Shifting the dial

on children & young people's mental health

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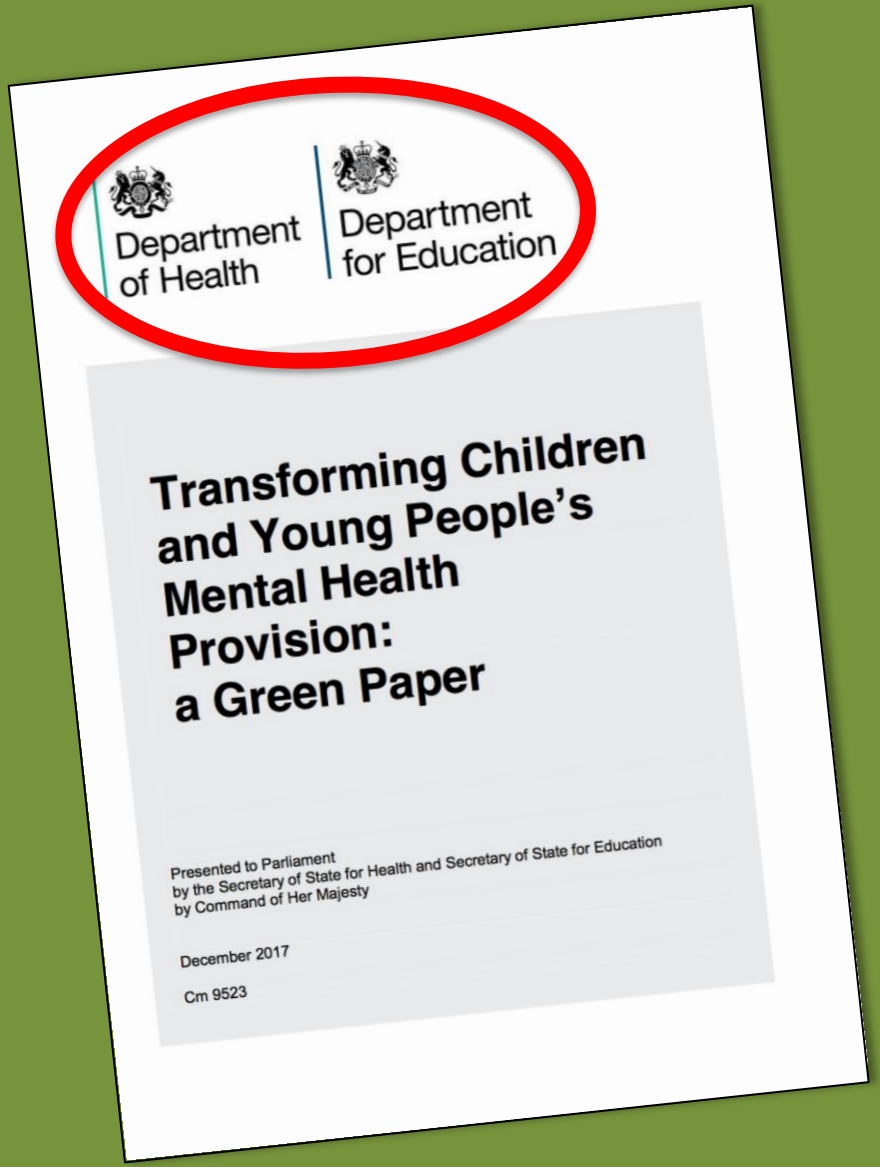
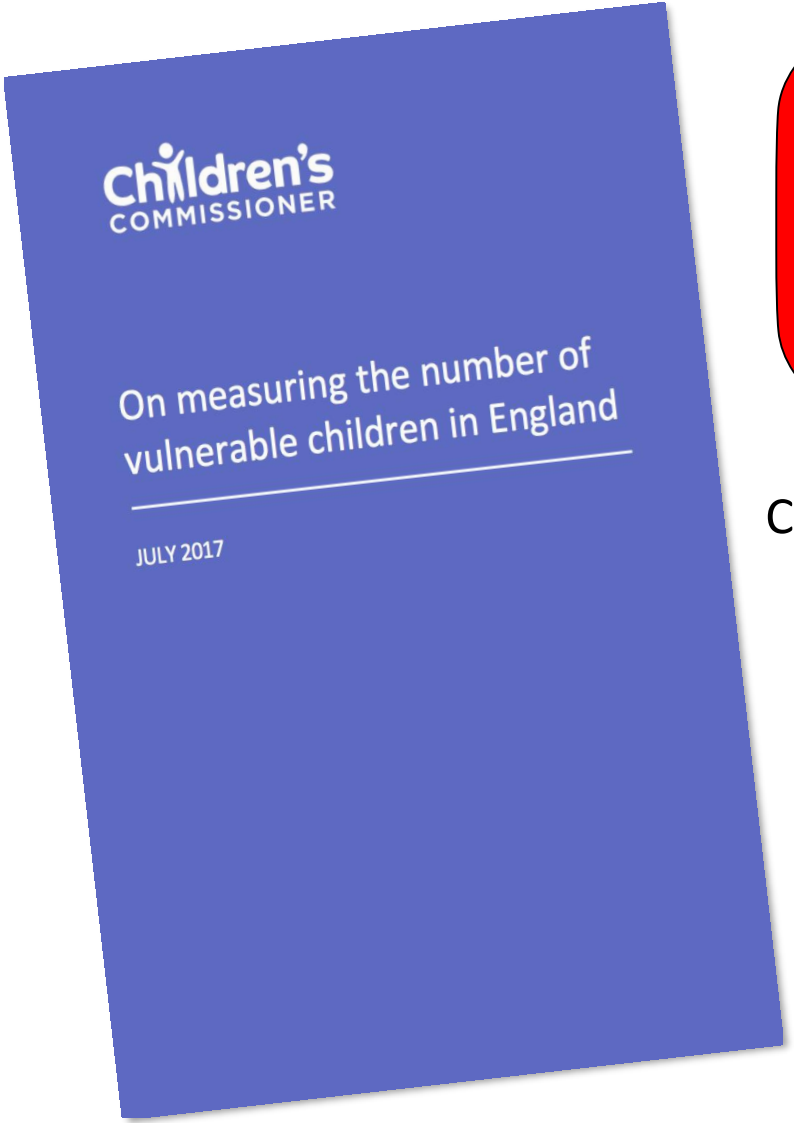
“If I’d had the help in my teens that I finally got in my thirties, I wouldn’t have lost my twenties”



The proposals include:

- creating a new mental health workforce of **community-based mental health support teams**;
- every school and college will be encouraged to appoint a **designated lead for mental health**;
- a new **4-week waiting time** for NHS children and young people's mental health services to be piloted in some areas.



