Children & Young People's Mental Health

Prof Dame Sue Bailey, Chair, Children & Young People's Mental Health Coalition
Conflicts of interest /loyalty

Senior Clinical Advisor to Health Education England For Mental Health
External Advisor to Minister of Health and Social Care - Review of CAMHS Wales

What I Will Cover

- Who the CYPMHC are?
- What is Mental Health?
- Prevalence of Mental Health Problems
- What Young People are Telling Us
- Policy Framework
- Issues with the CYPMH System
- What We Need to Do?
- Supporting Mental Health in Schools

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The Children & Young People's Mental Health Coalition

* Work with over 140 organisations to campaign and influence policy, with and on behalf of children and young people in relation to their mental health and wellbeing

* Hosted by the Mental Health Foundation

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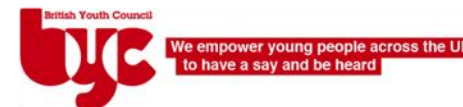Mental Health Coalition

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Steering Group Members

Supported by:

What We Do

- Strong unified voice telling Government – national & local - when things aren't working
- Give a voice to smaller as well as larger organisations
- Act as a critical friend - work with Government
- Don't represent any particular organisation, approach or professional body
- Collate views from wide range of stakeholders including young people – cover the whole system
- Solution focused - evidence based and values based

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Our Priorities

- Whole System Approach - prevention – specialist provision
  - CYP MH system for **all** children and young people, aged 0-25
- Role of Educational Settings in Supporting Mental Health
  - Any educational setting – pre-school to university
- Inequalities
  - Variation in provision,
  - Vulnerable groups e.g. CYP with LD and Mental Health Problems

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Mental Health

Mental Health, From Positive Changes Series, Sefton Youth Voice and Colin McPherson, 2017.
https://openeye.org.uk/

What is Mental Heath?

- Mental health is not the same as mental health problems.
- Mental health is 'a state of wellbeing in which the individual:
    - realises his or her own abilities,
    - can cope with the normal stresses of life,
    - can work productively and fruitfully, and
    - is able to make a contribution to his or her community' (WHO. 2011)

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Prevalence of Children's Mental Health Problems

- 1 in 10 or about 850,000 5-16 year olds have a mental disorder, only about 25% receive any help.
- Of these children:
  - 3.7% will have an emotional disorder (anxiety, depression etc.)
  - 5.8% will have a conduct disorder
  - 1.5% will have ADHD
- Date above from 2004, new data coming next year
- Some evidence mental health problems increasing in teenage girls

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Prevalence of Children's Mental Health Problems

- 28% of preschool children face problems that impact on their psychological development (Sabates and Dex, 2013)
- 32% of girls aged 15 and 11% of boys self-harm
- Approximately half of children with early onset conduct disorders have serious problems that continue into later life
- 75% of adult mental health problems begin before the age of 24, and 50% by the age of 14
  - Roots mental health problems often in childhood, & first emerge in teenage years

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Prevalence – Vulnerable Groups

Prevalence higher in some groups

- 36% of CYP with a learning disability also have mental health problems (Emerson & Hatton, 2007)
- 71% of children with autism have a mental health problem (NAS, 2010)
- About 60% of children and young people in care have a mental disorder (NICE, 2010)
- CYP with Traumatic brain injury - twice as likely to have mental disorder in adulthood (Parsonage, 2016)

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Epidemic within the Epidemic – obesity and mental health

- Obesity in adolescence may lead to depression in adulthood & depression in adolescence may lead to obesity in adulthood (NOO, 2011)
- Unhelpful diets e.g. those heavy in saturated fats, can lead of poorer mental health in childhood (MHF, 2016)
- Healthy eating associated with emotional health (MHF, 2016)
- Impact of obesity increases with age – more impact on girls than boys
- Medications – antipsychotics can cause weight gain regardless of diet

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Outcomes in Adulthood

Young people with mental health problems are more likely to:

- Drop out of full time education by age 15
- Not be in education, employment or training
- Have lower earnings
- Be in contact with justice system
- Have marital problems

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What Young People Tell Us

Media, From Positive Changes Series, Sefton Youth Voice and Colin McPherson, 2017

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What Young People Say they Want – but do they get it?

- Easier access to mental health support – when, where and how they want to access it.
- Easier access within schools - counsellors
- Learning how to look after their own mental health; know where to go for help
- Want teachers to have some knowledge of mental health and wellbeing
- Improve transitions to adult services
- Listening to and acting on what children and young people say
- Reduce stigma

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Policy Framework

- Future In Mind - transformation of the whole system
- Five Year Forward View for Mental Health - NHS
- SEND Reforms – Mental Health referred to specifically for first time
- Thematic Review of CAMHS - forthcoming
- Green paper – forthcoming – likely to cover:
  - Mental Health First Aid Training for teachers
  - Roll out of the Single Point of Contact
  - Possibly CYP learning about mental health in schools
  - Improving access to CAMH System
  - What we would like to see – Supporting Teachers' Mental Health

