



Public Health
England

Protecting and improving the nation's health

Children and Young People: Increasing our understanding of what works to support wellbeing and prevent mental health problems

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Overview



10%

children aged 5-16 years suffer from a clinically significant mental health illness



25%

of children who need treatment receive it



50%

of those with lifetime mental illness (excluding dementia) will experience symptoms by the age of 14



75%

of those with lifetime mental illness (excluding dementia) will experience symptoms by the age of 24



5x

maternal depression is associated with a 5 fold increased risk of mental health illness for the child



1.3x

boys aged 11-15 years are 1.3x more likely to have a mental illness compared to girls aged 11-15 years



60%

of looked after children have some form of emotional or mental health illness



18x

young people in prison are 18x more likely to take their own lives than others of the same age

*Slide infographics reproduced from PHE (2016) The mental health of children and young people in England
Picture credits Marilena Korkodilos and Noun Project*

Most recent data: 2017 mental health of cyp survey

Rates of mental disorder were higher in older age groups

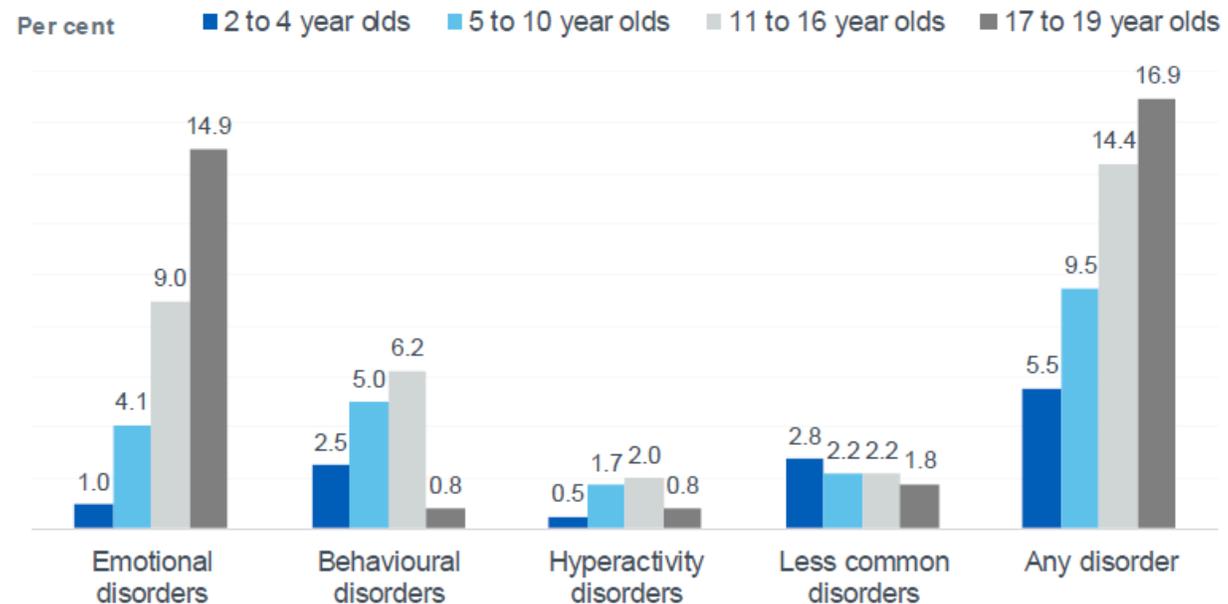


Young people aged 17 to 19 were three times more likely to have a disorder (16.9%) than preschool children aged 2 to 4 (5.5%).

Different disorders were prominent at different stages of childhood. For example, rates of emotional disorder were highest in 17 to 19 year olds. While rates of behavioural and hyperactivity disorders were highest in children aged 5 to 16.