670k

Children growing up in ‘high risk’ family situations

800k

Children suffering from mental health difficulties

Men with 2 or more ACE

57%

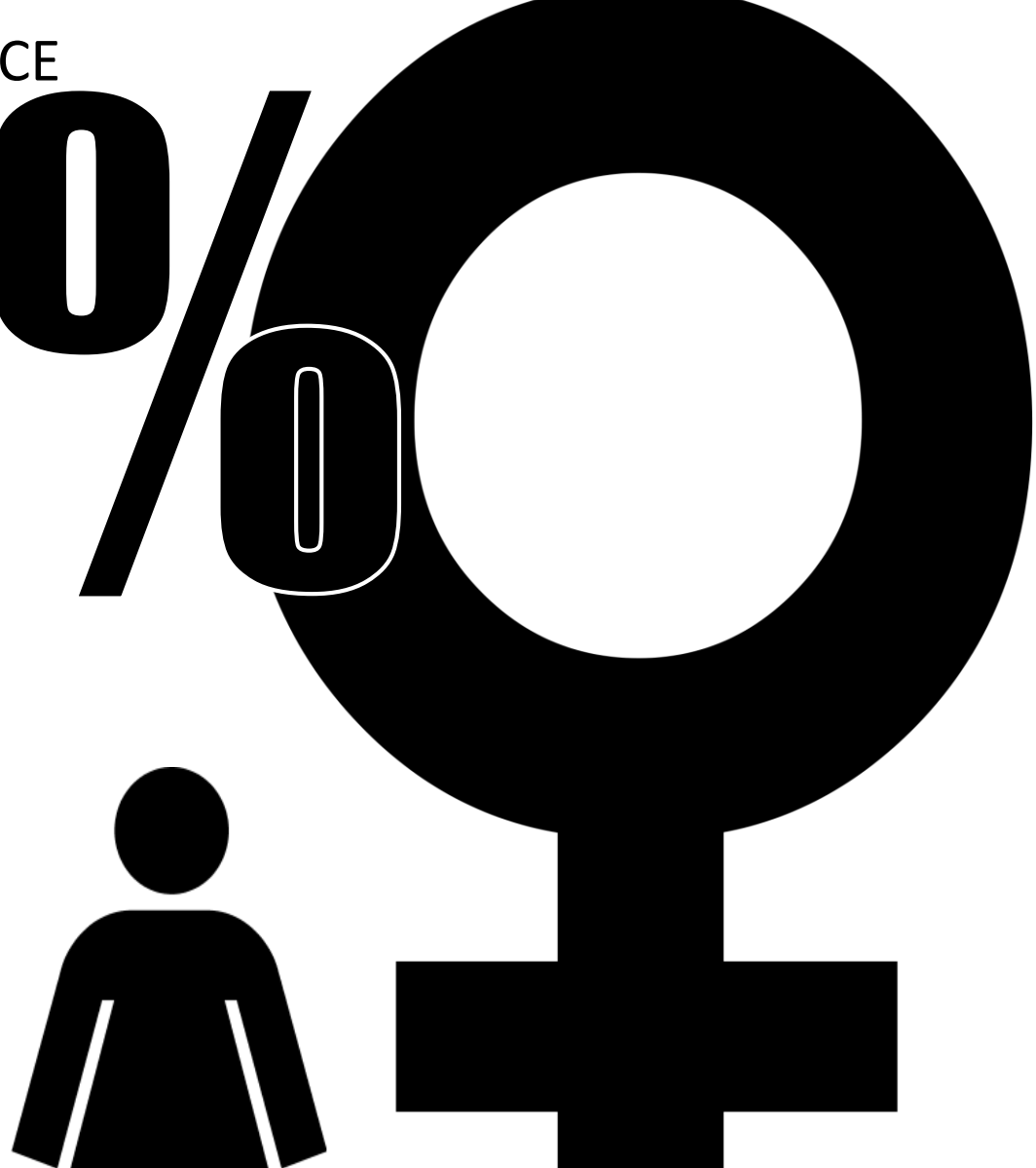
higher risk of death before age 50

Source: Kelly-Irving K, et al. Adverse childhood experiences and premature all-cause mortality. European Journal of Epidemiology. Published online July 2013

