YOUNGMINDS

Promoting Resilience, Prevention & Early Intervention

Chief Executive: Sarah Brennan

Vision & Mission

- We champion children and young people's mental health and wellbeing across the UK.
- Driven by their experience we create change so that children and young people can cope with life's adversities, find help when needed and succeed in life.

Amplified
Turning up the volume on mental health
YOUNGMINDS

HEAD MEDS
STRAIGHT TALK ON MENTAL HEALTH MEDICATION
powered by YOUNGMINDS

YM | Parents Helpline
0808 802 5544
youngminds.org.uk
Mon-Fri 9.30am-4pm

WISE UP
TO WELLBEING IN SCHOOLS

What’s the problem?

1. **Half** of all mental health problems appear before the age of 14, with **1 in 4** enduring mental health conditions present by the age of 24.

2. **3 in 4** children with a diagnosable mental health condition do not get access to the support they need.

3. **1 in 4** children show some evidence of mental ill health.

4. Children’s mental health receives **just over 6% of the total** amount the NHS spends on mental health.

5. The average maximum waiting time for Children and Adolescent Mental Health Services is **6 months** for a first appointment and nearly **10 months** till the start of treatment.

The Cost of Mental Illness in Young People

£11,030 to £59,130 annually per child

Lifetime cost of a 1-year cohort of children with Conduct Disorder: £5.2 billion

Costs of adult crime with history of Conduct Disorder	
£60bn	England and Wales
£22.5bn	attributable to CD
£37.5bn	attributable to sub threshold CD

COSTS – Spread across various agencies
Health
Social Services
Education
Justice

Evidence-based practice has substantial clinical and cost benefits

-Little and Edovald, 2012; Suhrcke, Puillas and Selai, 2008

Forget Brand Names

Professor Bruce E. Wampold, Ph.D., ABPP Director, "**Improving outcomes by understanding how psychotherapy works**"

The impact of human interactions on all aspects of improving medical and healthcare interventions.

"How" interventions are delivered have as great or greater impact than "What" is delivered/provided.

Common Factors

- Expectations affect outcomes (placebo effect)
- Empathy, positive regard,
- Affirmation, genuineness
- Real relationship – humans sense who can trust
- Acceptability of explanation – cultural coherence, cogent with experience
- Goal consensus and collaboration

Effects of relationship in placebo

(Kaptchuk et al., 2008)

Irritable Bowel Syndrome

- Acupuncture Placebo
- ● Three conditions
- ◦ Wait list (no placebo)
- ◦ Limited interaction-- <5 minutes
- ◦ Augmented interaction—warm, empathic, caring, but no intervention
- ● Results…

“It was the first moment I felt like I had real influence. It was special because, when you have depression, you don’t feel like much of what you do has an impact on the world. ”

Aaliyah, Youth Activist

What are the issues facing Young People?

In 2014: Over 5,000 young people were consulted to find out what problems they face in their daily lives:

YOUNG MINDS VS BULLYING
Stop the rot

Half the children consulted had been bullied

YOUNG MINDS VS NO WORK
Change the record

72% want unemployed young people to get help dealing with the stress of being out of work

YOUNG MINDS VS SCHOOL STRESS
Rewrite the rules

82% said schools should prepare you for life by teaching how to cope when life is tough

YOUNG MINDS VS NO HELP
Make your feelings loud

1 in 3 young people do not know where to get help if they feel depressed or anxious

YOUNG MINDS VS SEXED UP
Fight the pressure

75% said they want sex ed that gives them the chance to talk about sex and relationships openly

Childhood Adversity

- Adverse Childhood Experiences (ACEs) are events that have a ‘traumatic and lasting effect on the mental health of young people’.
- These experiences include maltreatment, neglect, abuse, taking on adult responsibilities, growing up in care, living in a household where someone misuses substances, or being a victim of violence).
- At least 1 in 3 adult mental health problems directly relate to ACEs, and childhood adversity is a factor in many more.
- 1 in 10 adults in England lived at some point during their childhood with someone who misused alcohol, and 1 in 25 with someone misusing, or dependent on, drugs.
- Substance misuse can significantly impact people’s capacity to parent, which can create an intergenerational ‘cycle of violence’, with their children being more likely to expose their own children to adversity and trauma.

What we want the Green Paper to address…

- The role of schools and colleges in promoting the emotional wellbeing and mental health of students.
- Improving the emotional literacy of children and young people.
- Provision of resources and tools to help promote self-management of emotional distress and mental ill health.
- A new framework of youth provision, with a core responsibility of mental health first response.
- Workforce training to embed an understanding of mental health, wellbeing and resilience for those who work on the frontline with children and young people, including teachers.

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