

Mental Health and emotional wellbeing

Children and Young People
Some Key Facts

April Brett
Public Health Principal



Mental Health and Young People

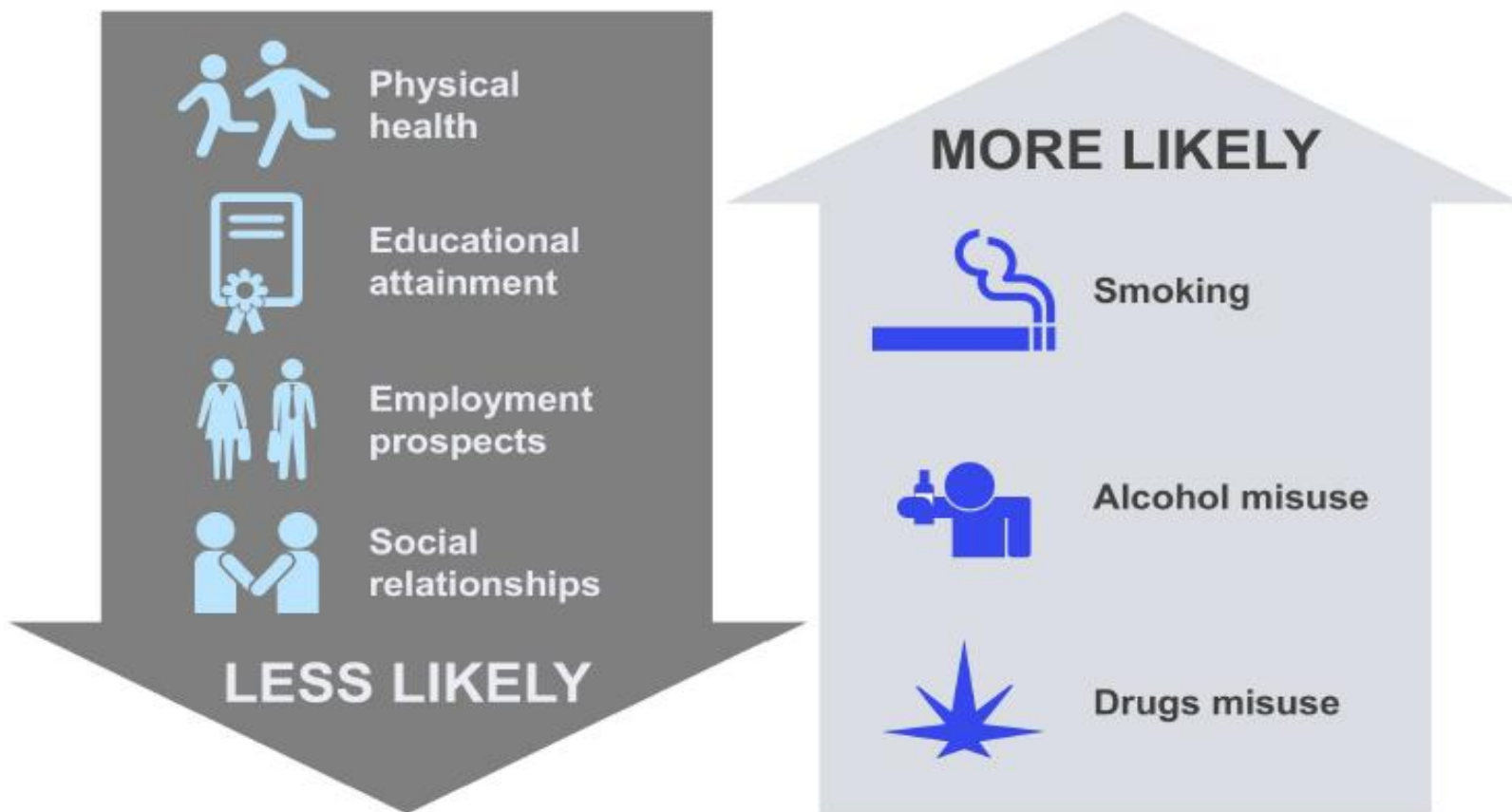
- Mental health and wellbeing is a fundamental part of young people's general wellbeing, and is closely bound up with physical health, life experience and life chances.
- Mental health problems not only cause distress, but can be associated with significant problems in other aspects of life.
- It is estimated that half of all lifetime cases of psychiatric disorders start by age 14 and three quarters start by age 24 .