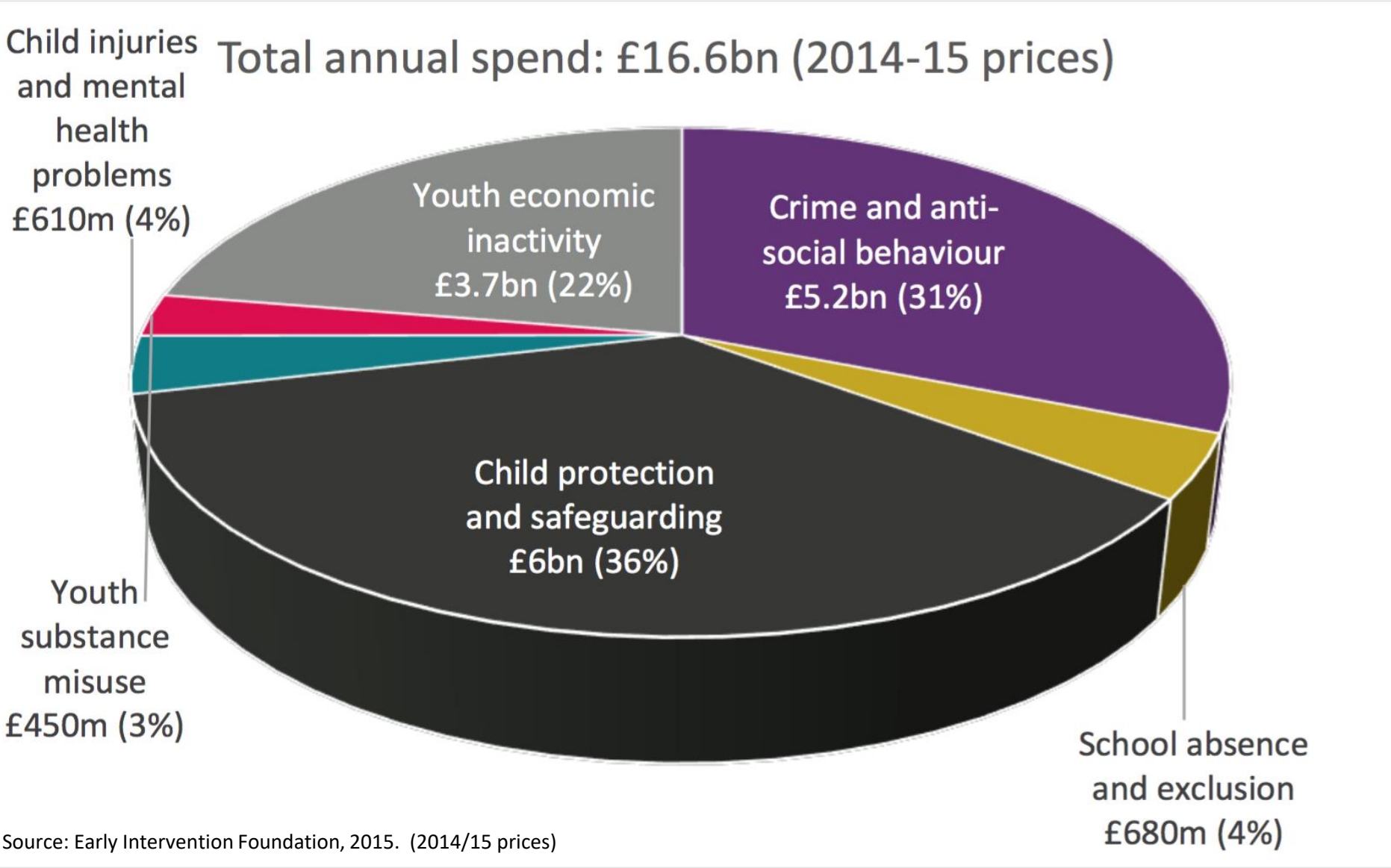
Women with 2 or more ACE

80%

higher risk of death
before age 50



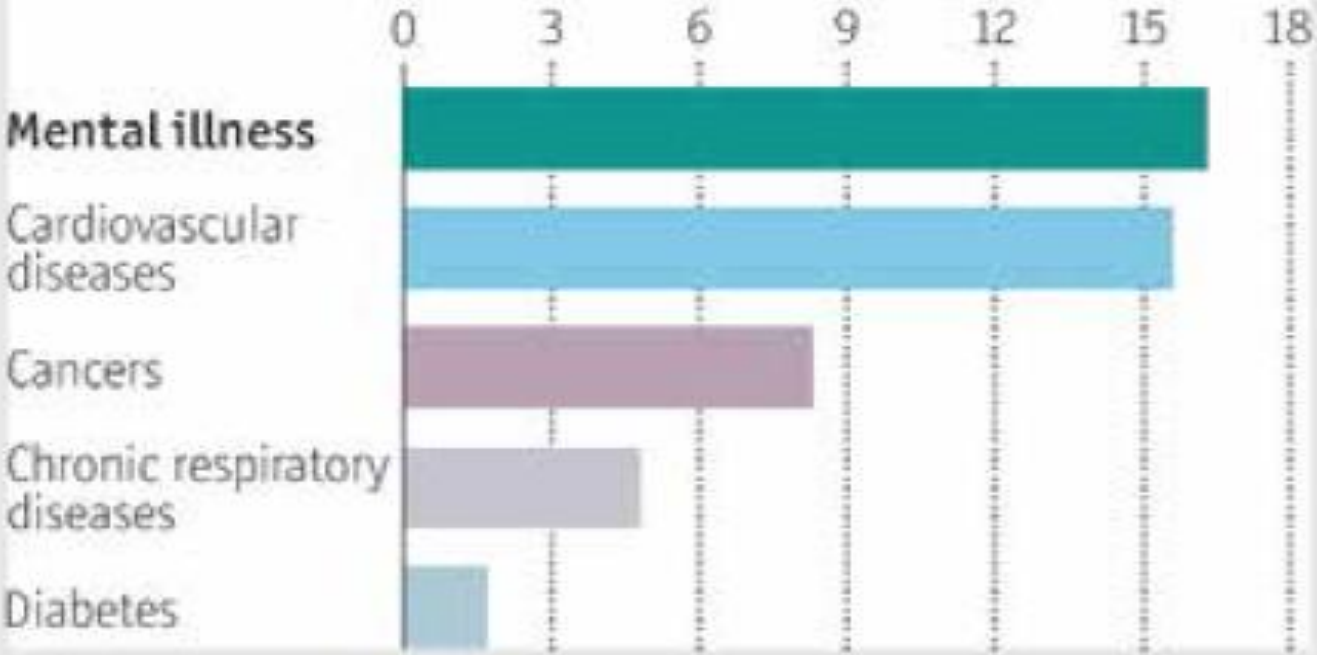
Source: Kelly-Irving K, et al. Adverse childhood experiences and premature all-cause mortality. European Journal of Epidemiology. Published online July 2013



Source: Early Intervention Foundation, 2015. (2014/15 prices)

Forecast loss of output caused by non-communicable diseases worldwide, 2011-30

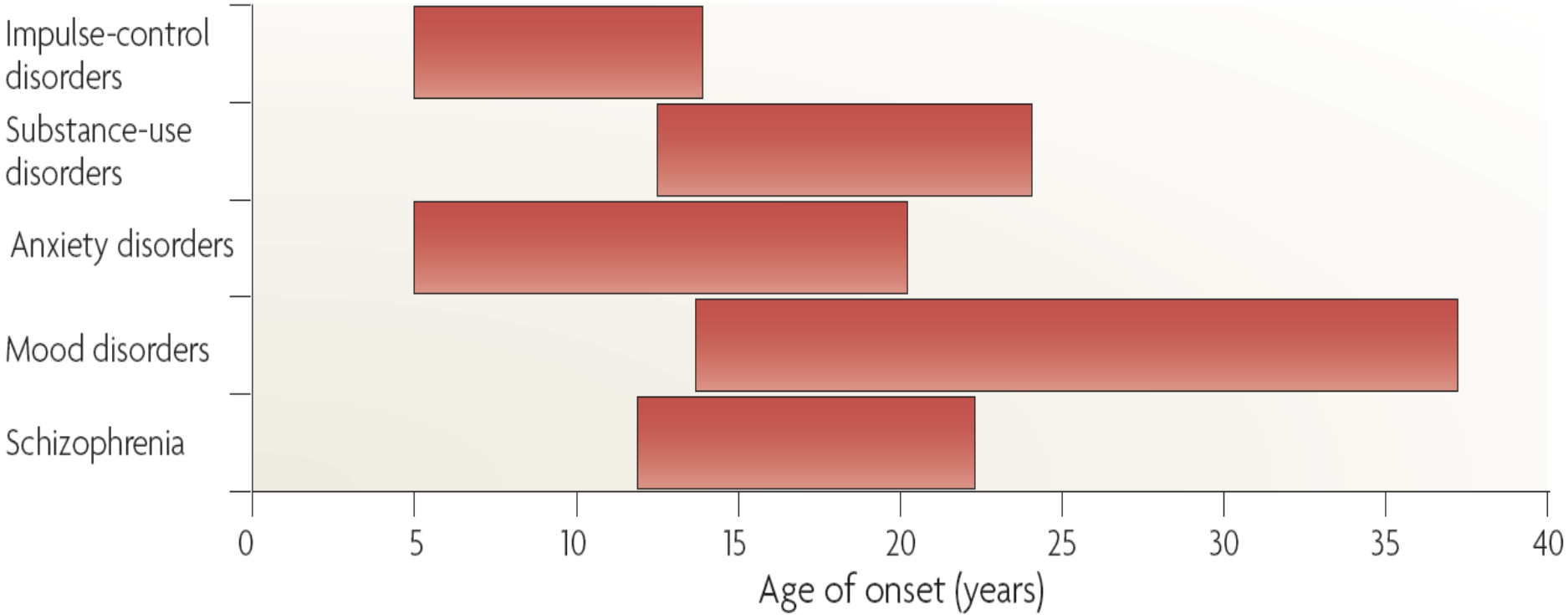
$trn (2010 $)



Sources: World Economic Forum; Harvard School of Public Health; Mental Health Atlas; WHO; *The Economist*

