

“We were particularly impressed with the caring and positive atmosphere, and the commitment of the staff to the young people in your care.”

Panel Member

Admissions Health Assessment

We gather and establish as much information as possible at the referral stage so we can prepare any necessary medications or attend to other health requirements prior to a young person arriving.

Once the young person arrives at Rossie, the Nurse will assess their physical, mental and emotional wellbeing. We look into as many areas as possible to ensure we have a full picture of the young person's health needs including family life, medical history and previous dental and optical screenings. We then develop a health plan as well as delivering our Health service routines.

These routines include:

- **Nurse Clinic**
- **The GP**
- **The Dentist**
- **SexualHealth**
support is always available to our young people within and out with Rossie.
- **Immunisations**
some of our young people may have missed vital immunisations throughout their childhood.

We hold a clinic every morning, Monday to Friday to treat minor illness or injury, and we refer on when necessary. Our Health Care Support Worker carries out routine screenings, including a monthly review of young people's growth and general well being. We register all new young people with a local medical practice. Our GP completes an Admission Medical Assessment within seven days of admission in our purpose-built medical room.

All young people are referred to a Dentist from a NHS Community Dental Team. Dental check ups are organised by our SIS (Health) team. For young people in secure care, appointments are attended in our medical room with support from our Health Care Support Worker.

If any of our young people suffer from chronic or long term conditions such as asthma, epilepsy or diabetes, we ensure that the young person has access to any specialist care they require. We ensure that they receive relevant support and continuity in individualised care for managing any conditions they may have.

During their time with us, we nurture, develop and encourage our young people to look after themselves – now, and after they leave us. We cannot guarantee our young people will continue to attend routine dental and medical check-ups – so we do our best to educate them while they are here about the importance of self-care and the longer term benefits. We also support them in registering with a local doctor and dentist after they move on from us.

Medication profile

We provide each young person with a 'Medication Profile' – a document containing information about any known allergies, any medication they are on (if any) with the name, dose, reasons for requiring the medication, and the potential side effects.

This keeps all staff and the young person well informed and up to date with why they are prescribed medication, including what to expect in relation to common side effects, and what home remedies and over the counter medicines a young person can have in the event of minor illness.



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HEALTH & PSYCHOLOGICAL SERVICES



Specialist Intervention Services

Our Specialist Intervention Services (SIS) team provide all aspects of health and psychological services and work collaboratively with care and education staff to improve the physical, emotional and behavioural wellbeing of our young people. We work in partnership with our young people ensuring they are at the centre of their care plans. We work in partnership with community-based health and social care providers, and combine our expertise with theirs to build the best intervention plans for all of our young people. This is an important operating principle of our work.

The Team

Our team is made up of three professional groupings – our Chartered Psychologist, Nurse and Social Worker who are supported by other team members including our Assistant Psychologist, Health Care Support Worker and intervention workers who have attained vocational qualifications relevant to the field. Our diverse knowledge and expertise helps us meet the complex needs of our young people.

Assessment and Intervention

When a young person arrives at Rossie, they are matched to a SIS worker. This matching is part of our Team Around the Child approach. The initial role of the SIS worker is to get to know the young person and assess their mental wellbeing. This is a starting point to building a personalised plan that is in line with our unique psychology-based Interventions Pathway. The Pathway is structured and enables the matching of assessments and interventions to young peoples' needs. This allows young people to gain skills and support in a variety of different topics to deal with trauma, sadness and distress.

How we work

We see our young people as 'partners' in their intervention programme. The young person and their allocated SIS practitioner set and work towards shared and agreed goals, and meet weekly basis. Our SIS practitioners join Team Around the Child meetings and update the team on progress being made.

What is the interventions pathway?

Our Chartered Psychologist has developed a bespoke Interventions Pathway. This is a process used to assess, intervene and work with our young people for positive outcomes. It is an individualised journey for each young person to help them recover, restore and build strategies to cope with adverse events they may have experienced in their life.

Pathway Process:

- 1** The first stage is about getting to know the young person and their specific needs. Assessments are carried out to find out more about the young person's personality, difficulties, strengths and potential risks.
- 2** Here, we do our best to prepare the young person for the intervention, and we aim to help set goals and give hope. We focus on reassuring the young person that they are safe at Rossie.
- 3** We start to develop skills in areas such as life skills, problem solving and making safer decisions.
- 4** We help with emotional issues, helping the young person be familiar with certain emotions before they occur (e.g. anger). We help dealing with areas such as stress and developing areas such as positive self-esteem.
- 5** We start to focus on resolving offending behaviour and developing ways to cope with trauma.
- 6** We start to make use of more focussed interventions related more to the individual young person depending on the root of their trauma. We use models such as Child Sexual Exploitation interventions, Cognitive Behavioural Therapy, Compassion Focussed Interventions, Loss and Grief and many more.
- 7** The final stage of the pathway focuses on the plans going forward for the young person as well as ways to avoid setbacks after leaving Rossie. We encourage activities, attitudes and interactions that are positive and appropriate.

Health Services

When a young person arrives

All young people meet our Nurse and Health Care Support Worker within the first three days. Young people are registered with the local GP surgery, dental team and optician by their Key Worker in the Care Service and all necessary health needs are then organised and supported by our SIS (Health) team. The SIS (Health) practitioners are there to support, educate and assist in ensuring the health and wellbeing needs of young people are met on an individual basis. We believe it is necessary for our young people to gain awareness of topics that are important in the world today.

Within our Secure Campus, an Initial Health Assessment is completed within 72 hours of arrival. This is followed by referrals to a dentist and optician and a medical assessment by a GP. In the Rossie complex, we have a purpose-built medical room which is available for GP & medical consultations, admission health assessments, nursing consultations, dental services and optical services.

Young people in the Residential Campus are encouraged to attend clinics within the local community, so that staff can support young people in gaining confidence and independence as they transition into adulthood and independent living.

How we work

In our secure care campus, we have a designated Nurse and Health Care Support Worker who provide routine assessments and screenings in relation to community child development. Our health team work in collaboration with community-based health and medical professionals, to meet individual health and medical needs of every young person admitted to Rossie.

Our health team aims to provide every young person with appropriate care and treatment that will benefit them. We put our young people first, working with and around them and with their interests at the heart of what we do. We are flexible and sensitive to their needs and understand that treatment and health plans simply cannot be 'one size fits all'. No young person is the same, and their experiences differ from the next.

“Thank you for making my job easier - great communication and decision making at your end really took the pressure off me.”

Social Worker

