

Mental Health and emotional wellbeing

Children and Young People
Some Key Facts

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Mental Health and Young People

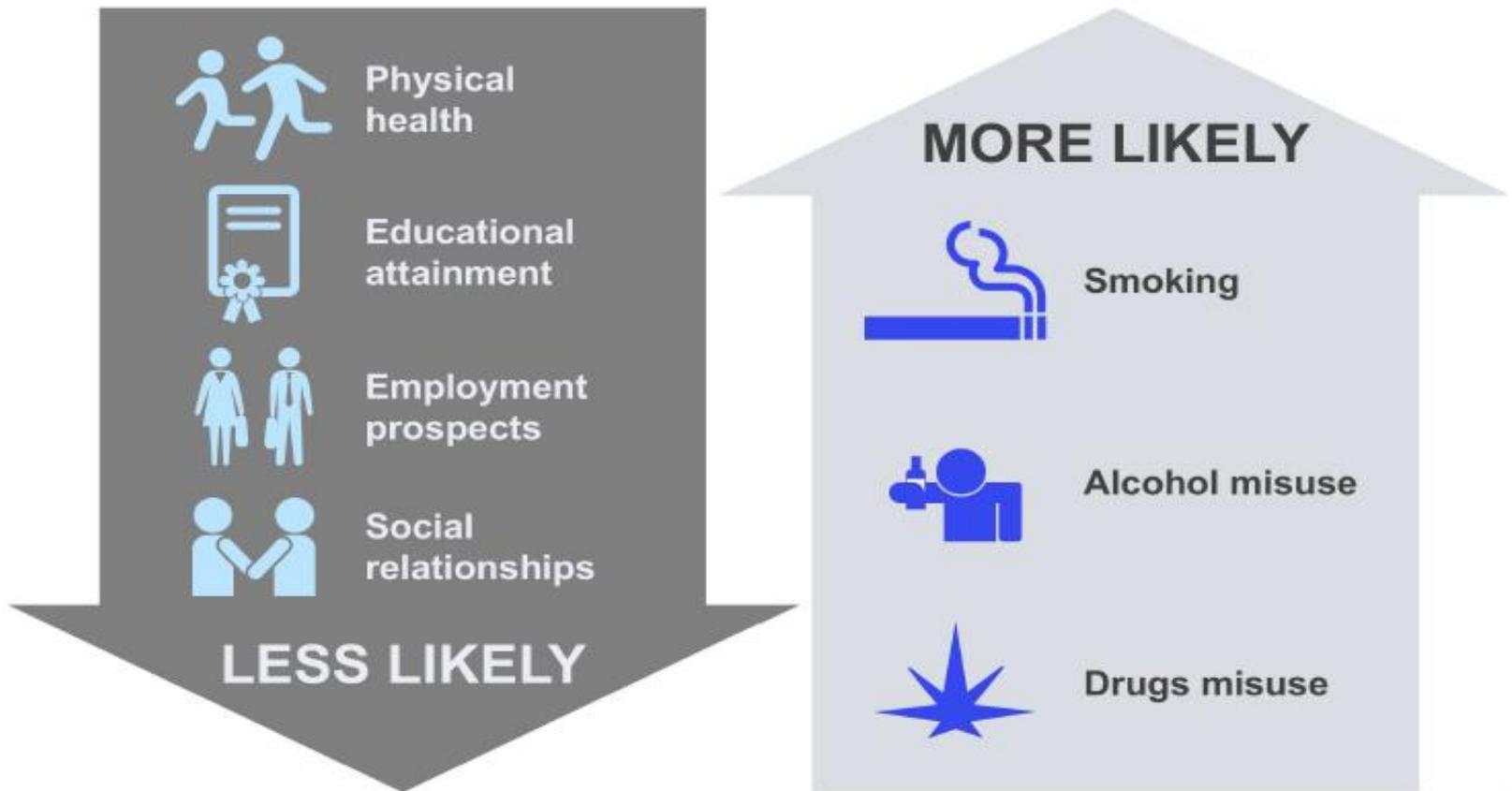
- Mental health and wellbeing is a fundamental part of young people's general wellbeing, and is closely bound up with physical health, life experience and life chances.
- Mental health problems not only cause distress, but can be associated with significant problems in other aspects of life.
- It is 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