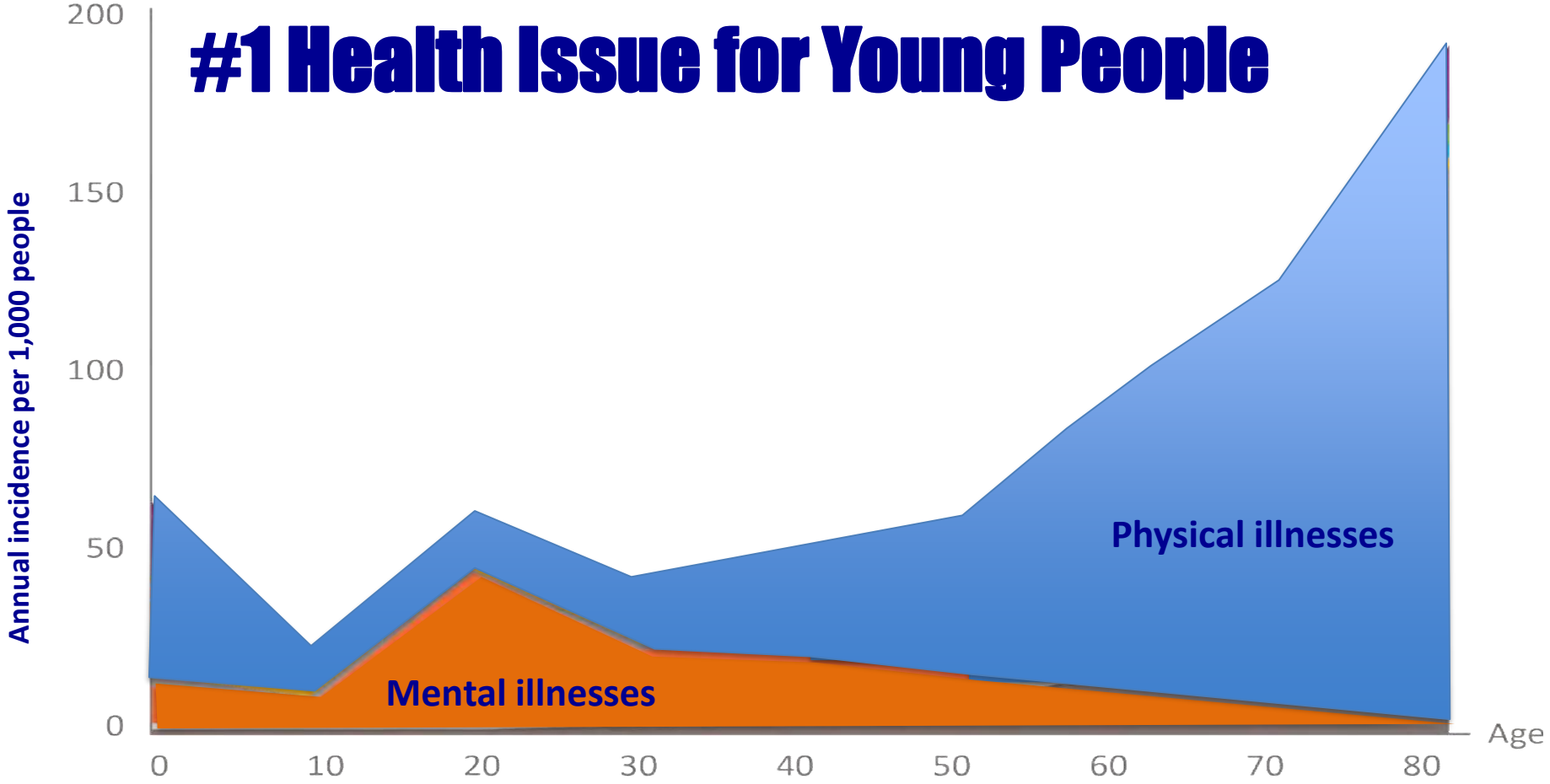
Mental disorders are the chronic diseases of the young

Ranges of onset age for common psychiatric disorders



Source: Insel TR, Fenton WS. Psychiatric epidemiology: it's not just about counting anymore. Arch Gen Psychiatry. 2005; 62(6): 590-2.

Global Burden of Disease: #1 Health Issue for Young People



Out of every £100 the NHS spends.....

£10

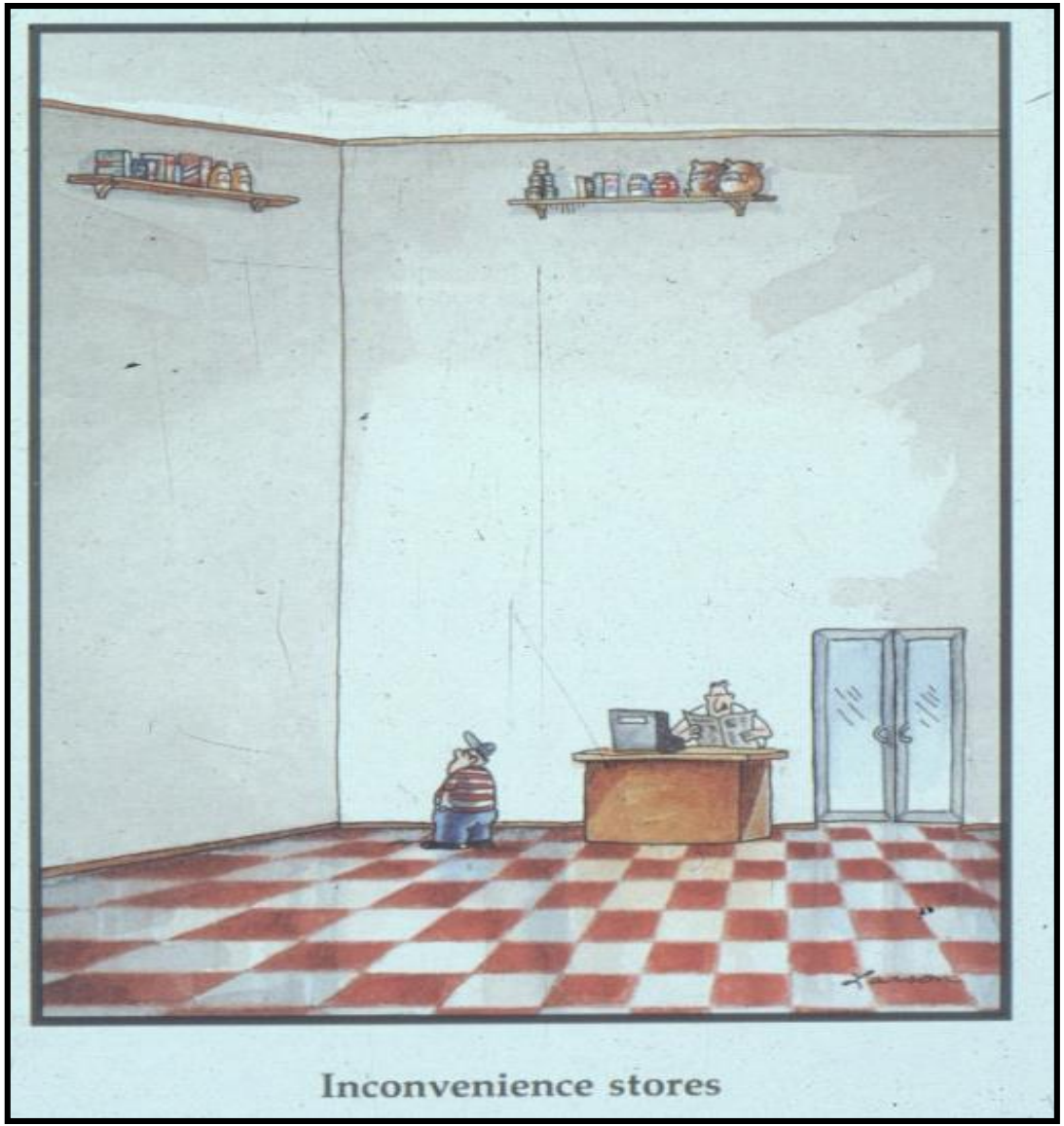
Adult mental health

21%

of mental health contacts are under 19 years old

Children and Young people's mental health

JUST pence



1 in 10

children and young people (aged 5-16 years) have a clinically diagnosable mental health problem

3 in 4

children with a diagnosable mental health problem do not get access to the support they need

