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Mental Health

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Mental Health



Mental Health Conditions in Young People

With Professor Barry Carpenter & Professor Mina Fazel



Today's learning objectives

- Find out what the latest data tells us about the prevalence of common mental health conditions in children & young people, highlighting shifts in some of the trends
- Build knowledge around some of the key themes and risks driving the prevalence of common mental health conditions
- Provide an overview of the principles to better identify and support children and young people who have difficulties with their mental health



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POLL: Which type of school are you representing this evening?



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Mental Health Conditions in Young People: Prevalence, Shifts & Support

Professor Mina Fazel
Oxford University



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Mental health conditions in young people

Prevalence, shifts and support

Mina Fazel

Professor of Adolescent Psychiatry,

University of Oxford

Consultant in Child and Adolescent Psychiatry

Children's Psychological Medicine, Oxford University Hospitals





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Interactional Approach to Child Development



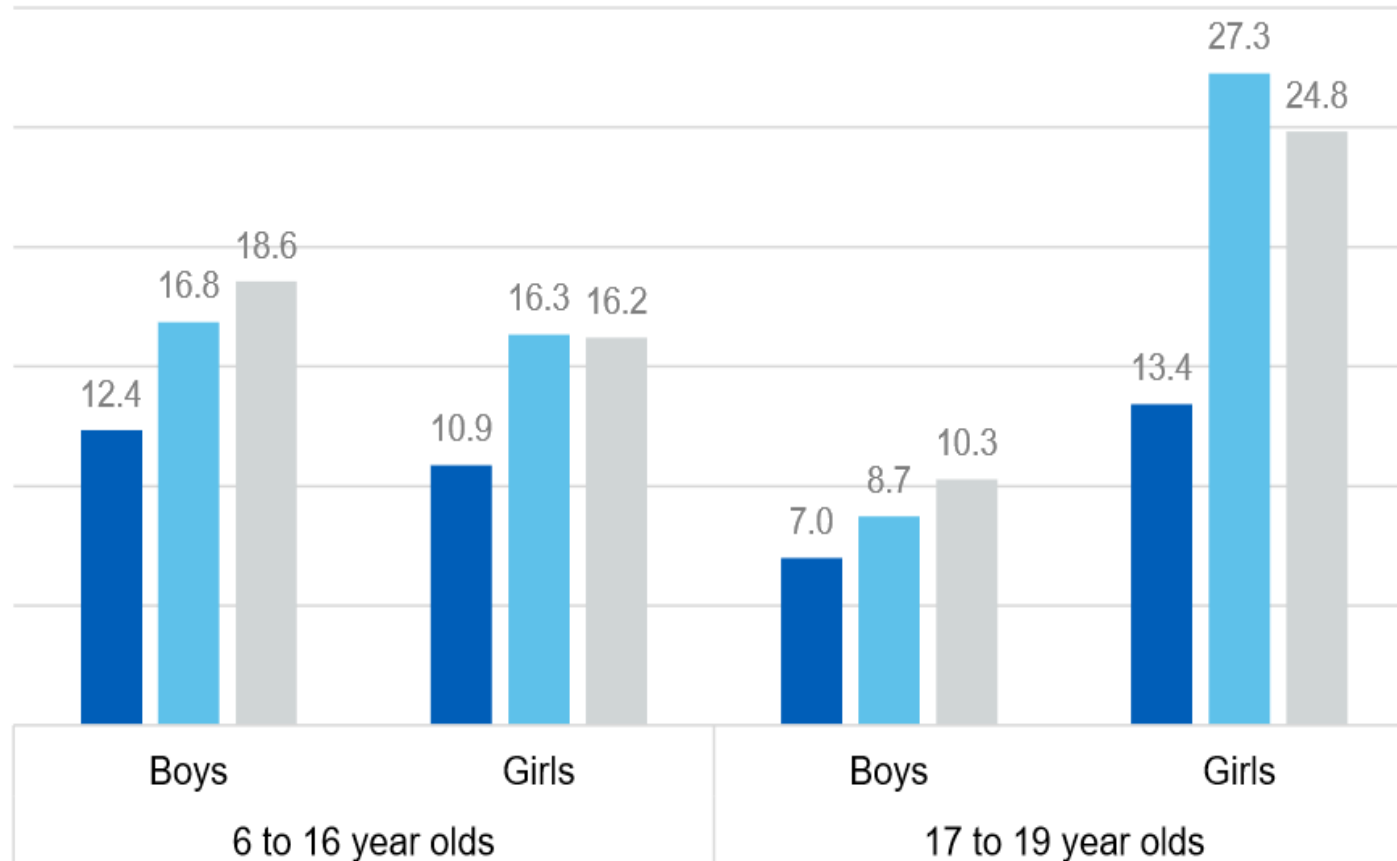
The Mental Health Crisis in school-aged-children

Concerning trends

Base: 6 to 19 year olds

■ 2017 ■ 2020 ■ 2021

Per cent

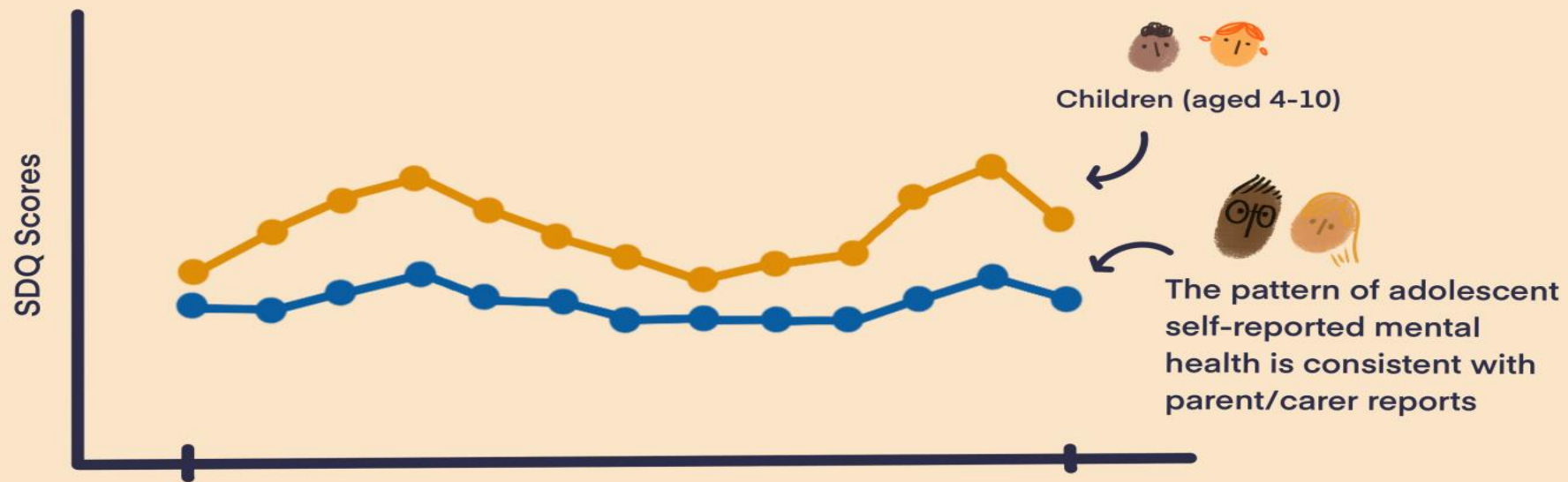


Source: NHS Digital

- Complex area with significant gaps in understanding
- Therapeutic processes dominated by individualistic approaches BUT the likely answers lies in addressing multiple stressors in a systemic manner

Co-space study

Overall, children (aged 4-10) have had **greater** changes in levels of mental health difficulties throughout the pandemic; levels of difficulties among adolescents (aged 11-16) have been more **stable**



Take part here: www.cospaceoxford.org/takepart

Co-space study

One year into the pandemic...Children and young people from certain households continue to show elevated mental health symptoms



Take part here: www.cospaceoxford.org/takepart



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POLL: What is the most common mental health problem affecting school-aged children?



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OxWell Survey details

350 questions;
2021: >30k students in
180 schools

Completed at school:
Years 5-13

Summary report for
each school and all can
access data portal

Broad focus on mental
health, risk behaviours
and experience of
school

Across Bucks, Berks,
Liverpool, Milton
Keynes, Oxfordshire

Close relationship with
Local Authority- all
work as partners, build
intervention platform

