

# Integrated Children and Young People's Plan

IN THE SCOTTISH BORDERS 2018-2021

CHILDREN AND YOUNG PERSONS  
LEADERSHIP GROUP



#yourpart in their great future

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# INTEGRATED CHILDREN AND YOUNG PEOPLES PLAN 2018-2021

## FOREWORD

The Scottish Borders Community Planning Partnership (CPP) is committed to safeguarding, supporting and promoting the well-being of all children and young people across the Scottish Borders. We translate this commitment into action through the work of the Children and Young People's Leadership Group (CYPLG) (established in 2014) which brings together partners from Scottish Borders Council (SBC), NHS Borders, Police Scotland, the Scottish Children's Reporter Administration (SCRA) and the Third Sector. The CYPLG focuses on shared priorities to deliver meaningful and sustainable improvements to the lives of all our children and young people, to ensure that everyone can reach their full potential.

Within the Scottish Borders, there is a real commitment and focus on supporting children and young people in the new Community Plan, SBC's Corporate Plan, NHS Borders' Clinical Strategy and SBC's Financial Plan for 2018-2019. Significant investment, including through the new South of Scotland Economic Partnership, will allow activities and programmes to be set up involving partner agencies to improve mental and emotional health, create opportunities and promote positive choices regarding exercise, diet, nutrition, lifestyle and employability. We are confident that our children and young people and their families will benefit greatly as a result.

The CYPLG made great progress under the previous Integrated Children and Young People's Plan for 2017-2020, notably around child protection practice and the redesign of our approach to emotional health and wellbeing. However, they felt it was appropriate to review and refocus its plan to make the most of opportunities that now exist and to also tackle some of the persistent issues that partners know families, children and young people face, including child poverty.

We are proud of the way we work in partnership in the Scottish Borders to achieve a holistic and joined up approach to tackling issues for children and families. We therefore welcome the funding and commitment shown to our children and young people by partners, which recognises the importance of **early intervention and prevention** and of **reducing inequalities**, key priorities for the CPP. This refreshed plan continues to work towards closing the gap between our most deprived and least deprived families and communities, targeting resources to support our most vulnerable children and young people and really listening to what they are telling us so we can make any necessary changes to services.

The CPP is pleased to approve this plan which sets out a clear vision and priorities for the future, highlighting our full commitment to working together in partnership to pursue our goal of making a difference to the lives of children, young people and their families.

**Councillor Mark Rowley**  
Chair of Community Planning Partnership



# INTEGRATED CHILDREN AND YOUNG PEOPLES PLAN 2018-2021

## 1. INTRODUCTION

This Scottish Borders Integrated Children and Young People's Plan 2018-2021 sets out the strategic direction for the planning and delivery of services for children and young people in the Scottish Borders over the next three. An integrated approach to service planning by partners is a requirement under the Children and Young People (Scotland) Act 2014. It is also appropriate at a time when SBC and its partners are facing reducing resources and increased demand for services. The Plan expresses the commitment of the CYPLG to use its combined resources to work in partnership to achieve the best possible outcomes for all our children and families with the following shared vision:

*“ Working together we will ensure all children and young people have a sense of belonging, self-worth and self-confidence to achieve their unique potential. ”*

### A NEW CONTEXT

The Plan aligns to the outcomes in the Scottish Government's National Performance Framework 2018 (and in particular the outcome relating to children and young people: “We grow up loved, safe and respected so that we realise our full potential”) and locally, to the outcomes in the CPP's new Community Plan 2017. The plan will also enable the partnership to address requirements under the Child Poverty (Scotland) Act 2017 which will involve SBC and NHS Borders jointly preparing a Local Child Poverty Action Report, showing how we are working to meet targets around eradicating child poverty. More detail on the strategic context is provided on Page XX (17?)

## PROGRESS

**Significant progress has been made in relation to the previous plan. Notable achievements include:**

- Significant changes in practice and training around **child protection**.
- Redesign of the approach to **emotional health and wellbeing** - strengthening the capability of universal services to support young people in schools and communities through a continuing programme of training and development for staff, parents and young people, including:
  - The Growing in Confidence programme and 'See Me' initiative in secondary schools
  - Resilience packs in primary schools
  - Commissioning of a new service to support emotional health and wellbeing for young people aged 10–18.
- Refreshed **sexual health strategy** - new resources and innovative partnership projects (including VOMO film making 'Peaches and Aubergines').
- **LGBT Charter Status** achieved in Peebles High School (silver award) and Berwickshire High School (bronze award).
- Good progress in producing the Scottish Borders **Play Strategy** with support from Play Scotland. This strategy is due to be finalised and launched in 2018.
- Development of the **Support for Parents Strategy** that identifies the range of levels of support available and to be developed for families across age ranges.
- Further development of our four **Early Years Centres** in Langlee, Burnfoot, Philiphaugh and Eyemouth and continued delivery of integrated approaches by partners to support families in early years.
- Development of the **Year of Young People Plan** through engagement with children and young people from across the Scottish Borders. The plan sets out the approach being taken to support the initiative and the legacy it will leave behind as a result.
- Increase in the number of schools progressing through the **Rights Respecting Schools Award**.
- Progress made in implementing the **Children and Young People (Scotland) Act 2014** including implementation of the national practice model, the development of the Child's Plan and significant work on improving chronologies.

More detail can be found in our Annual Performance Report for 2017/18.

## CHALLENGES AHEAD

The CYPLG has, over the last few months, reflected on the changing national and local policy context as well as the issues facing our children and young people in their homes, schools and communities. While many children and young people in the Borders thrive, some families face deep-seated challenges that have an impact on the wellbeing of their children and young people as they grow up and can affect outcomes in adulthood. The Leadership Group continues to seek to understand the nature and causes of these challenges in order to be able to provide effective solutions.

**For example:**

- **Poverty and low income** remain an issue in an area with one of the lowest wages in Scotland, with many families 'just getting by'. This has led to poverty proofing in all schools, supported by the development of the Borders Child Poverty Index (CPI), which provides schools and other partners with a more detailed understanding of child poverty as it affects communities locally. This will be discussed with the Scottish Government later in 2018.

- Much of what happens within Borders communities, both from a sporting and cultural perspective, centres around the **consumption of alcohol**, as well as historical gender specific attitudes, practice and ceremony.
- In some instances families are affected by multiple, complex problems in relation to poverty, employment, mental health, alcohol and drugs and involvement with community justice. Services are not always well geared up to respond to these issues and families may not always get the joined up support required to break the cycle and enable them to move forward.
- Whilst **social media** can have many benefits for young people in isolated rural areas of the Borders, there is growing evidence of the negative influence it is having on young people's quality of life, self-image and relationships, and the scale of future problems could be significant.
- Not all young people have the skills and support they need to make the right choices about age appropriate **risk-taking**, and about how they prepare for the world of work and adulthood and potential parenthood.
- Whilst some great work is going on around inclusion, Borders communities and culture can compound the geography of the area and lead to **feelings of isolation and exclusion** for many, with access and transport issues adding to this. For example, a mother of a child with additional support needs, living on benefits in a very rural valley community could feel that support networks are very difficult to access and may seem unapproachable.
- Feeling that for many there is no **future/ limited opportunities to work or study** in the Borders.

## OPPORTUNITIES

- The Scottish Government has agreed to establish a South of Scotland Enterprise Agency, so SBC and partners can more effectively address the economic challenges facing our rural region (along with Dumfries and Galloway) e.g. employability, earnings, skills and connectivity.
- There are two other significant national investment opportunities to make the most of: **City Deal** and **Borderlands**, both of which will assist us to support economic growth, skills and infrastructure and create a step change in the Borders economy.
- The Scottish Government has introduced some new legislation around:
- Strengthening the role of communities through the Community Empowerment (Scotland) Act 2015.
- Increasing the pace and depth of partnership working with NHS Borders (Public Bodies (Joint Working) (Scotland) Act 2014).
- Strengthening the rights of children and young people in Scotland and promoting early intervention and prevention through the Children & Young People (Scotland) Act 2014.
- Addressing persistent poverty and setting very ambitious targets through the Child Poverty (Scotland) Act 2017.