1/2 1/5

LIFE LONG

mental illness

by age

3/4

18

LIFE LONG

mental illness

by age

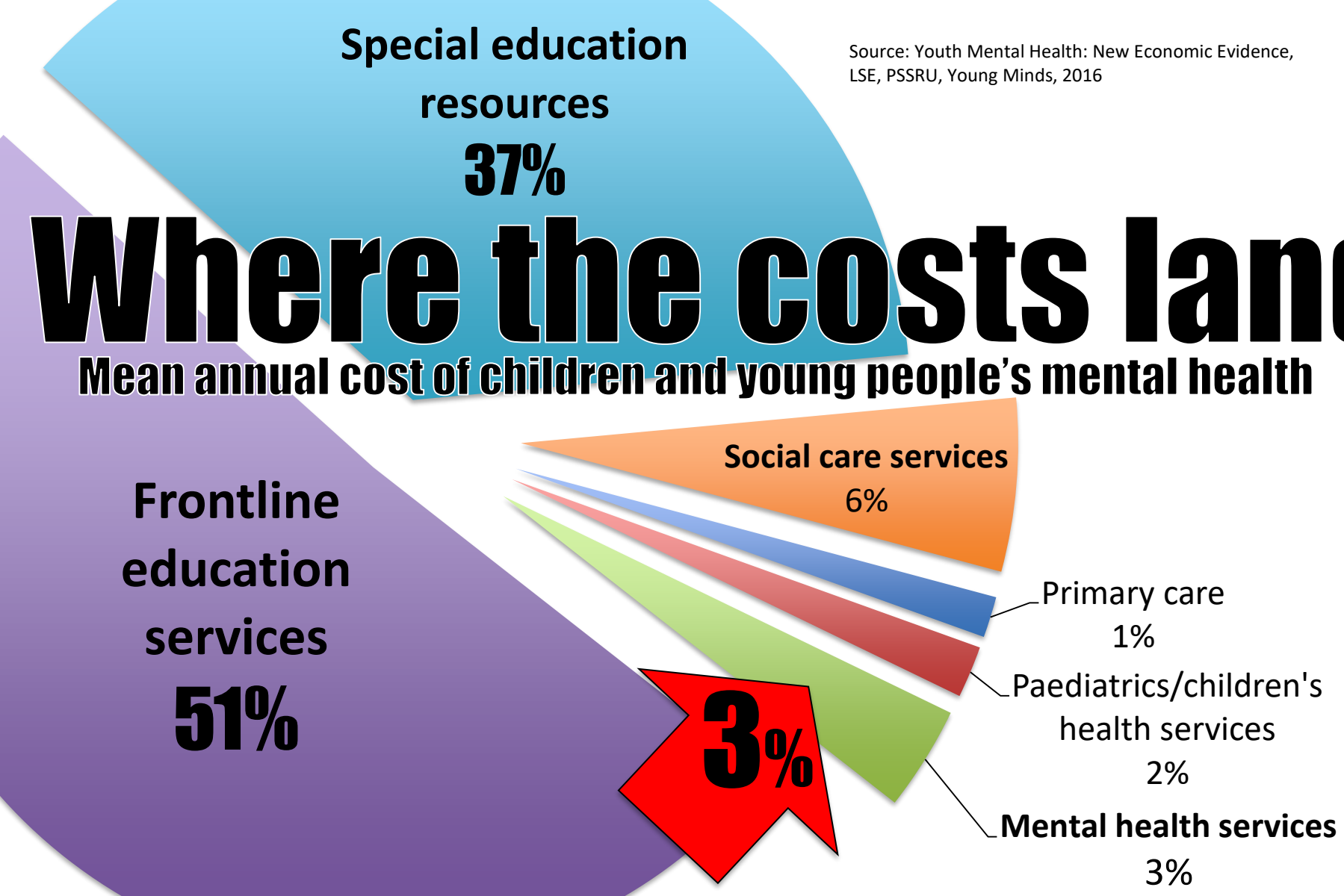
Youth Mental Health: New Economic Evidence

Martin Knapp, Vittoria Ardino, Nicola Brimblecombe,
Sara Evans-Lacko, Valentina Iemmi, Derek King,
Tom Snell, Silvia Murguia, Henrietta Mbeah-Bankas,
Steve Crane, Abi Harris, David Fowler,
Joanne Hodgekins, Jon Wilson

YOUNGMINDS
The voice for young people's mental health and wellbeing
LSE
PSSRU
Personal Social Services Research Unit

Where the costs land

Mean annual cost of children and young people's mental health



Source: Youth Mental Health: New Economic Evidence, LSE, PSSRU, Young Minds, 2016

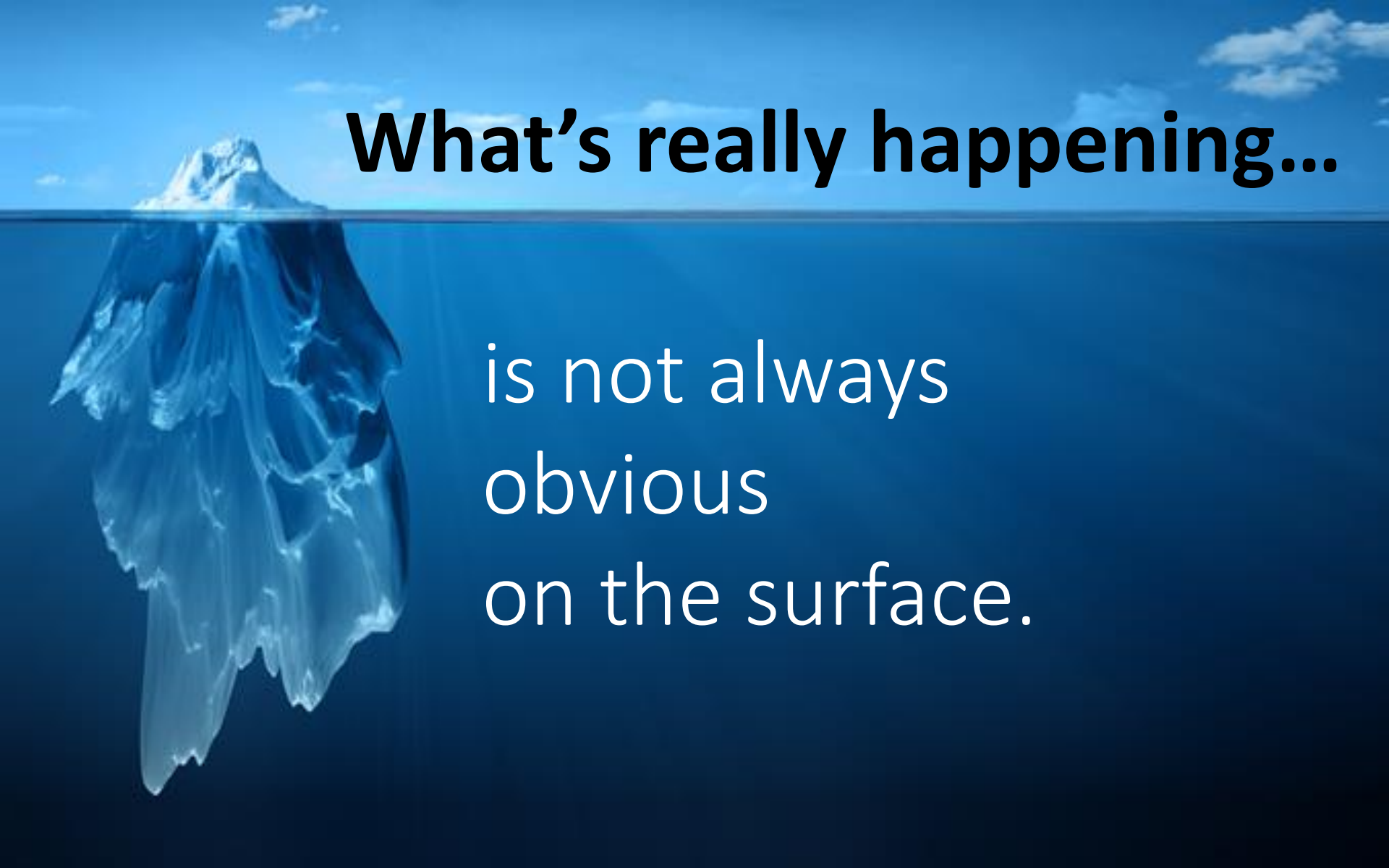
CYP - IAPT

Young People

NEETS

Not in Education, Employment or Training

What’s really happening…



is not always
obvious
on the surface.

