



Children and Young People's Wellbeing and Mental Health

Fiona Moir – Public Health

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Latest UK Statistics

One in eight (12.8%) of children and young people aged between five and 19, surveyed in England in 2017, had a mental disorder according to a major new report which provides England's best source of data on trends in child mental health.

Mental Health of Children and Young People in England, 2017 NHS Digital

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WHY?

Internet

Peer
pressure

Parenting

Schoolwork
& exams

Society

Sleep

Diet

Social
media



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Somerset Children and Young People Survey 2018



- 77% of primary pupils and 78% of secondary pupils responded that they worry 'quite a lot' or 'a lot' about different issues.
- The issues they worry about are things such such as exams, crime, friendships, family issues.
- 30% of primary pupils and 35% of secondary pupils had a high self-esteem score (15 or more).
- 18% of boys and 21% of girls in primary schools said they often feel lonely at school.
- 80% of pupils responded that they listen to music, 93% said they talk to an adult and 63% said they keep busy when something is worrying them



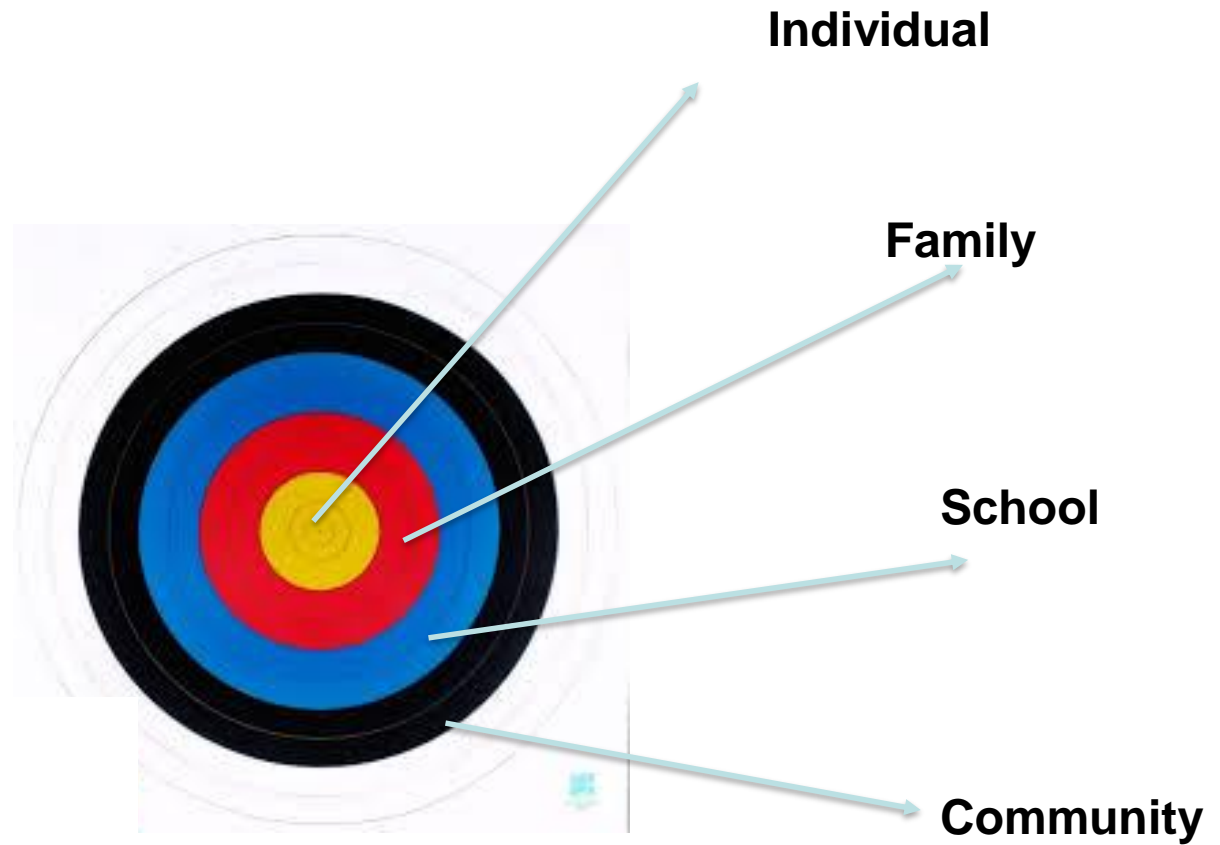
Resilience

BOUNCE BACK



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What Impacts on Resilience?



