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Children and Young People's Mental Health Improvement Conference

Force the facts about Social Media

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Mark Allen
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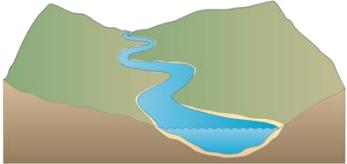


Aims



1. Come together to share ideas and best practice around improving children and young people's mental health
2. Increase understanding of the risks and benefits of digital and social media
3. Secure commitment to making change happen
4. Update on the Children and Young People's Mental Health Strategy launch

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Prevention
Early intervention
Intervention

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Agenda

- 13:10 Children and young people's mental health improvement
Professor Mark Pietroni, Director of Public Health for South Gloucestershire
- 13:30 South Gloucestershire Children and Young People's Mental Health Strategy
Steve Spiers, Programme Lead, South Gloucestershire Council
- 13:50 Pledges for making change happen
- 14:00 Resilience for the Digital World
Shona MacLeod, Associate Director, Ecorys UK Limited
- 14:30 Workshops

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Agenda

- 16:00 Refreshments and networking
- 16:30 Young people's views on resilience in the digital environment
Grace Jeremy and Laura Brain, Off the Record
- 17:00 School digital resilience activities
- 17:20 Whole-conference discussion on creating environments in which YP can thrive
- 18:10 Panel discussion
Kate Archibald, Commissioning Manager, South Gloucestershire CCG
Steve Spiers, Programme Lead, South Gloucestershire Council
Cat Taylor, Service Manager for South Gloucestershire, Off the Record
Mick Wood, Integrated CAMHS Lead
- 18:30 Closing remarks

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Professor Mark Pietroni MA MBA MFPH FRCP DTM&H
Director of Public Health for South Gloucestershire

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- Youth Mental Health First Aid training

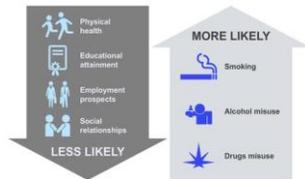
- CAMHS are underfunded, but in South Glos all extra funding spent on CYP mental health

Cash to boost children's mental health not getting through, says charity

TroughMinds data shows half of England's clinical commissioning groups used their share of new £1.8bn allocation for other purposes

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Mental health illnesses are a leading cause of health-related disabilities in CYP and can have **adverse** and **long-lasting** effects



PHE (2016): *The mental health of children and young people in England*

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- Including anxiety disorders, depression and eating disorders
- Importance of prevention and early intervention

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Risk factors

- Children in low income families having a threefold increased risk of developing mental health problems
- Looked after children
- Children with SEN requiring statutory assessment
- Children with learning disabilities
- Children from families receiving disability benefit
- (Annual report of the CMO 2012. *Our Children Deserve Better: Prevention Pays*)
- Other pressures e.g. social media

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Themes:

- Promoting resilience, prevention and early intervention
- Improving access to effective support
- Care for the most vulnerable
- Accountability and transparency
- Developing the workforce



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South Gloucestershire

Public Health & Wellbeing priorities:

- Mental health and wellbeing
- Reducing childhood poverty
- Alcohol harm reduction
- Health in schools
- Childhood obesity
- Domestic abuse
- Preventing young people starting to smoke

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SG CYP mental health needs assessment

- Service user, parents and professional stakeholders consultation
- Off The Record service at full capacity and carrying waiting lists
- Specialist CAMHS services unable to meet expected demand
- Sharp increases in hospital admissions of under 19's for both mental health conditions and self harm

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74% satisfied with life (year 8 and above)

- Year 8 - 78%, year 12 - 70%
- Males - 78%, females - 69%
- Free school meals - 55%

71% happy at school/college (year 4 and above)

- 82% in year 4, 53% in year 12

5% current self-harm (year 8 and above)

- Males - 2%, females - 7%

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Stakeholder recommendations

- Clear local offer
- Mental health training for professionals
- More information for children and parents about how to manage their own mental health positively
- A range of alternatives for young people who do not meet the CAMHS thresholds
- Proactive support for at risk groups
- More community based support for mums experiencing mild postnatal depression

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Recommendations for task and finish groups

1. Develop an integrated whole system approach
2. Promote resilience and positive self management
3. Care for the most vulnerable
4. Improve access to effective support
5. Workforce development
6. Communications
7. Perinatal, infant and maternal mental health

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Seizing the moment

- High level of need
- Clear stakeholder and policy recommendations
- High on national and local agenda
- Everyone can make a difference across the whole system

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Steve Spiers SGC Public Health



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Our local process to improve CYP Mental Health

1. CYP Mental Health & Emotional Wellbeing Needs Assessment
2. CYP Mental Health & Emotional Wellbeing Strategy
3. CYP Mental Health & Emotional Wellbeing Action Plan
4. Annual performance score card reported publically

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Our vision of CYP mental health and emotional wellbeing

All children and young people in South Gloucestershire are able to enjoy good mental health and emotional wellbeing

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The big ideas

- CYP Mental Health and emotional wellbeing is everybody's business
- A stepped care approach that meets the differing levels of need
- A life course approach

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Ideas into action (seven action plan sub groups)

1. Develop an integrated whole system approach
2. Promote resilience and positive self management
3. Care for the most vulnerable
4. Improve access to effective support
5. Workforce development
6. Communications
7. PNIMMH

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We are making progress

- Increased investment
- New information resources (anxiety toolkit and website)
- More front line staff receiving training
- OTR resilience sessions
- OTR counselling service
- Campaigns
- Young peoples' voice

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What will be different in 5 years time?

- More CYP will be equipped to manage their own mental health
- More parents will be equipped to support their children
- More professionals will be equipped to support CYP mental health
- More people will access high quality information
- More people will access high quality services
- Leaders will consider their impact on CYP mental health
- Everyone will consider their impact on CYP mental health

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CYP Mental Health & Emotional Wellbeing needs you-- and now



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Pledges

- Spread a little kindness
- Book training on children's mental health improvement for my organisation
- Contact Off the Record to arrange Resilience Lab sessions in my setting (11-15 year olds)
- Access training and resources on teaching about mental health through PSHE education
- Take part in ongoing strategy and participation work
- Other

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