- In 2017 one in eight, 12.8%, of 5-19yr olds had at least one type of mental health disorder.
- There has been a small upward trend in mental health disorders in 5-15yr olds; 9.7% in 1999, 10.1% in 2004 and 11.2% in 2017.
- Emotional disorders are becoming more common in 5-15yr olds going from 4.3% in 1999, 3.9% in 2004 to 5.8% in 2017. All other types of disorder, such as behavioural, hyperactivity and other less common disorders, have remained similar in prevalence for this age group since 1999
- Mental health is everybodys 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 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, health, sexuality, 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)

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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

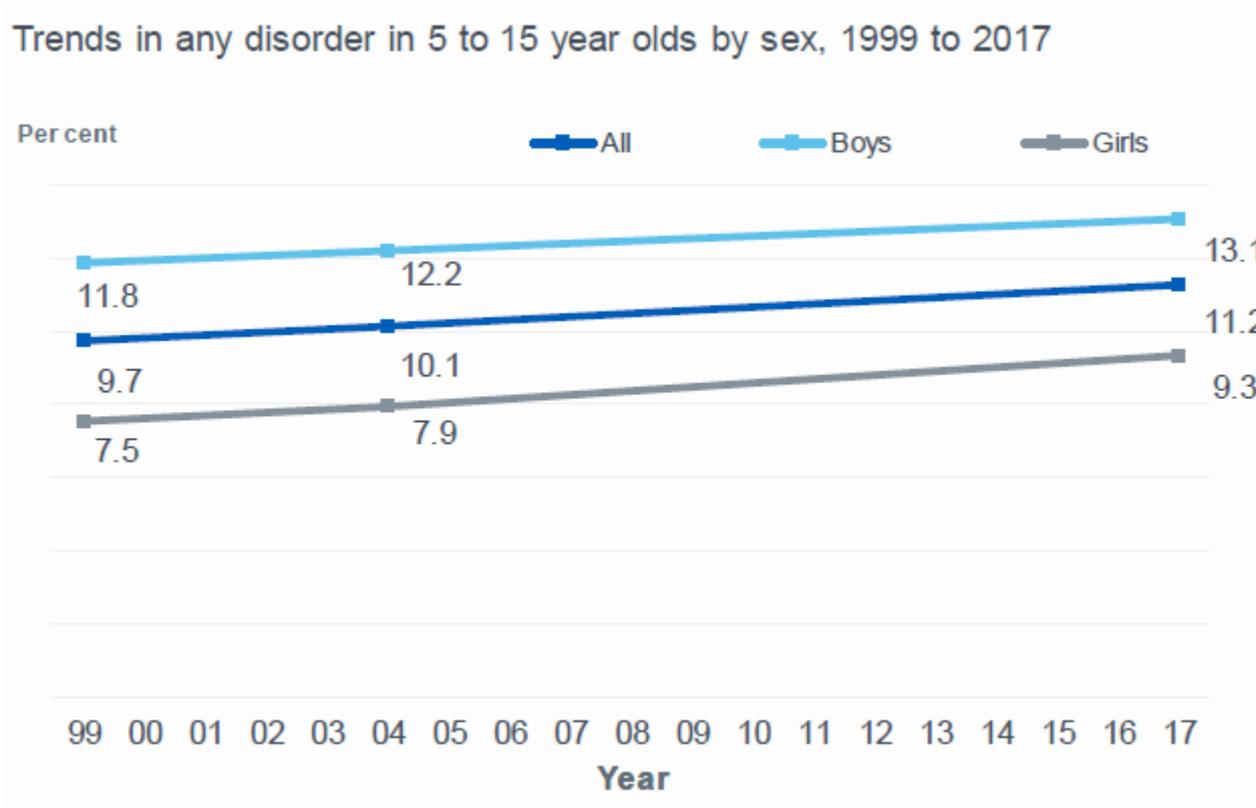
Mental Health problems in Children and young people (2017)