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Challenges on the System - Funding

- £1.4 bn announced for CYP Mental Health over 5 years (2020) – but some areas spending as little as £2 per child.
  - Money diverted to other priorities in NHS

- Even with the extra £1.04 bn announced for CYP Mental health – only about a 3rd of CYP with a mental disorder will be able to access mental health support

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Pressures on the System – Creating a Perfect Storm

- Pressures on budgets in wider system
  - Cuts to social care, youth services, public health budgets
  - Impacts on voluntary sector
  - Pressures on education budgets – impact on ability to commission mental health and wellbeing support
- At same time - Increase in referrals to mental health services

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Challenges in the System

- Staffing issues
  - Increase in referrals - in 2013/14 – 14/15 referral rate increased 5 times faster CAMHS workforce
  - Some areas 1 in 10 appointments cancelled because of staff shortages
  - Specialist CAMHS run by junior staff, & too few therapists
  - Cuts to health visitors, schools nurses
  - Teacher recruitment and retention

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Impact of Challenges to Mental Health System

Impact on Children, Young People and Families
* Often very ill before accessing specialist mental health services
    * But wide variation across country
* CYP still lost in transitions between services & need support prepare for adulthood
* Impact of wider health issues e.g. obesity, drug abuse
* Impact of cuts to public health e.g. health visitors – not getting off to a good start in life
* Cuts to statutory service – increase in referrals to vol sector
* Know what CYP want – but it isn't always implemented

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Challenges with Education Sector

- 64% schools are promoting positive mental health & wellbeing
- Majority of schools attempt to identify pupils mental health needs
- Most schools fund provision for these pupils at least in part from their own budget
- Some mainstream school/colleges felt they had to prioritise spending on CYP MH - due to lack of external support

(Natcen, 2017)

Challenges in the Education – Pressures on Budgets

Assoc Schools & College Leaders (ASCL) survey of their members on funding crisis

- 95% say support services have had to be cut back
- 68% say enrichment activities have had to be reduced
- 82% say class sizes have had to increase
- 72% say courses have had to be removed from their GCSE options or vocational subjects
- 79% say courses have had to be removed from their A level options or vocational subjects

(ASCL, 2017)

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What We Need to Do?

- Work smarter and change the way we work
  - Invest in Public Health Approach to Mental Health - improving everyone's mental health
- Decrease the number who need specialist CAMHS
- Utilise the wider workforce – training up teachers, GPs, nurses
- Joint initial training on child development and mental health – incl. teachers – encourage joint working
- Mental health support within Schools – in partnership with wider system

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Values Based Approach

Values Based Commission
- Shared understanding of what matters
  - Sits alongside Evidence Based Practice
- Values - to be shared and adopted
  - Equal Partnership – inc CYP & families
  - Empowerment – of CYP
  - Workforce
  - Whole System
  - Leadership
  - Long-term Relationship

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Early Intervention

- Need to invest in early Intervention – prevent problems
  - Financial - failure to intervene early and prevent mental health and other social problems in childhood costs Government about £17 billion a year.
  - Clinical - more complicated and expensive to provide specialist mental health interventions
  - Moral – prevent distress and suffering that could last a lifetime & impact on next generation
- Preparing young people for adulthood life – giving them skills & assets they need

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Educational Settings

- Lots of activity arounds schools at the moment
  - Risk duplication of work
  - Not always evidence based or what schools really need
  - Organisations telling schools what they should do
  - Should mental health lessons be (part of PSHE) statutory?
  - Pressures on teaching time
  - Pressures on budgets
- Encourage schools/colleges to lead on what works for them based on need in the school

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What Schools Can Do: Strategic Level

- Schools need to have input into their local Health and Wellbeing Board – influence at strategic level – but not a statutory partner
- Contribute to local service planning, commissioning and funding plans – whole area, and whole system approach
- Problem – not always happening - why many school haven't heard of Local Transformation Plans, or Sustainability and Transformation Plans

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What Can Schools Do? School Level

- With support and training, schools can help:
    - Pupils understand & look after their own mental health
    - Know what to do if they have problems or concerns – themselves or friends and family
    - Know how to signpost/refer on:
        - Have school based services e.g. counsellor
        - Community based services e.g. CAMHS etc.
    - Better referrals to CAMHS - more likely to be accepted
    - Confident about what they are commissioning

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CYPMHC Work on Schools and Mental Health

With appropriate funding, training and support, school/college staff are able to recognise and support less severe mental health and emotional wellbeing issues in their pupils.
Sits within whole school approach

Three Key Principles

Better Balance Between Attainment & Wellbeing

Better Mental Health & Wellbeing

Better Training & Support for Staff on Mental Health

Better Support for Children & Young People When Needed

http://www.cypmhc.org.uk/resources/key-principles-improving-children-and-young-people%E2%80%99s-mental-health-schools-and-colleges

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Whole School/College Approach: 8 Key Principles

8 key Principles that need to be in place
- Support from head and senior management essential
- Highlights importance of involving pupils & parents/carers
- Staff training & support
- Need for targeted support

CYPMHC & PHE, 2015

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Whole School Approach - Definition

- It is an organizational or whole systems approach with the aim of integrating health and well-being within the ethos, culture, routine life and core business of the school setting.

