Future in Mind – A Whole Systems Approach to Children and Young People’s Mental Health

Prof Dame Sue Bailey, Chair, Children & Young People’s Mental Health Coalition

Conflicts of interest /loyalty

Senior Clinical Advisor to Health Education England For Mental Health
External Advisor to Minister of Health and Social Care - Review of CAMHS Wales
Work with over 140 organisations to campaign and influence policy, with and on behalf of children and young people in relation to their mental health and wellbeing

Hosted by the Mental Health Foundation
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Zurich Community Trust
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Comic Relief
What we Will Cover

- CYPMHC – who we are and what we do
- Prevalence of CYP Mental Health Problems
- Pressures & Impact Mental Health System
- Future in Mind
- What is a Whole systems approach
- Impact on Mental Health System
- What is a Values Based approach?
- What do we need to do?
What We Do

• Strong unified voice telling Government – national & local - when things aren’t working
• Give a voice to smaller as well as larger organisations
• Act as a critical friend - work with Government
• Don’t represent any particular organisation, approach or professional body
• Collate views from wide range of stakeholders including young people – cover the whole system
• Solution focused - evidence based and values based
Our Priorities

• Whole System Approach - prevention – specialist provision
  • CYP MH system for all children and young people, aged 0-25
• Role of Educational Settings in Supporting Mental Health
  • Any educational setting – pre-school to university
• Inequalities
  • Variation in provision,
  • Vulnerable groups e.g. CYP with LD and Mental Health Problems
Prevalence of Children’s Mental Health Problems

• 1 in 10 or about 850,000 5-16 year olds have a mental disorder, only about 25% receive any help.
• Of these children:
  • 3.7% will have an emotional disorder (anxiety, depression etc.)
  • 5.8% will have a conduct disorder
  • 1.5% will have ADHD
• Date above from 2004, new data coming next year
Prevalence higher in some groups

- 36% of CYP with a learning disability also have mental health problems (Emerson & Hatton, 2007)
- 71% of children with autism have a mental health problem (NAS, 2010)
- About 60% of children and young people in care have a mental disorder (NICE, 2010)
- CYP with Traumatic brain injury - twice as likely to have mental disorder in adulthood (Parsonage, 2016)
Pressures on Funding & Services – Creating a Perfect Storm

• £1.4 bn announced for CYP Mental Health over 5 years (2020) – but some areas spending as little as £2 per child.
  • Money diverted to other priorities in NHS
• Pressures on budgets in wider system
  • social care, youth services, public health, education budgets – all under pressure
  • Impacts on voluntary sector
• Increase in referrals to CAMHS
Impact of Challenges to Mental Health System

- CYP often very ill before accessing specialist mental health services - wide variation across country
- CYP still lost in transitions between services & need support prepare for adulthood
- Impact of wider health issues e.g. obesity, drug abuse
- Impact of cuts to public health e.g. health visitors – not getting off to a good start in life
- Cuts to statutory service – increase in referrals to vol sector
What Young People Say they Want – but do they get it?

- Easier access to mental health support – including schools
- Learning how to look after their own mental health; know where to go for help
- Want teachers to have some knowledge of mental health and wellbeing
- Improve transitions to adult services
- Listening to and acting on what children and young people say
- Reduce stigma
Future In Mind

• Blue print to transform CYPMH System
• Highlighted importance of Whole System Approach
• Transformation plans underway – variation across the country
• Still a long way to go to implement Future in Mind
• Green Paper coming this Autumn – build on Future in Mind
What is a Whole Systems Approach?

• Any organisation or agency that has some connection with children and young people (CYP) mental health (MH)

• Covers whole spectrum from prevention – specialist mental health services - based on local need

• But, the system needs to be coordinated, evidence based, values based & work for children, young people and families
Values Based Approach

• Shared understanding of what matters
  • Sits alongside Evidence Based Practice
• Values - to be shared and adopted
  • Equal Partnership – inc. CYP & families
  • Empowerment – of CYP
  • Workforce
  • Whole System
  • Leadership
  • Long-term Relationship
What We Need to Do?

- Work smarter and change the way we work
- Invest in Public Health Approach to Mental Health
  - Decrease the number needing specialist CAMHS
- Utilise the wider workforce – training up teachers etc.
- Mental health support within Schools – in partnership with wider system
- Preparing young people for adulthood life – giving them skills & assets they need
Educational Settings

- Lots of activity around schools at the moment
  - Risk duplication of work
  - Not always evidence based or what schools really need
  - Organisations telling schools what they should do
  - Should mental health lessons be (part of PSHE) statutory?
- Pressures on teaching time
- Pressures on budgets
- Encourage schools/colleges to lead on what works for them based on need in the school
With appropriate funding, training and support, school/college staff are able to recognise and support less severe mental health and emotional wellbeing issues in their pupils. Sits within whole school approach.
Whole School/College Approach: 8 Key Principles

8 key Principles that need to be in place
- Support from head and senior management essential
- Highlights importance of involving pupils & parents/carers
- Staff training & support
- Need for targeted support

CYPMHC & PHE, 2015
Whole School Approach - Definition

- It is an organizational or whole systems approach with the aim of integrating health and well-being within the ethos, culture, routine life and core business of the school setting.
- From the National Healthy Schools Programme – so schools are familiar with it.
- CYPMHC worked with PHE to develop a Framework to help schools implement a whole school approach to mental health and wellbeing.
Healthy MindED

- Chair the Schools North East Schools-Led Mental Health Commission
- Commission will bring school leaders from across the region together with key stakeholders
- Produce an action-focused report that is adoptable by all schools in the region
- [http://www.schoolsnortheast.com/](http://www.schoolsnortheast.com/)
Our Other Work Around Schools

• Resilience and Results – guidance on why mental health and wellbeing is important for schools
• Schools Competition to highlight good practice
• Commissioned by Public Health England to develop a framework to help schools implement a whole school approach
More Information

Find more information on our website -
http://www.cypmhc.org.uk/schools

Or contact our Coordinator – Paula Lavis –
plavis@mentalhealth.org.uk
Useful Resources

• Children & Young People’s Mental Health Coalition – Resilience and Results - http://bit.ly/2e1MSIX
Useful Resources

- Values Based Commission - http://www.rcpsych.ac.uk/pdf/Values-based%20full%20report.pdf