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The mental health challenge

Local councils championing mental health



**Children & Young People's
Mental Health Coalition**

Centre for
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Meeting the mental health needs of all children and young people

Professor Dame Sue Bailey

@CentreforMH

@CYPMentalHealth

21 March 2019



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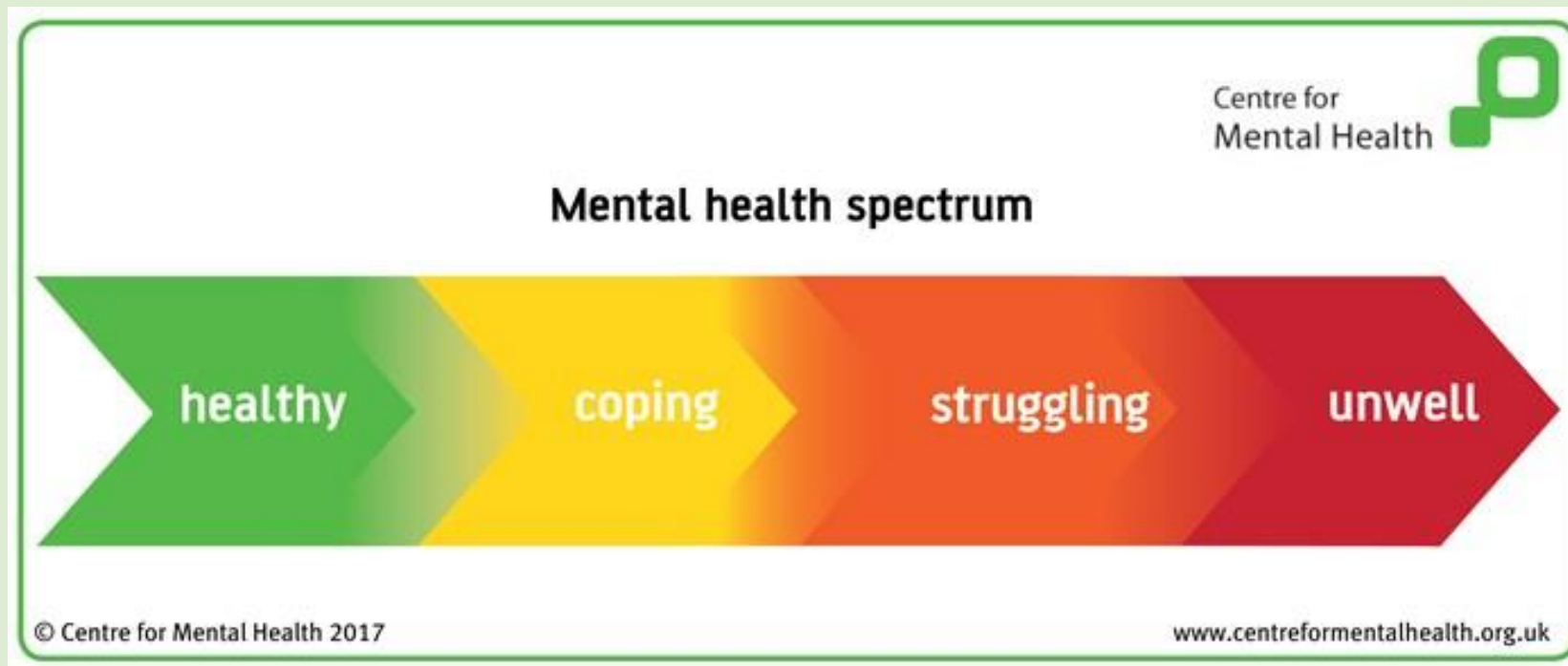
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Mental health spectrum

□ 'We all have mental health'





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For every 1,000 children...

