YOUNGMINDS
The voice for young people's mental health and wellbeing

www.youngminds.org.uk

ChiMat
Child and Maternal Health Observatory

www.chimat.org.uk

Children's Mental Health and Psychological Well-being eBulletin

March 2012

This monthly eBulletin is a collaboration between ChiMat and YoungMinds (and was previously produced with the National CAMHS Support Service (NCSS)). It aims to provide high quality, up-to-date information on children's psychological and emotional well-being and mental health. It summarises the latest additions to the Mental Health and Psychological Well-being Knowledge Hub on the ChiMat 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 the ChiMat website.

Don't forget, you can now follow us on Twitter @ChiMatorguk

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ChiMat News

How healthy are children in your community?

The new Local Authority Child Health Profiles 2012 provide a snapshot of child health and well-being for each top level local authority in England. Each profile – produced as a short, easy-to-read PDF – provides two types of information for local, regional and national comparison: background demographic information about the children in each area; and comparative analysis with other local authorities across the country. New additions for this year include:

- **More information about mental health**
- **Breastfeeding at 6-8 weeks**
- **Trend information about hospital admissions for alcohol**
- **Comparisons with statistical neighbours looking at teenage conception, teenage mothers, MMR immunisation and breastfeeding initiation.**

www.chimat.org.uk/profiles

Identify and tackle causes of variation

NHS Right Care has published the first in a series of themed atlases which has been developed in collaboration with ChiMat. The NHS Atlas of Variation in Healthcare for Children and Young People maps out the variation in healthcare for 27 different chid health issues across England, including breastfeeding, asthma, epilepsy, A&E, diabetes, and tonsillectomies.

The Atlas of Variation will help hospitals, community services, primary care trusts and emerging Clinical Commissioning Groups to see how their area compares to others around the country,

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analyse the reasons why and if necessary put plans in place to make improvements.
www.chimat.org.uk/variation

In the news

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DH: Amendments to Health and Social Care Bill published

The Government has tabled a series of amendments to the Health and Social Care Bill in advance of its Report Stage in the House of Lords.
http://www.chimat.org.uk/resource/view.aspx?RID=120736&src=MH

YoungMinds: The need for Regional Youth Boards

A member of the YoungMinds, Very Important Kids (VIK) group VIK in the North East discusses why a Youth Board would be valuable and is needed in the North East region and beyond.
http://www.chimat.org.uk/resource/view.aspx?RID=120737&src=MH

BBC: How we can help children improve their health

Barbara Hearn, Deputy chief executive, National Children's Bureau, looks at how involving young people in service development can help improve their own and their peers health.
http://www.chimat.org.uk/resource/view.aspx?RID=120886&src=MH

BBC: 'Failure week' at top girls' school to build resilience

A top girls' school is planning a "failure week" to teach pupils to embrace risk, build resilience and learn from their mistakes.
http://www.chimat.org.uk/resource/view.aspx?RID=120887&src=MH

MoJ: Major reforms to family justice system

In the Government's response to the recommendations made by the independent family justice review panel, ministers have outlined their plans to change the system to help strengthen parenting, reduce the time it takes cases to progress through the courts, and simplify the family justice system.
http://www.chimat.org.uk/resource/view.aspx?RID=120891&src=MH

BBC: Children under 10 in Northern Ireland treated for eating disorders

A number of children under 10 have been treated in hospitals in Northern Ireland for eating disorders.
http://www.chimat.org.uk/resource/view.aspx?RID=120917&src=MH

CLS: More than one in four UK children facing multiple risks to development

This study sheds fresh light on the number and diverse combinations of difficulties that young children have been exposed to during the first decade of the 21st century. It also provides the first detailed analysis of the number of challenges or 'risk factors' facing children from different ethnic groups.
http://www.chimat.org.uk/resource/view.aspx?RID=120971&src=MH

IAPT: Children and Young People's Improving Access to Psychological Therapies (IAPT) Project – Launch of offer for 2012-13