Mental Health and Young People

- The most up-to-date estimates (from 2004) indicate that 10% of five- to 16-year-olds have a mental health condition, although as little as 25% of children and young people with a diagnosable condition actually access services.
- However it is thought that prevalence has increased – new data is expected imminently. (NAO Report 2018)
- Mental health is everybody's business. The social environments in which we live, learn and work not only the specialist services which provide support.

Mental Illness and Children and Young People

Mental health illnesses are a **leading** cause of health-related disabilities in CYP and can have **adverse** and **long-lasting** effects



What impacts mental health ?

- Young people are healthier than ever, and making better health choices than previous generations
- Social and Cultural changes pose new challenges and opportunities.
- Online culture, social media, pornography, relationships, domestic violence, exam stress, jobs/ job prospects....
- Need to consider that there can be differential impacts on different people, by gender, race, sexuality, social class, income....
- Children from low-income families are 4x more likely to experience mental health problems than children from higher-income families (Gutman et al 2015)

Buckinghamshire County Council

Factors impacting on mental health and wellbeing

Risk and protective factors for CYP's mental health

RISK FACTORS

- ✗ Genetic influences
- ✗ Low IQ and learning disabilities
- ✗ Specific development delay
- ✗ Communication difficulties
- ✗ Difficult temperament
- ✗ Physical illness
- ✗ Academic failure
- ✗ Low self-esteem

- ✗ Family disharmony, or break up
- ✗ Inconsistent discipline style
- ✗ Parent/s with mental illness or substance abuse
- ✗ Physical, sexual, neglect or emotional abuse
- ✗ Parental criminality or alcoholism
- ✗ Death and loss

- ✗ Bullying
- ✗ Discrimination
- ✗ Breakdown in or lack of positive friendships
- ✗ Deviant peer influences
- ✗ Peer pressure
- ✗ Poor pupil to teacher relationships

- ✗ Socio-economic disadvantage
- ✗ Homelessness
- ✗ Disaster, accidents, war or other overwhelming events
- ✗ Discrimination
- ✗ Other significant life events
- ✗ Lack of access to support services



Child



Family



School



Community

- ✓ Secure attachment experience
- ✓ Good communication skills
- ✓ Having a belief in control
- ✓ A positive attitude
- ✓ Experiences of success and achievement
- ✓ Capacity to reflect

- ✓ Family harmony and stability
- ✓ Supportive parenting
- ✓ Strong family values
- ✓ Affection
- ✓ Clear, consistent discipline
- ✓ Support for education

- ✓ Positive school climate that enhances belonging and connectedness
- ✓ Clear policies on behaviour and bullying
- ✓ 'Open door' policy for children to raise problems
- ✓ A whole-school approach to promoting good mental health

- ✓ Wider supportive network
- ✓ Good housing
- ✓ High standard of living
- ✓ Opportunities for valued social roles
- ✓ Range of sport/leisure activities

PROTECTIVE FACTORS

Mental Health problems in Children

The most common mental health problems affecting children and young people

A 2004 estimate suggested that around 10% of five- to 16-year-olds have a mental health condition

Condition	Prevalence (%)	Description
Conduct disorders	5.8	Characterised by repeated and persistent patterns of anti-social, aggressive or defiant behaviour that is much worse than would normally be expected in a child of that age.
Anxiety	3.3	Anxiety can harm children's mental and emotional well-being, affecting their self-esteem and confidence. They may become withdrawn and go to great lengths to avoid things or situations that make them feel anxious.
Depression	0.9	Symptoms of depression in children often include: sadness, or a persistent low mood; being irritable all the time; not being interested in things they used to enjoy; and feeling tired and exhausted much of the time.
Hyperkinetic disorder	1.5	Also known as severe attention deficit hyperactivity disorder. A behavioural disorder that includes symptoms such as inattentiveness, hyperactivity and impulsiveness.