Special educational
provision

Young People's Health and Wellbeing

NHS
Frimley
Clinical Commissioning Group

 Buckinghamshire
Council

NHS
Berkshire West
Clinical Commissioning Group

 OXFORDSHIRE
COUNTY COUNCIL


milton keynes council



NIHR | Applied Research Collaboration
Oxford and Thames Valley

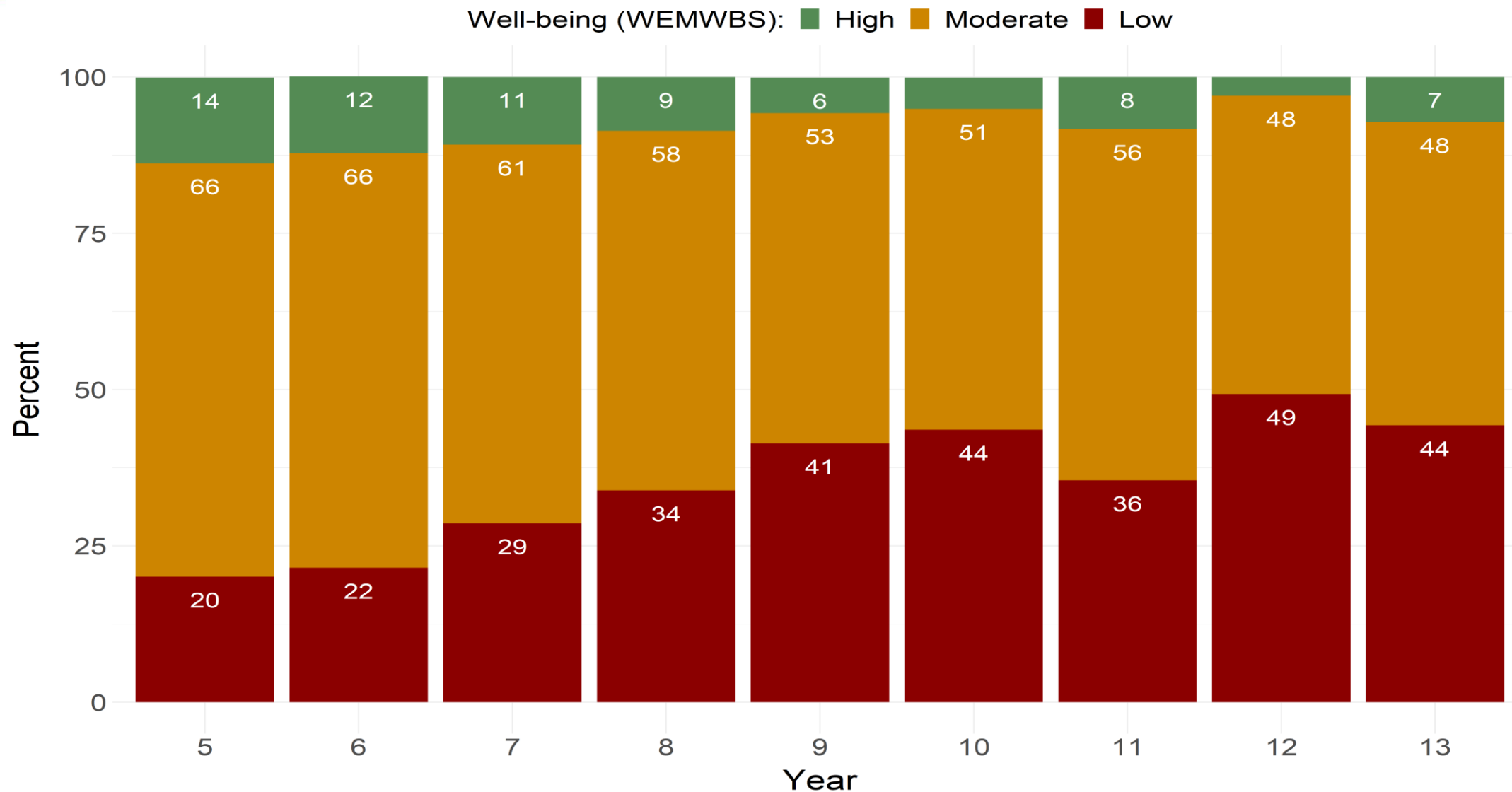
www.acamh.org



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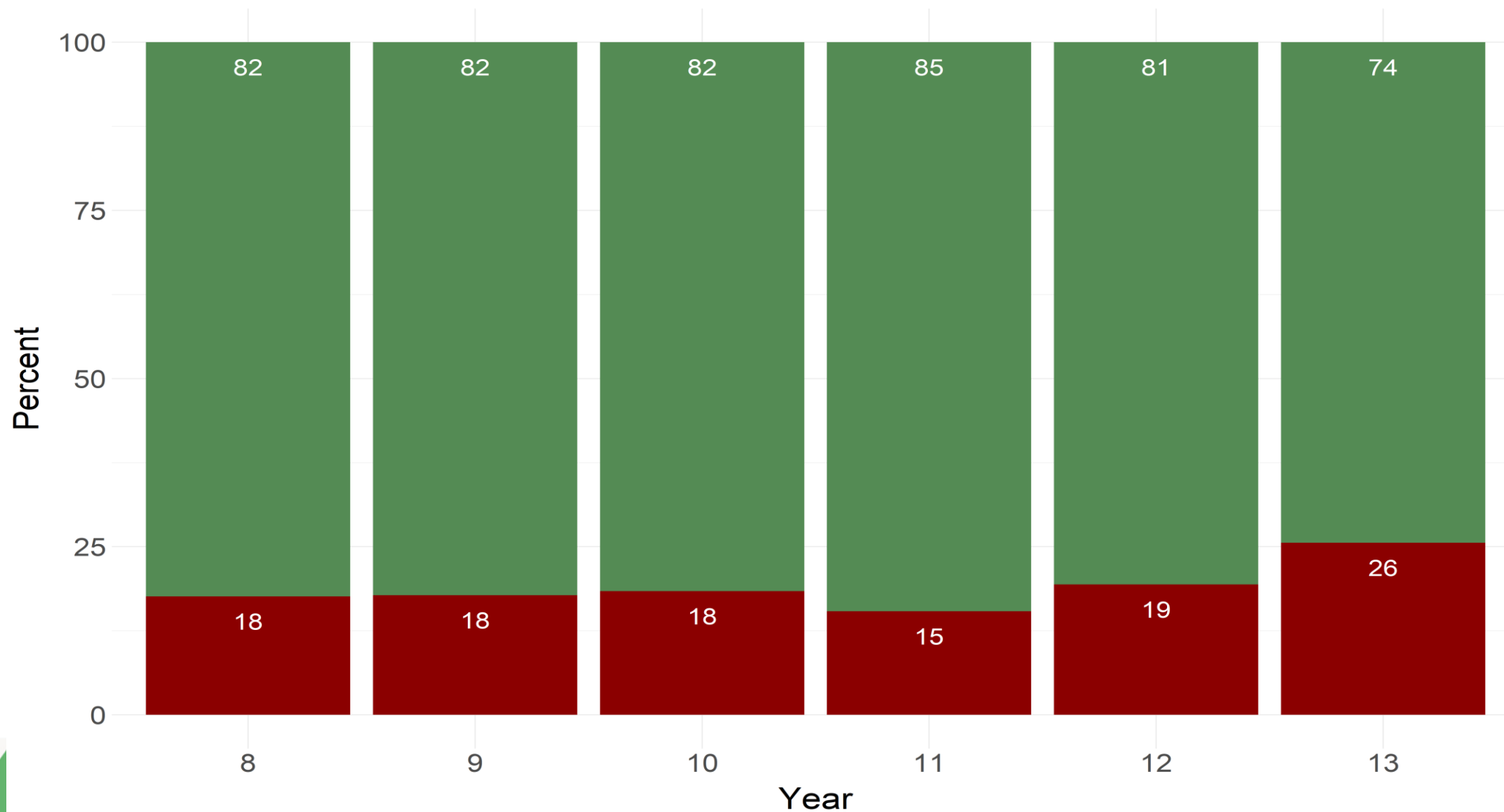


Wellbeing and Mental Health



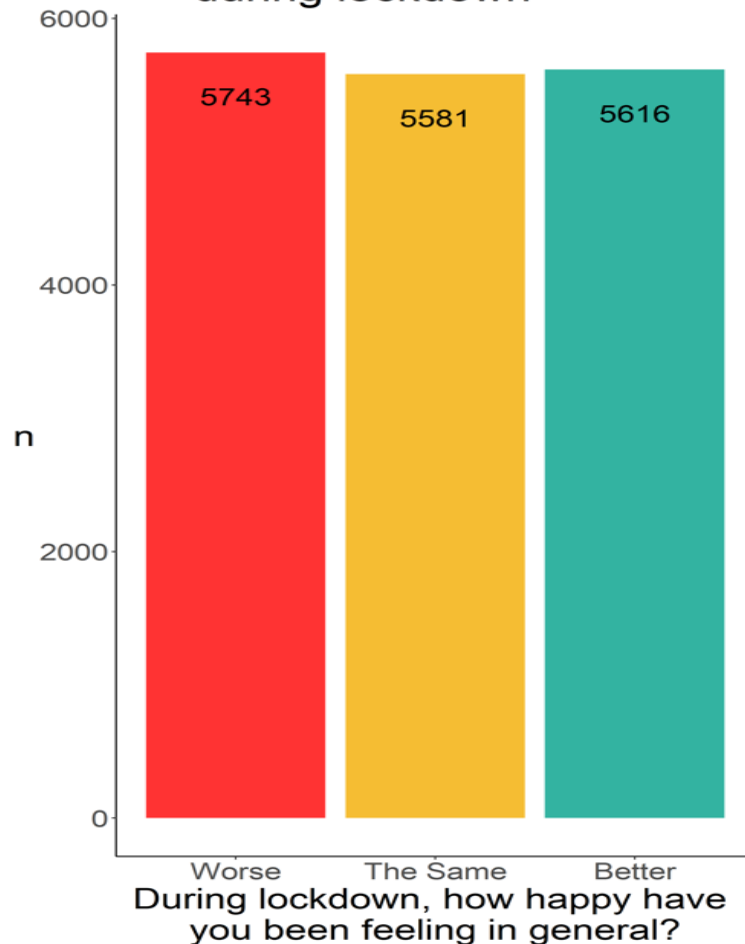


Depression and Anxiety (RCADs Total): ■ Less serious ■ More serious

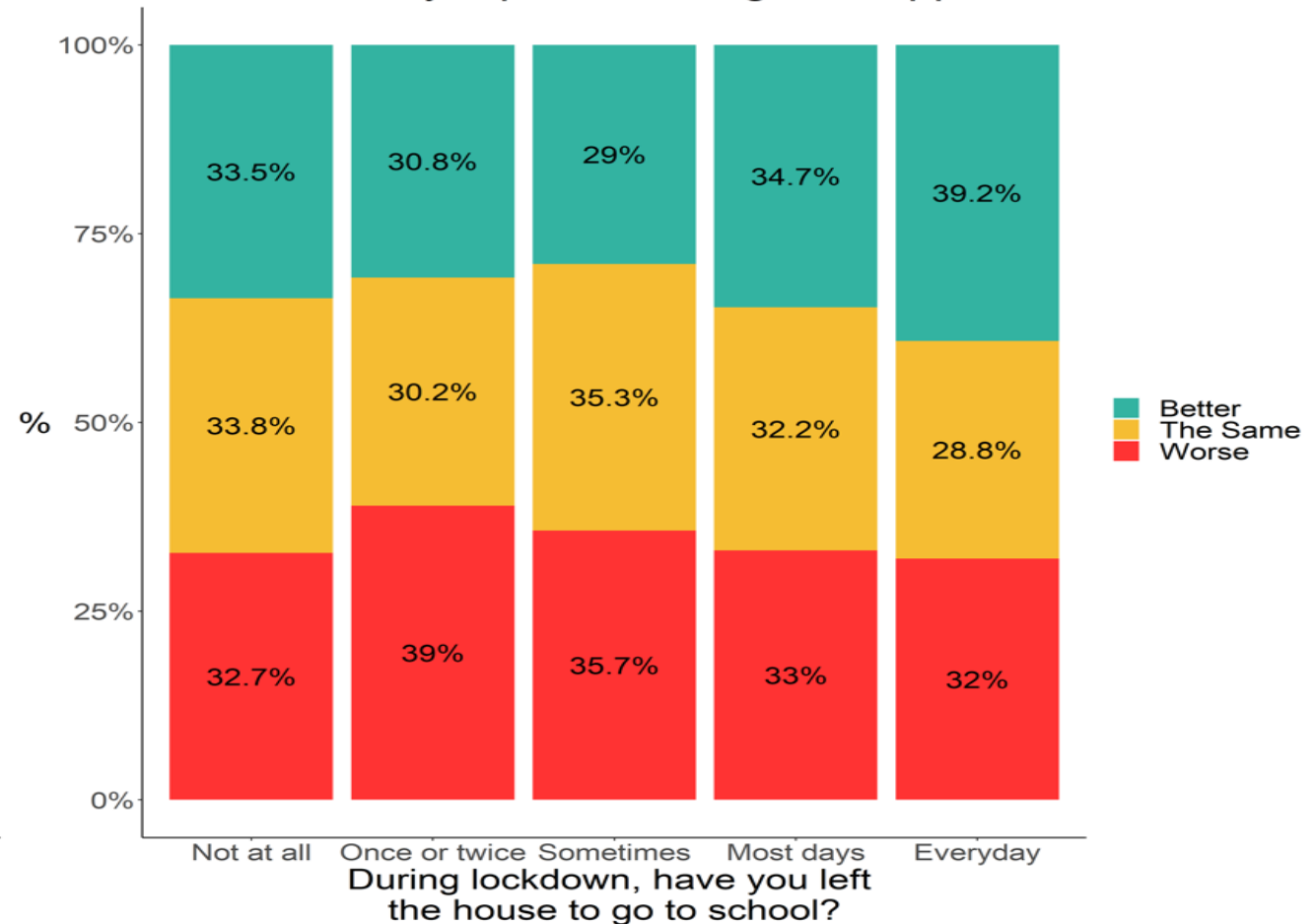


Picture is complex: Happier in lockdown? - data from the 1st lockdown

(1) Change in happiness during lockdown



(2) Frequency of school attendance during lockdown by reported change in happiness



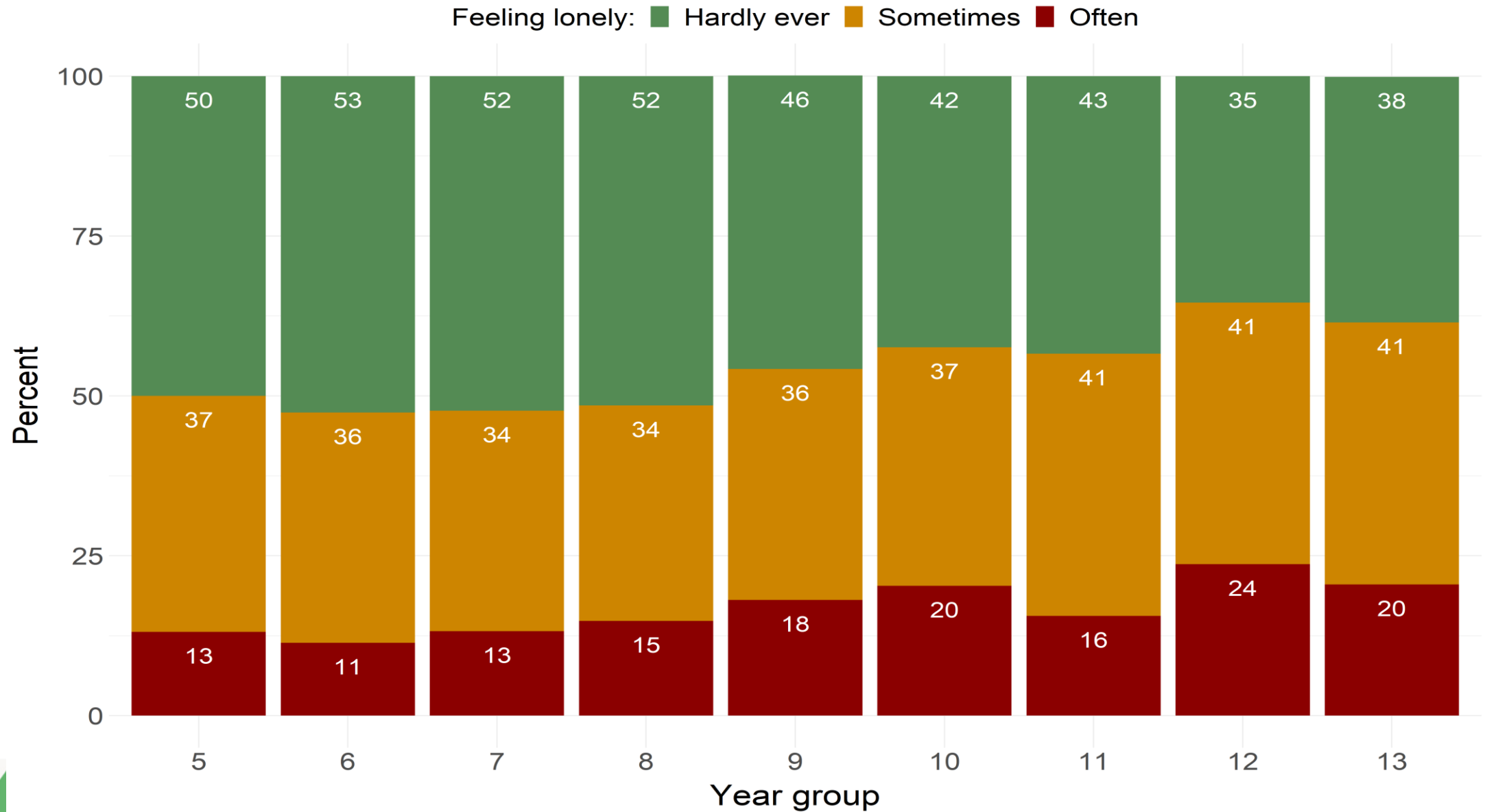


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Loneliness

How often do you feel lonely:





