

“Healthy Care Matters”

Health Messages from Inspection

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The Health of Looked After Children and Young People in Scotland: Messages from Research (SWIA, June 2006)

- Physical health of looked after and accommodated children and young people is good
- Many have lifestyles that present major threats to their current or future well-being
- High incidence of mental health problems (including conduct disorders)

National Policy Agenda

- Getting it Right for Every Child
- The Mental Health of Children and Young People: A Framework for Promotion, Prevention and Care
- We Can and Must Do Better
- All Scotland's Bairns
- National residential child care initiative

Action 16

We Can and Must Do Better (January 2007)

'Care Commission will review the health of looked after children and young people'

What the National Care Standards say

- National Care Standards set out the standard of care that people can expect from any care services they use. The standards are written from the point of view of people who use care services. Published by Scottish Ministers, the standards cover every type of care service.

What did we do?

Inspection Focus Areas

Healthy Eating 2006/07

Mental Health and Wellbeing 2007/08

Physical Health and Wellbeing 2008/09

Why did we look at these practice areas?

To support:

- good outcomes for children and young people
- Scottish Government policy initiatives
- continued development of good practice in these areas.

What did we find?

Healthy eating

- 79% met the expectations set out in the National Care Standards
- Most provided well prepared, nutritional food which met children and young people's needs

Main areas for improvement

Some services need to:

- provide more fruit and vegetables
- take account of children and young people's preferences
- carry out eating, drinking and nutrition assessments
- improve staff training
- develop policies to support the provision of good, nutritious food.

Influencing improvement

- Working with service providers
- Providing information for Scottish Government
- Developing nutritional guidelines for residential services for children and young people

What did we find?

Mental Health and Well-being

- 246 services (Care homes for children & young people, residential special schools and secure accommodation services).
- Minimum of two inspections per year
- At least one unannounced

Mental Health & Well Being Assessment

90 recommendations made (36.5% of services)

44 requirements made (17.6% of services)

Mental Health Promotion Programme

12 recommendations (5% of services)

1 requirement (0.4% of services)

Access to health professionals

13 recommendations (5% of services)

Assessment of substance misuse

3 recommendations (1% of services)

Opportunities for children and young people to discuss worries with staff

12 recommendations (5% of services)

1 requirement (0.4% of services)

Procedure for working with children & substance misusing parents & links to child protection procedure

39 recommendations (16% of services)

Staff Training in working with children affected by substance misuse

20 recommendations (8% of services)

1 requirement (0.4% of services)

Staff knowledge and access to services for substance misusing parents

50 recommendations (20% of services)

Staff knowledge of bereavement and loss

17 recommendations (7% of services)

Physical comforting and knowledge of boundaries

9 recommendations (3% of services)

Helping young people leave the service

102 recommendations made (41% of services)

17 requirements made (7% of services)

What services are doing well

- Mental health promotion
- Access to health professionals
- Opportunities to discuss worries with staff
- Physical comforting and awareness of boundaries

Main areas for improvement

447 recommendations or requirements in 246 services

- Assessment of mental health needs
- Training and procedures for working with children of substance misusing parents
- Helping young people move on from the service

