Young people’s health and wellbeing

Emma Rigby, Chief Executive, Association for Young People’s Health
About AYPH

• Bridges the world of policy, practice and evidence to promote better understanding of young people’s health needs.

• Supports young people’s participation in health and wellbeing

• Supports the development of youth friendly health services and improved practice

• Collate and disseminate useful information in reader-friendly formats for practitioner and policy audiences (Key Data on Adolescence)

• Work with our members to share innovative examples of work in the field (events, twitter, publications)

We are a membership organisation for individuals and organisations working in the young people’s health field.

www.ayph.org.uk
• What are the key issues for young people’s health at the moment?

• What are the main areas of focus in policy terms?
“...the transition to adulthood is a window of opportunity for changing the life course” 
*Masten et al, 2004*

“...disadvantaged teenagers are three times more likely to endure mental ill health” 
*Reiss, 2013*

“It becomes a cycle, where the patient doesn't have their needs met, chooses not to seek help again, but the situation becomes worse and therefore the general outcomes aren't that great.” 
*Young Person 2017*

“The professionals went in with an open mind, with the willingness to learn and understand and that’s why it worked, that’s why it was meaningful” 
*Young Person 2016*
Many trends in health behaviours and health outcomes for young people are going in a positive direction, but there are also some worrying indicators.

We are particularly concerned about the implications of new substance use behaviours, relatively high rates of sexually transmitted infections, the lack of a reduction in obesity and warning signs that mental health problems may be increasing.
Young People’s Health 2017 – where are we up to?

Launching on 28th March 2017

- Although it is important to raise the profile of particular health conditions we need more effort on some cross cutting themes

- Overlap between physical and mental health, promoting young people’s health in outcomes frameworks, ensuring the most vulnerable young people have equal access to services
State of Child Health
Report 2017

http://www.rcpch.ac.uk/state-of-child-health
Improving young people’s health and wellbeing
A framework for public health

Transformation of young people’s mental health services

“change how care is delivered and build it around the needs of children and young people and families.”

• CQUIN for Transition in CYP Mental Health
• CCGs currently refreshing their Local Transformation Plans
• New Green Paper on CYP Mental Health

Future in Mind: https://www.gov.uk/government/publications/improving-mental-health-services-for-young-people

• Integrated service delivery, One-Stop-Shop services key part of the local offer, harnessing the vital contribution of the voluntary sector.

• Improving communications and referrals.

• Implementing evidence-based pathways for community care to avoid unnecessary admissions to inpatient care.

• Include appropriate mental health assessment in admission gateways for inpatient care for young people with learning disabilities and/or challenging behaviour.

• Promoting of best practice in transition, including ending arbitrary cut-off dates based on a particular age.

• Legislating to ensure no young person under the age of 18 is detained in a police cell as a place of safety.

*Future in Mind  Chapter 5:Improving access to effective support*
NHS England update


- Working to get a National Clinical Audit for **Asthma** to assess efficacy of treatment for children and adults and **Epilepsy 12** Audit where there is a request to measure transition and assessment of MH issues.

- **Obesity** - NHS consultation on selling sugary drinks in hospitals and marker in CCG Improving Assessment Framework on efficacy of CYP obesity programmes – significant obesity reduction programme in PHE.

- **Cancer** Clinical Reference Group work stream on late effects of cancer treatment in young people
Paediatric critical care and specialised surgery review - NHSE


Transition research - Newcastle University (including focus on Developmentally Appropriate Healthcare)

https://research.ncl.ac.uk/transition/

You’re Welcome 2017 pilot of refreshed standards

http://www.youngpeopleshealth.org.uk/yourewelcome/
Acute care toolkit 13
Acute care for adolescents and young adults October 2015

All staff working in acute medical units (AMUs) will care for adolescents and young adults (AYAs) aged 16–24 years old. They may be aware that these young people are potentially vulnerable and that current provision is suboptimal.

The AMU has a key role in identifying the urgent and important issues which, if addressed accurately and comprehensively, should improve health outcomes for AYAs. Accordingly, acute medical teams need to possess the knowledge and skills to demonstrate the appropriate behavior, needed to manage AYAs effectively and compassionately.

Background

AYAs are increasingly receiving acute care in adult settings, including AMUs. Emergency presentations in those aged 16–19 years in England have increased three-fold over the past decade. AYAs account for 35% of emergency department attendances and 20% of those who receive inpatient care.

In a recent survey, AYAs report lower satisfaction with their care than older adults. Compared with older adults, they report being less likely to feel involved in their care, having more confidence and trust in their doctor, and being less likely to feel that they are treated with respect and dignity. The characteristics of the care received must change to improve care delivery.

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RCP Adolescent and Young Adult steering group
Chair, Helena Gleeson

Questions about your health? Download NHS Go

Young people have been saying they need quicker, easier access to reliable information.

NHS Go is the new way to get 24/7 instant access to information that can help you take control of your health.

It’s easy to use, fast, reliable, and has accurate and up to date information about health issues.

The app is anonymous, confidential and can be downloaded for iOS and Android. It’s also available online.

NHS Go is brought to you by Healthy London Partnership. It is free to download on iOS and Android.

www.NHSGo.uk  #NHSGo  @HealthyLDN

http://www.nhsgo.uk/
Young People’s Health Partnership

**YPHP Focus Week**
This week the YPHP will be highlighting the importance of young people’s health and wellbeing. Sharing young people and professional views and highlighting good practice.

**Learn More**

**Young People’s Participation**
AYPH is committed to increasing young people’s voice and involvement in decisions that affect their health. We give young people a platform to have their views and opinions heard and acted on.

**Learn More**

**Improving Practice**
AYPH works with professionals, young people and their families to improve practice in young people’s health. We provide information, support innovation, pilot new ways of working and bring people together to share expertise.

**Learn More**

http://www.youngpeopleshealth.org.uk/membership

http://www.youngpeopleshealth.org.uk/resources
We continue to need a strong voice for young people’s health to ensure that adequate resources go to this critical life stage.

emma@youngpeopleshealth.org.uk
www.ayph.org.uk/yphp
follow us on Twitter
@AYPHcharity