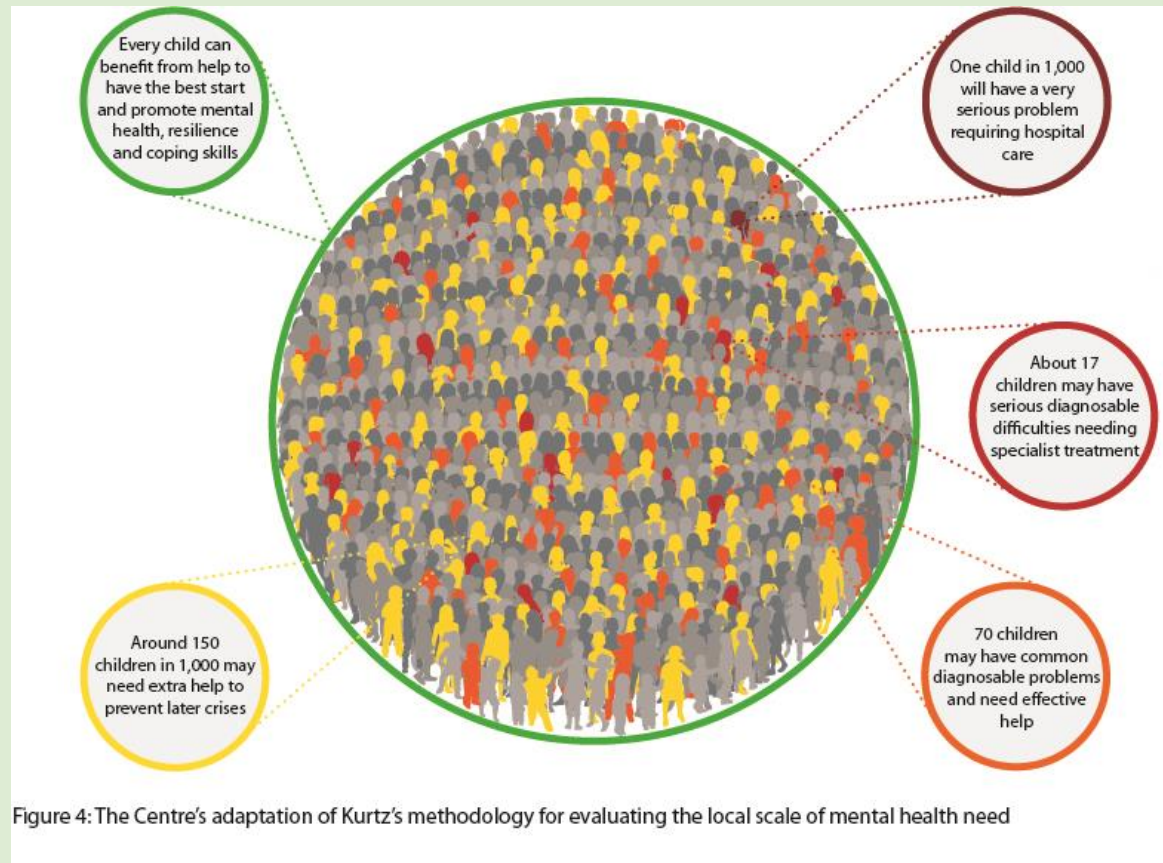


Figure 4: The Centre's adaptation of Kurtz's methodology for evaluating the local scale of mental health need