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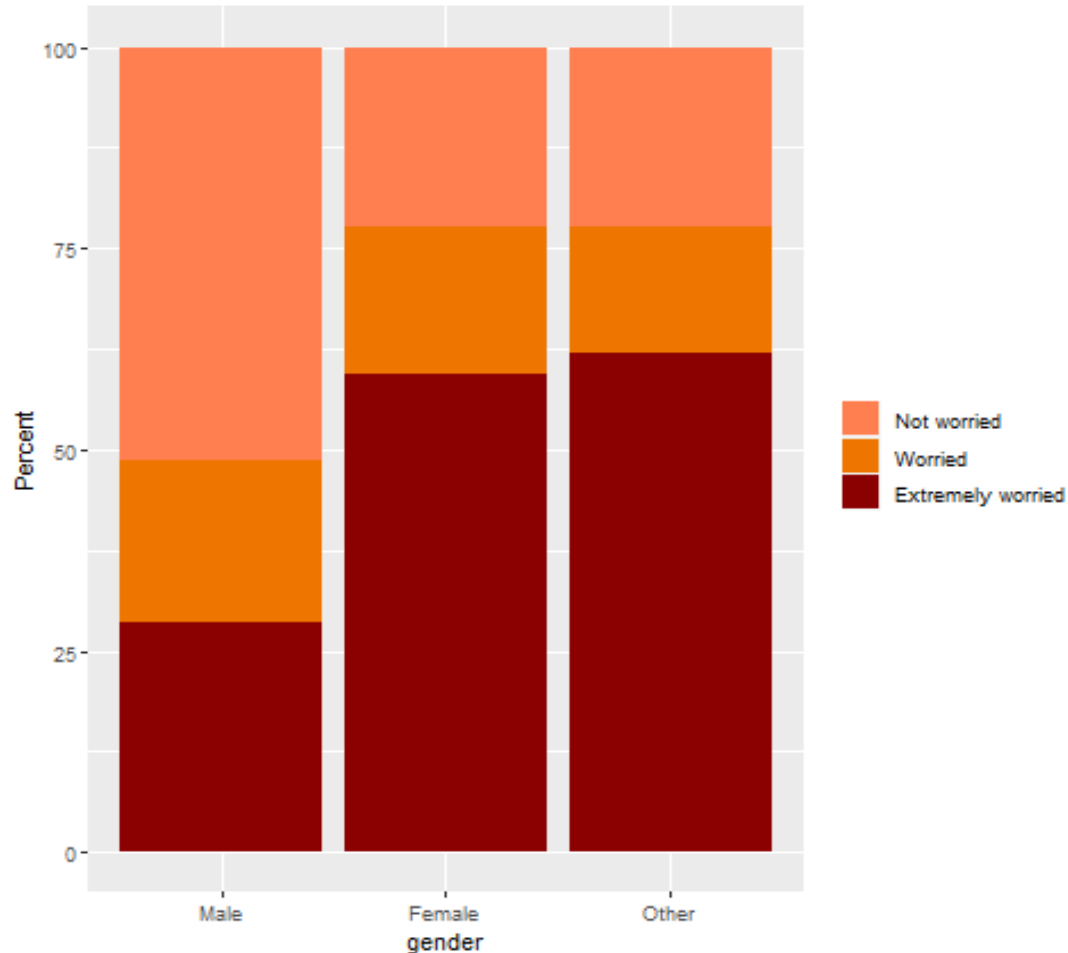


Worries

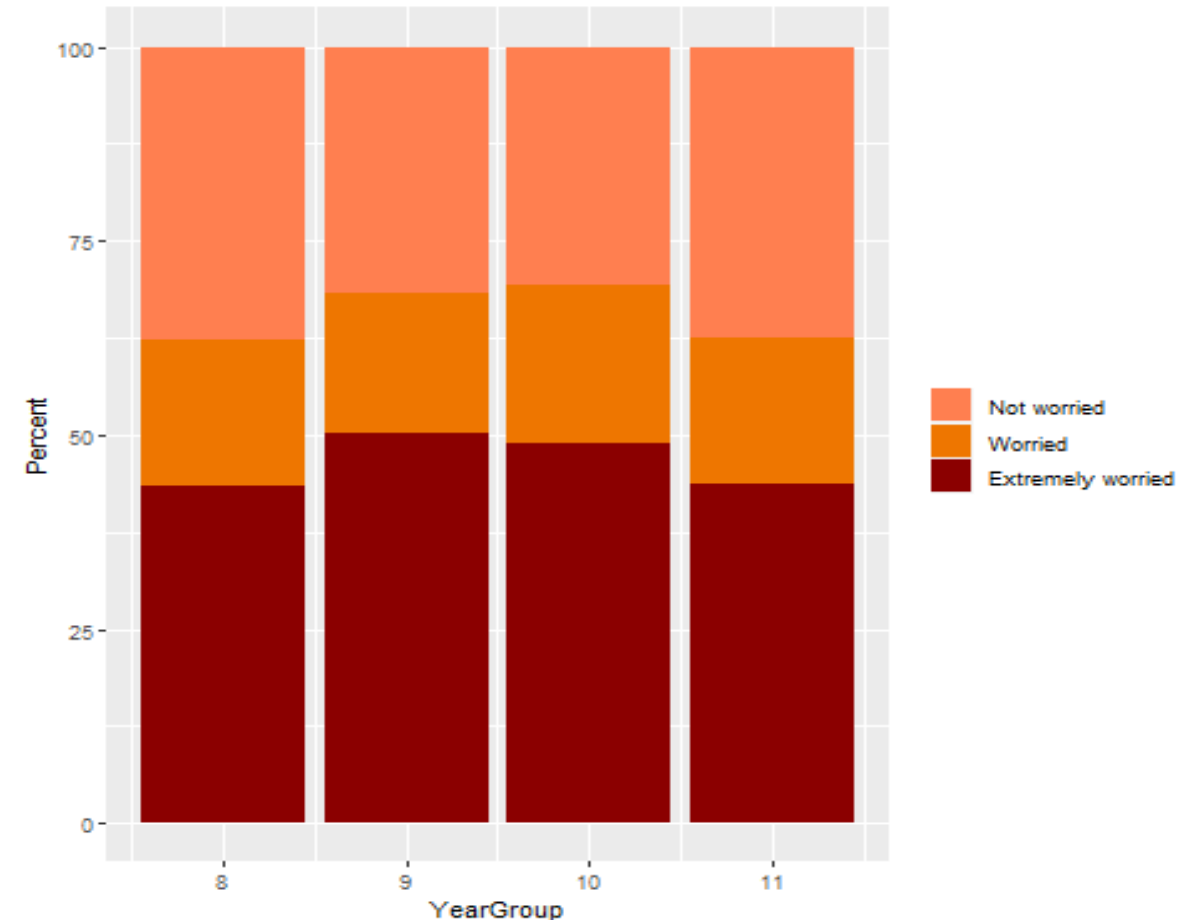
To what extent do you worry about the following topics:

My appearance (how I look and what I wear)

