

# South Tyneside Teenage Pregnancy Strategy

## Key Characteristics of Successful Programmes

In 2005 the Teenage Pregnancy Unit carried out in-depth reviews (Deep Dive Review) in 3 high performing local authorities and 3 “statistical neighbours” with static or increasing rates. Successful local areas were characterised by the following factors:

- A strong senior champion who was accountable for and took the lead in driving the local strategy;
- Active engagement of all of the key mainstream delivery partners who have a role in reducing teenage pregnancies – Health, Education, Social Services and Youth Support Services and the Voluntary Sector;
- The availability of a well publicised young people-centered contraceptive and sexual health advice service, with a strong remit to undertake health promotion work, as well as delivering reactive services;
- A high priority given to PSHE in schools, with support from the local authority to develop comprehensive programmes of sex and relationships education (SRE) in all schools;
- A strong focus on targeted interventions with young people at greatest risk of teenage pregnancy, in particular with Looked After Children;
- The availability (and consistent take-up) of SRE training for professionals in partner organizations (such as Connexions Personal Advisers, the voluntary Sector, Youth Workers and Social Workers) working with the most vulnerable young people;
- A well resourced Youth Service, providing things to do and places to go for young people, with a clear focus on addressing key social issues affecting young people, such as sexual health and substance misuse.

Although this was identified within the Teenage Pregnancy Deep dive findings, it is clear that programmes addressing risk taking behaviour should be developed and implemented in partnership with key agencies while taking into account the above findings.

## Summary of progress to date and recommended actions

Since the implementation of the South Tyneside's Teenage Pregnancy Strategy in 2001, individual initiatives and models of good practice have been developed and delivered across a wide range of agencies within the Borough. There is no doubt that this work has had a positive impact on the lives of young people and this must be acknowledged.

The following provides a summary of progress and includes key actions required to achieve our 50% target. More detailed self assessment and action plans are available both for both South Tyneside

## **1 Senior Local Sponsorship and engagement of all key partners**

Findings from the 'Deep Dive' visits demonstrated in areas of high performance, strong senior commitment and engagement of all partners were crucial. In comparison areas of poor performance, the main factors in lack of success were highlighted as poor commitment from senior partners. In particular there needed to be engagement in 4 key mainstream areas of the strategy: PCT, Education, LA and Youth Services / Connexions

It is crucial that work delivered (particularly that which is funded via Teenage Pregnancy Local Implementation Fund) is built on by having robust strategic commitment from all agencies involved with young people. This will ensure services mainstream work and strengthen the link between prevention and support elements. Additionally explicit commissioning arrangements / SLA's need to be developed.

### **Recommendations**

- To restructure Teenage Pregnancy Partnership Board and rename as 'Risk and Resilience Board'.
- Review membership and Identify key senior leads for the Risk and Resilience Board within the Children's agenda
- Strengthen joint commissioning arrangements and develop clear service level agreements
- Ensure regular reporting of progress to PCT, Children's Trust and LSP to ensure strong strategic support for this key area
- Identify mainstream funding for teenage pregnancy post March 2008.
- Develop joint action plan post 2008 – 9 onwards

## **2 Data**

Information sharing agreements are in place and there are thorough needs analysis and evaluation processes. This now needs to be built on by developing robust data collection specific to vulnerable groups e.g. LAC

### **Recommendation**

- Local agencies to build on data collection as services develop. This will inform borough wide developments. Information to include, SRE (which incorporates substance misuse / drug alcohol issues) delivery, local conceptions by school, service delivery, monitoring of "hotspots" Chlamydia screening update etc. Progress to be monitored by establishing a Risk and Resilience working party / Teenage Pregnancy Working Group with regular updates re progress to Risk and Resilience Board at regular intervals.

### **3 Communication**

Communication is strong and a key focus of the local strategy. Young people continue to be consulted on service / intervention development and media design. Further work is required to engage with parents.

