Children & Young People's Mental Health Coalition

Schools-Led Approach Mental Health Support

Prof Dame Sue Bailey, Chair, Children & Young People's Mental Health Coalition
Co-Chair of Healthy MindED
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

The Children & Young People's Mental Health Coalition

We 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.

We are hosted by the Mental Health Foundation.

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Supported by:

Paul Hamlyn Foundation

Steering Group Members

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
- Connect up people via and beyond our network
- 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/

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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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Role of Schools and Mental Heath

- Possible increase in prevalence of mental health problems – we will know more next year
- Young people would rather speak to a teacher than a mental health professional
- Young people want to learn about mental health
- With training, school staff can help identify and sign post cyp who have possible mental health needs
- Need a whole school approach

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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)

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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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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

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

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

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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

- Origin in head teachers' concerns around pupil mental health
- What can schools do to tackle the issue of poor pupil mental health and emotional wellbeing?
- Preliminary scoping meetings involving range of schools and other bodies
- Professor Dame Sue Bailey announced as chair at SCHOOLS NorthEast Summit, October 2016

HEALTHY MINDED

The schools-led commission into pupils' mental health

The Problem in Figures

15 teenagers a week were admitted to hospital for self-harm during the 2014-2015 financial year in Tyne & Wear alone

13.8 deaths per 100,000 population in the region (ONS, 2015)

26% of young people in the UK experience suicidal thoughts (Young Minds)

The North East has the highest suicide rate of all of England's regions.

70% Increase in depression and anxiety rates among teenagers in the past 25 years

The number of children and young people who have attended A&E with a psychiatric condition **has more than doubled** since 2009.

The Problem in Figures

	North East	England
% 15 year olds who were bullied recently	55.4%	55.0%
% 15 year olds reporting low life satisfaction	13.1%	13.7%
Estimated % of population aged 5-16 with mental health disorders	10.0%	9.3%
Estimated % of population aged 5-16 with emotional disorders	6.1%	5.6%
Child hospital admissions for mental health conditions: rate per 100,000 aged 0-17 years	93.1	87.4
Self-harm admissions: rate per 100,000 population aged 10-24 years	477.7	398.8
Substance abuse hospital admissions: rate per 100,000 aged 15-24	122.8	88.8

(All figures from Public Health England)

Mission

- To improve the mental health of children and young people by recognising the impact on them of mental ill-health; by enabling school communities and associated services to identify, manage and mitigate the factors that underlie mental ill-health and work together to arrive at appropriate responses for each individual.

- To equip schools to empower children and young people to understand mental health and, through increased resilience, to enjoy positive growth and development.

Approach

- Values-based, evidence-based and human rights-based
- Encourage recognition among all North East schools of the importance of addressing pupils' mental health and wellbeing
- Gather evidence from schools and other stakeholders on the state of pupil mental health in our region's schools
- Identify, examine and evaluate examples of best practice
- Bring together resources to develop a sustainable reference point for schools
- Produce solutions-focused action plans adoptable by all schools in the region
- Foster stronger links between health and education to ensure that all pupils can access appropriate treatment or interventions
- Develop recommendations for government, the NHS and other bodies

Activities so far

- Healthy MindED schools mental health conference – 8 June, Durham County Cricket Club
- Commission meeting - 14 July 2017
- “Voice of the Pupil” commission meetings - 16, 23 & 30 November

July meeting

The Commission agreed to work towards the following objectives:

- To establish a clear picture of the state of mental health in schools in the North East of England
- To develop a set of Healthy MindED 'Benchmarks' to support schools to improve their environments
- To engage pupils in defining and designing the support they need within and outwith school

July meeting continued

The Commission agreed to work towards the following objectives:

- To collate ongoing practice in schools across the North East
- To engage leading MH experts in assessing the efficacy of ongoing practice and input examples of best practice from outside of the region

“Voice of the pupil”

- Designed to explore children’s own experiences via qualitative focus groups conducted in a school setting.
- The Commission agreed to adopt WHO definition of mental health and operationalise it by splitting into four key areas:
  - Every individual realises his or her own potential
  - Every individual can cope with the normal stresses of life
  - Every individual can work productively and fruitfully
  - Every individual is able to make a contribution to her or his community

“Voice of the pupil”

- Aiming to conduct research across a sample of 30 schools in the North East, represent primary/secondary, state/independent etc.
- Holding 2-3 sessions in a day, with 4-6 pupils in each sessions.
- Around 15 school staff will be trained to carry out the research in a small number of other schools.
- Opportunity for professional development

More Information

Find more about CYPMHC's schools work on our website - http://www.cypmhc.org.uk/schools

Healthy MindED/SCHOOLS NorthEast – http://www.schoolsnortheast.com/

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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.

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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/2xKpWIF
- 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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More Information

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

Contact sbailey@mentalhealth.org.uk

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- Children & Young People's Mental Health Coalition – Resilience and Results - http://bit.ly/2elMSlX
- Values Based Commission - http://www.rcpsych.ac.uk/pdf/Values-based%20full%20report.pdf
- MindEd – free elearning resource - https://www.minded.org.uk/
- Public Health England – The Mental Health of Children and Young People in England - https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/575632/Mental_health_of_children_in_England.pdf
- CQC report - http://www.cqc.org.uk/publications/themed-work/review-children-young-peoples-mental-health-services-phase-one-report

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