Appearance worry by gender

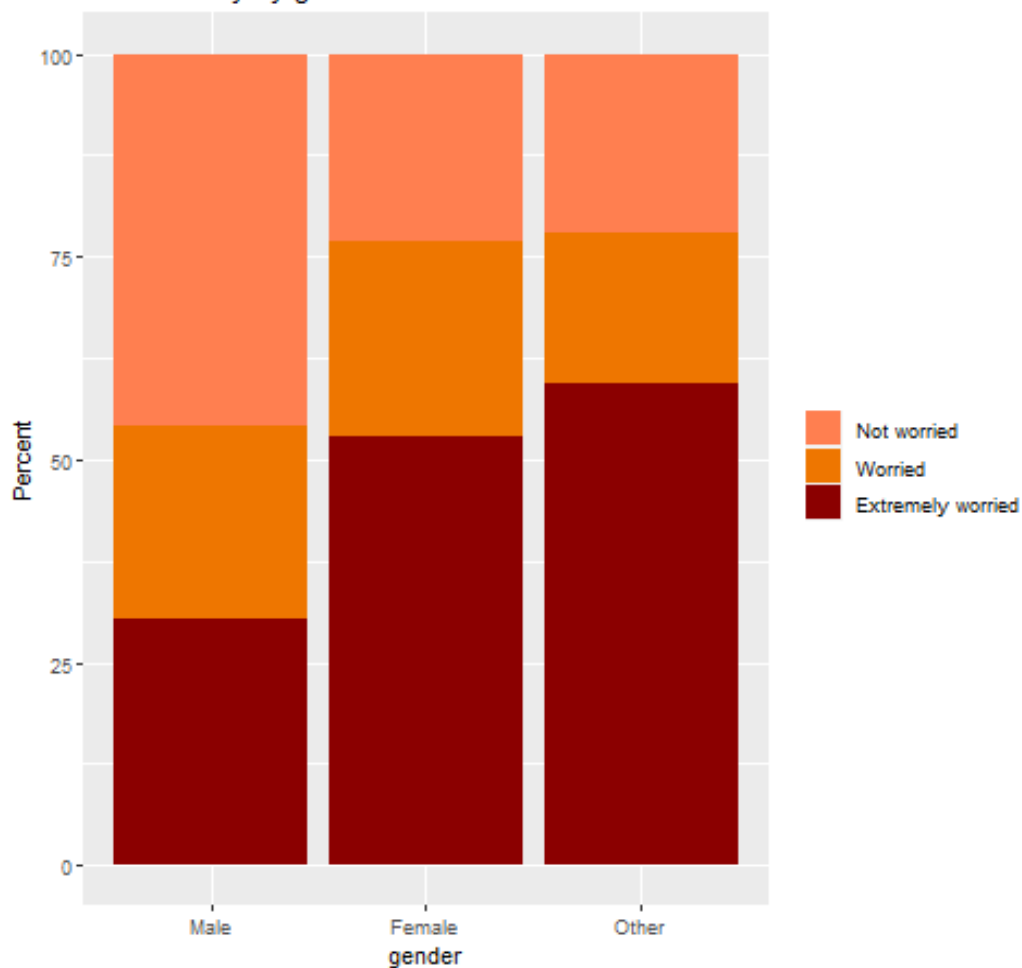


Appearance worry by year group

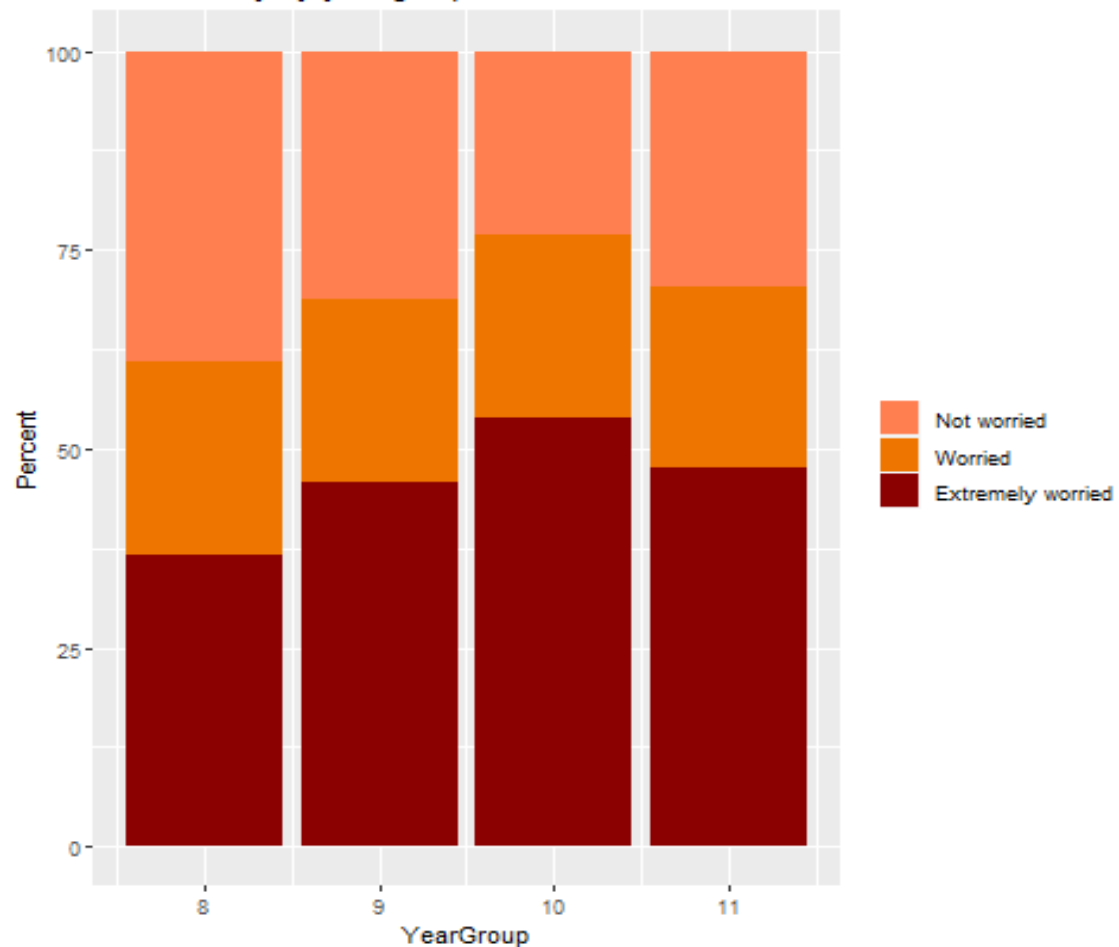


Doing well at school

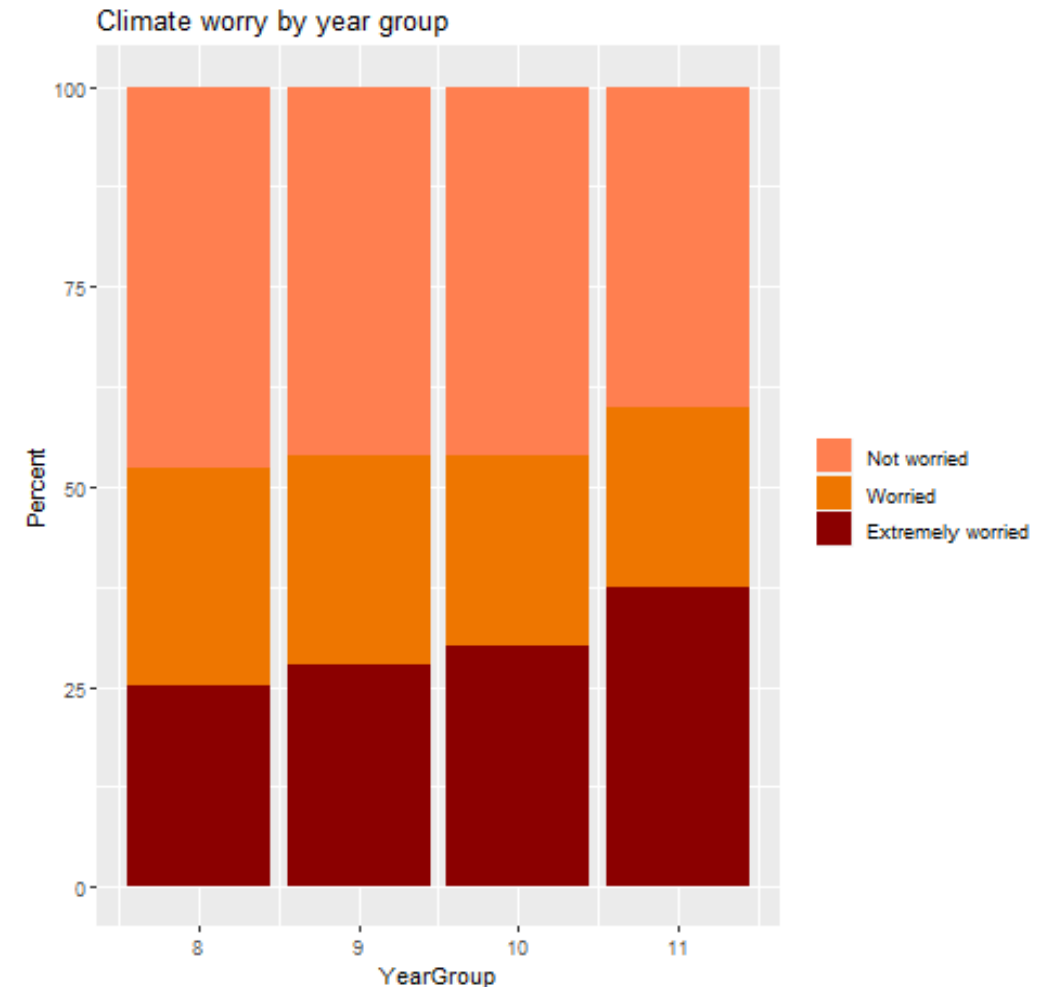
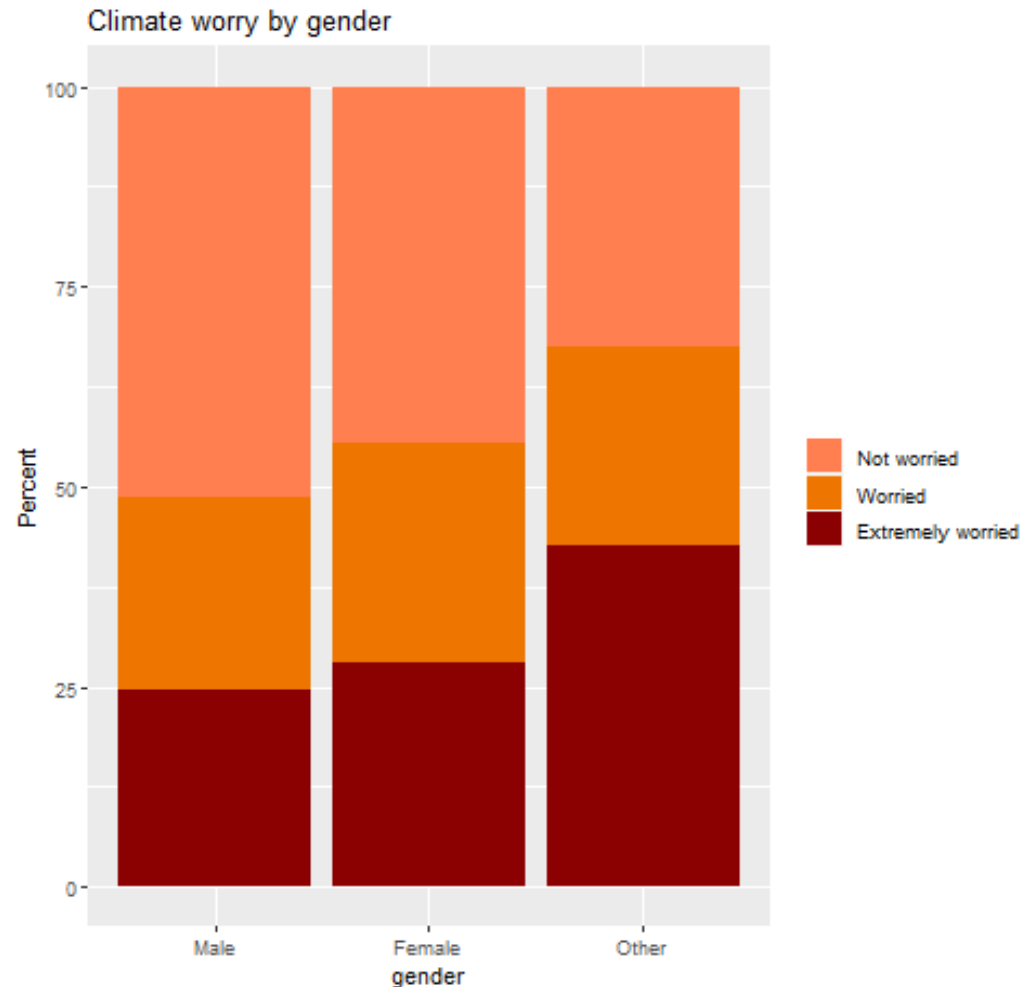
School worry by gender



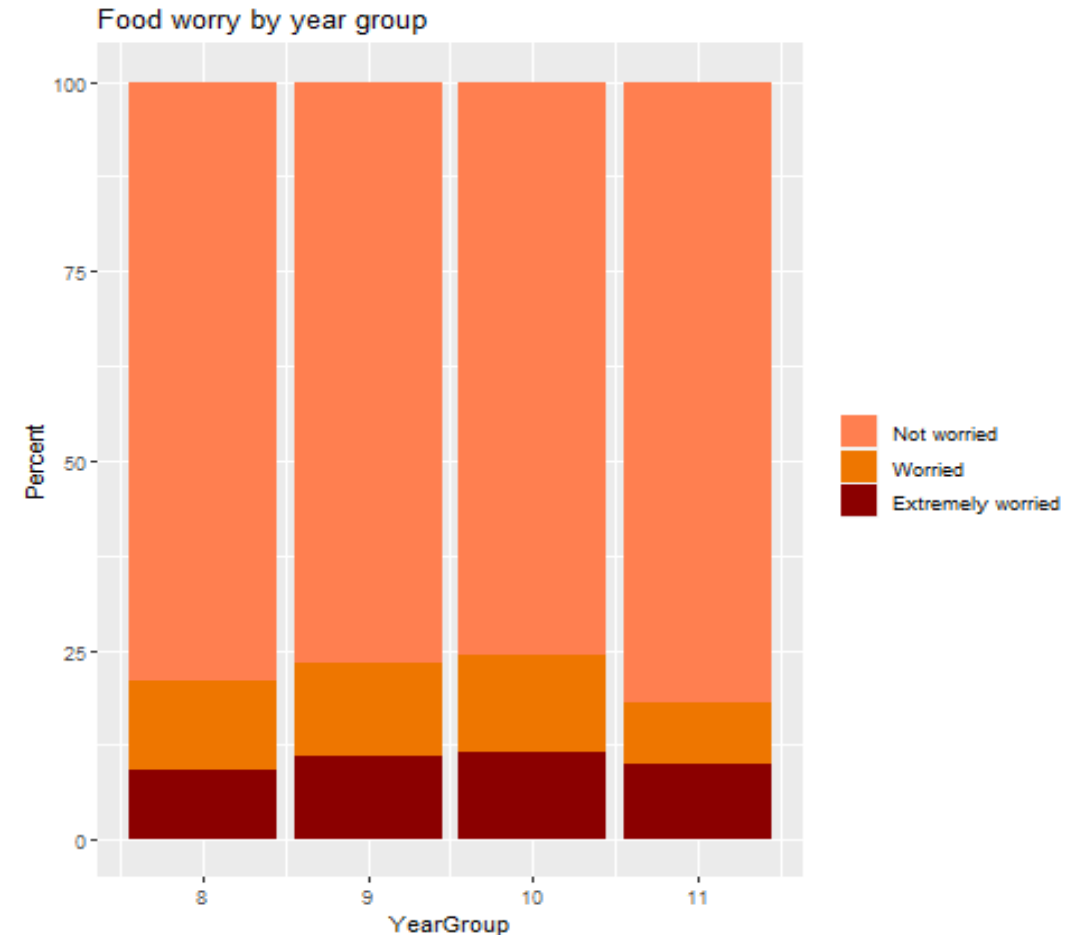
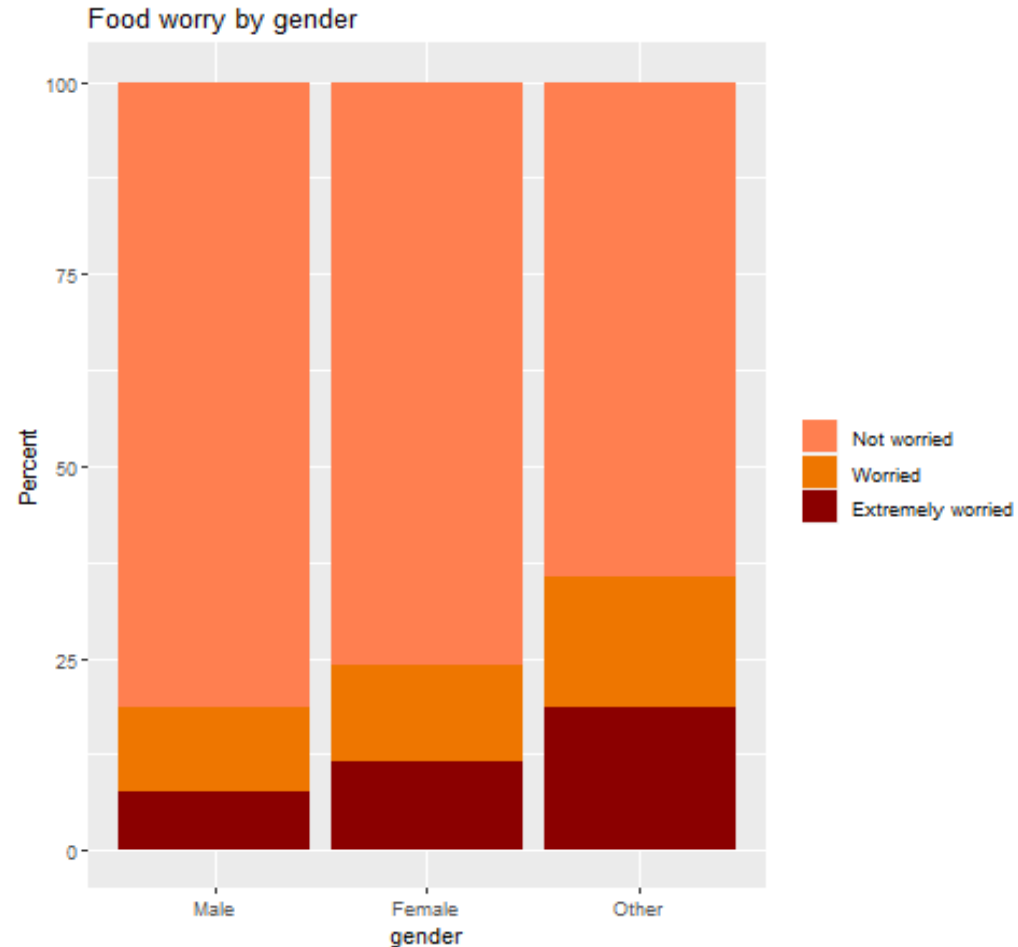
School worry by year group



The climate/environment



Having enough money to pay for food or living costs



Social Media and Gaming

How many hours a day do you usually spend on...