Notes

- 1 Total prevalence does not equal 10% because some children have more than one condition.
- 2 This Figure shows the most common conditions but the list is not exhaustive.

Source: National Audit Office analysis of Future In Mind, NHS Choices website and ONS report *Mental health of children and young people in Great Britain, 2004, 2005*

Buckinghamshire County Council

Key facts

Facts about mental health illness in CYP



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

10% Mental Health problems in Children

The most common mental health problems affecting children and young people

A 2004 estimate suggested that around 10% of five- to 16-year-olds have a mental health condition

Condition	Prevalence (%)	Description
Conduct disorders	5.8	Characterised by repeated and persistent patterns of anti-social, aggressive or defiant behaviour that is much worse than would normally be expected in a child of that age.
Anxiety	3.3	Anxiety can harm children's mental and emotional well-being, affecting their self-esteem and confidence. They may become withdrawn and go to great lengths to avoid things or situations that make them feel anxious.
Depression	0.9	Symptoms of depression in children often include: sadness, or a persistent low mood; being irritable all the time; not being interested in things they used to enjoy; and feeling tired and exhausted much of the time.
Hyperkinetic disorder	1.5	Also known as severe attention deficit hyperactivity disorder. A behavioural disorder that includes symptoms such as inattentiveness, hyperactivity and impulsiveness.

Notes

- 1 Total prevalence does not equal 10% because some children have more than one condition.
- 2 This Figure shows the most common conditions but the list is not exhaustive.

Source: National Audit Office analysis of Future In Mind, NHS Choices website and ONS report *Mental health of children and young people in Great Britain, 2004, 2005*

Mental Health problems: Millenium Cohort Study

The majority of 3-14yr olds **are not** experiencing mental health difficulties in the UK.

Boys across all ages 3-14yrs have greater behavioural problems.

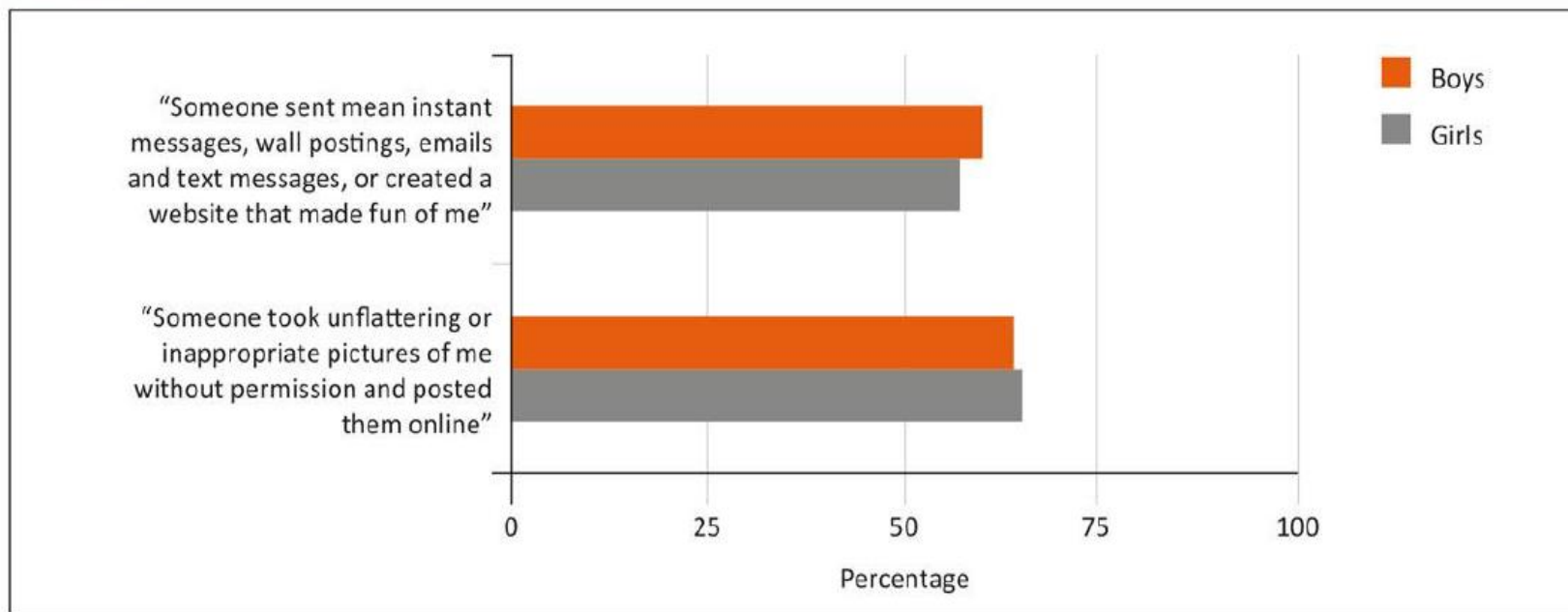
Emotional problems in both boys and girls increase throughout childhood. But there is a greater increase in Girls between ages 11-14yrs.