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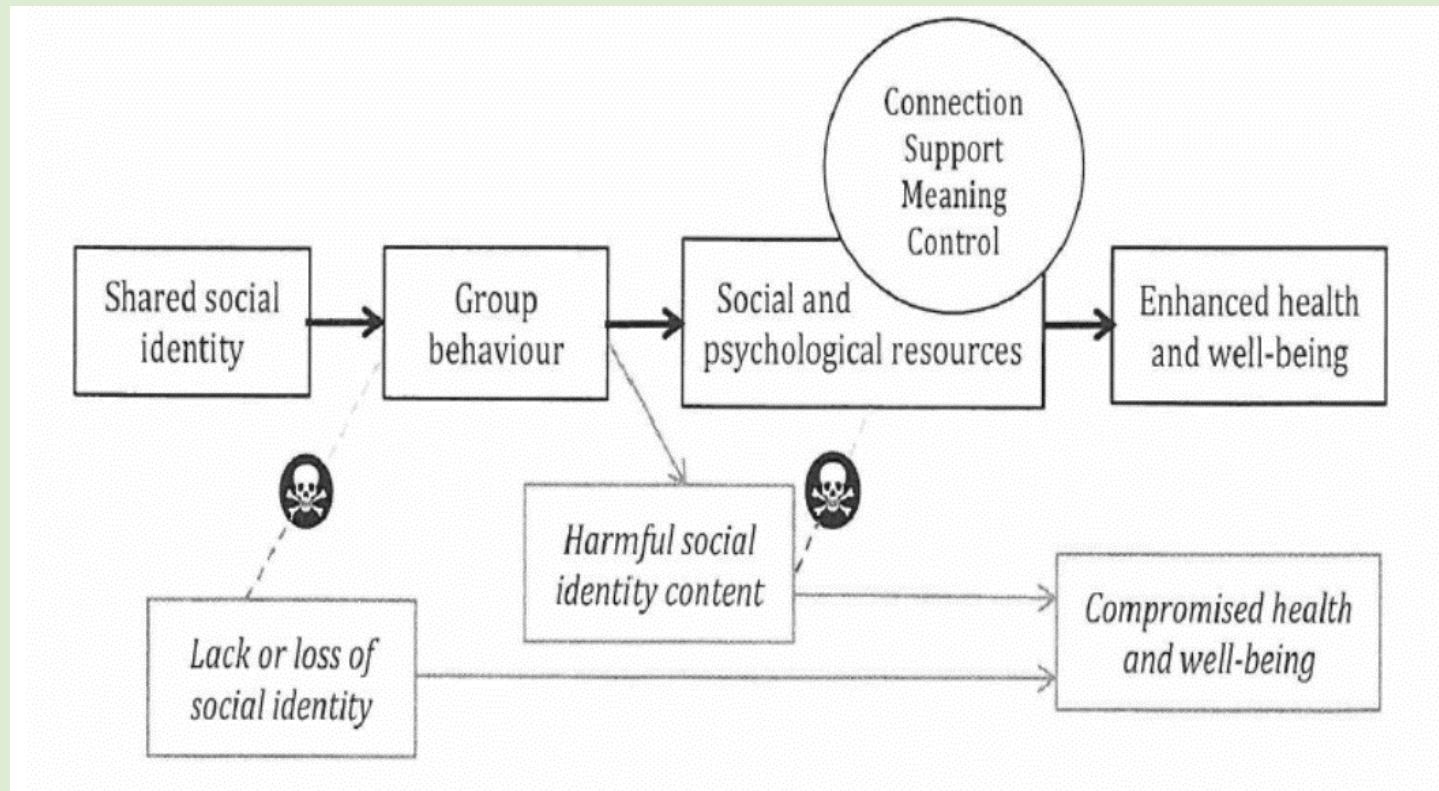
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The key to a healthy health-creating society

The New Psychology of Health "Unlocking the Social Cure" – Haslam et al, 2018





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Impact of childhood mental health problems

- ❑ All childhood mental health problems increase later risk
- ❑ 75% adults with mental health problems first unwell in childhood or adolescence
- ❑ Childhood mental health problems also increase risk of other difficulties in life
- ❑ Range of effective solutions to promote wellbeing and protect children's mental health



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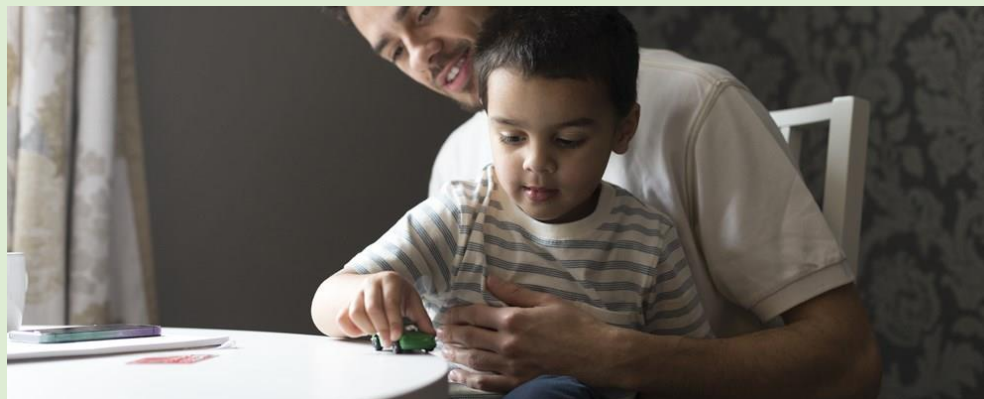
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Parenting and attachment