## A NEW APPROACH

To enable us to tackle the challenges we face, we have undertaken some practical on the ground pilots in recent years to provide targeted support and interventions for families who need it (small steps of change).

### Two examples include:

- In Galashiels the 16+ Transitions Project has been very successful in supporting young people to gain long term tenancies, as a result of initially living within supported accommodation.
- Burnfit in Hawick (street games such as rugby, with refreshments supplied at the end) has provided positive experiences for participants throughout July and August 2018 and is likely to be continued and developed into a longer term provision.

Initiatives such as these have had a positive impact on the lives of young people and their families and on a larger scale, have the potential to impact many more.

Many issues faced by children, young people and families are deep-rooted and widespread and require public sector partners to re-think not only WHAT we do but also the WAY we approach such issues, from the perspective of the young person and their family and their journey through our services. Were services easy to access? Was support available when and where required? Did we understand the issues facing young people and families?

**We need to learn from what has worked** on a small scale or on a pilot basis, and involve young people to really appreciate the reality of their lives and the role their family can play at every stage in life. And this may require us to **think and act differently**.

We also need to ensure that all our services look to support children, young people and families at the **earliest point possible** to prevent adverse childhood and family experiences. An early intervention and prevention approach will not only have a positive impact on outcomes but will use resources more effectively and could save costly interventions when issues escalate e.g. secure, out of area placement for a young person.

As leaders, we need to **influence wider policies** that are being developed across partners and within the CPP around housing, health, economic development, employability and transport to ensure that the needs of children and young people are not overlooked.

And critically, we need to **commit to involving and engaging children and young people, families and services users** to increase our understanding of vulnerability and achieve a common appreciation of the impact of adversity and poverty. By involving and listening on an ongoing basis, we will collect evidence about what is working, what is not working, and what improvements need to be made.

This new Integrated Children and Young People's Plan for 2018-2021 aims to build on the success of the last plan, use our learning from the last few years and make the most of the partnership opportunities that exist as well as the new strategic context. Children, young people and their families are at the centre of what we are doing. We will focus more on early intervention and prevention and recognise that this will require us to make changes in how we work.

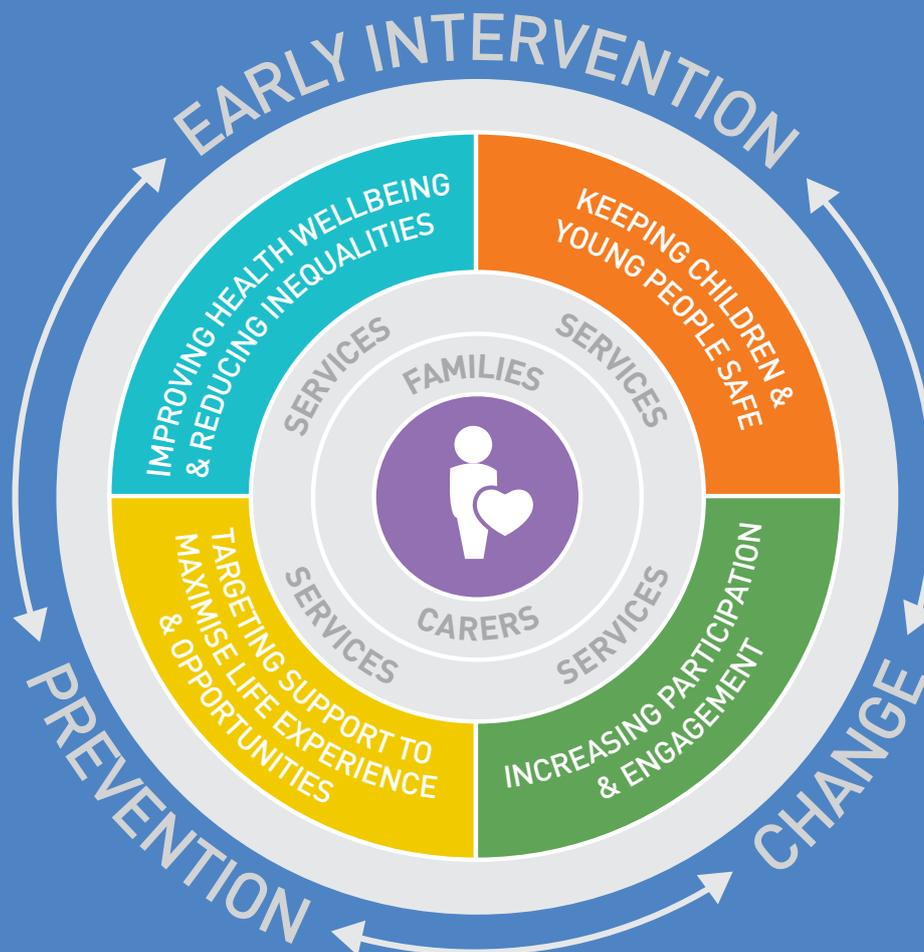
**The Integrated Children and Young People's Plan for 2018/2021 will focus on the following four priorities:**

1. Keeping children and young people safe
2. Improving health and well-being and reducing inequalities
3. Targeting support to maximise life experiences and opportunities and ensuring inclusion
4. Increasing participation and engagement

# INTEGRATED CHILDREN AND YOUNG PEOPLES PLAN 2018-2021

## 2. HOW OUR PRIORITIES LINK

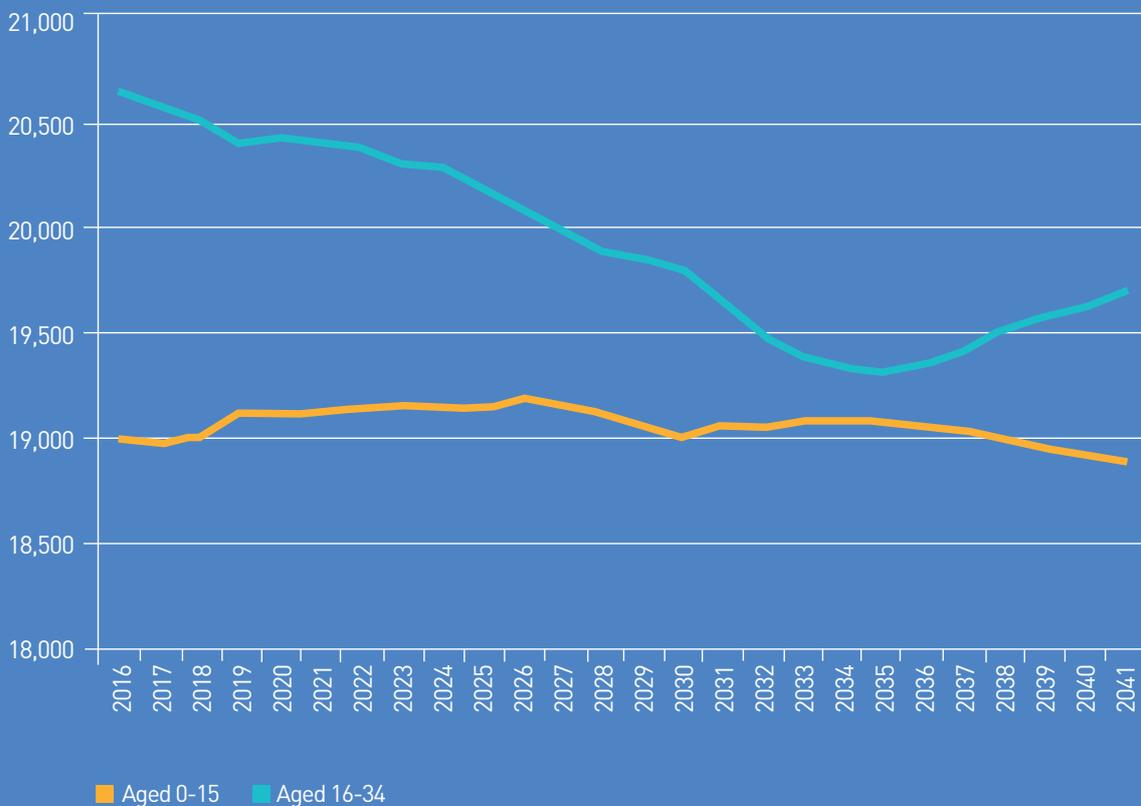
Children and young people, along with their families and carers, should be at the centre of what do. Our four priorities should impact positively on their lives, but be influenced by a new approach which sees us intervene as early as possible; focus on prevention and if necessary, change what we do and the way we do it. We have tried to represent this in the diagram below:



