



Children & Young People's Mental Health Coalition

'Invest Today for a Better Tomorrow'

because early intervention will ensure
a better future for us all

Why Children and Young People's Mental Health is so Important

- About half a million children in the UK say they are unhappy and dissatisfied with their lives (Children's Society, 2014)
- One in ten or about 850,000 children and young people aged 5-16 have a diagnosed mental disorder (Green, et al., 2005)
- 1 in 6 young adults aged 16-24 have a common mental disorder such as anxiety or depression (McManus, et al., 2009)
- 28% of preschool children face problems in their lives that impact on their psychological development (Sabates & Dex, 2012)
- 75% of adult mental health problems begin before the age of 18 (Davies, 2013)
- Mental health problems in childhood are associated with poorer outcomes later in life, such as poor academic attainment, increase in economic inactivity and criminal activity (Richards, et al., 2009)

- Long-term costs associated with childhood mental health problems are estimated to be £2.35 billion, and the short-term costs £1.58 billion (Davies, 2013)

Who We Are

- Set up in 2010, the Children & Young People's Mental Health Coalition (CYPMHC) brings together leading organisations from across England, forming a powerful voice to campaign on issues around children and young people's mental health and wellbeing.

Our Vision

- A nation where mental health is prioritised, positive mental health is promoted and early intervention practices are in place to secure mentally healthier futures for our children and young people. We believe that our children deserve better, and that it is essential to invest in early intervention.

'Invest Today for a Better Tomorrow'

Our Aims:

- As the first unified voice speaking on behalf of children and young people, we campaign and lobby for effective early intervention.
- Influence Ministers, Parliamentarians and key policy makers to change policy at the highest levels to improve the mental health and wellbeing of all babies, children and young people in England.
- Encourage local commissioners to prioritise children and young people's mental health and invest in early intervention services.
- Work in tandem with young people to fight for parity.



- Be proactive, responsive, useful and effective in all we do with a myriad of partners across all sectors.
- Work with the media and use social media to ensure that our voice is heard.

Our Priorities for Children & Young People's Mental Health and Wellbeing:

Access:

Give all parents access to information with additional targeted support for vulnerable parents to promote babies' emotional development.

- About 122,000 parents with babies under one have a mental health problem. This can impact on their ability to become securely attached to their babies (Hogg, 2013). About 40% of babies are not securely attached to a main carer (Van Ijzendoorn, et al., 1992).

Early Intervention:

Secure sustainable funding for the provision of local services that are jointly designed with children and young people, and give easy access to mental health and emotional wellbeing support.

- Without effective interventions mental health problems which begin in childhood and adolescence often continue into adulthood (Davies, 2013). Early onset mental health problems undermine children's life chances across a range of health, education, and social domains resulting in significant costs to society (Richards, et al., 2009; Davies, 2013).

because addressing issues early will ensure better outcomes for individuals and society

Age Appropriate Services:

Provide young people with the necessary access to mental health and wellbeing services to prepare them for adulthood.

- There is often a service gap, where young people become too old for children's mental health services, and not ill enough for adult mental health services (Singh, et al., 2010). Very vulnerable young people are often left without any support at a time when they most need it.

Commissioning Based on Good Data:

Ensure that at a local and national level, commissioning of children and young people's mental health services are based on current data about needs and underpinned by robust policy and good practice.

- There isn't any current community based data on the prevalence of children and young people's mental health needs. The last large national community based survey of children and young people's mental health was undertaken in 2004 (Green, et al., 2005) with a follow-up of the sample in 2007 (Parry-Langdon, 2008), which found that the prevalence was 1 in 10. This data predates the economic downturn and social media.

Appropriate Training:

Guarantee that everyone working with children and young people receives an appropriate level of mental health and child development training.

- Children and young people's mental health is everybody's responsibility. Professionals who work with children and young people, but who are not mental health specialists, such as teachers, youth workers, health visitors, have an important role to play in intervening early with mental health problems. However, these professionals often have inadequate knowledge about mental health and this can prevent them from fulfilling this role.

Our Achievements

In our first four years we have:

- Influenced national policy through our campaigning and lobbying work
- Achieved a media presence and national profile through articles published in the national and trade press
- Created data detailing the success of local agencies in prioritising children and young people's mental health
- Produced a blueprint to enable schools to promote mental health and wellbeing

For more information about our work and access to free resources visit our website: www.cypmhc.org.uk or email us cypmhc@mentalhealth.org.uk



Case study

A Year 7 girl refuses to attend school for reasons unknown to family and school. Mornings are fraught with tears and by the time she is forced to school by her mum, she is physically and emotionally exhausted. Some days the fight is too much and she doesn't make it into school at all.

The girl was referred for one-to-one counselling with a local agency and immediate steps were taken to support her and her mother. This began by the school project manager from the

local agency inviting the girl into her office as a safe space to calm down when she arrived at school. Here, she expressed extreme anxiety about difficulties with friendships and separation from her mother. Talking to her mother revealed that she too suffered from low self-esteem and severe anxiety. She was referred to a Parent Support Partner, where she received practical and emotional support to empower her to help and reassure her daughter.

The counsellor began by listening and accepting her anxieties without criticism, building a strong therapeutic relationship and allowing her to gain confidence. Slowly, the counsellor began to gently challenge these thoughts and, gradually the girl began to see things in a different way and to believe in herself.

After a year of support from her counsellor, the girl now happily attends school each day. With her new found confidence, she stopped being brought in by her mum and now comes independently whilst laughing and with a new group of friends. Now and again she still has a 'wobble', but her counselling helped her learn that she is only human, that we all make mistakes, and when we do the world will not end.

Members of the Children and Young People's Mental Health Coalition include:

British Association for Counselling and Psychotherapy (BACP); British Psychological Society; Centre for Mental Health; Family Action; Mental Health Foundation; Rethink Mental Illness; NSPCC; Place2Be; Royal College of Psychiatrists; Tavistock Centre for Couple

Relationships; YoungMinds; Youth Access; YouthNet.

For more information about our work and access to free resources visit our website - www.cypmhc.org.uk or email us cypmhc@mentalhealth.org.uk or follow us on Twitter@CYPmentalHealth

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