The perception of mental health difficulties differs between that of parents and Children/young people themselves. At age 14yrs 24% girls and 9% boys reported depressive symptoms.

Buckinghamshire County Council

Taken from AYPH Key Data on Young People 2017 Health behaviours and lifestyle

Chart 3.26: Type of cyberbullying experienced by 15 year olds, by gender, England, 2014



Source: NHS Digital (2015) Health and Wellbeing of 15 year olds in England 2014: Findings from What About YOUth Survey. Leeds: NHS Digital

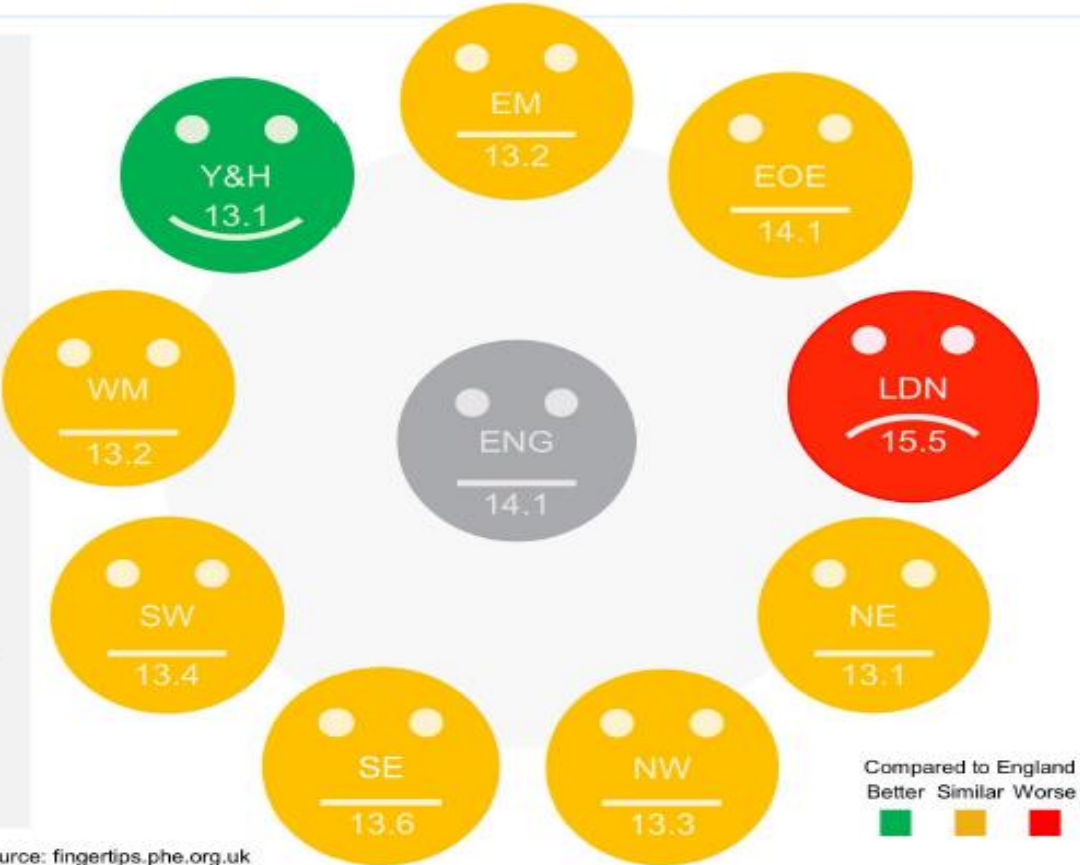
Mental wellbeing

Percentage of 15-year-olds reporting low life satisfaction (2014/15)

About **1 in 7** young people (YP) aged 15 years in England reports low life satisfaction

There is some variation in the proportion of children reporting low satisfaction

London (15.5%) has the **highest proportion** of YP reporting low life satisfaction and the **North East and Yorkshire and the Humber** (13.1%) have the **lowest** proportion



Source: fingertips.phe.org.uk

Life Satisfaction

Inequalities in reporting low life satisfaction (2014/15)

About **1 in 7** young people (YP) aged 15 years in **England** reports low life satisfaction



YP from the **most deprived** group are **1.2x more likely** to report low life satisfaction than the **least deprived** group

Percentage reporting low life satisfaction



Least deprived



Most deprived

Percentage reporting low life satisfaction



White



Asian



Black

Girls are **2.2x more likely** to report low life satisfaction compared to boys

Percentage reporting low life satisfaction



Boys



Girls

YP who are bisexual are **3.3x more likely** to report low life satisfaction compared to YP who are heterosexuals

Percentage reporting low life satisfaction



Heterosexual



Gay/Lesbian



Bisexual

Better Similar Worse
Compared to England Source: fingertips.phe.org.uk

Young Peoples mental health 16-24yr olds

1 in 5 young people aged 16-24 experience a common mental illness such as anxiety or depression at any one time.



Young women are more likely than young men to experience these types of problems.

(McManus et al., 2009)