- Rates of mental disorders increased with age. 11.2% of 5 to 15 year old children experienced a mental disorder, compared to 16.9% of 17 to 19 year olds.
- **Emotional disorders** were the most prevalent type of disorder experienced by 5 to 19 year olds in 2017 (8.1%), with rates higher in girls (10.0%) than boys (6.2%). Anxiety disorders (7.2%) were more common than depressive disorders (2.1%).
- **Behavioural (or conduct) disorders** About one in twenty (4.6%) 5 to 19 year olds had a behavioural disorder, with rates higher in boys (5.8%) than girls (3.4%).
- **Hyperactivity Disorder** About one in sixty (1.6%) 5 to 19 year olds, with rates higher in boys (2.6%) than girls (0.6%).
- **Other Less common Disorders** About one in fifty (2.1%) 5 to 19 year olds were identified with one or more of these other types of disorder: 1.2% with ASD, 0.4% with an eating disorder, and 0.8% with tics or another less common disorder.

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Mental Health problems in Children and Young People

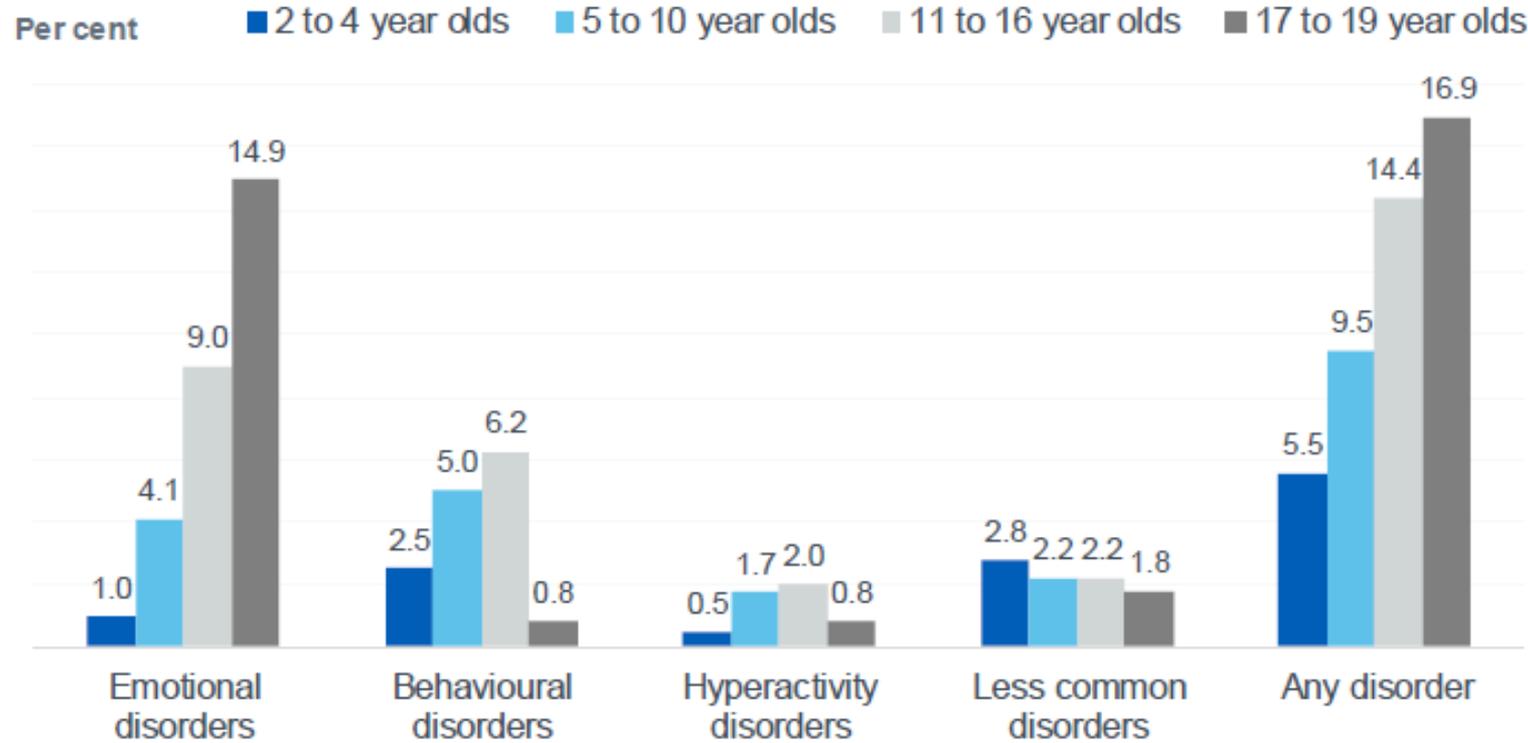
Trend (source CYP Digital Nov 2018)



