Emotional Wellbeing and Mental Health in Schools

– current issues.

Mary Hinton

What they say......

Mental health care for young ‘disgusting’
Feb 2018

Schools struggle to get mental health help,
says survey
Feb 2018

Mental health services for children get a D+

YouTubes dark side could be affecting your child's mental health
Feb 2018
NUMBER OF MENTIONS OF CHILDREN’S MENTAL HEALTH IN UK NEWSPAPERS 2008-2015

Source: Lexus Nexus
Mental health – a definition

‘the strength and capacity of our minds to grow and develop, to be able to overcome difficulties and challenges and to make the most of our abilities and opportunities’

YoungMinds, 2006

In an average class of year 11 pupils.....

10 will have witnessed their parents separate (Resolution, 2014)
8 living in lone parent households (ONS, 2016)
1 will have experienced the death of a parent (Parsons, 2011)
10 will report having been bullied (OfSTED 2016)
2-3 Girls been the victim of a sexual offence (Nat. Crime Survey 2013/14)
8 will have experienced severe physical violence, sexual abuse or neglect (NSPCC, 2011)
Among people under 65, nearly half of ill health is mental illness.

Less than 50% were treated appropriately at the time problems emerged.
**Teacher Resilience**

*Extract from TES – 4th March 2016 relating to teacher mental health*
A survey of 2000 teachers found 84% had dealt with mental health problems in the last 2 years but only 26% of these had spoken to their line manager about it.

**Green Paper -Transforming Children and Young People’s Mental Health Provision**

Suggestions
1. A mental health lead in every school and college by 2025
2. Mental health support teams working with schools and colleges
3. Shorter waiting times
4. National partnership to improve mental health services for 16-25 year olds
5. Improve understanding of mental health – research into:
   - impact of internet and social media
   - how to support families
   - how to prevent mental health problems.
And.....

- DfE to update Mental Health and Behaviour in schools Guidance – to summarise graduated response to emerging need – will also include focus on impact of trauma, attachment issues and PTSD on individual children.
- A member of staff from every primary and secondary school to receive mental health awareness training (MHFA)
- DfE to include specific mental health focus in future rounds of school improvement programmes.
- Specific mental health strand in Teaching and Leadership Innovation fund to fund whole school approach training.
- DfE will consult on draft statutory guidance for RSE (and potentially PSHE) with a commitment that every child will learn about mental wellbeing.
- Ofsted currently looking at evidence to inform the development of a new common inspection framework for Sept 2019

Whole systems approaches

- **Public Health England** - Promoting children and young people’s emotional health and wellbeing 2015
- **DfE**- Supporting mental health in schools and colleges August 2017
- **Education Endowment Fund** - Putting Evidence to Work - A School’s Guide to Implementation Feb 2018
- **Young Minds** – Your Voices Amplified Feb 2018
Following the Future in Mind Report 2012 which emphasised the importance of participation and empowerment in service design, Amplified started with the question ‘What do young people, parents and carers and professionals think and know about participation and what participation is already happening?’

Participation means being involved in the decisions that affect us. Thinking about children and young people’s mental health, this means both:

The participation of children, young people and their families in the commissioning, design and delivery of the mental health services they use.

The participation of children and young people and their families in decisions about their individual mental health and care and treatment.

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From Your Voices Amplified

- 87% I have an important role to play in looking after my own mental health
- 53% of the respondents who reported they are currently receiving mental health treatment said they don’t feel involved in decision making about their individual treatment
- 84% What I do to help myself get better between appointments is as important as support I get in appointments
- 67% of respondents told us they have done something to look after their mental health in the last seven days
- 82% agree that by working together young people can improve communities and deal with social issues to make things better for everyone
References

• EEF https://educationendowmentfoundation.org.uk/tools/guidance-reports/a-schools-guide-to-implementation/