# INTEGRATED CHILDREN AND YOUNG PEOPLES PLAN 2018-2021

## 3. CHILDREN AND YOUNG PEOPLE IN THE SCOTTISH BORDERS

There are 21,507 children and young people aged 0-17 in the Scottish Borders, equating to 18.7% of the total population of the region (just under the proportion for Scotland which is 19%). However, a key issue for Borders is the projected longer term decline in both the 0-15 year and the 16-34 year populations, as shown in the graph below, and recent consultation with young people has highlighted a perceived lack of opportunity for study, employment and housing, prompting many to leave the area.



Source: NRS 2016-based principal population projections

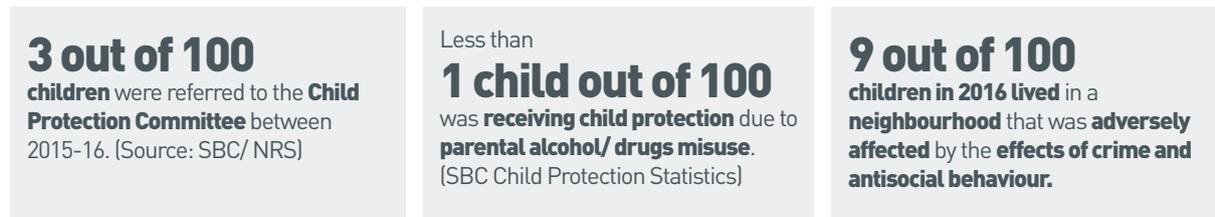
**Of the 21,507 children:**



Over a quarter of children and young people are therefore likely to experience some level of access deprivation, affecting their ability to participate in activities out with the school day and at weekends.

If we take **100 children and young people** in the Scottish Borders, the following information shows our local situation in relation to the four priorities identified within this plan:

**PRIORITY 1**  
 Keeping children and young people safe



**PRIORITY 2**  
 Improving health and well-being and reducing inequalities



## PRIORITY 3

Targeting support to maximise life experiences and opportunities and ensuring inclusion

### 1 out of 100

**children** was **looked after** by the **Local Authority** in 2017. (Scottish Government Children Statistics)

### 21 out of 100

**secondary school pupils** from **deprived areas** achieved **5+ awards at SCQF Level 5 (National 5)** or better in 2016-17. (Improvement Service: LGBF)

### 7 out of 100

**16-19 year olds** were not in **education, employment or training** in 2016-17. (Annual Population Survey)

Less than

### 1 out of 100

children was in temporary accommodation in 2017. (Scottish Government Homeless Statistics)

### 1 out of 100

**under 16** provided **unpaid care for a friend or relative** in 2011. (2011 Census)

### 44 out of 100

**households** with **children** live in homes which fail the **Scottish Housing Quality Standard**.

#### Out of 100 school leavers in 2016-17:

### 39

went on to **higher education**

### 24

went on to **further education**

### 2

went on to **training**

### 29

went on to **employment**

### 1

went on to **another positive destination**

### 4

were **unemployed** and **1 didn't say**. (Scottish Government Education Statistics)

## PRIORITY 4

Increasing participation and engagement

### 57 out of 100

**school pupils** engaged in **Active Schools extra-curricular sports participation** in 2017-18 (compared to 45 out of 100 nationally).

- This rose to

### 61 out of 100

from the least-deprived areas.

- but only

### 41 out of 100

in the most deprived areas.

(SBC/ Live Borders)

**(45 out of 100 nationally)**

### 80 out of 100

**Primary 7 pupils** participated in **Active Schools extra-curricular sports activities** in 2017-18.

By **S4, only**

### 37 out of 100

**pupils** did so. (SBC/ Live Borders)

### 34 out of 100

**children** live in the **20% most access deprived areas** in Scotland.

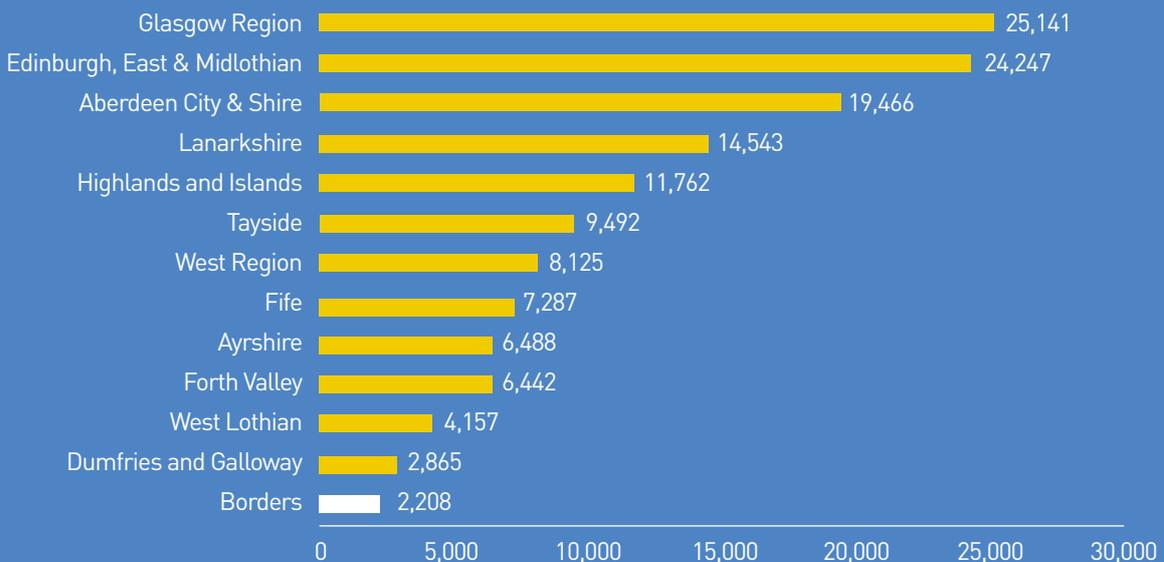
# INTEGRATED CHILDREN AND YOUNG PEOPLES PLAN 2018-2021

## 4. FAMILY INCOME AND EARNINGS

There are some significant economic challenges facing the Scottish Borders that in turn affect family income. The structure of the economy (with an over-reliance on the public sector, manufacturing, farming etc.) means that many jobs tend to be lower paid than in other areas of Scotland (who benefit from sectors such as finance and media). Gross Value Added (GVA) is an economic measure used to show the monetary value for the amount of goods and services that have been produced/ provided in an area - the higher the value of the goods and services, the higher the GVA.