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Differences across the age range

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



**Primary School years: A major stage in early childhood
one in ten 5-10yr olds was found to have a mental health disorder**

- 9.5% (one in ten) was found to have one mental health disorder
- 3.4% (one in thirty) was found to have two or more
- Behavioural disorders (5.0%) and emotional disorders (4.1%) were the most common types in this age group.
- Rates of emotional disorders were similar between boys(4.6%0 and Girls(3.6%)
- For other types of disorder boys around twice the rate. Overall Boys 12.2% had a mental health disorder compared with 6.6% of girls.

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Secondary school years: one in seven (14.4%) 11 to 16 year olds had a disorder

One in seven 14.4% 11-16yr old had one mental health disorder

One in sixteen , 6.2% 11-16yr olds had at least two

Emotional disorders were the most common, 9.0%, followed by behavioural disorders at 6.2%.

Boys (14.4%) and girls (14.3%) were equally likely to have a mental health disorder.

Girls (10.9%) more likely to have emotional disorder compared to boys (7.1%)

Boys more likely to have a behavioural problem than girls (7.4% compared 5.0%) and hyperactivity problems (3.2% compared 0.7%)

Transitioning to adult hood: one in six 17-19yr olds has a disorder

- One in six 16.9% had one mental health disorder, One in sixteen 6.4% had at least two
- Emotional disorders were the most common at 14.9%. 13.1% had an anxiety problem and 4.8% depression.
- All other types of disorder were prevalent at less than one in fifty.
- Young women are a high risk group
- Girls (23.9%) at this age 17-19yrs were more than twice as likely than boys (10.3%) to have a disorder and 22.4% had an emotional disorder.
- One in eighteen,5.6%, had body dysmorphic disorder BDD an anxiety disorder , 1.6% had an eating disorder
- 52.7% of young women who had a disorder had self harmed or made a suicide attempt.