- From the National Healthy Schools Programme – so schools are familiar with it

- CYPMHC worked with PHE to develop a Framework to help schools implement a whole school approach to mental health and wellbeing
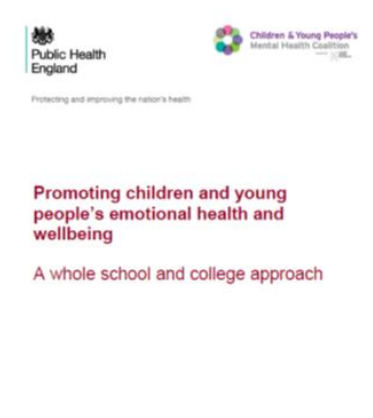
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Healthy MindED

- Co-Chair the Schools North East Schools-Led Mental Health Commission

- Commission will bring school leaders from across the region together with key stakeholders

- Produce an action-focused report that is adoptable by all schools in the region
- http://www.schoolsnortheast.com/

Our Other Work Around Schools

- Resilience and Results – guidance on why mental health and wellbeing is important for schools
- Schools Competition to highlight good practice
- Commissioned by Public Health England to develop a framework to help schools implement a whole school approach

More Information

Find more information on our website -
http://www.cypmhc.org.uk/schools

Or contact our Coordinator – Paula Lavis –
plavis@mentalhealth.org.uk

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Captions for Images

Mental Health

We decided to use see, speak and hear no evil as a metaphor for mental health. This image shows how mental health cannot always be seen, speaking and discussing it still has a stigma and few people are willing to listen to young people about it.

Stemming from the lines of family issues, peer pressure, identity and school stress, young people can often experience poor mental health and low levels of wellbeing.

When delivered well, mental health education can promote positive outcomes for us, reduce stigma, increase awareness of the issue and teach people how to access the support that is available. This will help improve young people's mental health as they transition into adulthood – reducing the likelihood of problems when they are older.

Media

The media can pose a range of problems for young people. The rise in 'fake news' stories is making it difficult for them to get an accurate understanding of the world they are growing into. On top of this, young people continue to be demonised and represented more often than not as 'young offenders'.

We chose this picture as it shows how the media can take over a young person and how it can be confusing and difficult to find positive stories in the media.

We believe that all young people should learn about the influence that media has over younger generations: from fashion, identity, trends, who they can vote for and many other issues.

Young people need to be taught the skills that empower and enable them to make their own decisions, and to not become overwhelmed and overly influenced by the programmes, websites, newspapers and magazines that we come into contact with every day.

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Information about Images

Positive Changes brought young people from across the Sefton borough together to create photo stories reflecting on their identity, interests and lives. Two groups worked on this project: Sefton Youth Voice and New Beginnings group.

Each of the Sefton Youth Voice images represent a key topic under the recent 'Make Your Mark – Curriculum to prepare us for life' campaign; a national youth parliament initiative for young people to speak out about the major concerns for their generation. Topics range from mental health and cyber bullying to body image, effects of media, sexual health and politics.

The project will be exhibited at both Open Eye Gallery & The Atkinson Gallery (in the North West) and Museum this Autumn as well being presented as a series of postcards for distribution to key health, cultural, community and council sector audiences.

This project is part of a larger programme called *Culture Shifts* - a collaborative photography project where artists and communities co-create images which bring new meanings to the people and place around them.

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Useful Resources

- Public Health England & Children & Young People's Mental Health Coalition's briefing on the Whole School Approach - http://bit.ly/18OboaD
- Children & Young People's Mental Health Coalition – Resilience and Results - http://bit.ly/2elMSlX
- Health risks of childhood obesity - https://www.noo.org.uk/NOO_about_obesity/obesity_and_health/health_risk_child
- MindEd – free elearning resource - https://www.minded.org.uk/
- Values Based Commission - http://www.rcpsych.ac.uk/pdf/Values-based%20full%20report.pdf

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Useful Resources

- Katherine Weare's/NCB's - What Works in Promoting Social and Emotional Wellbeing … - http://bit.ly/2dnF5GF
- Fiona Brooks/Public Health England's briefing for heads on wellbeing and attainment -http://bit.ly/1plIxST
- Public Health England – building Children & Young People's Resilience in Schools - http://bit.ly/1HCRlai
- Supporting Mental Health in Schools and Colleges – NatCen - http://natcen.ac.uk/our-research/research/survey-of-character-education-mental-health-provision-in-schools-colleges/
- ASCL – survey of members on funding crisis - https://www.ascl.org.uk/news-and-views/news_news-detail.survey-finds-class-sizes-are-rising-as-a-result-of-funding-crisis.html

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