**The difference between Borders and many other regions in Scotland can be seen below:**

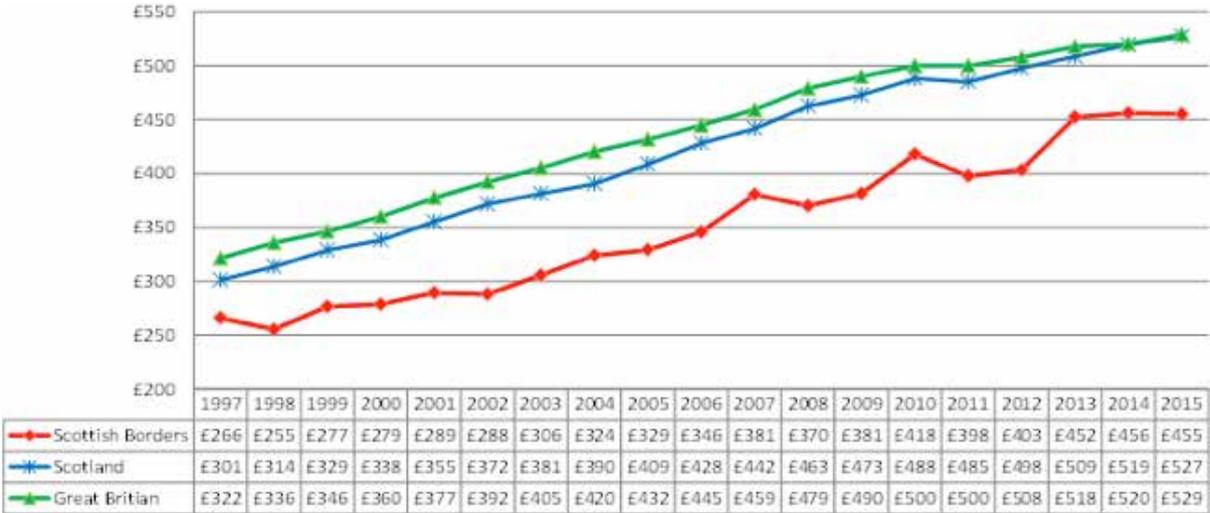
### GROSS VALUE ADDED (GVA), REGIONAL COMPARISON 2024 (£million, constant 2013 prices)



Source: Skills Development Scotland<sup>3</sup>, Oxford Economics analysis

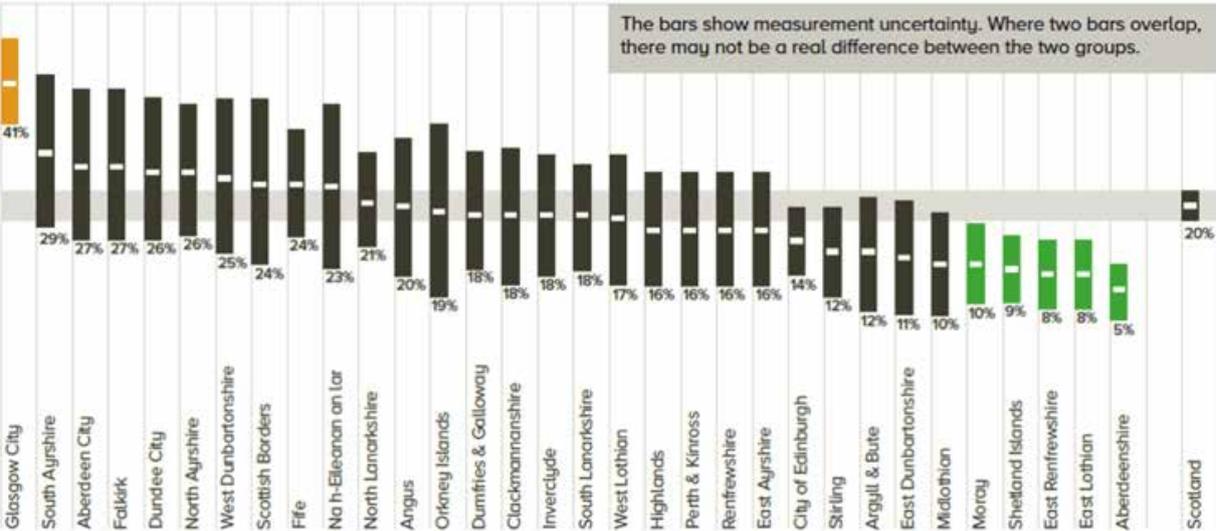
As a consequence of the types of jobs available, median full-time gross weekly earnings (by place of work) in the Scottish Borders continue to lag behind Scotland at £467 compared to £526 (Annual Survey of Hours and Earnings, April 2017) and are the fourth lowest in Scotland. This has been the case for some time (see table below) and has obvious impacts on children and families, with many families in the Borders who have two parents in full time employment, 'just getting by'.

### WORKPLACE BASED GROSS MEDIAN WEEKLY PAY 1997 TO 2015, NOMIS



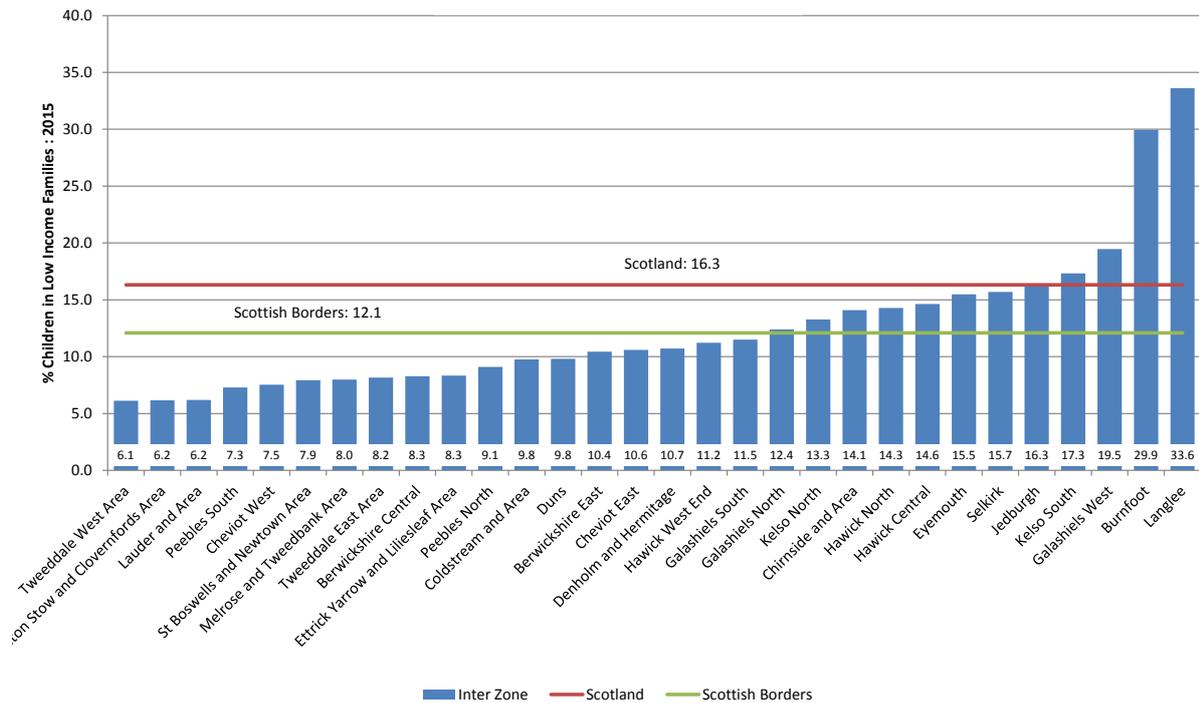
A recent Scottish Government report entitled 'Children in families with limited resources 2014 -2016' shows that **24%** of children in the Scottish Borders live in families with limited resources (see graph below). Surprisingly, this report shows that the percentage of families in the Scottish Borders is higher than many other rural local authorities, which means that our children are more likely to be in poverty compared to, for example Moray and East Lothian (areas that Scottish Borders is often benchmarked against) and shown to the right of the graph.

### PERCENTAGES OF CHILDREN WHO LIVE IN FAMILIES WITH LIMITED RESOURCES BY COUNCIL AREA



Official 2015 HMRC Child Poverty figures show increases in levels for the Scottish Borders as a whole, at **12.1%** (up from 10.9% in 2012), and for Scotland at **16.3%** (up from 15.3% in 2012). At a Borders level, the percentage of children in low income families is lower than Scotland, but when data is examined at intermediate data zone (i.e. at smaller areas such as wards), the situation is surprising and concerning, with some areas experiencing levels as high as **33.6%**. A snapshot is provided below:

## % CHILDREN IN LOW INCOME FAMILIES AUGUST 2015 SNAPSHOT



Source: HMRC via ScotPHO

Challenges also exist in relation to the funding that SBC receives from the Scottish Government to tackle inequality and deprivation. For example, in order to address the Closing the Gap agenda, Pupil Equality Fund (PEF) is awarded to all local authority areas. Allocations for 2017/18 and 2018/19 were made Free School Meal entitlement data and resulted in the allocation for Scottish Borders being significantly lower than some other areas who sit on the left hand side of the “Limited Resources” graph above.

