancroft Road, E1 4DG Tel: 020 7167 2828	2pm – 6pm	Drop in self-referral Sexual Health Clinic
TUESDAY	Eastside Youth Centre 6 Parnell Road, Bow, E3 2 RB Tel: 020 8981 3298	5.30pm - 8pm	Drop in Health and Wellbeing
WEDNESDAY	Haileybury Youth Centre (Boys group) Haileybury Centre, 2 Ben Jonson Road, E1 3FQ Tel no. 020 7364 6113	4pm – 7pm	Drop in Health and Wellbeing
THURSDAY	Barkantine Medical Centre The Barkantine Practice, 121 Westferry Road, E14 8JH Tel: 020 7510 4000	4.30pm - 7.30pm	Drop in self-referral Sexual Health Clinic
FRIDAY	Newby Place Health and Wellbeing Centre 21 Newby Place, E14 0EY Tel: 020 7515 4701	3pm - 6pm	Drop in self-referral Sexual Health Clinic
SATURDAY	Barkantine Medical Centre The Barkantine Practice, 121 Westferry Road, E14 8JH Tel: 020 7510 4000	9am - 2pm	Drop in self-referral Sexual Health Clinic



- A set of quality criteria for young people friendly health services used to improve the suitability, accessibility, quality and safety of health services for young people.
- Young people train to become “Young Verifiers” so that they can undertake mystery shopping exercises to ensure services meet with set standards needed to achieve accreditation
- Their voices are central to helping to make improvements to shape services designed for them



Service Contact Details

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