

Essex Sexual Health Service (ESHS) 1:1 Education and Early Intervention Programme

Our 1:1 Education and Early Intervention programme is intended to support young people with vulnerabilities, or who may be at risk from harm or sexual ill health in the Essex (please see below for full assessment criteria).

We currently work with young people aged 13-24, who live in, or attend education establishments within the Essex area.

Unfortunately we cannot work with young people who are the subject of, or are involved in a current police investigation, or who are currently working with another support agency/programme such as CAMHs.

Contact - All referrals must be submitted through our online form/ portal and all forms must be completed in full and referred in via the ESHS website.

Any information missing from the required areas of the form, may result in an automatic decline. If you would like to speak with a member of our team, prior to referral, please email us at provide.essexyoungpeople@nhs.net

Assessment - Once referrals are received, they will be triaged and assessed by our 1:1 lead. It is important that we have as much information as possible regarding your concerns for this young person, as we need to be aware of whether they are suitable for the programme, and whether we are the most appropriate organisation to provide this support.

Consent - Young people must be aware that a referral into our service is being completed on their behalf and MUST consent to seeing us before we can accept a referral. If we do not have the young person's consent to work with them, we will terminate any work immediately.

The programme typically offer from three to six sessions, set out over a number of weeks, usually one session per week. Each session may run for between 45-60 minutes. Under certain circumstances, we may make adjustments dependent on their individual learning needs, and up to ten sessions can be completed if required.

Confidentiality - The 1:1 Education and Early Intervention programme is fully confidential (subject to safeguarding) – as a referrer you will be aware of when sessions are arranged, but will not be privy to any further details unless there is a safeguarding concern, or the young person themselves requests we make you aware of a discussion in particular. This is to ensure young people are able to access the education they require without fear or concerns about their privacy. For this reason, we would also need to meet with young people alone. If at any point that young person is unable to be met with alone, we will need to re-arrange that session, or terminate/suspend the programme,

Young people over the age of 16 are able to self-refer into the programme, if they are confident they can manage appointments and bookings with their allocated team member.

ESHS Education provides an **early intervention** programme for YP aged 13-24 who meet the following criteria:

Concern	Example
Unhealthy relationships	<ul style="list-style-type: none"> • <i>Disclosure of/ or suspicion of relationship abuse, including:</i> <ul style="list-style-type: none"> - <i>Emotional (controlling, coercion, isolating, extreme jealousy)</i> - <i>Power imbalance in relationship</i> - <i>Digital or online controlling behaviours</i>
Unsafe sexual Activity	<ul style="list-style-type: none"> • <i>Referrer aware of YP's relationship/sexual activity being unsafe</i> • <i>Lack of understanding around consent which can include pressurising others to engage in sexual behaviour. Disclosures of sexual assault or rape will likely need to be referred into specialist services</i> • <i>Concern this is rape or sexual assault – if there is an ongoing police investigation we will not be able to work with the victim or alleged perpetrator</i> • <i>Concern YP is at risk of CSE (Child Sexual Exploitation or exploitation from gangs - we do not work with YP who are already involved in CSE) For young people medium / high risk of CSE they would be referred to Children at risk of sexual exploitation (C.A.R.E) delivered by The Childrens Society on 01245 493 311 C.A.R.E. The Children's Society (childrenssociety.org.uk)</i>
Youth Produced Imagery	<ul style="list-style-type: none"> • <i>YP is talking to unknown peer/adult online and having sexual conversations or sharing imagery</i> • <i>Victim of online sexual bullying or blackmail- with NF from Police or CEOP</i>
Contraception and Sexually Transmitted Infections (STIs)	<ul style="list-style-type: none"> • <i>YP is having unprotected sex, as part of the referral criteria and requires this as additional information within their sessions.</i> • <i>If information on a 1:1 basis regarding personal contraception testing needs is required, this will need to be referred to Essex Sexual Health Service for an appointment –0300 003 1212)</i>

The following does not meet our criteria for 1:1 intervention:

- Low self-esteem/low confidence/lack of motivation
- Support around gender or sexuality (this would be referred to Colchester Outhouse <tel:01206871394> <https://theouthouse.org.uk/>)
- General behavioural concerns within school or home
- Disengagement from school / other services
- Alcohol /substance misuse
- Body Image
- Bullying
- Domestic abuse in the home
- Anger/Aggression
- Historic sexual abuse
- Has worked with the THT education team on the 1:1 programme in the last 12 months
- Open or ongoing police investigations
- If the YP is currently receiving support from another service (e.g. CAMHS)

Information for referrers:

- Referrals will be assessed and responded to within 10 working days.
- ESHS seeks to begin the intervention within 6 weeks of receipt of the referral.
- The referring agency is responsible for providing a suitable location for sessions; this would ordinarily be within an Education setting - a safe space in a room that is private and unlikely to be interrupted.
- Please note that we do not hold sessions within a client's home.
- We can, by prior arrangement, host 1:1 sessions at some of our bases across Essex if there are no alternative suitable locations
- It is the referrer / venue's responsibility to ensure the sessions start on time. This allows the client to benefit from a full appointment.
- To prevent impacting on wider service delivery, some venues may be offered remote work via video call (for example Zoom). This may include venues with higher levels of non-attendance, or within certain postcodes
- The ESHS specialist MUST be contacted as soon as possible regarding absence or cancellation. If a session is cancelled without more than 24 hrs notice, it may not be possible to rearrange.
- Where sessions are unattended without prior notice, the ESHS staff will attempt to contact the young person/referrer. If they receive no response within 48 hours it will be assumed sessions are no longer required.
- If there is repeated non-attendance or short notice cancellations of sessions, ESHS reserve the right to cancel future appointments and remove that client from our service.
- ESHS reserves the right to request an introductory phone call/video call before scheduling an initial session
- All appropriate safeguarding actions must have been completed prior to referral into ESHS. If any further safeguarding is disclosed or discovered; both the referrer/ school safeguarding lead, will be responsible for reporting to the local ESCB or relevant authorities.
- **ESH S reserves the right to refuse any referral. We will, however, endeavour to signpost you to relevant and appropriate services.**