Children's Mental Health and Psychological Wellbeing eBulletin

January 2017

This monthly eBulletin aims to provide high quality, up-to-date information on children's psychological and emotional wellbeing and mental health. It summarises the latest additions to the Mental Health and Psychological Wellbeing Knowledge Hub on our website over the last month.

This email includes a summary and link to each resource below.

If you would prefer to read a pdf version of this eBulletin, go to the eBulletins page on our website.

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In the news

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BBC: Teaching primary school children about mental health
This article reports on a scheme in south London that involves teaching primary schoolchildren about mental health through fun games and workbooks.

Children & Young People Now: Child psychiatrist numbers at lowest level in seven years
Numbers of child psychiatrists employed by the NHS have fallen to their lowest level in more than seven years despite a £1.4bn government commitment to boost mental health services for children and young people, it has emerged.

PHE: New report looks at the mental health of children in London
More than 110,000 children in London, or around one in 10, suffer with significant mental ill health according to a new report from Public Health England (PHE).
Mind: Charity reveals ‘shocking’ spend of less than 1 per cent on public mental health
Mind has found that local authorities in England spend an average of less than 1 per cent of their public health budget on mental health.

NSPCC: Rise in children hospitalised for self-harm as thousands contact Childline
Nearly 19,000 children and young people in England and Wales were hospitalised for self-harm last year, marking an increase of almost 2,400 (14%) in the past 3 years.

Childhood Bereavement Network: Bereaved children less likely to talk about their worries
New data reveals that children bereaved of a parent are more likely to keep their fears and feelings to themselves, raising concerns about risks to their emotional health.

NSPCC: Childline sees record number of counselling sessions about gender issues
2,796 counselling sessions about gender identity and gender dysphoria were held by Childline last year. These sessions have more than doubled since 2012/13

PHE: Smoking in young people with mental health conditions – what do we know and what can we do?
This blog post discusses new guidance on smoking cessation and child and adolescent mental health services (CAMHS).

YoungMinds: Children's mental health funding not going where it should
YoungMinds analysis reveals that many local health bodies are diverting some of the new funding received for children's mental health services to other priorities.

Guides and practice

Young people’s mental health and wellbeing: case studies of prevention work in the voluntary sector
The Young People’s Health Partnership has gathered some examples from the voluntary and community sector (VCS) of prevention work undertaken with young people which can support their mental health and wellbeing. This document shares these examples as a way of increasing understanding about the range of work happening in the VCS and the importance of a focus on prevention.

Working together to promote cessation of smoking in children & young people: a briefing for commissioners of tier 4 children & adolescents mental health services (CAMHS)
This Public Health England briefing aims to clarify what we know about the relationship between mental health and smoking prevalence amongst children and...
young people, what Children and Adolescents Mental Health Services (CAMHS) are
doing to support children and young people with smoke free advice and support, and
what actions commissioners and the public health system might take to reduce levels
of smoking and the harms that arise from it.

Coexisting severe mental illness and substance misuse: community health and
social care services. NICE guideline NG58
This guideline covers how to improve services for people aged 14 and above who
have been diagnosed as having coexisting severe mental illness and substance
misuse. The aim is to provide a range of coordinated services that address people’s
wider health and social care needs, as well as other issues such as employment and
housing.

Reports

Monitoring the mental health act in 2015/16
The Care Quality Commission’s annual report on the use of the Mental Health Act
(MHA), looks at how providers are caring for patients (including children and young
people), and whether patient’s rights are being protected.

The connections between young people’s mental health and sport
participation: scoping the evidence
This scoping review from the Association for Young People’s Health focuses on the
role of sport and organised physical activity in helping to prevent and treat mental
health problems in young people, particularly in the 14-25 age group.

The mental health of children and young people in England
The purpose of this report from Public Health England is to describe the importance
of mental health in children and young people (CYP), to describe the case for
investing in mental health, to provide a descriptive analysis of mental health in CYP in
England and to summarise the evidence of what works to improve mental health in
CYP in order to inform local transformation of services. A version of this report that
provides a descriptive analysis of mental health in CYP in London is also available.

Parentally bereaved children communicating their feelings: preliminary
analysis of data from the Millennium Cohort Study
This briefing from the Childhood Bereavement Network reports the results of a small
study that sought to explore the associations between the death of a parent and the
child’s pattern of communication, from the child’s own report.

Mental Elf: Childhood adversity and bipolar disorder
This blog post presents the findings of a recent systematic review and meta-analysis
that explores the relationship between childhood adversity and bipolar disorder.

Healthy futures: supporting and promoting the health needs of looked after
Children
This document from the Local Government Association presents seven case studies of positive initiatives to meet the health needs of looked after children and young people in local authorities around the country. These provide a useful starting point for local councils to take practical action in their own areas.

Tools and data

Mental health services monthly statistics: final September, provisional October 2016
This release presents experimental statistics from the Mental Health Services Data Set (MHSDS). This replaces the Mental Health and Learning Disabilities Dataset (MHLDDS).

Improving access to psychological therapies report, September 2016 final, October 2016 primary and most recent quarterly data (quarter 1 2016/17)
This statistical release makes available the most recent Improving Access to Psychological Therapies (IAPT) monthly and quarterly data, including activity, waiting times, and outcomes such as recovery.