Young Peoples Mental Health 16-24yr olds continued

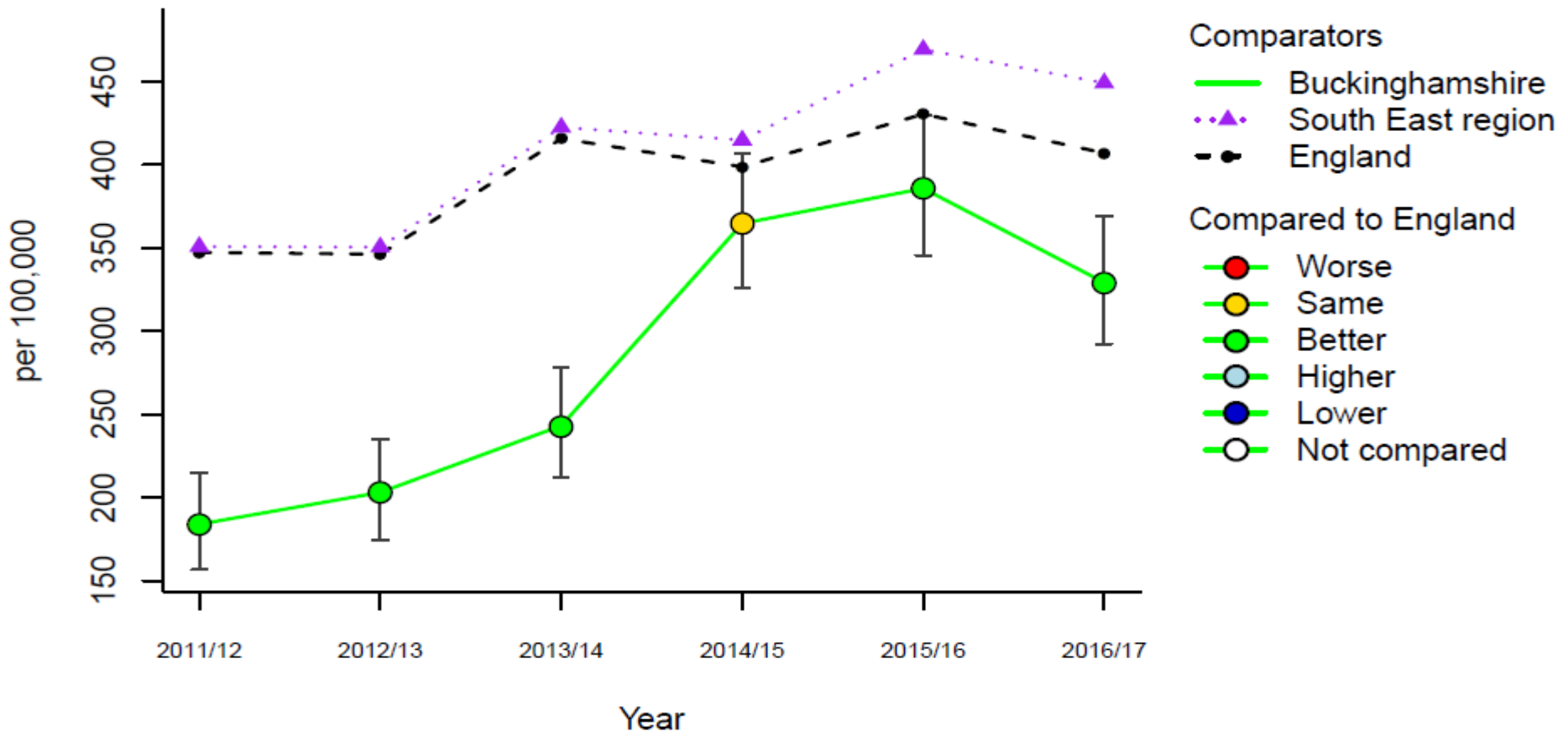
- 35% of women and 19% of men 16-24yr reported suicidal thoughts in the 2009 national survey (ONS adult psychiatric morbidity(APM))
- Women are more than 3x more likely to experience eating disorders.(APM 2009)

Buckinghamshire County Council

Buckinghamshire Data

Tip of the iceberg – admissions data

Hospital admissions as a result of self-harm (10–24 years):
directly standardised rate per 100,000 population aged 10–24



Self Harm Admissions to Hospital in 10-24yr olds in Buckinghamshire

- In 2016/17 there were 294 admissions for 10-24yr olds, a rate of 329.2/100,000 significantly better than national and regional averages.
- In 2016/17 crude rates for self harm drilled down by age show:
 - 10-14yrs 46 admissions 138.7/100,000, compared to 211.6/100,000 England, and 179.6/100,000 for the S East
 - 15-19yrs 158 admissions 507.8/100,000 , compared to 619.9/100,000 England and 688.4/100,000 for the S East
 - 20-24yrs 90 admission 340.2/100,000, compared to 393.2/100,000 England and 477.3/100,000 for the S East.

What About Youth Survey (WAY) Buckinghamshire 2014/2015

- 11% of 15yr olds in Buckinghamshire reported low life satisfaction compared to national average of 13.7%
- 54.2% of 15yr olds in Buckinghamshire reported having been bullied in the last couple of months compared to national average of 55%
- 10.5% of 15yr olds in Buckinghamshire reported having bullied others compared to national average of 10.1%

Helpful Contacts

- Bucks CAMHS - <https://www.oxfordhealth.nhs.uk/camhs/bucks/> (specialist MH service for CYP available via single point of access)
- Time to Talk Bucks - <https://timetotalk.adviza.org.uk/> (counselling service for CYP)
- Bucks MIND - <https://www.bucksmind.org.uk/#> (counselling service for CYP, Bucks MIND guide)
- Young Carers Bucks - <http://www.youngcarersbucks.org/> (providing support to CYP in Bucks who have a caring role)