Up to
YEARS
Delayed access to services

Looked After Children

69,540 children in care in England

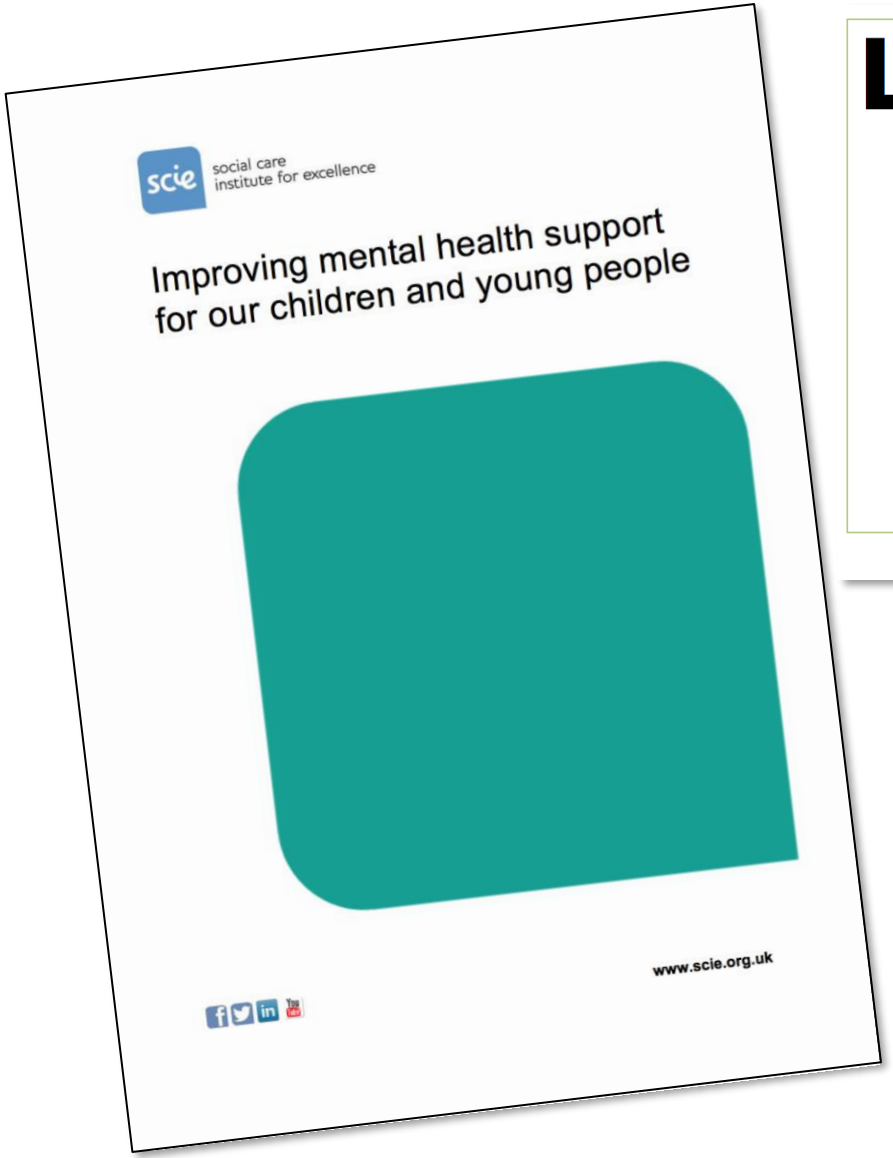
45% - 72% **have mental health problems**

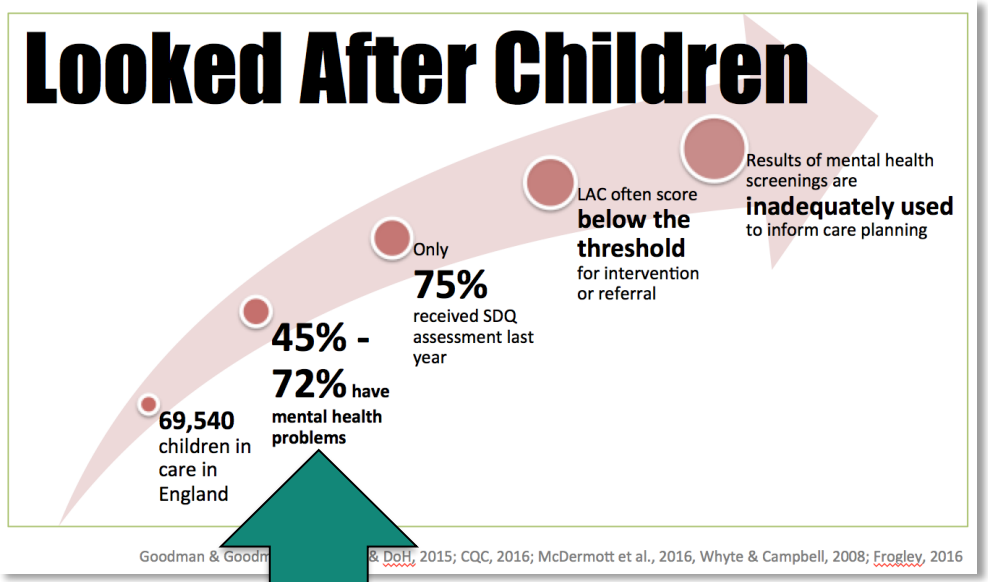
Only **75%** received SDQ assessment last year

LAC often score **below the threshold** for intervention or referral

Results of mental health screenings are **inadequately used** to inform care planning

Goodman & Goodman, 2012; DoE & DoH, 2015; CQC, 2016; McDermott et al., 2016, Whyte & Campbell, 2008; Frogley, 2016





Green Paper announced a prevalence study

Not a Safe Pair of Hands

Fit for purpose?