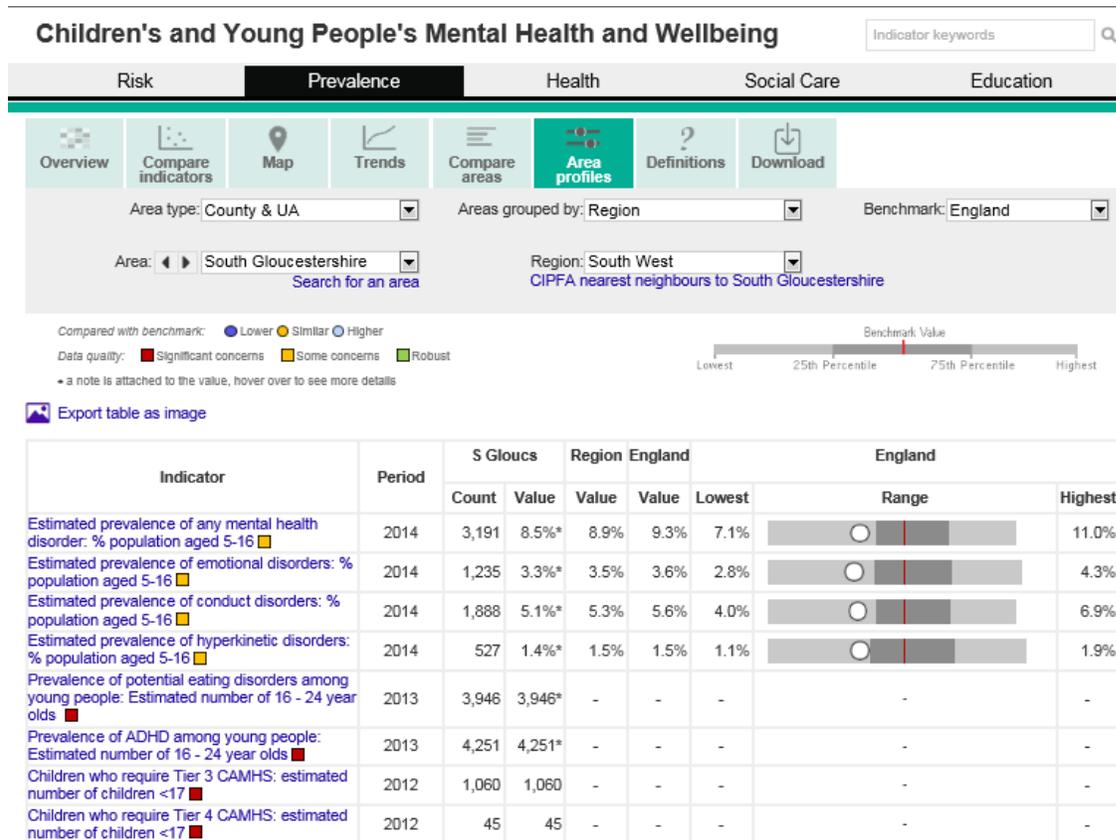
Caution is needed, however, when comparing rates between age groups due to differences in data collection. For example, teacher reports were available only for 5 to 16 year olds.

Rates of different types of disorder in 5 to 19 year olds by age



Source: adapted from *Mental Health of Children and Young People in England, 2017*