- Healthy parenting styles make a big difference to children's mental health, eg:
 - Warm relationship
 - Sensitive parenting
 - Consistent boundary-setting





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Early starting behavioural problems

- ❑ All children misbehave from time to time
- ❑ But about 20% have persistent 'behavioural problems'
- ❑ And 6% have 'conduct disorder'
- ❑ The lifetime costs of conduct disorder are £250,000 per child
- ❑ Most parents ask for help
- ❑ But few families receive any...



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Proven interventions for behavioural problems

- ❑ Evidence-based group parenting programmes
- ❑ Cost £1,300 per child
- ❑ Strong evidence of effectiveness
- ❑ *"You get stuck in a rut for so long that it takes going somewhere and talking to other people to put everything into perspective. From the first session I was looking forward to coming back."*



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The importance of schools

- ❑ First major influence on child's mental health outside family
- ❑ Opportunity to mitigate negative influences and reinforce positives
- ❑ Major risk of bullying to mental health
- ❑ Concerns about school stress



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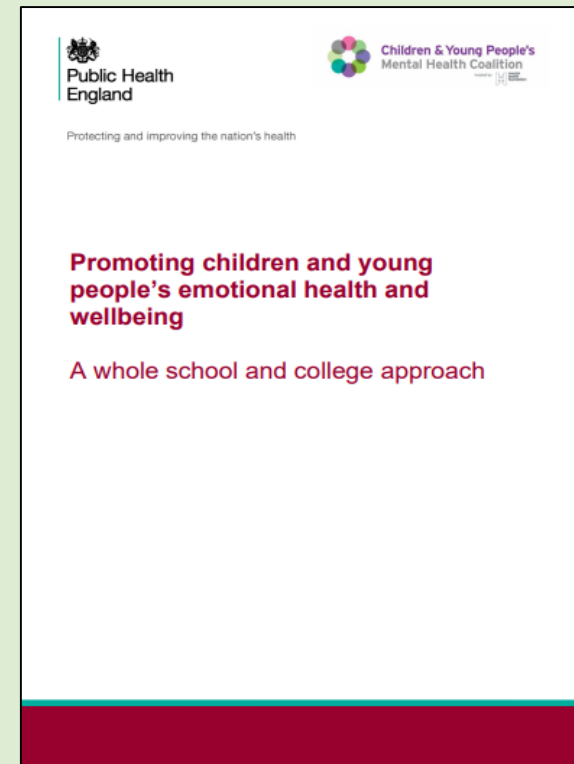
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A whole school and college approach

- Based on Healthy Schools framework – not new to schools
- Worked with schools to establish the 8 key principles
- Developed briefing with Public Health England
- Used real examples to illustrate how it could be implemented



Source: Children and Young People's
Mental Health Coalition and Public Health
England and, 2015



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3 Key Principles for Improving CYP MH in Schools





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Young people with greatest risks

- ❑ Children who bully *and* get bullied
- ❑ Children of parents with mental health problems
- ❑ Children affected by neglect, violence and maltreatment
- ❑ Children with experiences of Adverse Childhood Experiences
- ❑ Looked After Children
- ❑ Children with disabilities and health problems
- ❑ LGBT young people



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Inequalities affecting young people

- Poverty and low income
- Homelessness and insecure housing
- Debt and financial difficulty
- Discrimination and harassment
- Physical ill health
- Disability and neurodevelopmental difficulty



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Invisible learners

- ❑ Home educated: 60,000* children known to authorities but this maybe the tip of the iceberg
- ❑ Children with long term illnesses
- ❑ Transient families and communities
- ❑ Children and young people in custody

* Source: The Office of the Schools
Adjudicator (OSA) 2019



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Mentally Healthy Schools

- Mentally Healthy Schools brings together quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing.
- Aims is to increase staff awareness, knowledge and confidence to help you support your pupils.
- A mentally healthy school is one that adopts a whole-school approach to mental health and wellbeing.



<https://www.mentallyhealthyschools.org.uk/>