Differential risks

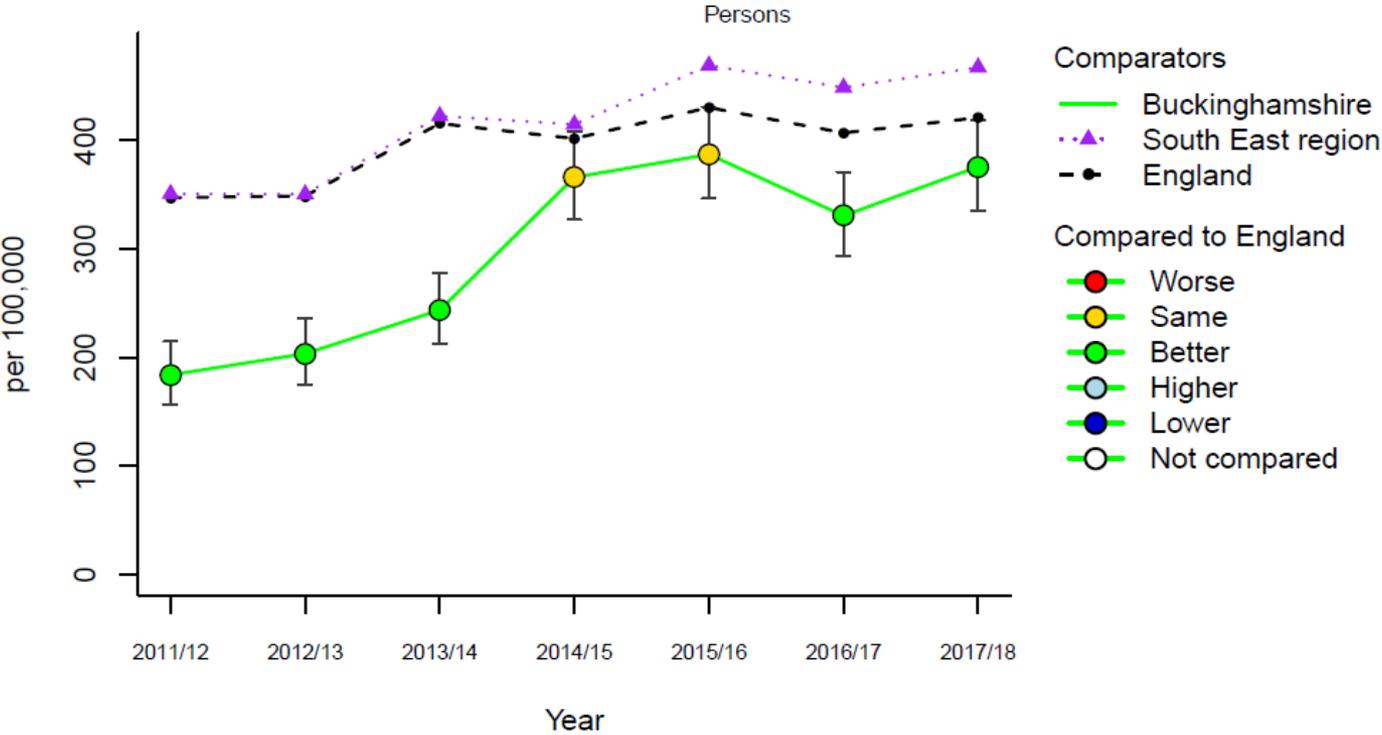
- **Sexuality.** Non heterosexuality associated with mental health disorder. 34.9% of 14-19yr olds who identified as lesbian, gay, bisexual. (compared with 13.2% of hetero sexual)
- **Ethnicity.** Mental health disorder in 5-19yrs tend to be greater in White British 14.9%
- **Socio economics.** Mental health disorders in 5-19yrs more common in lower income households – emotional, behavioural, autism but not hyperactivity or eating disorder.
- **Neighbourhood deprivation** was not associated in 5-19yrs with most disorders
- **Social and family context** is associated with mental health disorders.
- Close interrelationship with **mental and physical impairment**
- **Daily Social Media use**

High daily social media use is more common in those with a mental health disorder

- 87.3% of 11-19yrs olds with a mental health disorder reported daily use compared with 77.8% without a disorder.
- They used social media for longer 29.4% for 4hrs or more compared to 12.0% of those without a disorder.
- Girls with a mental health disorder were more likely to compare themselves to others.
- Boys and Girls with a mental health disorder were more affected by whether they had 'likes'

Tip of the iceberg – admissions for self harm data

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



Indicator number: 90813

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%

Physical Activity and Mental Health

- **Better sleep**
- **Happier moods**
- **Managing stress, anxiety or racing thoughts**
- **Better self esteem**
- **Reduces the risk of depression**
- **Connecting with people**

Helpful Contacts

- Bucks CAMHS - <https://www.oxfordhealth.nhs.uk/camhs/bucks/>
(specialist MH service for CYP available via single point of access)
Mental Health Support Team trailblazer
- Bucks MIND - <https://www.bucksmind.org.uk/#> (PSIS, Bucks MIND guide)
- Young Carers Bucks - <http://www.youngcarersbucks.org/> (providing support to CYP in Bucks who have a caring role)
- School Nursing: <http://www.buckshealthcare.nhs.uk/School-nursing>