Hours a day ■ 4 or more ■ 1-4 ■ Less than 1



Playing games on
your phone in your free time

23

26

51

Playing games on
an electronic device

24

33

43

Playing games on
a computer or games console

48

31

22

On social media

37

40

23

0

25

50

75

100

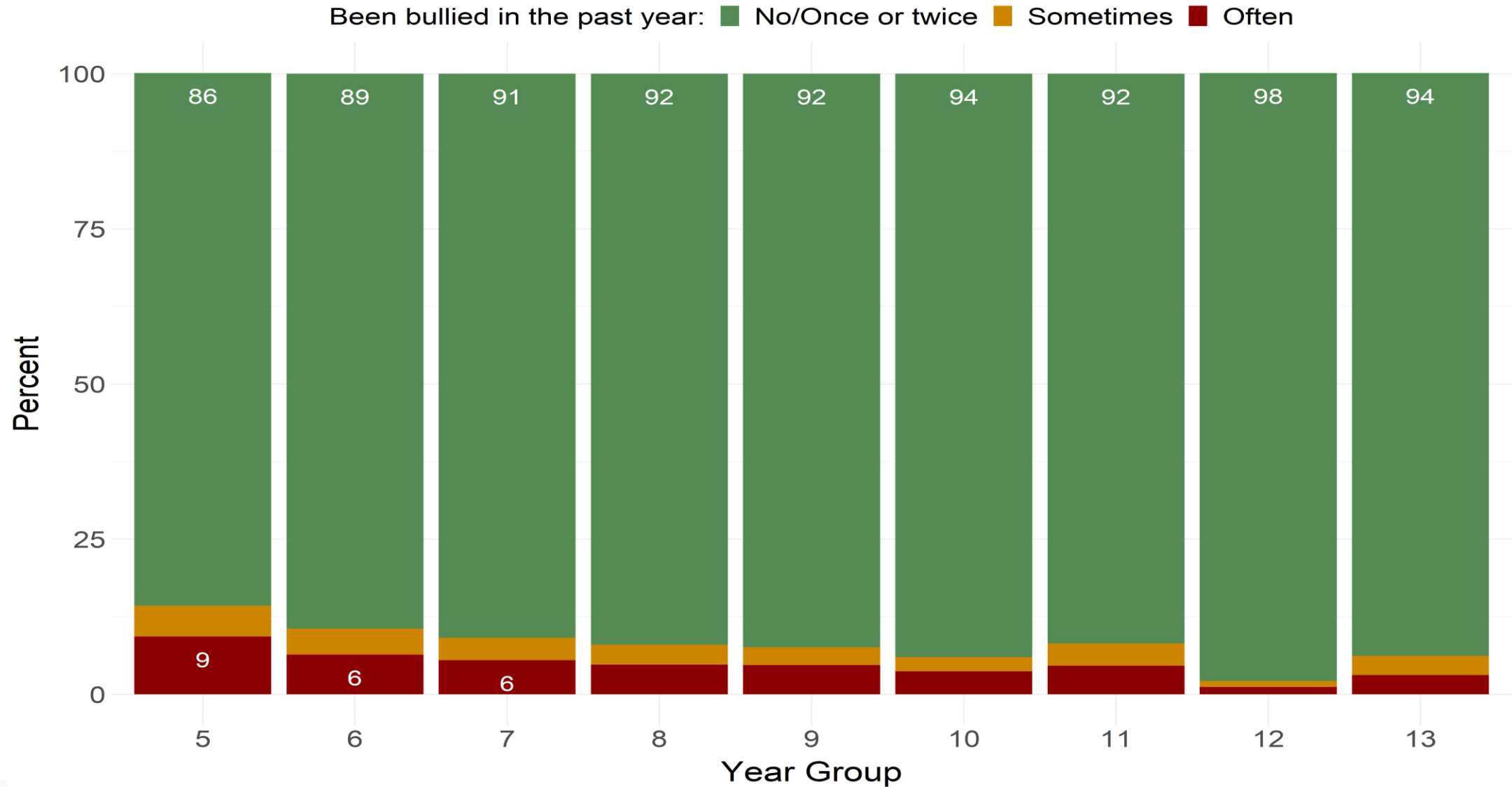
Percent



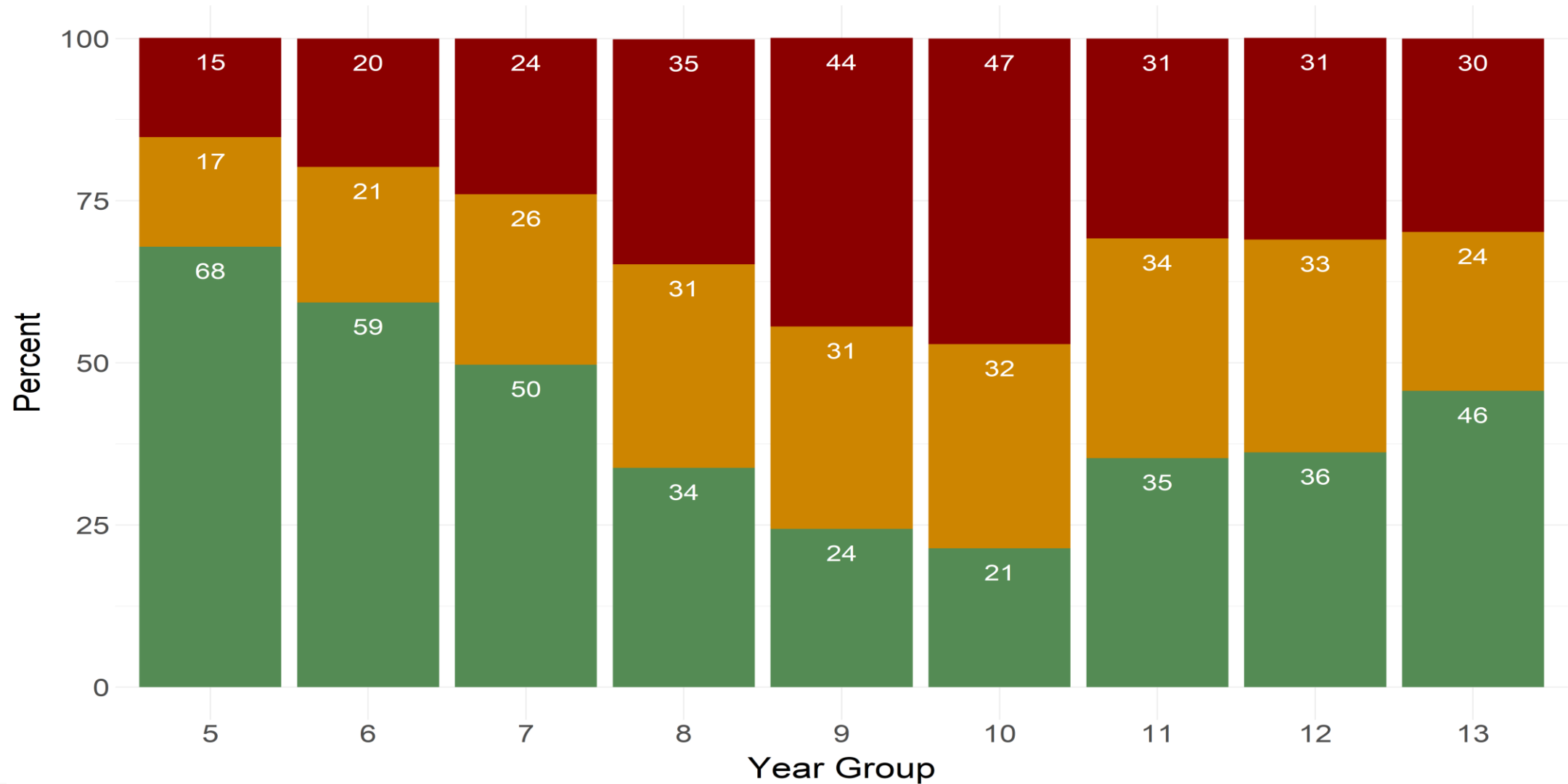
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Bullying



How well school deals with bullying: ■ Badly ■ Average ■ Well





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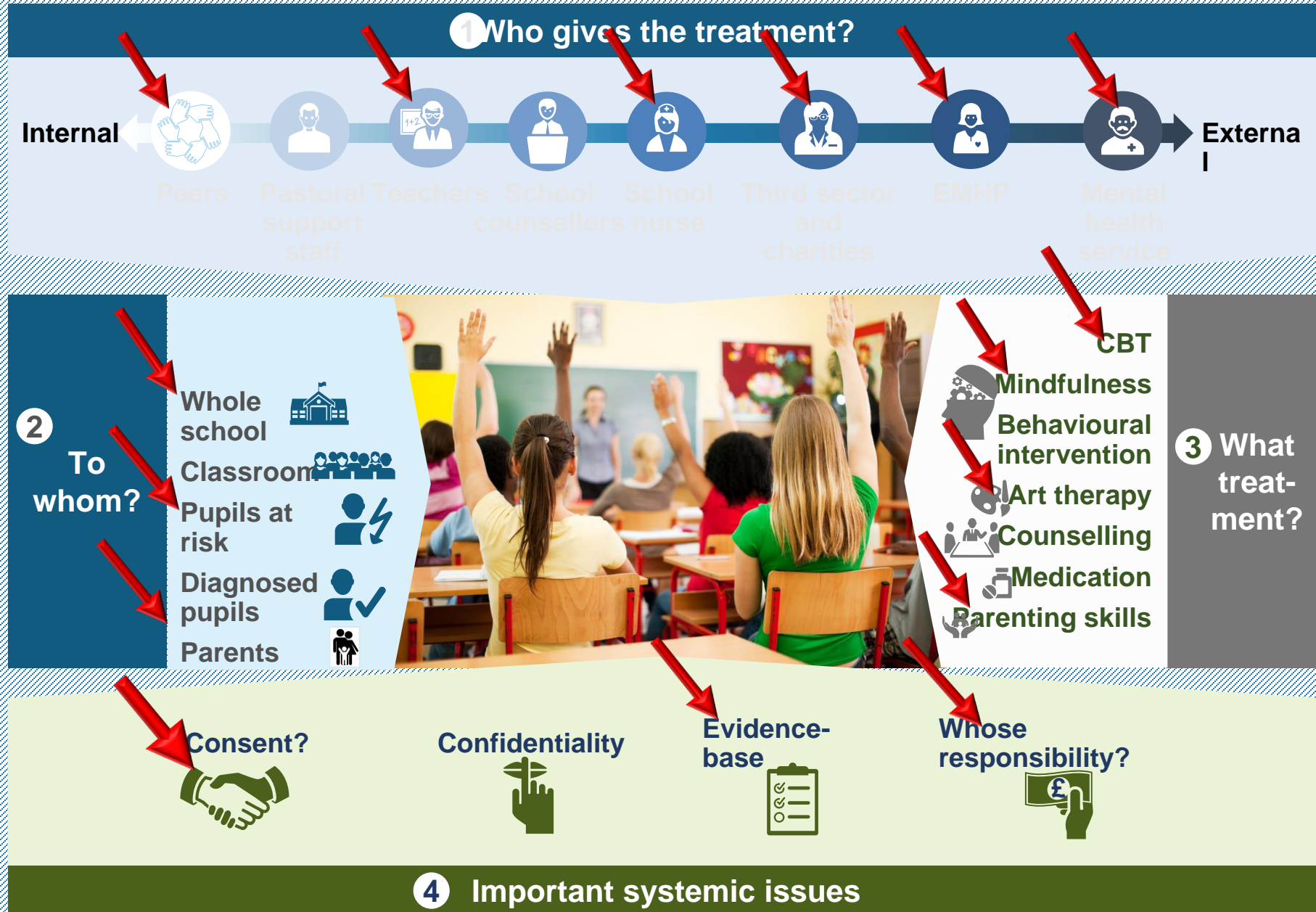


Mental health support



Is it easy to access mental health support at school/college?

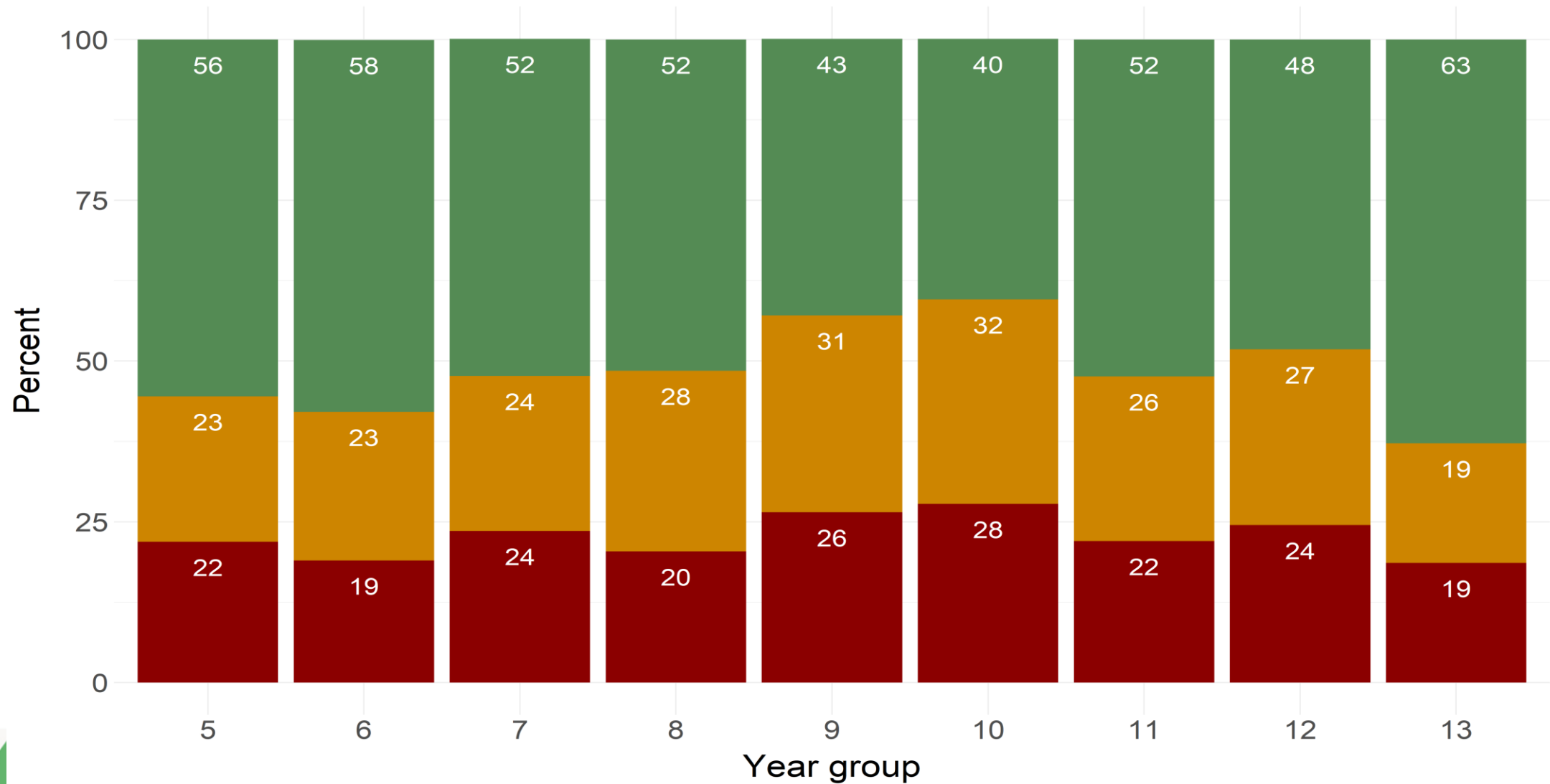
Who provides mental health support in your school/college?