Local Estimated Prevalence Rates



**Benchmarking
estimated
prevalence of
mental health
conditions**

Available from: fingertips.phe.org.uk/profile-group/mental-health/profile/cypmh/

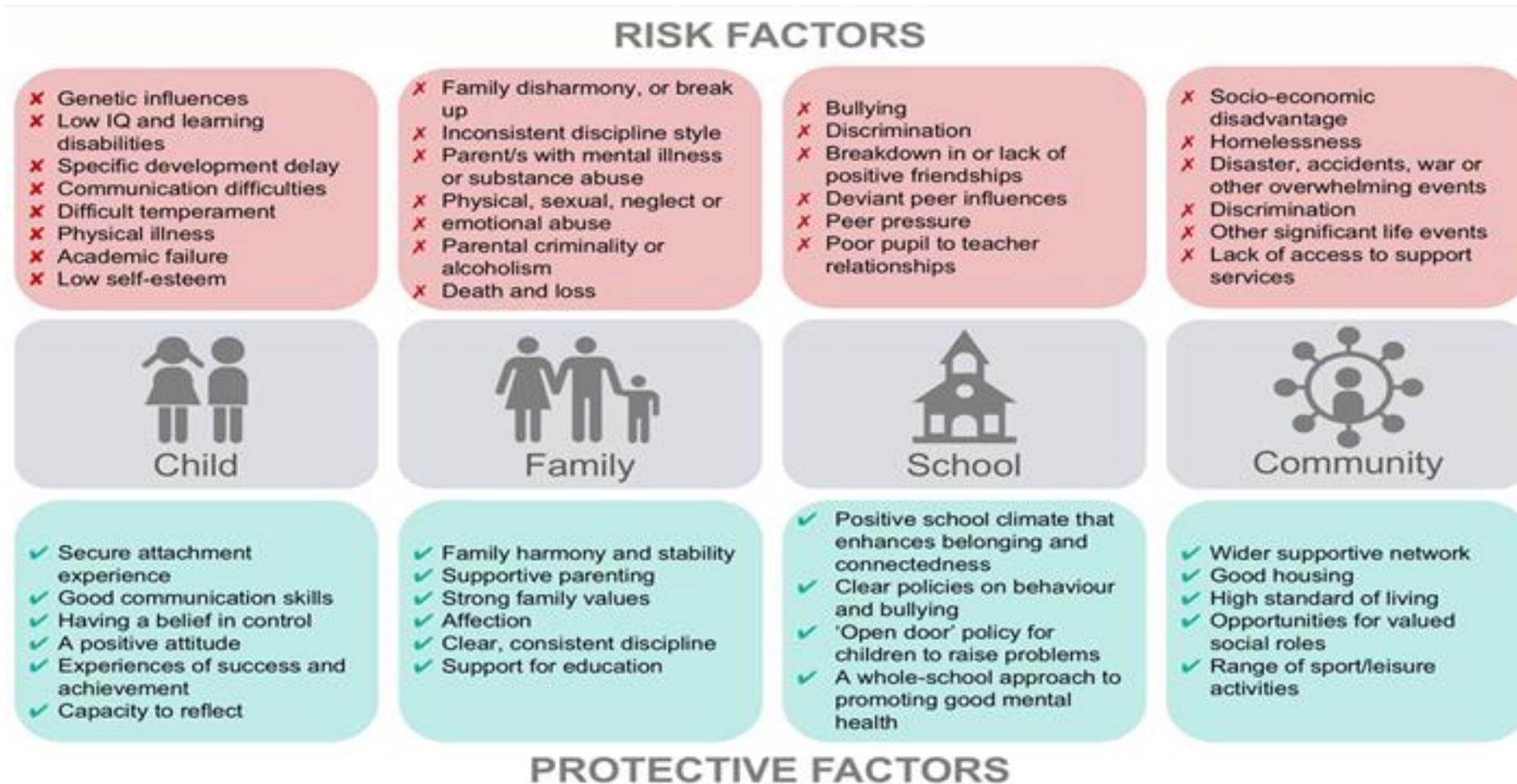
Behaviours, lifestyles and identities

Social context of mental health

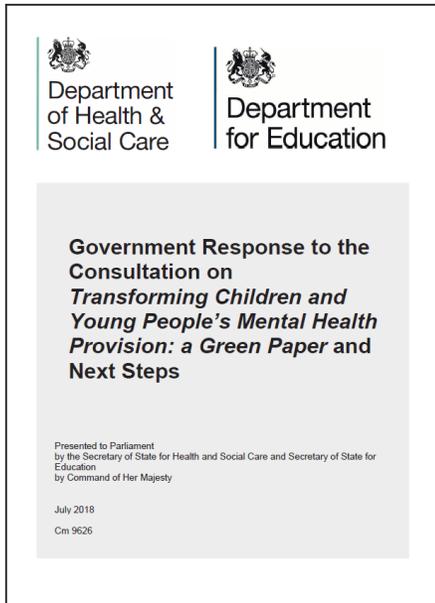
Young people with a mental disorder were more likely than those without to have:

- Spent longer (four hours or more) on **social media**, compared themselves to others when online, and felt that the number of 'likes' they got affected their mood
- Been **bullied** and bullied others, both online and offline
- Experienced some types of **adverse life events**, like parental separation and financial crisis
- Low levels of **social support** and a smaller **social network**
- **Self-harmed** or **attempted suicide** both in the past four weeks and at some point in their life
- Not participated in **clubs or organisations**, in or out of school
- Tried **alcohol**, illicit **drugs**, **tobacco** and **e-cigarettes**
- Not identified as **heterosexual**.

Promotion, prevention and early intervention



Transforming cyp mental health



Trailblazer Programme:

1. 4 week waiting time for CAMHS
2. Designated Senior Lead in all schools
3. Mental Health Support Teams for clusters of schools
4. Special Interest Group to review the evidence on prevention, identify effective interventions and gaps for future research.

Why prevention matters

- Poor mental health is both a contribution to, and a consequence of, wider health inequalities
- Mental health, wellbeing and resilience are crucial to a host of social care and economic benefits as well as supporting physical health, positive relationships, education and work
- Building resilience is important for all young people to help them to cope with significant life events and challenges including those that occur in the transition from being a child at home to becoming a self-supporting adult

Opportunities for Action



Community

- ✓ Incorporate the views of cyp in shaping the physical environment
- ✓ Integrate voluntary/community sector services as a seamless offer to cyp



School

- ✓ Commission school nurses and other PH professionals to support delivery of whole school approach
- ✓ Ensure integration of Mental Health Support Teams with other LA services



Family

- ✓ Identify most vulnerable children and families and provide services to build resilience/emotional wellbeing
- ✓ Build awareness of a complex systems understanding of mental health and wellbeing in social care and other professionals working with vulnerable families



Child

- ✓ Deliver programmes to build resilience, improve wellbeing and support improved mental health literacy/awareness



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