In 2012-13 the IAPT project will continue to offer training in CBT, Parenting Therapy for 3-10 year olds and service transformation. Local CAMHS partnerships will receive a budget to assist with transformation in their local area. In 2012-13 there is the opportunity to join the project either by: linking to an existing collaborative where the HEIs are based in London, Reading or Salford; or, in areas of the country which cannot easily reach an existing collaborative, the project is seeking to appoint up to two new Learning Collaboratives.
http://www.chimat.org.uk/resource/view.aspx?RID=121281&src=MH

AFC: Largest ever study into adolescent depression

The Anna Freud Centre has been conducting what it believes to be the largest ever study into adolescent depression, in order to understand what can best help young people and their families.
http://www.chimat.org.uk/resource/view.aspx?RID=121468&src=MH

Guardian: Attachment disorder: The families struggling to stay in control

This article gives some case studies where a young person has been diagnosed with attachment disorder. It also refers to a systematic review that will be carried out by Hull York Medical School to determine which interventions are most effective among parents of children with attachment problems.
http://www.chimat.org.uk/resource/view.aspx?RID=121469&src=MH

DH: Children, Families and Maternity e-bulletin February 2012

This is a bi-monthly e-bulletin for internal and external stakeholder groups designed to provide them with regular updates on activities that are supporting the delivery of the Be Healthy outcome for children, young people and families through the Every Child Matters: Change for Children agenda.
http://www.chimat.org.uk/resource/view.aspx?RID=121482&src=MH

YoungMinds: The campaign to protect CAMHS continues

This blog from YoungMinds looks at their continuing campaign to protect children and adolescent mental health services (CAMHS). YoungMinds has written to all council leaders in England urging them to protect CAMHS budgets.
http://www.chimat.org.uk/resource/view.aspx?RID=121642&src=MH

YoungMinds: Charities appeal to young people not to suffer self-harm in silence

Research by ChildLine, selfharm.co.uk, YouthNet and YoungMinds to coincide with National Self-Harm Awareness Day (1 March) found that, among 1,398 young people surveyed, more than half admitted to hurting themselves on a daily basis or a few times a week.
http://www.chimat.org.uk/resource/view.aspx?RID=121902&src=MH

Guides and practice

Social and emotional wellbeing in secondary education (PH20) - NICE guidance

This guidance is for all those who have a responsibility for the social and emotional wellbeing of young people in secondary education. This includes teachers, support staff, governors and professionals with public health as part of their remit working in education (including the independent sector), local authorities, the NHS and the wider public, voluntary and community sectors. (Public health guidance, PH20 - Issued: September 2009.)
http://www.chimat.org.uk/resource/view.aspx?RID=120870&src=MH

Behaviour and discipline in schools: A guide for head teachers and school staff

This guidance provides advice to head teachers and school staff on developing the school behaviour policy and explains the powers members of staff have to discipline pupils.
http://www.chimat.org.uk/resource/view.aspx?RID=120890&src=MH

Good practice resource - A whole-school approach to tackling homophobic bullying and ingrained attitudes: Stoke Newington School and Sixth Form

Stoke Newington has a curriculum which meets the needs of lesbian, gay, bisexual and transgender students (LGBT) and extends all students' understanding of diversity. Training for all staff, their commitment to equality and diversity and their approach to poor behaviour have successfully tackled homophobic language, attitudes and bullying.
http://www.chimat.org.uk/resource/view.aspx?RID=120949&src=MH

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Guidance for commissioners of mental health services for young people making the transition from child and adolescent to adult services

This guide describes what 'good' looks like for a modern transitions service from child and adolescent mental health services(CAMHS) to adult mental health services (AMHS). If should be of value to Clinical Commissioning Groups (as they will be commissioning secondary services) and the NHS Board, as some patients in CAMHS Tier 4 will be affected.
http://www.chimat.org.uk/resource/view.aspx?RID=120982&src=MH

Building a culture of participation e-Learning

The course will support managers within all disciplines and settings who are in the process of developing participation within the organisation and explores how an organisation's culture can be established to support children and young people's active and meaningful participation.
http://www.chimat.org.uk/resource/view.aspx?RID=121191&src=MH

Routine outcome monitoring as part of children and young people's Improving Access to Psychological Therapies (CYP IAPT) programme

