

The background of the slide is a white surface covered with numerous colorful handprints in various colors including red, yellow, green, blue, and purple. Some handprints are simple, while others are more complex, with some containing faces or other markings. A solid blue horizontal bar is at the top of the slide.

# **Mental health of Children and Young People**

Health and Wellbeing Board

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# What is mental health?

## WHO Def:

- *‘a state of mind in which an individual is able to realise his or her own abilities, cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.’*

## Things that can help keep children and young people mentally well include:

- being in good physical health, eating a balanced diet and getting regular exercise.
- having time and the freedom to play, indoors and outdoors.
- being part of a family that gets along well most of the time.
- going to a school that looks after the well-being of all its pupils.
- taking part in local activities for young people.

## **Other factors are also important, including:**

- feeling loved, trusted, understood, valued and safe.
- being interested in life and having opportunities to enjoy themselves.
- being hopeful and optimistic.
- being able to learn and having opportunities to succeed.
- accepting who they are and recognising what they are good at.
- having a sense of belonging in their family, school and community.
- feeling they have some control over their own life.
- having the strength to cope when something is wrong (resilience) and the ability to solve problems.

## **Risk factors for poor mental health :**

There are certain 'risk factors' that make some children and young people more likely to experience MH problems than other children, but it doesn't mean they will.

## **Biological - non genetic**

Biological abnormalities of the central nervous system that influence behaviour, thinking or feeling can be caused by injury, infection, poor nutrition, low birth weight, prenatal damage from exposure to alcohol or other drugs, or exposure to toxins such as lead in the environment

## **Biological - genetically linked**

Mental disorders most likely to have genetic components include: autism, bipolar disorder, schizophrenia, and attention-deficit/hyperactivity disorder .

## Non-biological risk factors

- having a long-term physical illness
- having a parent who has had mental health problems, problems with alcohol or has been in trouble with the law
- experiencing the death of someone close to them
- having parents who separate or divorce
- having been severely bullied or physically or sexually abused
- living in poverty or being homeless
- experiencing discrimination, perhaps because of their race, sexuality or religion
- acting as a carer for a relative, taking on adult responsibilities
- having long-standing educational difficulties.

# Young people's mental health in Havering

**NB Data are estimates based on national predictive models and are likely to be an underestimation of local prevalence**

- 9.1% children aged 5-16 years [3,093] have a mental health disorder compared to 9.6% nationally

Below is a partial breakdown of this figure:

- 3.5% children aged 5-16 years [1,194] have Emotional disorders e.g. phobias, anxiety, OCD
- 5.5% children aged 5-16 years [1,862] have Conduct disorders e.g. aggression, vandalism
- 1.5% children aged 5-16 years [505] have Hyperkinetic disorders e.g. hyperactivity, ADHD

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Source: \* Public Health Profiles, PHE, Accessed July 2015

\*\*DSR per 100,000 (age 10-24 yrs) for hospital admissions for self-harm, 2013/14, Havering Child Health Profile, PHE, 2015



# Hospital Admissions

- 206 per 100,000 young persons aged 10-24 years [279] have been admitted to hospital as a result of self-harm (lower than the England average)
- ‘Avoidable’ paediatric A&E admissions – seeing increased numbers of children with behavioural difficulties brought in by parents who are unable to cope with their behaviour, and GP doesn’t know what to do

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Source: Child Health Benchmarking Tool, Public Health England, June 2015

# Risk factors in Havering

- 19.6% children aged under 16 [8,755] in Poverty (similar to England)
- 11.8% children in Reception [326] are obese (significantly higher than England)
- 1% children aged under 15 [443] providing unpaid care
- 4.6% children aged 16-24 [1260] are carers
- 130 per 100,000 parents of children aged 0-15 [58] are in drug treatment
- 124 per 100,000 parents of children aged 0-15 [55] are in alcohol treatment
- 10.5 % adults [20,191] current marital status is separated or divorced

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Source: Child Health Profile, Public Health England, June 2015