

## PHE: Teenage Mothers & Young Fathers Support Framework Briefing

With our members, commissioners and service providers in mind, FSRH has produced a summary of Public Health England's best practice recommendations for developing a joined up care pathway and multiagency support for young parents. Below you will find an overview of the framework, an outline of how those working in sexual and reproductive healthcare can support this multiagency approach and a bank of relevant supporting documents and resources.

### **Framework for supporting teenage mothers and young fathers**

The framework is aimed at commissioners and service providers across different care settings. It provides them with models of best practice to help create a joined up care pathway for young parents. These models span the prevention of subsequent unintended pregnancies, choice of pregnancy care options and support in parenthood.

The Framework identifies young parent support as a key factor in reducing subsequent unintended pregnancy by:

- Reducing the risk factors associated with teenage pregnancy by helping teenage mothers, young fathers and their children to fulfil their potential
- Supporting young parents to prevent subsequent unplanned pregnancies

### **How can sexual and reproductive healthcare services support this multiagency approach?**

Public Health England recommend the following key actions for SRH services:

- ✓ **Well-publicised, young people friendly** SRH services providing the full range of contraception, including Long Acting Reversible Contraception (LARC)
- ✓ Contraception routinely planned during **antenatal care** and provided before postnatal discharge
- ✓ Contraception followed up **postnatally** to address any problems
- ✓ **Accessible information** displayed in antenatal and postnatal settings (including at general practices and children's centres) about:
  - The return of fertility after pregnancy
  - The importance of postnatal contraception
  - The most effective methods of contraception
  - How and why to access chlamydia screening
- ✓ All young parents **offered sexual health advice, chlamydia screening and condoms**
- ✓ **Partnership working**
  - Inform maternity services and postnatal settings about **child sexual exploitation/sexual violence referral protocols** and specialist support
  - Arrangements to **monitor local data** on repeat unplanned pregnancies in under 20s

### **What resources are there to support us in this approach?**

- Cross-government (2014) [Making it Work: a guide to whole system commissioning for sexual health, reproductive health and HIV](#)
- NICE (2014) [Contraceptive services with a focus on young people up to 25](#)
- Public Health England (2016) Missed Opportunities in Pregnancy: strategies for improving the delivery of contraception within pregnancy care pathways to reduce unplanned pregnancies(TBC)
- FSRH produces regularly updated clinical standards and evidence-based guidance to help clinicians, commissioners and service providers achieve a joined up care pathways for young people. For more information please visit our sections on [standards](#) and [guidance](#).
- We also believe that the success of this multiagency approach hinges on a well-trained, confident workforce who deliver high standards of care and can competently navigate partnership working. To see our training packages for both doctors and nurses working in SRH across different care settings click [here](#).
- FSRH also offers commissioning advice and supports communication between clinical directors and SRH commissioners. Contact [policymanager@fsrh.org](mailto:policymanager@fsrh.org) for more information.

### **Access and signposting to sexual and reproductive healthcare in other service settings**

As part of this joined-up, multiagency approach, Public Health England also incorporate access and signposting to sexual and reproductive healthcare across different service settings. To understand exactly how sexual and reproductive healthcare fits into PHE's wider system approach, below is a summary of the SRH recommendations within best practice models for these services.

<b>Service Type</b>	<b>Recommendation</b>
<b>General Practice</b>	<ul style="list-style-type: none"><li>✓ Accessible information displayed in antenatal and postnatal settings (including at general practitioners and children's centres) about return to fertility after pregnancy; importance of postnatal contraception; and most effective methods of contraception.</li><li>✓ Support to choose an effective method of contraception and provision of the chosen method</li></ul>
<b>Maternity Services</b>	<ul style="list-style-type: none"><li>✓ Contraception routinely planned during antenatal care and provided before postnatal discharge</li></ul>
<b>Youth support workers</b>	<ul style="list-style-type: none"><li>✓ Named contact and referral pathways to sexual and reproductive health services, including unbiased pregnancy advice</li></ul>
<b>School nursing</b>	<ul style="list-style-type: none"><li>✓ Promote pregnancy testing and access to unbiased pregnancy options advice</li></ul>

	<ul style="list-style-type: none"> <li>✓ Provide information about the return to fertility after pregnancy and the importance of postnatal contraception</li> <li>✓ Provide the chosen contraception</li> </ul>
<b>Looked after young people and care leavers</b>	<ul style="list-style-type: none"> <li>✓ Sexual health included in the annual health check for young people</li> <li>✓ Training for social workers to provide consistent support for looked after young people on SRH</li> <li>✓ Quick access to pregnancy testing and unbiased pregnancy options advice</li> <li>✓ Arrangements with the sexual and reproductive healthcare service to provide contraception and advice for young parents who are being looked after</li> </ul>
<b>Children's Centres</b>	<ul style="list-style-type: none"> <li>✓ Arrangement with local SRH services to support young parents to access effective contraception</li> </ul>
<b>Health Visiting</b>	<ul style="list-style-type: none"> <li>✓ Arrangement with local SRH services to support young parents to access effective contraception</li> </ul>
<b>Family Nurse Partnership</b>	<ul style="list-style-type: none"> <li>✓ Arrangement with local SRH services to support young parents to access effective contraception</li> </ul>
<b>Alcohol and drug use services</b>	<ul style="list-style-type: none"> <li>✓ Promote healthy relationships and sexual and reproductive health</li> <li>✓ Provide information about local SRH services</li> <li>✓ Named contact and referral pathways to sexual and reproductive health services</li> </ul>