

Mental Health & Wellbeing Workshop



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Childrens Mental Health – Definition



The complete well-being and optimal development of a child in the emotional, behavioural, social and cognitive domains. Childrens mental health is often defined as different from adult mental health and more multifaceted because of the unique developmental milestones children experience.

Good mental health is important for helping children and young people to develop and thrive.

The Mental Health of Children and Young People in England survey (2020) found 16% (1 in 6) of children aged 5 to 16 years to have a probable mental health disorder, an increase from 1 in 9 in 2017

Public Health England working with the Department for Education (2020)

(Evidence suggests that this is most likely as a result of the pandemic)

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- Alarmingly 75% of children and young people who experience a mental health problem are not getting the help they need

(Mental Health Foundation, 2021)



Take a life-course approach to mental health because good mental health begins in infancy.

- **20%** of adolescents may experience a mental health problem in any given year.
- **50%** of mental health problems are established by age 14 and **75%** by age 24.
- **10%** of children and young people (aged 5-16 years) have a clinically diagnosable mental problem³, yet **70%** of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.



Why is it so important

- ▶ **Childrens emotional wellbeing is just as important as their physical health. Good mental health helps them develop resilience to cope with whatever life throw at them and grow into well-rounded health adults.**
- ▶ **It is widely recognised that a child's emotional health and wellbeing influences their cognitive development and learning as well as their physical and social health and their mental wellbeing in adulthood.**
- ▶ **Without early diagnosis and treatment, children with mental health conditions can have problems at home, in school, and in forming friendships. It can interfere with a child's healthy development, causing problems that can continue into adulthood.**



Most Common Mental Health Problems In Children

- Anxiety (Generalised Anxiety Disorder) Depression
- Self Harm
- PTSD (Post Traumatic Stress Disorder)
- ADHD, Autism, Learning Disabilities/Intellectual Disabilities/Conduct Disorders, Cerebral Palsy (Neurodevelopmental Disorders)
- Eating Disorders

Figure 1. Life experiences in a class of 30 pupils (Image provided by the Centre for Mental Health).

One could have experienced the **death of a parent**^a



Four could be living in **lone parent families**^b



Five could have a **mental health difficulty**^c



Five could be **living in absolute poverty**^d



Seven may have ever **self-harmed**^e



Eleven could have experienced **bullying**^f





Early intervention to identify issues and provide effective support is crucial. The school's role in supporting and promoting mental health and wellbeing can be summarised as:

- **1. Prevention:** creating a safe and calm environment where mental health problems are less likely, improving the mental health and wellbeing of the whole school population, and equipping pupils and students to be resilient so that they can manage the normal stress of life effectively. This will include teaching pupils and students about mental wellbeing through the curriculum and reinforcing this teaching through school activities and ethos.
- **2. Identification:** recognising emerging issues as early and accurately as possible.
- **3. Early support:** helping pupils and students to access evidence informed early support and interventions.
- **4. Access to specialist support:** working effectively with external agencies to provide swift access or referrals to specialist support and treatment.

Public Health England working with the Department for Education (2020)



Mental Health & Education

‘There is good evidence to support the association between good mental health and education engagement and academic achievement. The benefits to preventing mental health problems in children and young people from arising, and intervening early where they do, can be significant for schools. For example, it may result in improved attainment, attendance, reductions in behavioural problems, as well as happier, more confident and resilient children and young people’

(Public Health England, 2020)

5 Steps to Good Mental Health & Wellbeing in School





Wishlist – Future Workshops

Please help us add to our Wishlist by completing your preferences on your evaluation form

- ▶ Separation Anxiety
- ▶ Adjustment Disorders
- ▶ Parental Separation
- ▶ Young Carers
- ▶ The Importance of Parental Mental Health and Wellbeing
- ▶ Greif and Loss
- ▶ Emotional Resilience
- ▶ Managing Anxiety
- ▶ Anger Management
- ▶ Low Mood
- ▶ Social Media – The Impact on Mental Health and Wellbeing
- ▶ Understanding Neurodevelopment Disorders
- ▶ Positive Body Image

Further Reading



Promoting children and young people's mental health and wellbeing

A whole school or college approach

Further Reading

Promoting children and young people's mental health and wellbeing

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Thank you



Any Questions?