In both years of PEF funding, Scottish Borders received just over £1.8m, equating to around 1.5% of the total Scottish allocation. Some local authority areas showing similar percentages of “Children in families with limited resources” such as South and North Ayrshire, Falkirk and West Dunbartonshire, received significantly more money (although this would need to be looked at per pupil to make a direct comparison). Lower PEF allocation has resulted in a slower pace of improvement in Scottish Borders e.g. in relation to attainment in our most deprived (SIMD1) areas, compared to other areas where significant funding has been received.

Inequality, poverty and deprivation in the Scottish Borders can remain hidden when looked at in a one-dimensional way i.e. using only Free School Meal entitlement. With this in mind, SBC developed a Child Poverty Index (CPI) when planning the roll out of the expanded early years provision in 2017/18, ensuring that a more rounded and representative approach was taken, by providing additional insight into Child Poverty in the Scottish Borders. This approach has been shared with Scottish Government and interest has been expressed in examining a methodology such as this further.

# INTEGRATED CHILDREN AND YOUNG PEOPLES PLAN 2018-2021

## 5. OUR ROLE AS A CHILDREN & YOUNG PEOPLE'S LEADERSHIP GROUP (CYPLG)

The CYPLG is an improvement partnership made up of key stakeholders who deliver services for Children and Young People in the Scottish Borders and includes SBC, NHS Borders, Police Scotland, SCRA and the Third Sector (Youth Borders, LiveBorders).

The key aim of the CYPLG is to safeguard, support and promote the wellbeing of children and young people and improve their life chances.

The plan is underpinned by the United Nations Convention on the Rights of the Child (UNCRC) as well as a range of legislation and national policy, and the CYPLG has a key role in linking the work and plans of all partners to achieve the best outcomes we can for our children and young people.

The improvement partnership is almost unique in Scotland. As well as coming together to make things happen and change practice, the members are decision makers within their respective organisations whose work has an impact on the lives of children and young people in the Scottish Borders and join together through a shared vision and set of priorities.

**The new approach described on page XX (7?) will enable the CYPLG to focus on the principles of:**

- **Focussing on early intervention and prevention** to support children, young people and their families where and when they need it most
- **Engaging with, and listening to children, young people and their families** to increase our understanding of their issues and vulnerabilities
- Working with children, young people and their families to help them **strengthen their own relationships, and their relationships with services** available to them.

**The CYPLG works together to:**

- Provide strategic leadership and direction
- Identify and provide solutions to emerging topics and issues
- Implement strategies and plans where relevant to the CYPLG
- Engage effectively and listen to the needs of children and young people
- Commission partner organisations to provide specialist services
- Build effective partnerships in addressing priorities

- Monitor progress against the Integrated Plan actions
- Review data and statistics to inform actions
- Promote best practice
- Provide best value
- Enable better communications of successes and priorities
- Promote joint staff training and development

# INTEGRATED CHILDREN AND YOUNG PEOPLES PLAN 2018-2021

## 6. STRATEGIC CONTEXT

### LEGISLATION

This plan ensures that the planning and delivery of our services complies with policies, legislation and guidance across the Scottish Government. The requirements of the Children and Young People's (Scotland) Act 2014 have been particularly influential in formulating the plan but the CYPLG works with a wide range of legislation, strategies and policies to plan future services for children, young people and families.

### CHILD POVERTY (SCOTLAND) ACT 2017

The Child Poverty (Scotland) Act 2017 requires that Scottish Government meets four income-based child poverty targets by 2030 and indicates the actions it will take to meet those targets.

**The targets are as follows:**

- a) < 10% of children living in households in relative poverty
- b) < 5% of children living in households in absolute poverty
- c) < 5% of children living in households that combine low income and material deprivation
- d) < 5% of children living in households in persistent poverty

The Act also introduces a requirement for local authorities and each relevant Health Board to jointly prepare a Local Child Poverty Action Report, as soon as practicable after the end of each reporting year. **The first such report is due in June 2019.**

Priority 2 of this plan (Improving health and wellbeing and reducing inequalities) reflects the actions required to comply with the Child Poverty (Scotland) Act 2017.

## PUBLIC HEALTH PRIORITIES FOR SCOTLAND

A set of national public health priorities have been developed which represent agreement between Scottish Government and local government about the importance of focusing our efforts to improve the health of the population.

**The Public Health Priorities are designed to improve healthy life expectancy and reduce inequalities. They are:**

- Vibrant, healthy and safe places and communities
- Flourishing in our early years
- Good mental wellbeing
- Reduced use of and harm from alcohol, tobacco and other drugs
- A sustainable, inclusive economy with equality of outcomes for all
- Eating well, having a healthy weight and being physically active.

Priority 2 (Improving health and wellbeing and reducing inequalities) reflects the actions required to focus on these priorities.

## GIRFEC

We will continue to use the GIRFEC approach in the Scottish Borders. Improving wellbeing for every child and their families is a key pillar in developing and improving our services for children and young people and we will aim to deliver improvements in outcomes in safety, healthy, achieving, nurtured, active, respected, responsible and included. Where work supports these wellbeing indicators, this has been detailed under each of our strategic priorities.

## NATIONAL PERFORMANCE FRAMEWORK

The National Performance Framework (NPF) is an outcomes-based framework which promotes partnership working by making organisations jointly accountable for planning and spending to achieve shared outcomes. The national outcome in relation to children and young people is 'We grow up loved, safe and respected so that we realise our full potential'.

All priorities in this plan reflect actions to meet national outcomes for our children and young people.

## COMMUNITY EMPOWERMENT (SCOTLAND) ACT 2015

Community planning is the process by which councils and other public bodies work with local communities, businesses and community groups to plan and deliver better services and improve the lives of people who live in our area. It was introduced by the Local Government in Scotland Act 2003. The Community Empowerment Act lists the public authorities which are required to take part in community planning and places duties on them. In addition to SBC, other key organisations are represented on the partnership including NHS Borders, Police Scotland, Scottish Enterprise and Scottish Fire and Rescue Service. These authorities form a Community Planning Partnership (CPP) for each local authority area. One of the duties of the CPP is to produce a Community Plan.

## SCOTTISH BORDERS COMMUNITY PLAN

**The Scottish Borders Community Plan (known under the Community Empowerment Act as a Local Outcomes Improvement Plan) is based around four themes:**

1. Our Economy, Skills and Learning: How do we build and improve our economy, skills and learning?
2. Our Health, Care & Wellbeing: How do we promote and improve our health, care and wellbeing?
3. Our Quality of Life: How do we protect and improve our quality of life?
4. Our Place: How do we develop and improve our place?

A key priority for the CPP within the Community Plan is reducing inequalities i.e. closing the gap between our least and most disadvantaged in our communities and a **Reducing Inequalities** Delivery Team, chaired by the Service Director Children & Young People, is committed to taking an early intervention and prevention approach across the four community planning themes. The Delivery Team has prioritised a number of work streams, some of which can be taken forward as part of this Integrated Children and Young People's Plan.

**These are:**

- Developing a model for vulnerable children and young people in the Scottish Borders in relation to mental health.
- Developing a more strategic approach of support for vulnerable teenagers and young adults in the Scottish Borders.
- Building on the success of the Galashiels 16+ Transitions Project, work with Registered Social Landlords (RSLs) to seek funding to expand and roll out further across the Borders.

