

## POSTER ABSTRACT

# Implementation of the Navigate Your Health trial in the Brisbane Region to improve the health and wellbeing of children and young people in out of home care

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Navigate Your Health is a place-based, co-designed model that will improve the health and wellbeing of children in out-of-home care (OOHC) in the Brisbane Region. The model defines the process and pathways for initial health screening, subsequent comprehensive health and developmental assessments, the provision of ongoing healthcare needs, and will be supported by the creation of four individual Health Navigator positions.

Research consistently shows that children and young people in care are likely to have poorer health and wellbeing outcomes than those who are not in care, including poorer physical, developmental, behavioural and mental/emotional health. The Queensland Child Protection Commission of Inquiry report highlighted that children and young people in the care system also have higher rates of earlier onset of sexual activity, higher rates of sexually transmitted infections and higher rates of earlier pregnancy and parenting.

Since late 2016, Children's Health Queensland (CHQ), Department of Communities, Child Safety and Disability Services' Brisbane Region, and Brisbane Aboriginal and Torres Strait Islander Community Health Service (Brisbane ATSICHS) have jointly led a co-design process with partners – including non-government agencies, Primary Health Networks (PHNs), children and young people and foster carers. Stakeholders contributed their vast experience and expertise to assist in the development of a best practice model.

### **The proposed elements of the model include:**

**Health Screening:** Children and young people will receive a preliminary health check, followed by a comprehensive health and developmental assessment covering the domains of physical, developmental and mental/emotional health.

**Referral coordination:** The most appropriate pathways for the child/young person will be determined - dependent on the outcome of the preliminary and comprehensive assessments, age, cultural status, disability status, care and health history. Referrals to required services

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or additional assessments are progressed and will be monitored to ensure the timeliness of follow up and the development of a Health Management Plan.

**Health care coordination:** Children and young peoples' healthcare will continue to progress in an integrated way, and in line with the recommendations of their Health Management Plan. A higher emphasis and priority for meeting their healthcare needs is in place and Child Safety Officers (CSOs) are provided with support in healthcare coordination.

**Change to be implemented:**

The trial implementation of a place-based, co-designed response in Brisbane that will deliver improved health outcomes for children and young people in OOHC

Funding for four Health Navigator roles to support the trial

The use of the Navigate Your Health model as outlined above

The Health Navigators will have capacity to be co-located between existing CHQ facilities and Child Safety Service Centres on an as needs basis to assist in development of relationships with Health and Child Safety staff, and to establish professional linkages. Fostering partnerships with PHNs and Brisbane ATSICHS will also enable flexibility for Health Navigators to co-locate with these services, as required.

Evaluation of Navigate Your Health will encompass three outcome categories: implementation, clinical and economic outcomes.

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**Keywords:** child safety; out-of-home care; care; vulnerable; health; navigation; primary care; secondary care; child protection; forensic; pathway; referral management; coordination; health plan; assessment; navigator; co-design; design; model; collaboration

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