School-based mental health interventions



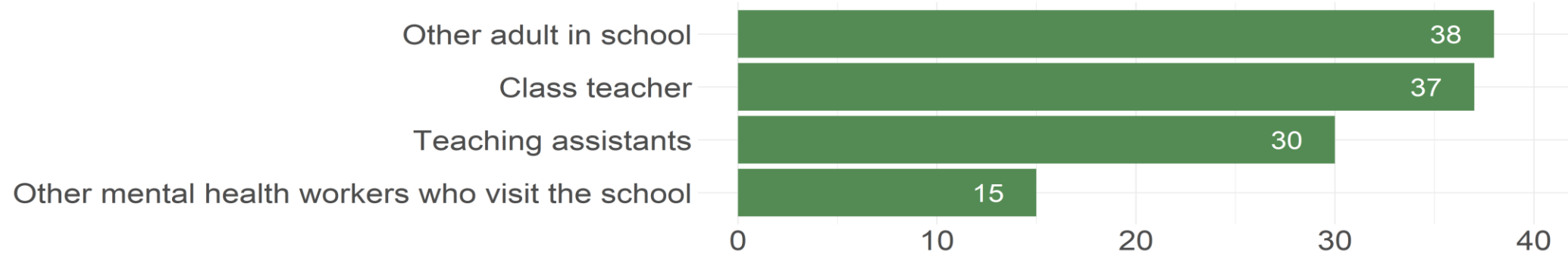


Access to Mental Health Support at School:  Easy  Sometimes difficult  Difficult

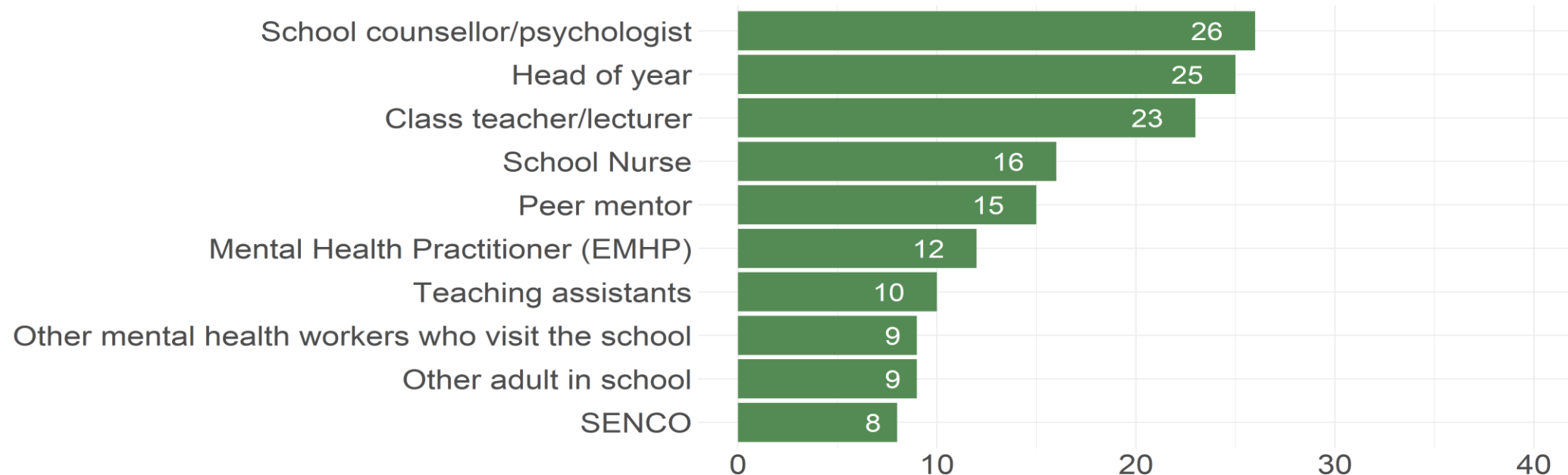


*Years 5 - 7 were asked if it was easy to find someone when upset and needing help

Years 5 - 7



Years 8 - 13



% of mentions among pupils
who replied to the question



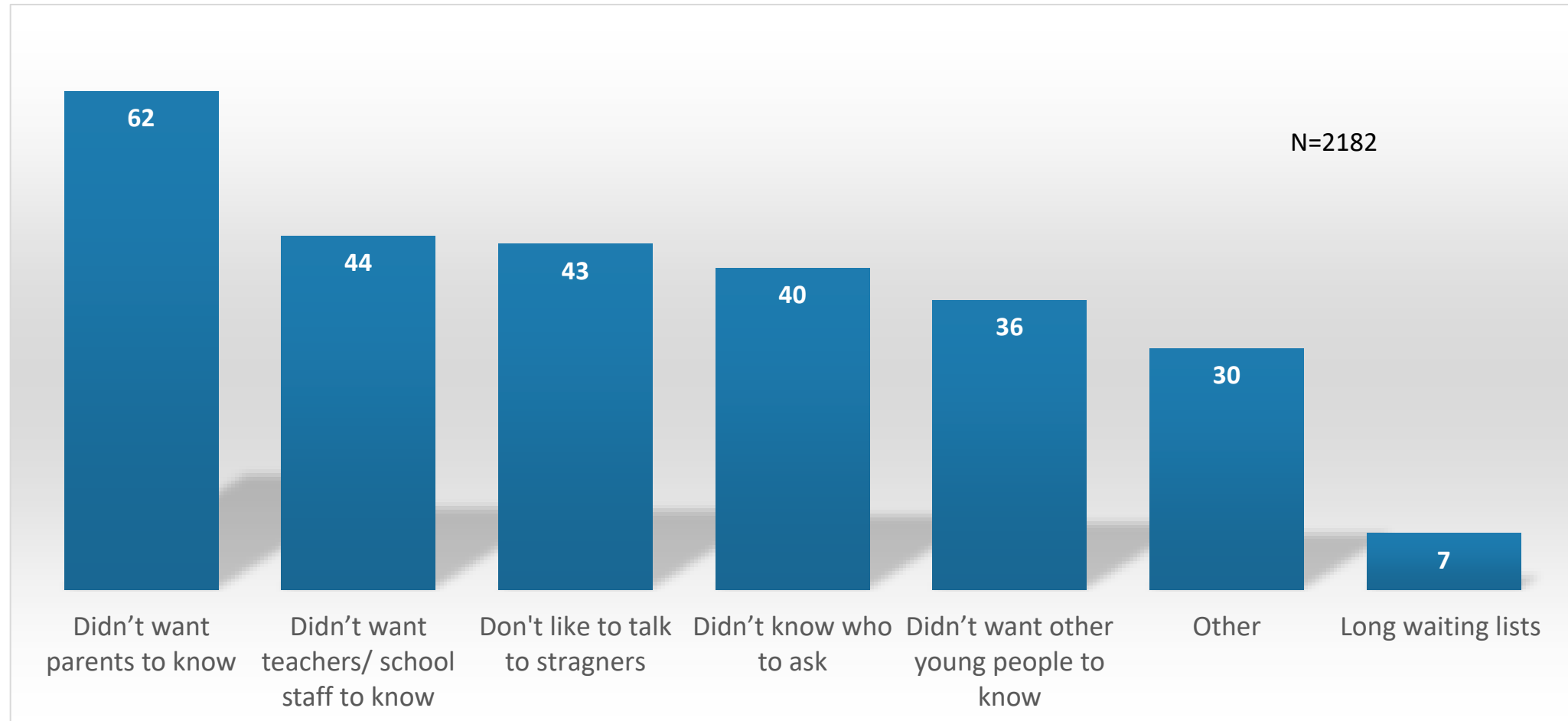
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POLL: Why might a student who feels they need mental health support not seek this support?

Why didn't you access support?

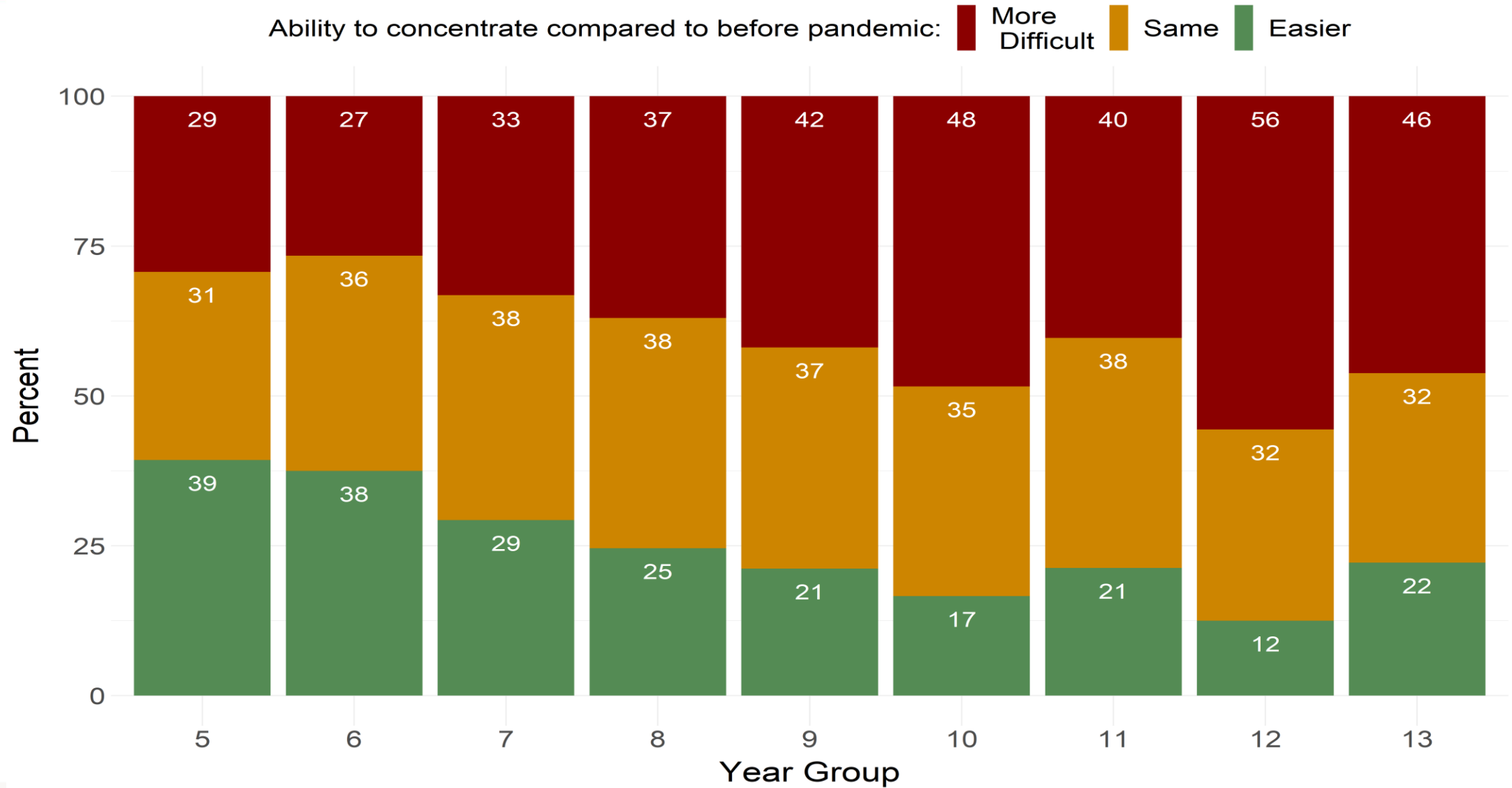




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Concentration post lockdown

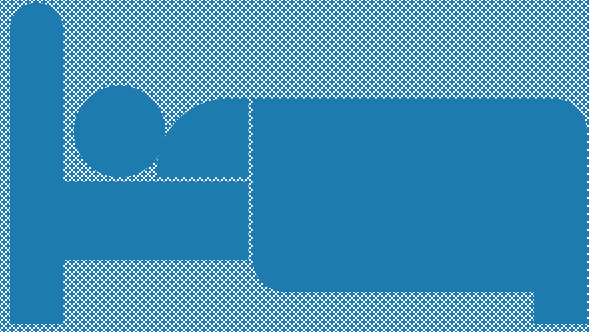




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Sleep

The example of sleep

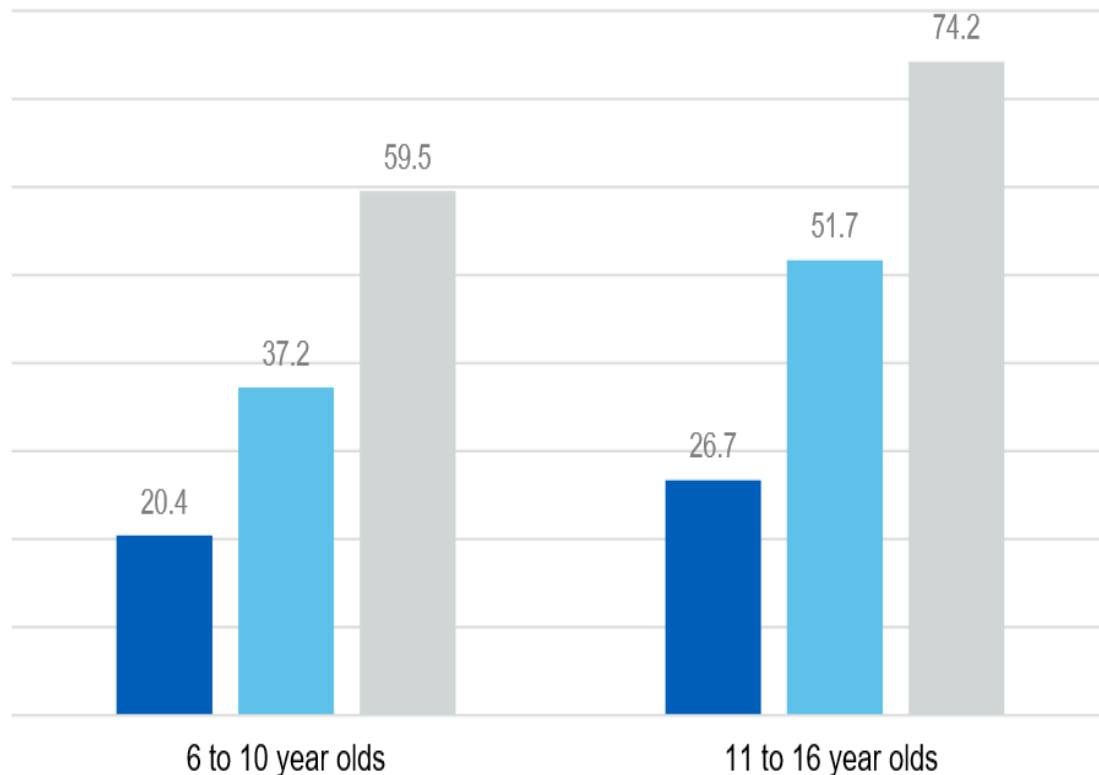
Increase sleeping disorders in children and youth

Figure 1.7a: Percentage of children with sleep problems on three or more nights of the previous seven, by mental health of child and age, 2021