Paradigm shift

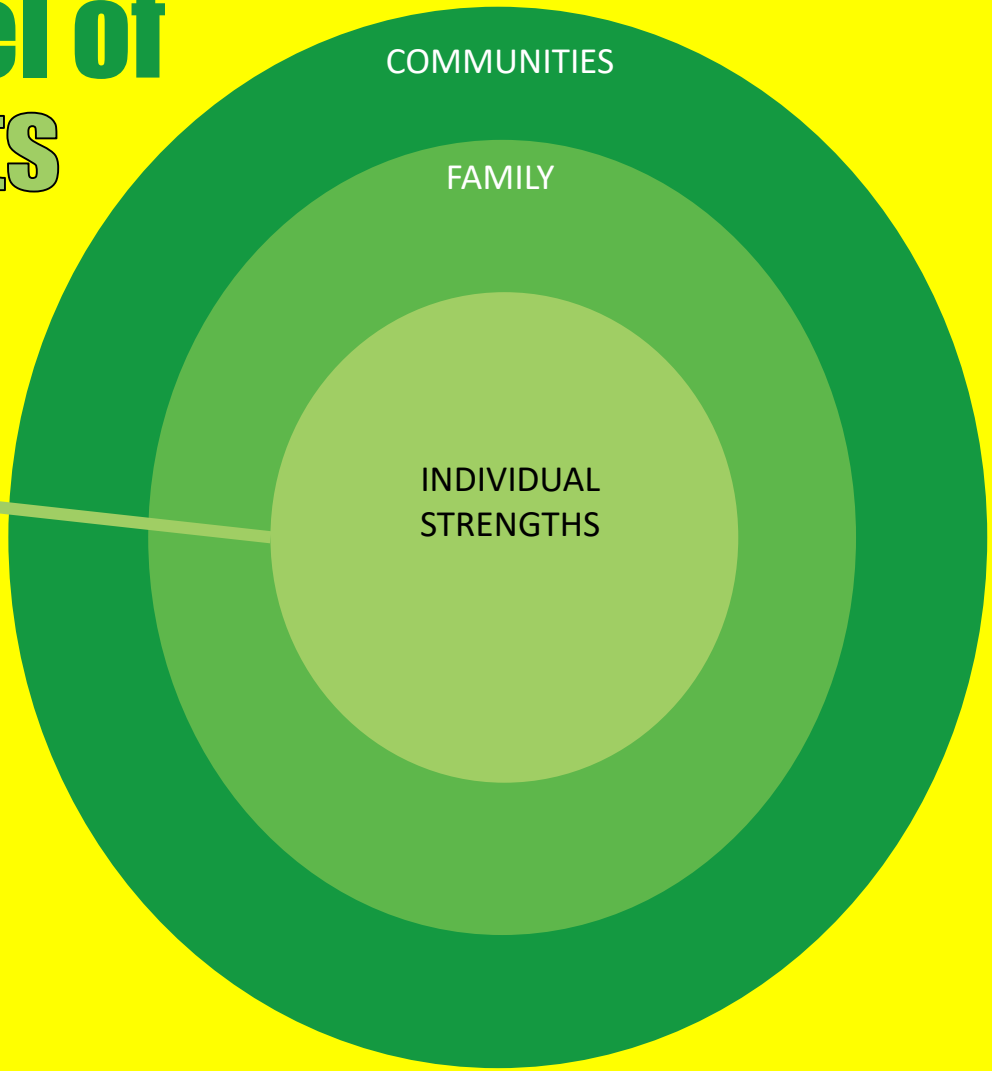
From a reactive ‘safety’ model.

To a proactive 'wellbeing' model.

Ecological model of resilience assets

- Temperament
- Self-esteem

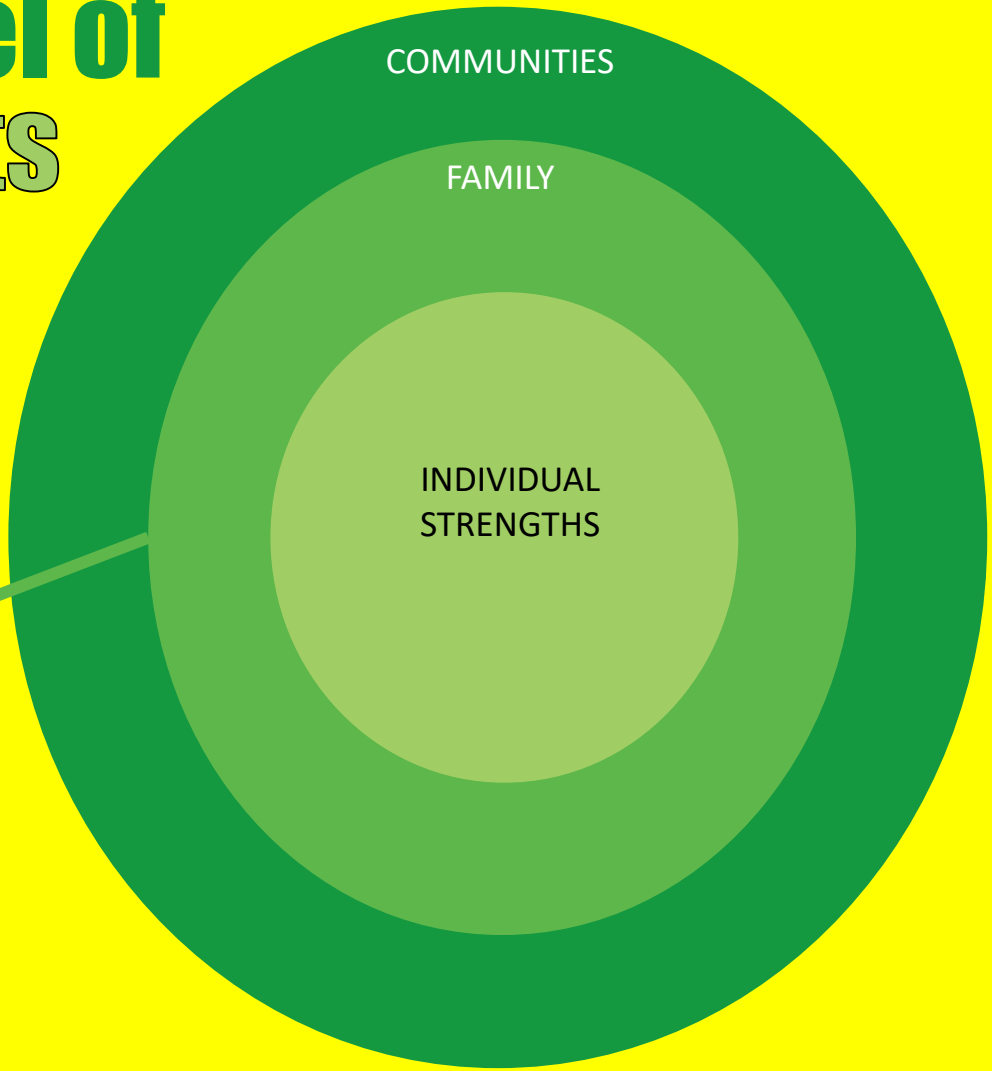
- Emotion regulation
- Problem solving
- Social skills