## SCOTTISH BORDERS COUNCIL'S CORPORATE PLAN 2018-2023

**The new Corporate Plan (OUR PLAN for 2018-2023 and your part in it) sets a direction for SBC in order to:**

- Make the most of the opportunities we now have
- Tackle the challenges we face
- Take account of what our councillors want to achieve for the Scottish Borders
- Ensure we respond to national policies and other statutory requirements.

The plan is based around four themes and sets out the high level actions that SBC is committed to, as well as the part that individuals, communities, families and businesses can play to help keep the Scottish Borders thriving.

**The four themes are:**

- a. Our Services for You
- b. Independent Achieving People
- c. A Thriving Economy, With Opportunities for Everyone
- d. Empowered, Vibrant Communities

Within the Independent, achieving people theme, SBC has made a commitment **to poverty proof within schools, to school/business engagement** and to **working in partnership** to build the resilience of our young people and to support and develop their emotional well-being, resilience and mental health. This has also been supported with significant additional funding in the 2018-2019 Financial Plan around **young people's emotional health and wellbeing**.

## NHS CLINICAL STRATEGY

**The focus for improvement in this strategy in relation to child health is on three main areas:**

- As is their right, children and young people will be involved in decisions and planning that affect their health and, when it is appropriate, families will also be included.
- The move from child health services to adult services will be improved.
- There will be greater capacity to deliver health care services in the community for children who are unwell.

**There are many other plans and strategies that the CYPLG is aware of and make reference to in their work.**

# INTEGRATED CHILDREN AND YOUNG PEOPLES PLAN 2018-2021

## 7. PRIORITIES FOR THE CYPLG FOR 2018-2021

To define strategic priorities and outcomes for 2018-2021, the CYPLG has carried out the activity detailed below to arrive at a new vision and four key priorities with clear outcomes which will be progressed over the next three years and beyond. These priorities set out where we will focus our work and provides strategic direction for our integrated services.

2017-18 CYP Plan	National & Strategic Context	Activity
<p>Children &amp; Young People (Scotland) Act 2014</p> <p>Joint Inspection of Services for Children &amp; Young People in the Scottish Borders</p>	<p>Child Poverty (Scotland) Act 2017</p> <p>Public Health Priorities for Scotland</p> <p>National Performance Framework</p> <p>South of Scotland Economic Partnership</p> <p>Citydeal</p> <p>Borderlands</p> <p>East of Scotland Diabetes Partnership</p> <p>Scottish Borders Community Plan</p> <p>SBC Corporate Plan 2018/23</p> <p>NHS Borders Clinical Strategy</p> <p>SBC's Financial Plan 2018/19</p>	<p>Stakeholder workshop to review existing priorities and key actions within Plan</p> <p>Executive Group decisions on shape of new plan</p> <p>CYPLG sign off</p> <p>CPP sign off</p>

This resulted in the new Integrated Children and Young People's Plan for the Scottish Borders 2018-2021.

### VISION

“ Working together we will ensure all children and young people have a sense of belonging, self-worth and self-confidence to achieve their unique potential. ”

## 8. PRIORITIES FOR THE CYPLG 2018-2021



In pursuit of our vision, we will strive to improve the well-being and life chances of all our children, young people and families through the provision of high quality, integrated services delivered through the actions set out within the four priorities.

We are committed to and focused on ensuring that all our children and young people living in the Scottish Borders have a good childhood and are prepared for adulthood.

We will maintain a strong focus on early intervention and prevention, building resilience and supporting children, young people and families to develop the skills and capabilities that enable them to navigate the challenges of modern life.

We are strong advocates of partnership working, and are committed to working collaboratively to ensure that services are joined up as we strive to meet the needs of children and young people.

In delivering these priorities we will ensure that the GIRFEC approach and UNCRC is embedded within the work required to achieve our aims. This includes making sure that the voices of children and young people are considered as part of the planning process. There are many ways in which their voices are already part of our work e.g. School Pupil Wellbeing Survey 2017-2018, High School World Café Consultation 2017, Year of Young People 2018 Online Survey.

From the surveys and consultations, children and young people told us what they like about living in the Scottish Borders:

*“I like to play inside my house.”*

Leadership Group working group: ‘Have your say on play’

*“I like to play outside in my garden.”*

Leadership Group working group: ‘Have your say on play’

*“I feel safe and secure in school.”*

Pupil Wellbeing Survey 2017-2018

*“My school encourages young people to get involved and contribute to the local community.”*

Pupil Wellbeing Survey 2017-2018

*“I think the school cares about their young people.”*

Pupil Wellbeing Survey 2017-2018

*“Everyone is treated nicely in school.”*

Year of Young People Consultation 2018

However, the CYPLG wishes to address other issues arising from the consultations and surveys, and the following pages describe the priorities in detail, along with the outcomes they hope to achieve and the key actions required to deliver them.

## PRIORITY 1

Keeping children and young people safe

## OUTCOME

More children and young people will be protected from abuse, harm or neglect and will be living in a supportive environment, feeling secure and cared for.

## WHAT OUR CHILDREN AND YOUNG PEOPLE ARE CONCERNED ABOUT

1. 'Kids in bad areas are getting into drugs and alcohol because they don't have good parental support.' (Year of Young People 2018 Consultation)
2. 'Kids are being bullied.' (YOYP 2018 Online Survey)
3. 'More needs to be done to keep the Borders safe for young people.' (Year of Young People 2018 Online Survey)

## WHAT WE WILL DO

1. Adopting the principles of co-production, work in partnership with the Child Protection Committee to produce a modernised strategy for public protection, recognising the role of communities and families.
2. Establish a partnership Early Intervention Programme to prevent risks escalating in families where there are significant and/or multiple challenges.
3. Provide young people with the support and advice they need to ensure they have the skills and confidence at key life stages to assess risk and make appropriate choices.
4. Review and refresh current approaches to interventions delivered within schools and communities by all partners to help young people stay safe.

## HOW WILL WE KNOW

A range of measures will be developed by the Leadership Group e.g.

1. Fewer children on the Child Protection Register
2. More children will feel safe.

## PRIORITY 2

Improving health and well-being and reducing inequalities

## OUTCOME

Inequalities in the health and wellbeing of young people are reduced.

## WHAT OUR CHILDREN AND YOUNG PEOPLE ARE CONCERNED ABOUT

1. 'There are kids getting into drugs and alcohol.'(Year of Young People 2018 Consultation)
2. 'Many young people are so vulnerable and so ignorant about the effects of drugs and alcohol.'(Year of Young People 2018 Consultation)
3. 'Some children have mental health and confidence issues.'(Year of Young People 2018 Consultation)

## WHAT WE WILL DO

1. Play a key part in the development of the Scottish Borders Child Poverty action plan - leading to changes in practice across all partners that impact on the drivers of child poverty.
2. Continue to build capacity in universal services to improve health and wellbeing of all children and young people, including their emotional health and well-being and healthy lifestyles – diet, physical activity, alcohol, drugs and tobacco and sexual health.
3. Influence the local housing strategy, to focus on the needs of vulnerable young people and families.
4. Ensure that play is an integral part of life for our children.
5. Promote opportunities and the use of local spaces for young people to spend free time with friends.
6. Influence the use of the next tranche of Active Schools funding, from 2019-2020 onwards to ensure it addresses inequality.
7. Inclusion Strategy – to join up services and opportunities in the Borders.

## HOW WILL WE KNOW

A range of measures will be developed by the CYPLG e.g.

1. Progress in implementing the Child Poverty Action Plan.
2. Fewer children experiencing mental health issues.
3. Increase in range of opportunities to offer family support.
4. Children will have a Child's Plan and Lead professional at Stage ¾ of our Single Planning Process.

## PRIORITY 3

Targeting support to maximise life experiences and opportunities and ensuring inclusion

## OUTCOME

Life experiences and opportunities are improved for children and young people who require our targeted support.