Base: 6 to 16 year olds

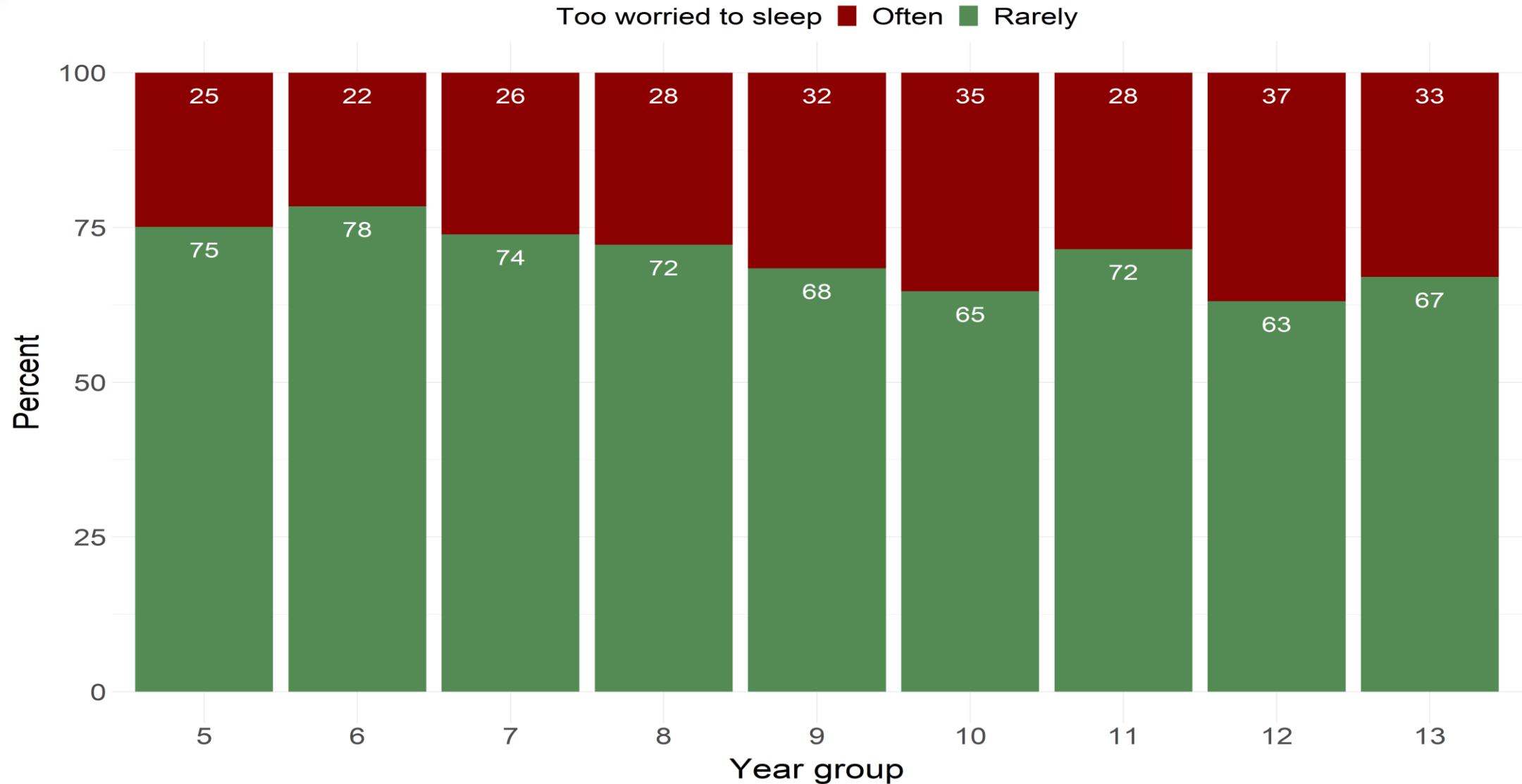
Per cent

■ Unlikely to have a disorder
■ Possible disorder
■ Probable disorder



Source: NHS Digital

- High incidence of sleep disorders
- Potential **sleep interventions exist** but urgent need to improve evidence base
- Schools optimal location to deliver mental health interventions





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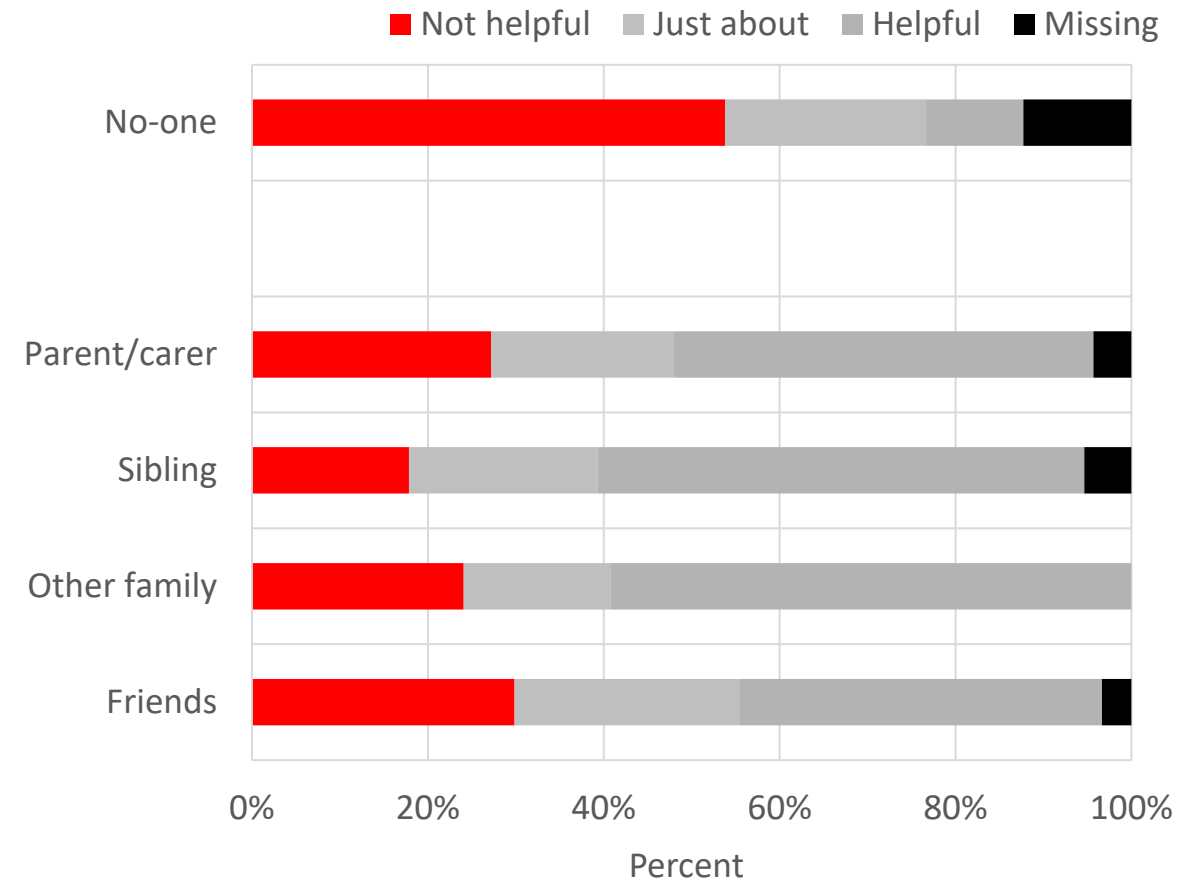
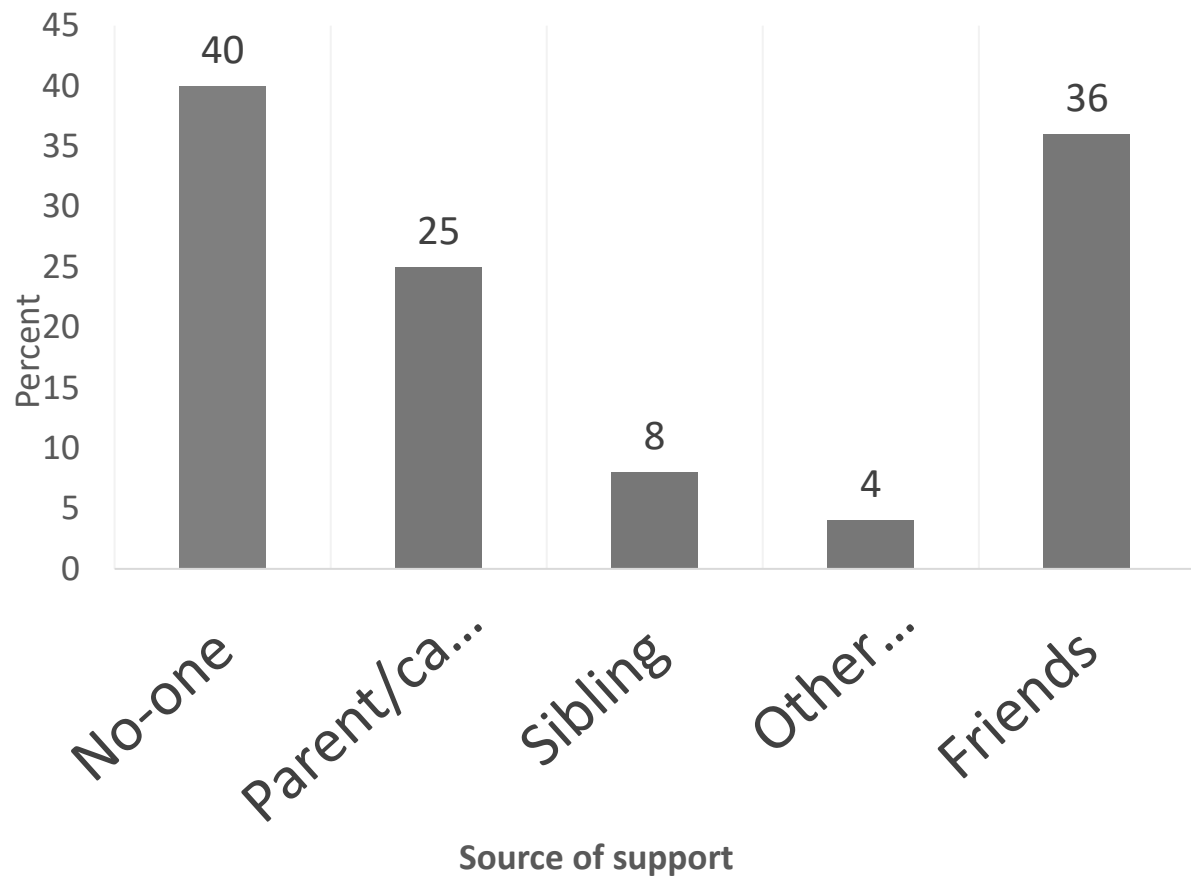
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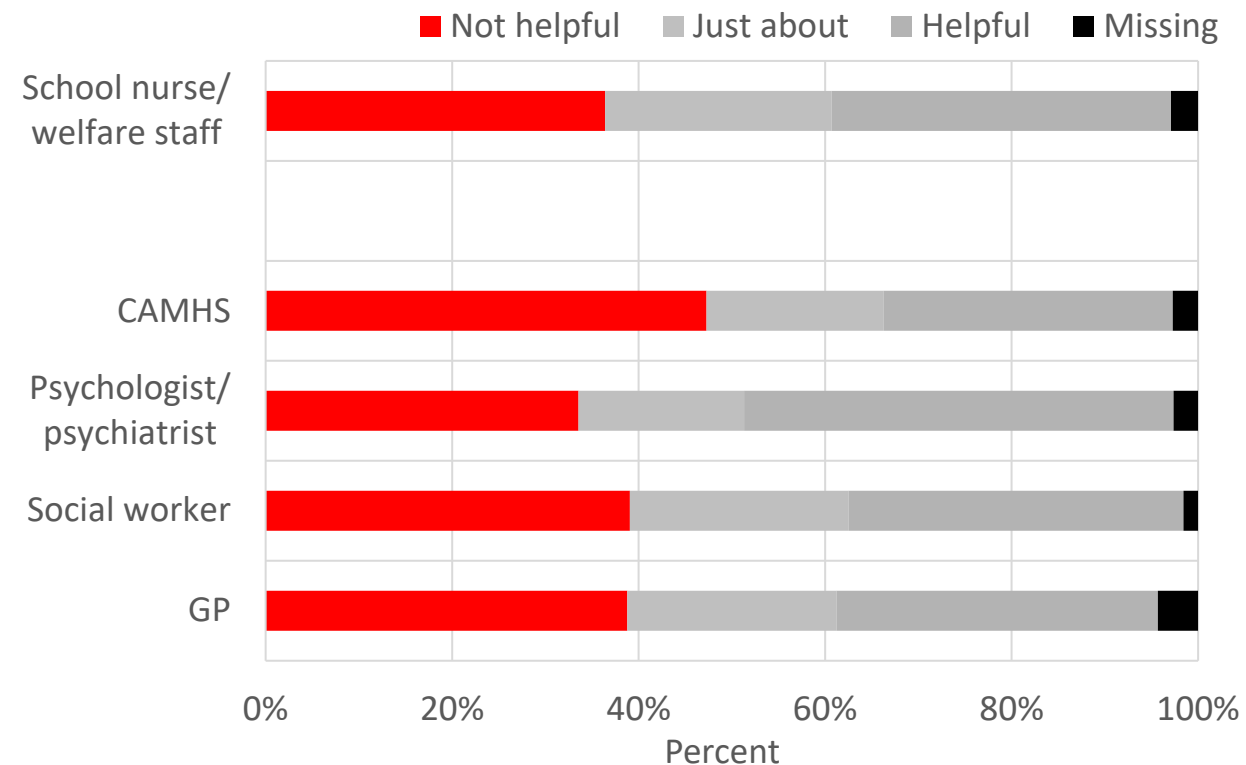
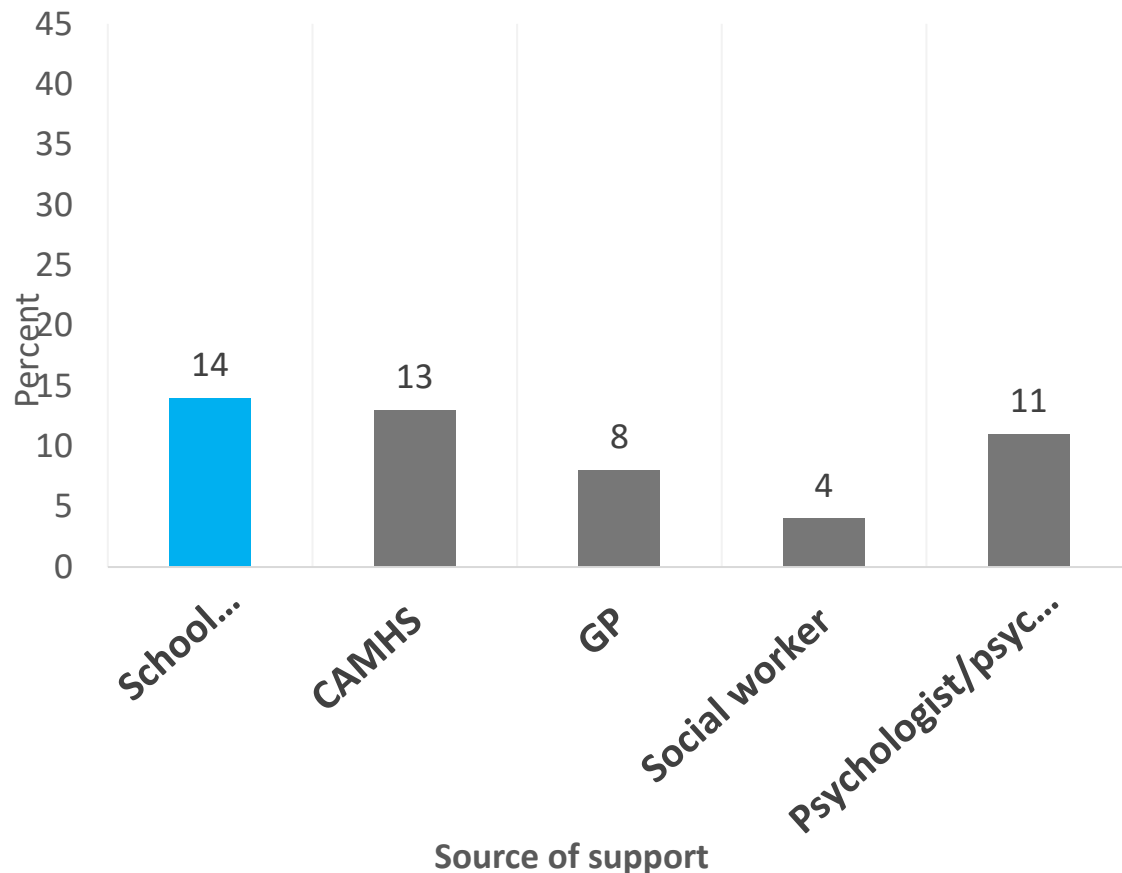
Self-harm-
school
years 8-13