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The Somerset Wellbeing Framework



**A Whole School Approach
to Mental Health & Wellbeing**

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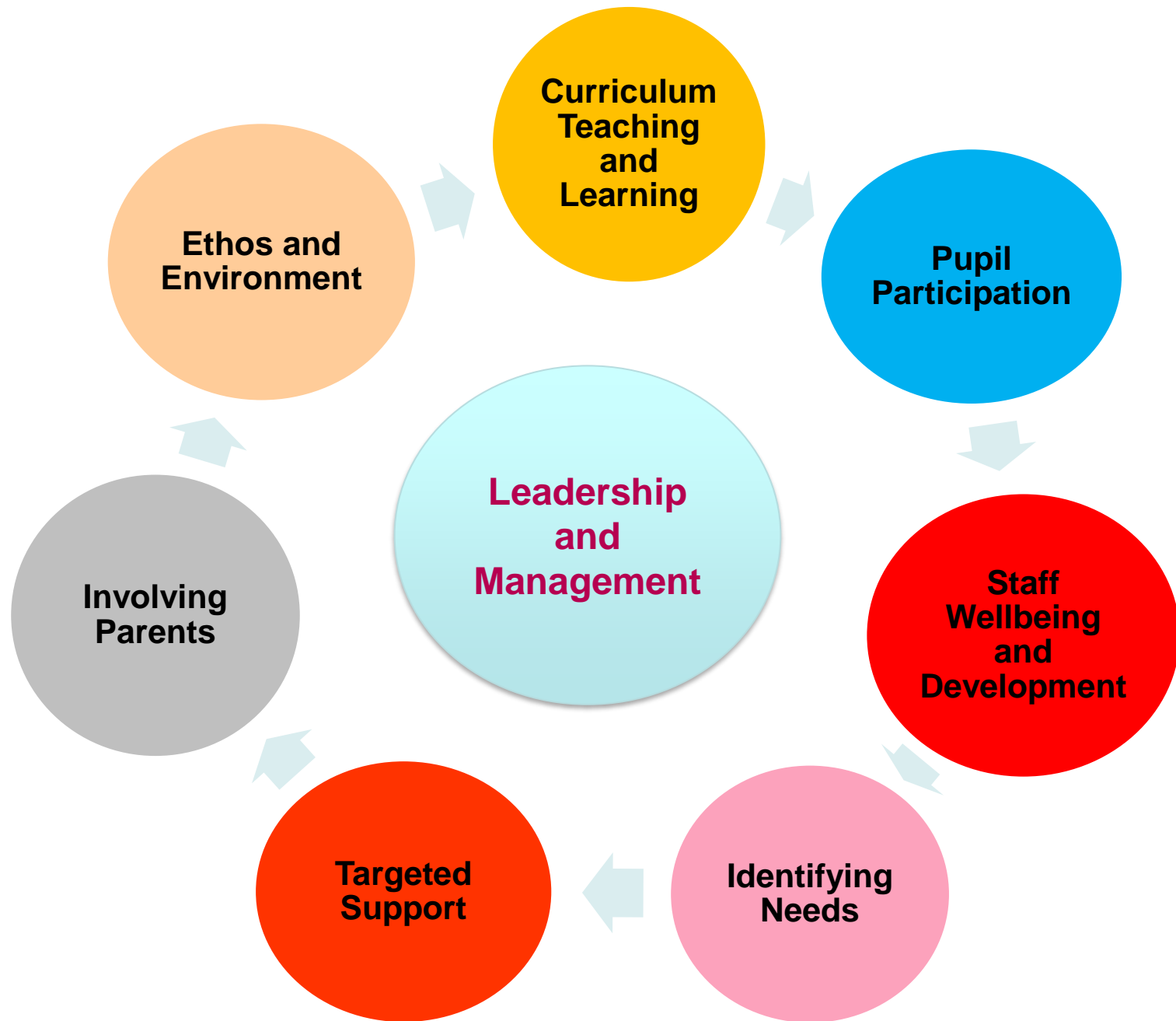
The Somerset Wellbeing Framework

Outcomes:

- Develop effective provision in schools that promotes the emotional wellbeing and mental health of pupils, staff and families
- To change the culture of schools and embed an ethos where mental health is regarded as everyone's business



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Pillars of Wellbeing

Belonging

Relationships

**Lifestyle:
Diet, Activity
& Sleep**



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Belonging



‘Children who feel that they belong at school are happier, more relaxed and have fewer behavioural problems than other students.’

The Resilient Classroom – Mentally Healthy Schools



- Connected
- Safe
- Respected and valued
- Have a sense of purpose

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Relationships



The single biggest factor in terms of happiness:

Friends...

Family...

Getting on with teachers...

Socialising...

Getting on with others...