Source: VicHealth, Melbourne, Australia

Ecological model of resilience assets

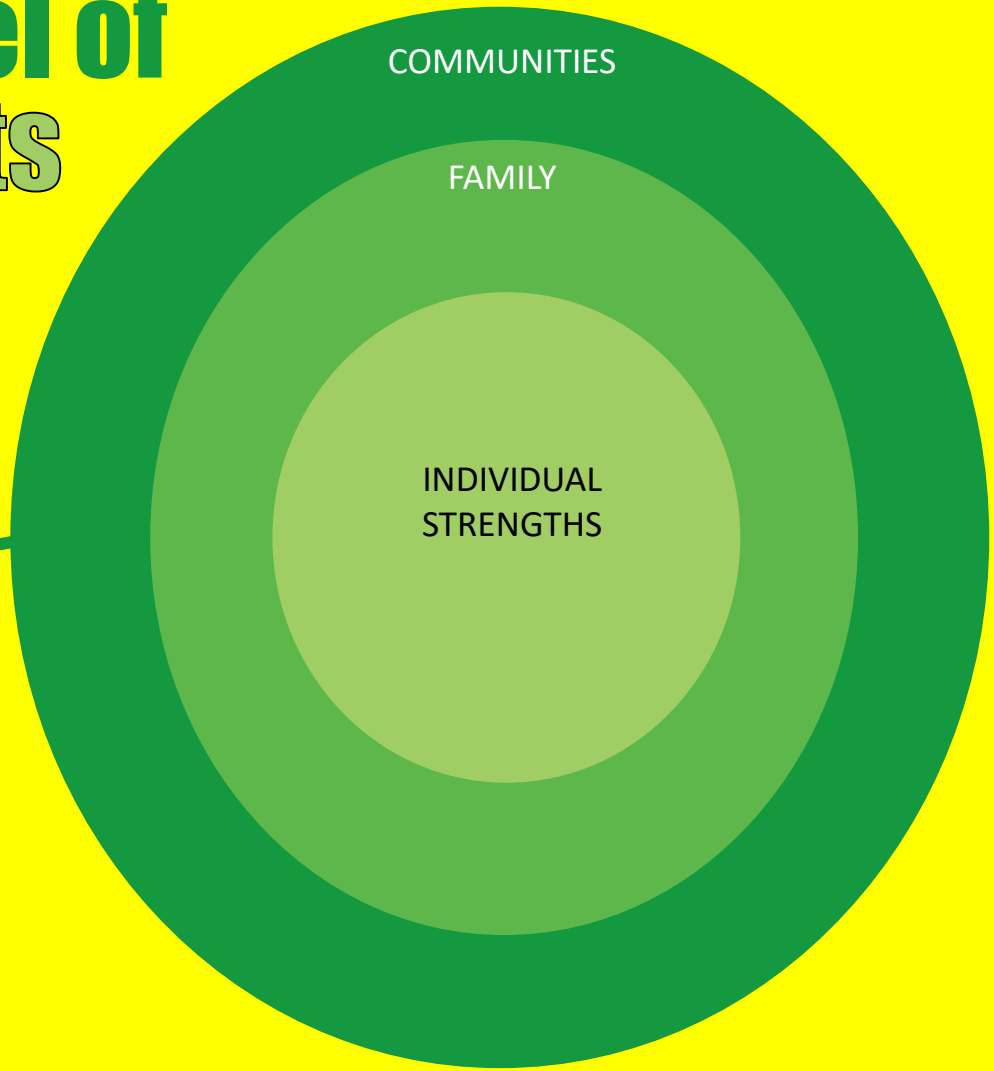
- Secure attachment
- Positive family environment
- Quality of parenting
- Friendship with pro-social peers
- Positive parent-child relationships
- Respectful relationship with others
- Close relationship with caring adult
- Family adaptability during times of stress
- Safety and economic security



Source: VicHealth, Melbourne, Australia

Ecological model of resilience assets

- Connection to clubs, school, religious groups
- Positive and safe school, work, arts, sport and digital environments
- Opportunities for social and economic participation
- Safe, cohesive and connected communities
- Fair and inclusive societies



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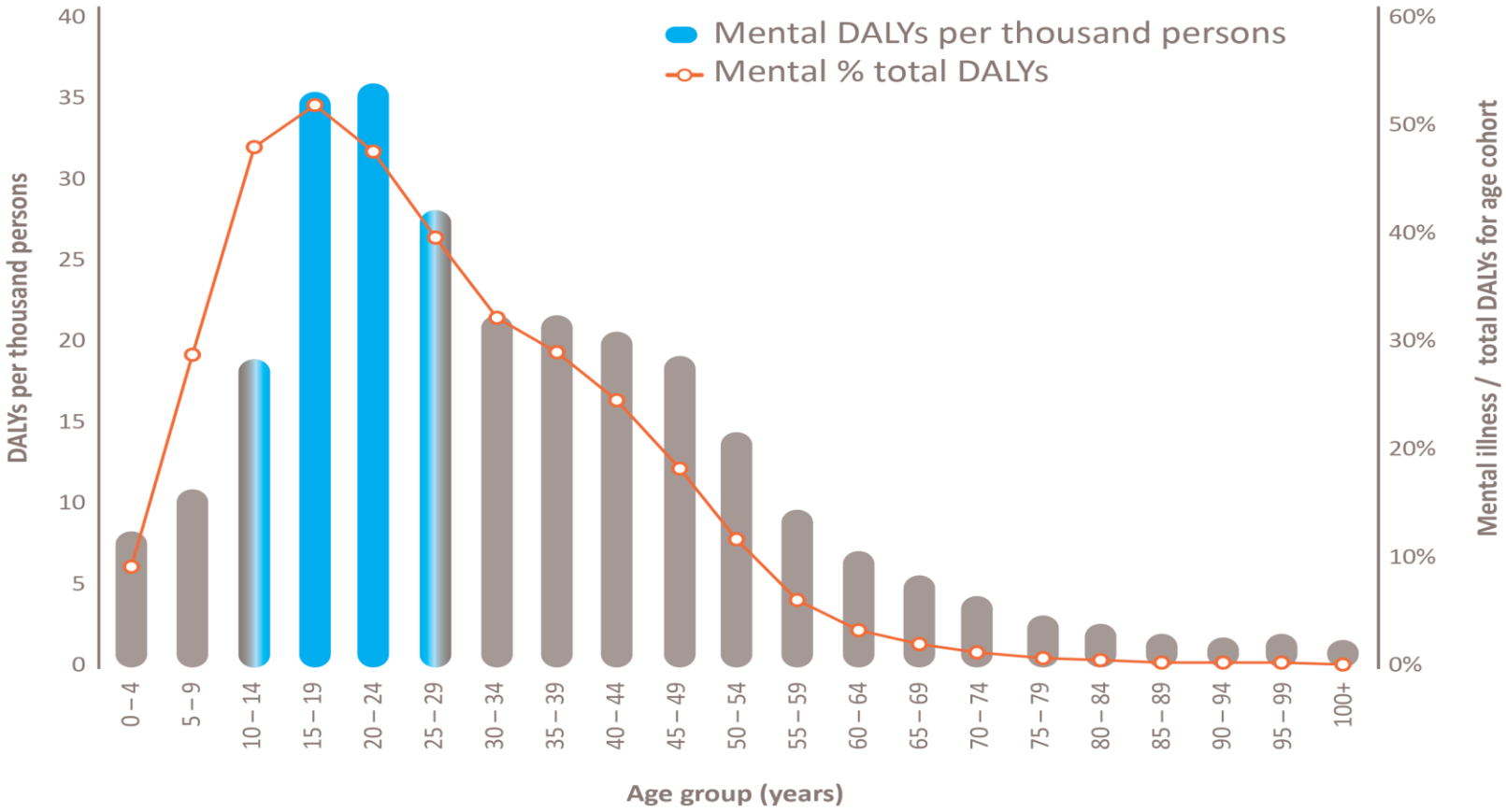
Mental DALYs per thousand persons
Mental % total DALYs
DALYs per thousand persons
Mental illness / total DALYs for age cohort
Age group (years)
0
5
10
15
20
25
30
35
40
0%
10%
20%
30%
40%
50%
60%
0 – 4
5 – 9
10 – 14
15 – 19
20 – 24
25 – 29
30 – 34
35 – 39
40 – 44
45 – 49
50 – 54
55 – 59
60 – 64
65 – 69
70 – 74
75 – 79
80 – 84
85 – 89
90 – 94
95 – 99
100+

WHOLE

NO wrong door

Ready for.....
TRANSITIONS

When in doubt
tell the TRUTH.

Mark Twain

@PaulBurstow