## WHAT OUR CHILDREN AND YOUNG PEOPLE ARE CONCERNED ABOUT

1. 'We need to do more for disabled children.' School Wellbeing Survey 2017
2. 'We need to do more for young carers.' Year of Young People 2018 Consultation
3. 'Some young people are homeless.' Year of Young People 2018 Consultation

## WHAT WE WILL DO

1. Focus on ensuring positive outcomes for children who are living at home but subject to statutory measures (and are therefore Looked After Children at home).
2. Targeted partnership approaches to children and young people with additional and complex needs building on successful programmes such as the Family Nurse Partnership.
3. Identify and address the barriers that get in the way of individuals and families feeling included and supported within communities across the Scottish Borders.
4. Using new opportunities e.g. through the South of Scotland Economic Partnership, design approaches to support all young people moving into adulthood - healthcare, housing, tenancy sustainment, income maximisation, employability. This should include mentoring and expansion of the 16+ Transitions Project and priorities identified by the CPP Reducing Inequalities Delivery Team.

## HOW WILL WE KNOW

A range of measures will be developed by the CYPLG e.g.

1. Fewer looked after children at home.
2. More young carers identified and supported.
3. More children affected by a disability and or complex health needs with access to mainstream school and other services and activities in their own local community.

## PRIORITY 4

Increasing participation and engagement

### OUTCOME

All our children and young people will be encouraged to be involved in the planning, provision and delivery of services and their rights respected.

## WHAT OUR CHILDREN AND YOUNG PEOPLE ARE CONCERNED ABOUT

1. 'When creating new schools, young people having a bigger say in what is in it – design facilities and resources.' Year of Young People 2018 Consultation
2. 'Young people having a bigger and more important say in politics' Year of Young People 2018 Consultation
3. 'Compulsory education on voting and politics.' Year of Young People 2018 consultation
4. 'Young people attending important meetings in town planning and the future of Scotland.' Year of Young People 2018 Consultation
5. 'Young people having a say in the future of their towns.' Year of Young People 2018 Consultation
6. 'We would like to have a say in how the school is run.' Year of Young People 2018 Consultation
7. 'Young people more involved in education decisions.' Year of Young People 2018 Consultation

## WHAT WE WILL DO

1. Co-produce a robust and effective Children's Rights and Participation Strategy which raises awareness of children's rights and encourages children and young people to become involved, including establishing a Young Borders Action Team.
2. Further develop peer support models to encourage children and young people to become involved.
3. Establish a range of effective methods to engage with parents and make schools accessible.
4. Work to embed a rights respecting culture in all we do across services for young people, ensuring their voice is heard, considered and responded to at all tables across the CPP.
5. Develop robust and appropriate advocacy for young people across all our services.
6. Encourage stronger partnerships with the third sector and other partners to support alternative learning and achievement routes.

## HOW WILL WE KNOW

A range of measures will be developed by the CYPLG e.g.

1. Increased creative and positive local opportunities for training and employment for young people in the Scottish Borders.
2. Children and young people report an increased awareness of children's rights and feel their rights are respected, protected and fulfilled.

# INTEGRATED CHILDREN AND YOUNG PEOPLES PLAN 2018-2021

## 9. THE CYPLG APPROACH

The CYPLG represents partners across a number of services within the Scottish Borders and is also responsible for the actions of the groups shown in the inner ring of the diagram below. These groups take their strategic direction from the CYPLG and regularly report on how they are contributing to the vision and key priorities of the partnership.

The outer ring in the diagram represents other groups who are involved in and engage with children and young people in the Scottish Borders. These groups and communities of interest have a direct relationship with the CYPLG through specific actions outlined in this plan's priorities.



**In addition to these partnership groups, the CYPLG has an important role in connecting with and influencing a number of other boards and interagency initiatives, including:**

- Developing the Young Workforce (DYW) Group
- Reducing Inequalities and Joint Delivery
- Integration Joint Board (IJB)
- Strategic Housing
- Critical Services Oversight Group (CSOG) and Child Protection Committee (CPC)
- Diabetes Prevention Partnership
- Police, Fire & Rescue
- Safer Communities Board
- Alcohol and Drugs Partnership
- Corporate Parenting Group

## 10. WORKFORCE PLANNING AND DEVELOPMENT

To deliver improved outcomes for children and young people we rely on a knowledgeable, experienced and caring workforce who provide a variety of services across the Scottish Borders. As a leadership group, we value the workforce and we will continue to invest in and support staff at all levels through multi-agency training, information sharing and briefing to increase skill levels and knowledge and support delivery of our priorities. We will work with the third sector and other partners, supporting their training and skills delivery on the ground to build capacity across all sectors, thereby developing stronger and more robust support to children and young people at a local level.

We will work within the framework of the Common Core of Skills, Knowledge and Values (SSC, 2015) to strengthen our shared understanding and practice across different services to meet needs and improve outcomes for children young people and families.

### **This framework is shaped round four values:**

- **Respect:** people using services as experts in their own lives with opinions, knowledge and experiences; valuing the contribution of others.
- **Collaboration:** improved outcomes come through people working together in partnership.
- **Participation and dignity:** promoting the rights of individuals to play an active part in their community, as much as they want to, and respecting their choices of how they wish to lead their lives.
- **Empowerment:** making sure those who use services recognise and use their strengths and are able to make informed decisions.

In order to fulfil these values the framework outlines required skills in key areas - self-awareness, building trust, promoting dignity and fairness and engagement.

<http://www.sssc.uk.com/about-the-sssc/multimedia-library/publications/70-education-and-training/common-core-of-skills,-knowledge-and-values-grid>

We are committed to continuing to deliver the training and development needed to sustain progress on the priorities in this plan and the programmes that underpin it.

# INTEGRATED CHILDREN AND YOUNG PEOPLES PLAN 2018-2021

## 11. COMMISSIONED SERVICES

We want to ensure that the best possible services are provided for children and young people. To complement our universal services and provide additional support, a range of targeted services for children and young people are commissioned and delivered through statutory and third sector services.

**Following the recent completion of our Commissioning Strategy (March 2017), we apply the principles set out below to commissioning services:**

- Focus on early intervention and prevention; ensuring we target families early enough.
- Ensure that children and families' needs are at the centre of service design and delivery.
- Ensure reducing inequalities is a priority across all services but that we get an appropriate balance between resourcing targeted and universal services.
- Improve integrated working and focus on combined resources.
- Work with and empower communities.
- Improve outcomes for every child and their families.

**A strategic needs assessment was carried out as part of the development of the strategy and a number of areas were identified to be addressed through targeted commissioned services, including:**

- Positive emotional and mental health wellbeing of children and young people.
- Availability, access and support for young carers.
- Consistency of access to quality youth work services.
- Supporting choices:
  - Equality and inclusion
  - Positive life choices
- Availability and access of advocacy services.

Appropriate commissioned services have been appointed to deliver these targeted areas, making best use of statutory, independent and third sector provision.

Additional sources of funding to commission services have been awarded by SBC as a one-year investment and this will be used to complement current resources.

We will continue to develop partnership models of service delivery and funding, to ensure that the best use of resources, knowledge and expertise is utilised in meeting the needs of our children and young people.

## CURRENT COMMISSIONED SERVICES

### SBC CHILDREN & FAMILIES SOCIAL WORK - EARLY INTERVENTION

The provision of significant funding has been used to employ an additional five social workers across the service. The funding allows for the delivery of early intervention which enables continued work with children and families on a non-statutory basis. Without this, service provision would concentrate on children and young people predominantly involved in the Children's Hearing and Child Protection systems.

### QUARRIERS EMOTIONAL HEALTH & WELLBEING SERVICE

This service provides a holistic model of generic support for children and young people aged 10-18 years to improve and promote emotional health and wellbeing for those who are vulnerable or are involved in risk taking activity, utilising psychologically informed approaches.

### GENERIC YOUTH WORK (SEVEN PROVIDERS ACROSS THE BORDERS)

A sustainable model which offers consistency of access to quality youth work services in addition to and supporting positive life choices, equality and inclusion with a focus on targeted work to support the most vulnerable young people.