This section of the IAPT website provides information about how patient reported outcomes will be routinely monitored in the children and young people's IAPT projects funded by the Department of Health. IAPT works with existing child and adolescent mental health services in the NHS, voluntary sector and other settings to improve service to children and young people. It includes links to:

- **Briefing note that summarises the way forward agreed for routine outcome monitoring in CYP IAPT.**
- **CYP IAPT dataset detailing all data fields collaborating sites are required to collect.**
- **A practical guide to using service user feedback and outcome tools to inform clinical practice in child and adolescent mental health.**
- **Children and Young Peoples IAPT tracking outcomes: resource pack which contains a range of measures and resources for use with children, young people and parents.**

http://www.chimat.org.uk/resource/view.aspx?RID=115922&src=MH

Must-knows on health and wellbeing

Councils can have a tremendous impact on health – through sports, open space, housing, planning, social care and a range of other services. However many members are largely unfamiliar with the territory of health services. They will increasingly be required to get involved, particularly through the new health and wellbeing boards. These 20 'Must Knows' are designed to provide the key information members need, in bite size chunks.
http://www.chimat.org.uk/resource/view.aspx?RID=121260&src=MH

Providing intense support for families with multiple and complex needs - Full learner resource

This resource, has primarily been designed to support the training and development of key workers and other practitioners providing intense support for families with multiple and complex needs.
http://www.chimat.org.uk/resource/view.aspx?RID=121751&src=MH

Policy and Government Reports

Baseline spending estimates for the new NHS and Public Health commissioning architecture

Estimates of how 2010-11 spend by primary care trusts (PCTs) would be deployed under the new commissioning arrangements proposed in the Health and Social Care bill. The baseline estimates, which have been uplifted to 2012-13 values, provide emerging clinical

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commissioning groups (CCG) and local authorities with information to support initial planning for the commissioning responsibilities they will take on in the future.
http://www.chimat.org.uk/resource/view.aspx?RID=120947&src=MH

School behaviour advice and guidance

This gives links to advice and guidance for governing bodies, headteachers, school staff and parents on behaviour and discipline in schools.
http://www.chimat.org.uk/resource/view.aspx?RID=121141&src=MH

Ministerial Advisory Group on the Mental Health Strategy

This group leads on overseeing the implementation of "No health without mental health'. The agendas and papers from these meetings can be downloaded from the Department of Health website.
http://www.chimat.org.uk/resource/view.aspx?RID=121470&src=MH

Reports

Negative childhood experiences and mental health: theoretical, clinical and primary prevention implications

After decades of ignoring or minimising the prevalence and effects of negative events in childhood, researchers have recently established that a broad range of adverse childhood events are significant risk factors for most mental health problems, including psychosis.
http://www.chimat.org.uk/resource/view.aspx?RID=120698&src=MH

Depression in adolescence

Unipolar depressive disorder in adolescence is common worldwide but often unrecognised. The incidence, notably in girls, rises sharply after puberty and, by the end of adolescence, the 1 year prevalence rate exceeds 4%. The burden is highest in low-income and middle-income countries. Depression is associated with substantial present and future morbidity, and heightens suicide risk.
http://www.chimat.org.uk/resource/view.aspx?RID=120701&src=MH

Rethinking mental health in the twenty-first century - Speech by Andy Burnham

This speech was given at a recent Centre for Social Justice conference.
http://www.chimat.org.uk/resource/view.aspx?RID=120888&src=MH

Virtual violence II: progress and challenges in the fight against cyberbullying

A Beatbulling survey found that 28% of 11-16 year-olds have experienced cyberbullying at least onece. This report looks at the prevalence of cyberbullying, who is cyberbullying and what needs to be done to prevent it.
http://www.chimat.org.uk/resource/view.aspx?RID=121288&src=MH

Adopted Children and Education: The experiences of a specialist CAMHS Team

The education system makes special provision for “looked after children”. However, once adopted these children become invisible.
http://www.chimat.org.uk/resource/view.aspx?RID=121395&src=MH