#### Recommendations

- Explore a range of options re engaging parents / guardians e.g. implementing Speakeasy programme, supporting schools parents evenings, foster carers etc.
- Ensure age appropriate information which address risk taking behaviour / accessing local services is developed and provided where appropriate e.g. young people's settings, including residential care settings.

### **4 Provision of Young People Focused Contraceptive and Sexual Health Services**

Young people's CASH services are well developed in South Tyneside which offers all methods of contraception and Chlamydia testing. There is an excellent TOP service which provides counselling and contraceptive advice. This includes a good uptake of LARC post TOP to prevent subsequent pregnancies.

However, although there are increasing numbers of young people / agencies participating in Chlamydia screening programme locally South Tyneside is below target. This could be improved by building on and mainstreaming the programme into a wide range of services e.g. youth clubs / community settings, and also incorporated into the Condom Card scheme.

#### Recommendations

- Develop limited sexual health services in teenage pregnancy "hot spots" within South Tyneside and on targeted "at risk groups"
- Build on existing condom card scheme to provide a targeted service in areas of greater need which includes
  - Basic sexual health / risk taking behaviour advice and information which includes referral to appropriate services for young people
  - Condom card.
  - Young persons service directory
  - Develop and deliver a joint training programme for all staff involved in scheme which includes drug, alcohol, negotiation skills, legal issues, assessing for Fraser Guidelines, information re STI's, participating in the Chlamydia screening programme etc.
- Build on Health Drop In's in school settings to include sexual health / risk taking behaviour advice and support.
- All services developed to meet criteria for 'Your Welcome' quality standards

- To carry out South of Tyne needs assessment, this will be used to inform local commissioning.

## **5 Strong delivery of SRE/PHSE in schools**

There is a good multi agency SRE programme delivered in secondary and primary schools with excellent support provided by school nursing service. Programmes delivered cover a wide range of issues re sexual health. Programme may need to be reviewed in light of recommendations from Risk and Resilience Board with regard to risk taking behaviour e.g. substance misuse, self esteem, assertiveness / negotiation skills.

### Recommendation

- Review 'Substance, Sexual Health and Citizenship' Award and implement changes accordingly.

## **6 Targeted work with at risk groups of young people: in particular Looked After Children and Care Leavers**

A detailed referral and assessment protocol has been developed within residential care services to ensure all young people entering residential care have access to appropriate assessment and support in relation to sexual health, drug and alcohol issues.

### Recommendations

- Build on training provided to all agencies working with children who do not attend mainstream education by developing a 3 Tiered training programme This will enable agencies to mainstream and sustain the 'Substance Sexual Health and Citizenship Award' e.g. YOS, PRU, LA Services, Substance misuse services
- Deliver above programme to young people at increased risk of adopting risk taking behaviour / those attending not attending mainstream education.

## **7 A well resource youth service with a clear remit to tackle big health issues, such as teenage pregnancy and young people's sexual health**

The Youth Service Project continues to deliver SRE to young people in their settings. A variety of initiatives have been delivered across South Tyneside, particularly in Jarrow over the summer holidays (co-ordinated via the Targeted Youth Support Pathfinder). Further training is needed to youth / community workers which will build on capacity and mainstream 'Risk taking behaviour' programmes. Via the development of local C Card scheme, it is envisaged that training will be provided to youth and community staff which will enable them to deliver both the Condom Card scheme and Chlamydia screening in their setting.

### Recommendations

- Build on capacity for Youth service staff to access effective 'risk taking behaviour' training including signposting to additional services
- Build on capacity within youth and community settings for the C-card scheme with a particular focus on "hotspot" wards
- Youth service staff to be able to provide Chlamydia screening programme within their setting.
- Explore possibility of Youth Workers completing accredited sexual health training.

## **8 Work with parents**

Robust support and advice is provided to young parents in relation to parenthood, accessing services, SRE and prevention of subsequent unintended pregnancies.

### Recommendations

- Develop work with young parents to include work to reduce the risks of second and subsequent unintentional pregnancies