### POLICE SCOTLAND - LOCALITY INTEGRATION OFFICERS

This service provides funding for three police officers which Police Scotland match fund to provide six dedicated officers in total. The officers work as part of the locality team, addressing local problems and issues through partnership working. These six officers are protected from 'routine' operational duties and their role is to complement the school curriculum of personal and social development and support service users through successful interventions to prevent offending or re-offending.

## ACTION FOR CHILDREN

- **Young Carers:** ongoing support of children and young people with caring responsibilities; providing a service with improved availability and access to enhance the quality of life as a child and young person.
- **Families Drug & Alcohol Service (CHIMES):** this service provides support to children and families who are affected by substance misuse.

## NHS BORDERS - COMMUNITY CHILDREN'S' NURSES

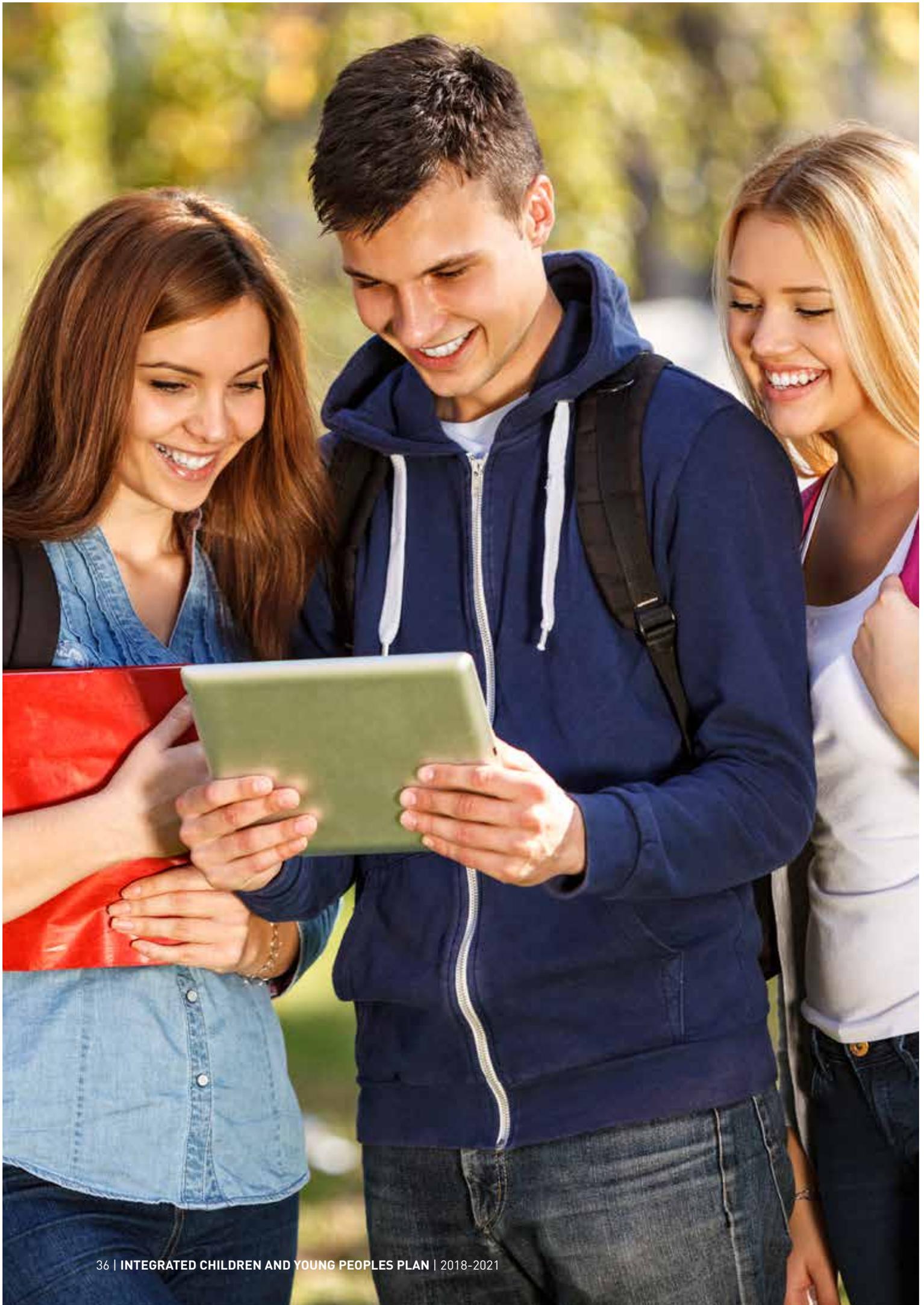
This service is for children and young people who have complex health needs and enables them to be cared for as close to home as possible. It is a holistic model of nursing support and provides supported transition to adult services as well as advice to parents and carers to enable children and young people to participate in education.

## CHILDREN 1ST - ABUSE & TRAUMA RECOVERY SERVICE

This service is available for children and young people who have experienced sexual, physical and/or emotional abuse and where there is an impact of parental issues. Through 1:1 support, the service aims to minimise the impact of sexual, physical and/or emotional abuse to support recovery.

## LGBT SCOTLAND - LGBT YOUTH BORDERS

This service is for LGBT Young People who require an additional level of support and would benefit from opportunities to build networks with other LGBT young people. Through a range of activities such as youth groups and 1:1 support, the service supports LGBT young people to be more confident and increase their levels of self-esteem.



# INTEGRATED CHILDREN AND YOUNG PEOPLES PLAN 2018-2021

## 12. MODEL OF SUPPORT

The CYPLG utilises a model of support which has four stages and is designed to show what activity takes place at different levels and how our actions and commissioned services fit into that.

### STAGE 1 – UNIVERSAL SERVICES

Trained universal frontline staff (teachers, CLD workers, youth workers, health workers) support young people experiencing mild or short term emotional health issues. These staff will signpost children and young people to relevant activities and supports including quality approved online and mobile based self-help tools.

### STAGE 2 – UNIVERSAL PLUS

Enhanced training is provided for universal staff in mental health first aid and applied suicide intervention skills. Universal staff provide enhanced support to young people experiencing longer term or moderate emotional health issues. Advice and consultation is provided by the Emotional Health Service.

### STAGE 3 - LOCALITY MULTI-AGENCY WORKING (TARGETED INTERVENTION)

Children and adolescent mental health services (CAMHS) provide specialist clinical services for significant mental health issues e.g. mood and anxiety disorder, OCD, suicide attempt, psychosis, neuro-development disorders and eating disorders.

### STAGE 4 - HIGH LEVEL SPECIALIST PROVISION

National services e.g. eating disorders, complex trauma.

# INTEGRATED CHILDREN AND YOUNG PEOPLES PLAN 2018-2021

## 13. MONITORING, EVALUATING AND REPORTING

To enable the delivery of the key actions within the four priorities, the CYPLG has to ensure that appropriate work is being undertaken and more importantly that it is making a difference and results in outcomes being met.

**Various mechanisms are used to monitor, evaluate and report as outlined below:**

### SCORECARD

The CYPLG has developed a scorecard which is aligned closely with the priorities, outcomes and key actions. The quantitative data is designed to measure the effectiveness of the actions within each priority.

The scorecard is prepared and reported regularly to the CYPLG and assists the group to make decisions in terms of any additional actions or focus required.

### OUTCOME FOCUSED REPORTING

Many of the actions within the priorities require reporting mechanisms for a specific purpose and these are also used to update the CYPLG e.g. a requirement of the Child Poverty Act (Scotland) 2017 is the production of an annual report to the Scottish Government. This will also be considered by the CYPLG as evidence that the work is being undertaken by partners to achieve desired outcomes.

### SELF-EVALUATION

The CYPLG carries out an ongoing process of gathering evidence of the effectiveness of each action and priority by visiting service providers, attending celebratory events and other activities. This is an important duty of the group and provides networking opportunities as well as a sense of achievement.

Commissioned services are required to submit a self-evaluation report every six months. This report is to provide an update to the CYPLG in terms of what the service has used their funds to



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#### CHILDREN AND YOUNG PEOPLE

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