What's on your mind

The Scottish anti-stigma campaign, has launched a new campaign aimed at 13-15 year olds. They have produced a resource pack, which explores how support from peers can make a positive difference to people’s mental well-being.
http://www.chimat.org.uk/resource/view.aspx?RID=121750&src=MH

The Well-being Zone

This Children's Society website is aimed at children and young people. It provides resources which look at wellbeing, such as the Happy-ometer.
http://www.chimat.org.uk/resource/view.aspx?RID=121753&src=MH

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Tools and data

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http://www.chimat.org.uk/resource/view.aspx?RID=115922&src=MH

Research

Gendered pathways in school burnout among adolescents

The aim of this study is to examine differences in student burnout by gender, time status with two time points before and after an educational transition, and educational track (academic vs. vocational). The definition of burnout is based on three components: exhaustion due to school demands, a disengaged and cynical attitude toward school, and feelings of inadequacy as a student (Salmela-Aro, Kiuru, Leskinen, & Nurmi, 2009).
http://www.chimat.org.uk/resource/view.aspx?RID=120620&src=MH

Childhood maltreatment and the structure of common psychiatric disorders

Previous research suggests that various types of childhood maltreatment frequently co-occur and confer risk for multiple psychiatric diagnoses. This non-specific pattern of risk may mean that childhood maltreatment increases vulnerability to numerous specific psychiatric disorders through diverse, specific mechanisms or that childhood maltreatment engenders a generalised liability to dimensions of psychopathology. Although these competing explanations have different implications for intervention, they have never been evaluated empirically.
http://www.chimat.org.uk/resource/view.aspx?RID=120699&src=MH

The population cost-effectiveness of interventions designed to prevent childhood depression

Depression in childhood and adolescence is common and often persists into adulthood. This study assessed the population-level cost-effectiveness of a preventive intervention that screens children and adolescents for symptoms of depression in schools and the subsequent provision of a psychological intervention to those showing elevated signs of depression.
http://www.chimat.org.uk/resource/view.aspx?RID=120965&src=MH

Decomposing the components of friendship and friends' influence on adolescent drinking and smoking

Friendship networks are an important source of peer influence. However, existing network studies vary in terms of how they operationalize friendship and friend's influence on adolescent substance use. This study uses social network analysis to characterize three types of friendship relations: (1) mutual or reciprocated, (2) directional, and (3) intimate friends.
http://www.chimat.org.uk/resource/view.aspx?RID=121261&src=MH

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What do parents and carers think about routine outcome measures and their use? A focus group study of CAMHS attenders

Currently service user involvement in routine outcomes monitoring has been minimal, particularly in Children's services. There needs to be a more sustained effort to involve service users because of the valuable information that they could provide for service development and improvement.
http://www.chimat.org.uk/resource/view.aspx?RID=121303&src=MH

Physical health, mental health, and behaviour problems among early adolescents in foster care

Adolescents with chronic illness in the general population are at increased risk of mental health and behaviour problems. Depression is also associated with delinquency. Adolescents in foster care are more at risk for chronic illness and mental health issues. The researchers investigated whether adolescents in long-term foster care with chronic illness have associated higher rates of internalizing and externalizing problems and delinquency. They also investigated if depression mediates the relationship between physical health and externalizing behaviours.
http://www.chimat.org.uk/resource/view.aspx?RID=121363&src=MH

A qualitative investigation of first-episode psychosis in adolescents

Although a number of researchers have explored the help-seeking pathways of individuals with psychosis, there has been little focus on the experience of illness and services in the under-18 age group.
http://www.chimat.org.uk/resource/view.aspx?RID=121392&src=MH

Attention-deficit hyperactivity disorder, drug companies and the internet

This study investigated the influence of drug-company funding on websites about attention-deficit hyperactivity disorder (ADHD).
http://www.chimat.org.uk/resource/view.aspx?RID=121394&src=MH

The moderating role of working memory capacity and alcohol-specific rule-setting on the relation between approach tendencies and alcohol use in young adolescents