2021: 6.7%
within last
month

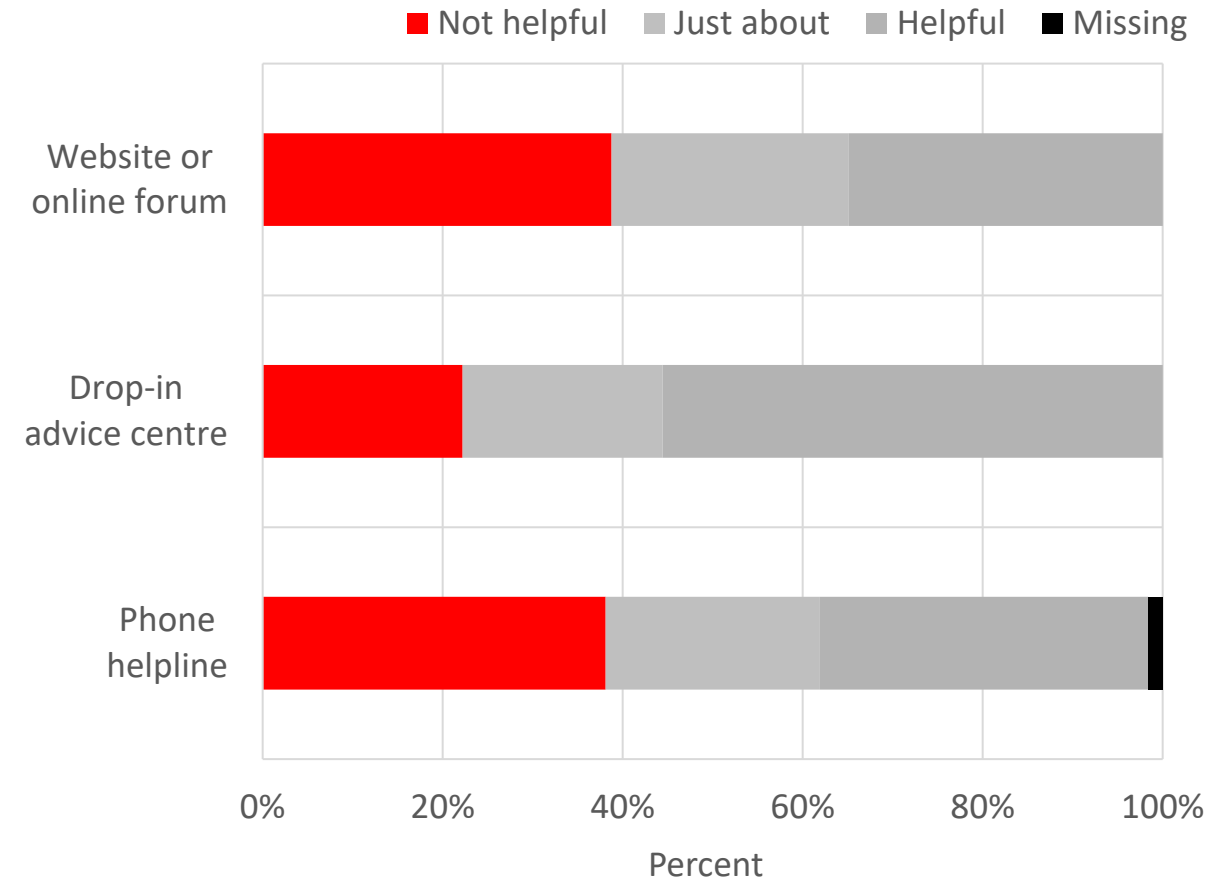
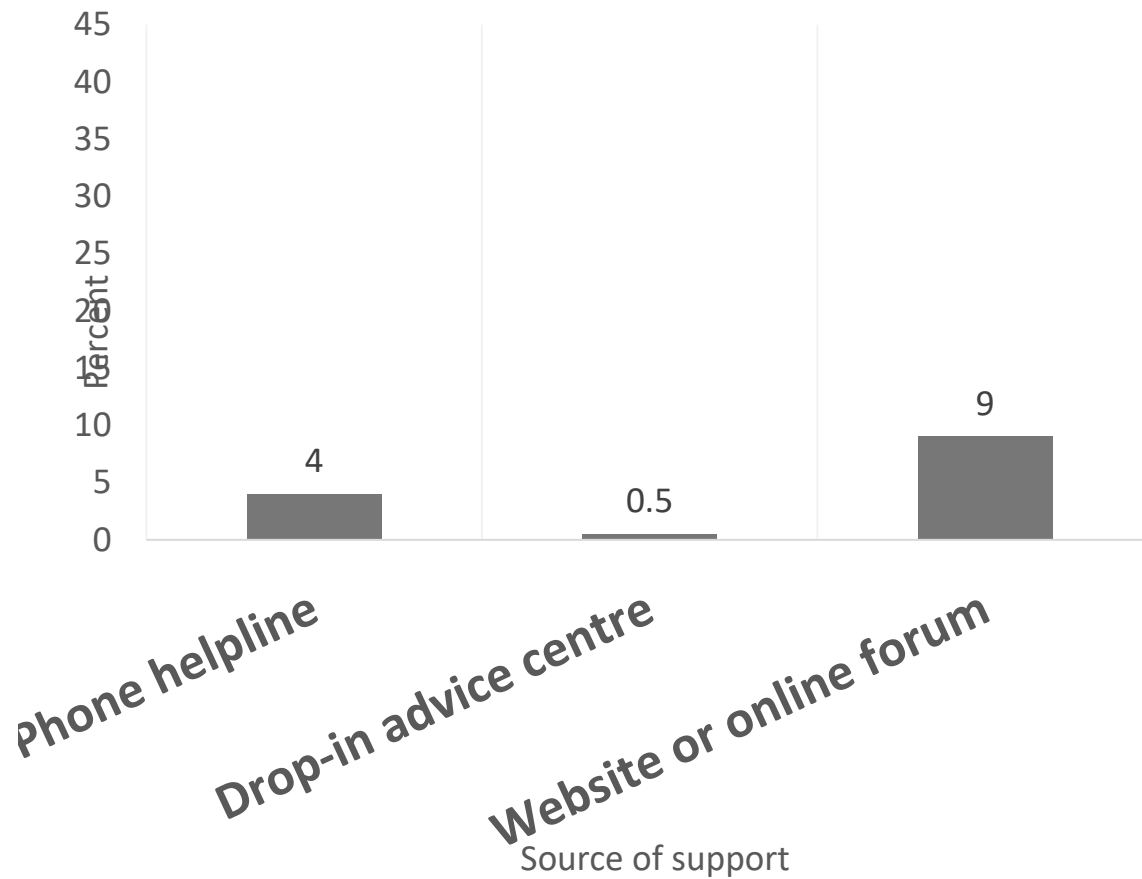
Sources of support following self-harm: family and informal networks (n=1452)



Sources of support following self-harm 2: formal services



Sources of support following self-harm 3: informal services





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Sharing findings

Insta

Posters

tiktok



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OxWell Student Survey

Young People's Health and Wellbeing

Nervous around injections?

Ways to make getting the vaccine as stress free as possible.



Before :

- Keep yourself busy before the appointment and don't forget to eat.
- Take your favourite book to read or some good music to listen to.
- You can take a friend with you to get the vaccine.



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OxWell Student Survey

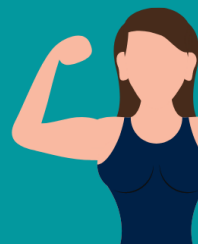
Young People's Health and Wellbeing



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During :

- Let the person who is giving you the jab know if you're feeling a bit nervous.
- Tense and relax your arm muscle before you get injected.
- Count slowly down from 20, this will help as a distraction. hopefully by the time you get to 0, the jab will be done.



After :

- You might have to wait 15 minute after wards, so pack a snack or a drink as a treat while you wait.
- After getting back from your vaccine, plan something nice for yourself as a reward: a relaxing bath, your favourite take away or a good film.



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OxWell Student Survey

Young People's Health and Wellbeing

The data provided on this poster was compiled from the 2021 OxWell survey that 180 schools and over 30,000 students participated in.

OxWell Student Survey

Young People's Health and Wellbeing

Sleep

More than 1 in 5 students in years 5-13 are too worried to sleep.



Most secondary students are gaming or on social media just before they want to sleep

Tips for better sleep:

Try reading or doing something offline in the hour before going to bed.

Avoid daytime naps, and keep a regular sleep schedule

Try to do some exercise in the day as being physically tired helps

Create a calming atmosphere by playing soft music or white noise

The data provided on this poster was compiled from the 2021 OxWell survey from over 30,000 students in 180 schools

Websites with more information:

<https://www.mentalhealth.org.uk/publications/how-sleep-better>

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

2021 OxWell Survey Top 10 facts

Mental Health:

Nearly 1 in 5 students are experiencing significant mental health difficulties and many find it difficult to get help.

Appearance:

Most students are worried about how they look.



Gaming:

Nearly half of all students spend 4 or more hours playing games on their computers or gaming devices.



Concentration:

Half of six formers find it more difficult to concentrate now than before lockdown.

Loneliness:

Around 1 in 5 students often feel lonely.

Bullying:

1 in 12 year 9 students said that they have been bullied in the past year.



Social Media:

A third of students are spending over 4 hours on social networking sites.



Money:

Around 1 in 5 of all secondary students are worried about having enough money to pay for food or living costs

Sleep:

Over a third of year 12 students often feel too worried to sleep.

Exercise:

More than half of respondents are exercising more now than before the first lockdown.



The data provided on this poster was compiled from the 2021 OxWell survey that 180 schools and over 30,000 students participated in.



Conclusions

- Focus on the whole system
- Mental health picture
- How to intervene
- Evidence-base



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Resources





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Taking our Mental Health in Schools initiative forward



Ask the Expert

- Knowledge transfer
- Research informed
- Evidence-based

Pedagogy in Practice

- Child centred
- Learning-focused
- Statutory requirements
- Innovative practice & teaching
- Whole school approach



RSHE Topics

<input type="checkbox"/>	Anxiety & Depression	<input type="checkbox"/>
<input type="checkbox"/>	Screen Time	<input type="checkbox"/>
<input type="checkbox"/>	Sleep	<input type="checkbox"/>
<input type="checkbox"/>	Common MH conditions & current context	<input type="checkbox"/>
<input type="checkbox"/>	Eating Disorders	<input type="checkbox"/>
<input type="checkbox"/>	Self Harm	<input type="checkbox"/>
<input type="checkbox"/>	Trauma	<input type="checkbox"/>
<input type="checkbox"/>	Addiction	<input type="checkbox"/>
<input type="checkbox"/>	Social Media / On-Line Usage	<input type="checkbox"/>
<input type="checkbox"/>	Bereavement & Loss	<input type="checkbox"/>

Our ambition in the medium term is to develop 2 webinars for each topic

- **Ask the Expert – knowledge transfer**
- **Pedagogy in Practice - developed in partnership with Chartered College**



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Pedagogy in Practice

Topic: Sleep

3.45pm on 17th May 2022