Research

The full versions of some of these resources may only be available with a paid subscription. For information on how you may be able to access them please view our Accessing Knowledge Hub resources page.

Facilitators and barriers to person-centred care in child and young people mental health services: a systematic review
The aim of the present research was to systematically review factors influencing person-centred care in mental health services for children, young people and families, examining perspectives from professionals, service users and carers.

Presence of minor and major mental health impairment in adolescence and death from suicide and unintentional injuries/accidents in men: a national longitudinal cohort study
The aim of this study was to examine the association between minor and major mental health impairment in late adolescence and death from suicide and unintentional injuries/accidents in men.

Innovations in practice: using clinician-rated outcomes to support improved service decision making in a child and adolescent mental health service
Clinical outcomes are now routinely collected in most services. However, there is a need to make full use of the information collected in order to improve the use of limited Child and Adolescent Mental Health Service (CAMHS) resources. This paper describes a method of improving service decision making by making the interpretation of outcomes data accessible to frontline staff.
Annual research review: digital health interventions for children and young people with mental health problems: a systematic and meta-review

This review evaluates the evidence-base for digital health interventions for children and young people with mental health problems and considers the key research questions and approaches to evaluation and implementation.


Low self-esteem and internalizing disorders in young people – a systematic review

The aim of this review is to explore (a) the co-occurrence of clinically significant anxiety/depression and low self-esteem (LSE) in young people (aged 18 years and younger), and (b) the association between LSE in childhood and adolescence and mental health difficulties in later adolescence and emerging adulthood.


Preventing depression and anxiety in young people: a review of the joint efficacy of universal, selective and indicated prevention

This meta-analysis examines the joint efficacy of universal, selective, and indicated preventive interventions upon both depression and anxiety among children and adolescents (5–18 years) while accounting for their co-morbidity.


Adolescent’s subjective perceptions of chronic disease and related psychosocial factors: highlights from an outpatient context study

This study aims: 1) to identify differences in psychosocial variables (health-related quality of life, psychosomatic complaints, resilience, self-regulation and social support) among adolescents who feel that chronic disease affects or does not affect school/peers connectedness (measured by self-reported participation in school and social activities); and 2) to assess the extent to which psychosocial variables are associated with connectedness in school and peer domains.


Navigating an unfamiliar world: how parents of young people who self-harm experience support and treatment

The aim of this study was to explore parents’ experiences of treatment and support following self-harm for young people and for themselves.


Consultations

Inquiry: children and young people’s mental health - the role of education

The Health Select Committee is beginning a new inquiry into the role of education in promoting emotional wellbeing in children and young people and preventing the development of mental health problems. Written submissions of evidence should reach the Committee by 20th January 2017.


Improving mental health support for young people in care: call for evidence

The Social Care Institute for Excellence (SCIE) is looking for examples of effective practice relating to models of care and care pathways, supported by evaluation data and/or experts-by-experience feedback. The closing date for evidence is 20th January 2017.

Child and adolescent mental health services consultation
NHS England has launched a consultation on five service specifications for Children and Adolescent Mental Health Service (CAMHs) Tier 4. The closing date for responses is 28th February 2017.

Events and training

For details of these and many other events see the calendar of events on our website.

Obsessive compulsive disorder master class
This workshop will provide experience of current evidence-based treatments for child and adolescent OCD, with an emphasis on protocol-driven CBT.

Location: Bristol
Start date: Friday, 27th January 2017

Eating behaviours and eating disorders in children and young people
This conference first looks at eating behaviours in the context of stress and child temperament, before moving on to working with more challenging and complex cases of eating behaviours and eating disorders.

Location: Pontypridd
Start date: Friday, 3rd February 2017

Just faking it?: Exploring issues of the mind and body underlying somatising disorders
Covering a wide range of topics, this conference explores key issues in our understanding and management of young people with somatisation disorders. It is suitable for those working with children and young people in primary care, education, social care and youth-based services as well as those working in both physical and mental health.

Location: Southampton
Start date: Friday, 3rd February 2017

Bipolar disorder master class
This masterclass looking at Paediatric Bipolar Disorder (PBD: age of onset <18 years) will provide up to date and best practice knowledge and skills in assessment and intervention approaches for the condition.

Location: London
Start date: Friday, 10th February 2017

ADOS-2 (autism diagnostic observation schedule-2) - 5 day course
The Autism Diagnostic Observation Schedule version 2 (ADOS-2) is often considered to be the gold-standard interactive observation test that is used as part of Autism
Spectrum Disorder (ASD) diagnosing in both clinical and research settings. This course involves the use of didactic teaching, demonstration of administration, scoring from the official ADOS-2 training DVDs, group discussion and supervised practice over a 5 day period as well as post-course work.

Location: London  
Start date: Monday, 5th June 2017  

**eBulletins**

Working with partners, we produce a number of eBulletins to keep you up to date:

- Child and Maternal Health Knowledge Update  
- Children's Mental Health and Psychological Wellbeing  
- Perinatal and Infant Mental Health

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