Dual process models of alcohol addiction propose that the transition from normative alcohol consumption to heavy drinking is the result of an imbalance in interplay between relatively impulsive or automatic and reflective or controlled processes. The current study examines whether impulsive and reflective processes are also detectable in a sample of adolescents with limited alcohol use.
http://www.chimat.org.uk/resource/view.aspx?RID=121548&src=MH

Psychological functioning of siblings in families of children with chronic health conditions: a meta-analysis

Objective: The aim of this meta-analysis was to provide an up-to-date review of the literature to enhance our understanding of how chronic health conditions (CHCs) affect siblings, both positively and negatively.
http://www.chimat.org.uk/resource/view.aspx?RID=121617&src=MH

Antipsychotic medication prescribing trends in children and adolescents

The Food and Drug Administration has approved the use of antipsychotic medications in some children and adolescents with severe emotional and behavioral disorders. However, recent national data show a dramatic rise in off-label and Food and Drug Administration–approved uses of these medications
http://www.chimat.org.uk/resource/view.aspx?RID=121789&src=MH

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Events and training

For details of these and many other events see the Calendar of Events on the ChiMat website

Understanding and supporting young people who hear voices

This one day workshop offers the opportunity to:

Understand more about the experience itself and its impact on a young person
Identify the link between voices, emotions and difficult life experiences
Enhance your toolkit of strategies to support young people distressed by voices and visions
Hear positive examples of recovery

This workshop is aimed at: anyone working with young people who hear voices in London, including: nurses, psychologists, support workers, therapists, counsellors, psychiatrists, social workers, mentors and OTs.

Location: London
Start date: Monday, 2nd April 2012
http://www.chimat.org.uk/resource/view.aspx?RID=121619&src=MH

Mental health awareness training (April 2012)

Designed by the Mental Health Foundation for anyone working in a customer-facing environment and provides the confidence needed to interact sensitively and effectively with clients experiencing mental health issues.

Location: London
Start date: Thursday, 26th April 2012
http://www.chimat.org.uk/resource/view.aspx?RID=122039&src=MH

Delivering 21st Century Mental Health Services: Harnessing data

This event will explore how data from IAPT (Improving Access to Psychological Therapies) can be harnessed to develop and improve mental services across London. It is part of the aligning quality improvement to population health series. The event is aimed at commissioners, mental health service providers, public health analysts, quality improvement practitioners, service users and academics.

Location: London
Start date: Monday, 30th April 2012
http://www.chimat.org.uk/resource/view.aspx?RID=123296&src=MH

Mental health awareness training (June 2012)

Designed by the Mental Health Foundation for anyone working in a customer-facing environment and provides the confidence needed to interact sensitively and effectively with clients experiencing mental health issues.

Location: London
Start date: Thursday, 28th June 2012
http://www.chimat.org.uk/resource/view.aspx?RID=122040&src=MH

Gresham Lectures: The Science of Us: Tracking the health of 1,000 children from birth to maturity

Lecture in a series on the Public Understanding of Psychiatry in collaboration with the Institute of Psychiatry.
Location: London
Start date: Tuesday, 3rd July 2012
http://www.chimat.org.uk/resource/view.aspx?RID=121745&src=MH

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Mental health and wellbeing: taking forward the Mental Health Strategy
This timely seminar will explore how mental health services will change in the light of NHS restructuring and integration in health and social care

Location: London
Start date: Wednesday, 11th July 2012
http://www.chimat.org.uk/resource/view.aspx?RID=121614&src=MH

Mental health awareness training (September 2012)
Designed by the Mental Health Foundation for anyone working in a customer-facing environment and provides the confidence needed to interact sensitively and effectively with clients experiencing mental health issues.

Location: London
Start date: Thursday, 27th September 2012
http://www.chimat.org.uk/resource/view.aspx?RID=122041&src=MH

ChiMat eBulletins

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

ChiMat Knowledge Update on children's, young people's and maternal health
Mental Health and Psychological Well-being
Learning Disabilities & CAMHS
Perinatal and Infant Mental Health

Sign up to one or more at http://www.chimat.org.uk/default.aspx?QN=CHMK9

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We welcome your feedback. Please email paula.lavis@youngminds.org.uk.