The Good Childhood Report - Children's Society 2017



Lifestyles



Food – eating a balanced diet

Physical Activity – getting enough fresh air and moving

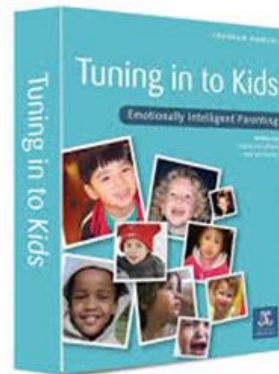
Sleep – good sleep hygiene



What is Mindful Emotion Coaching?

‘Emotion coaching is about helping children and young people to understand the different emotions they experience, why they occur and how to handle them.’

(John Gottman)



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Emotions

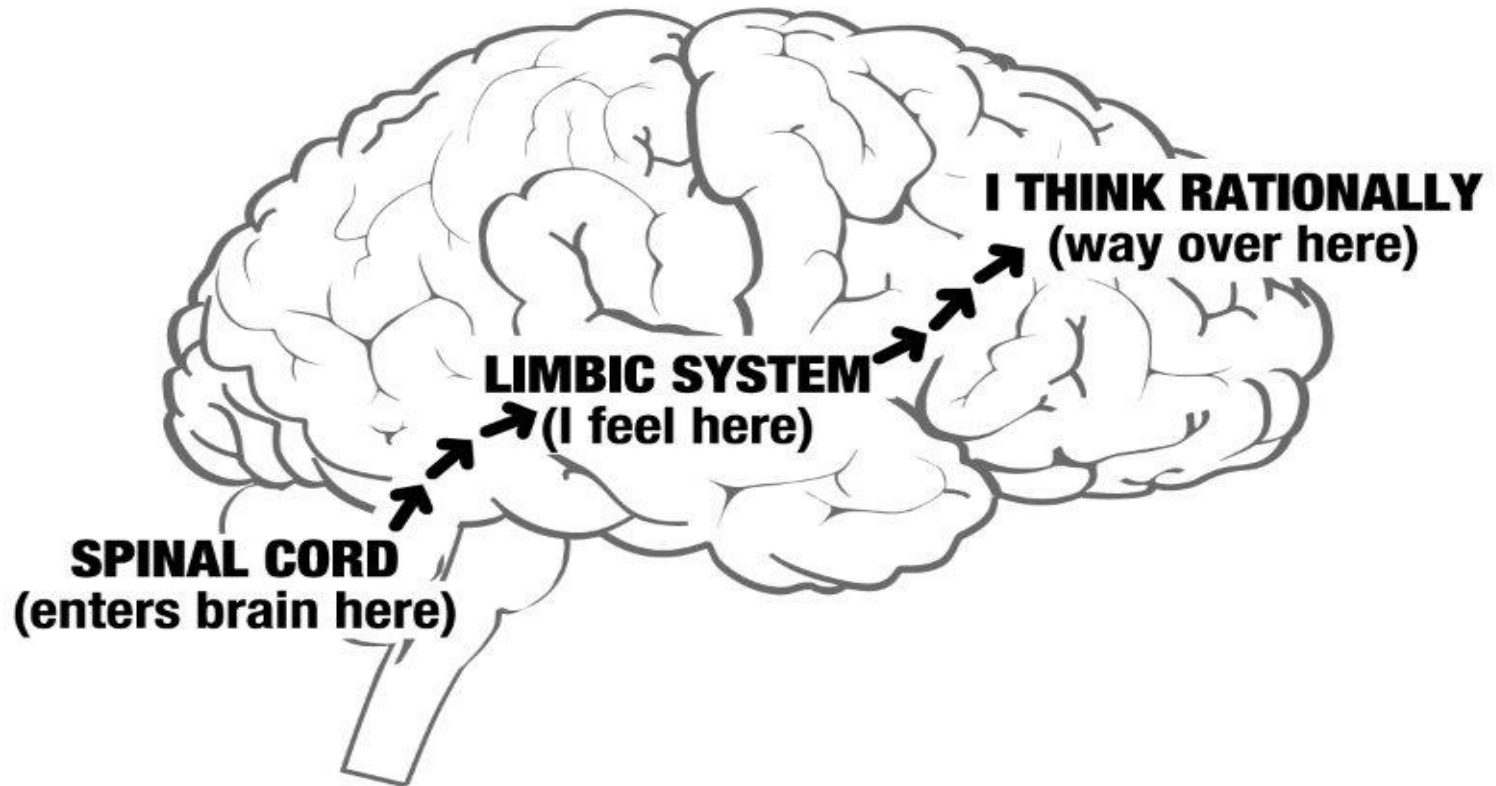


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Self-Regulation = Connected Brain



Dan Siegel - “Flipping your lid”

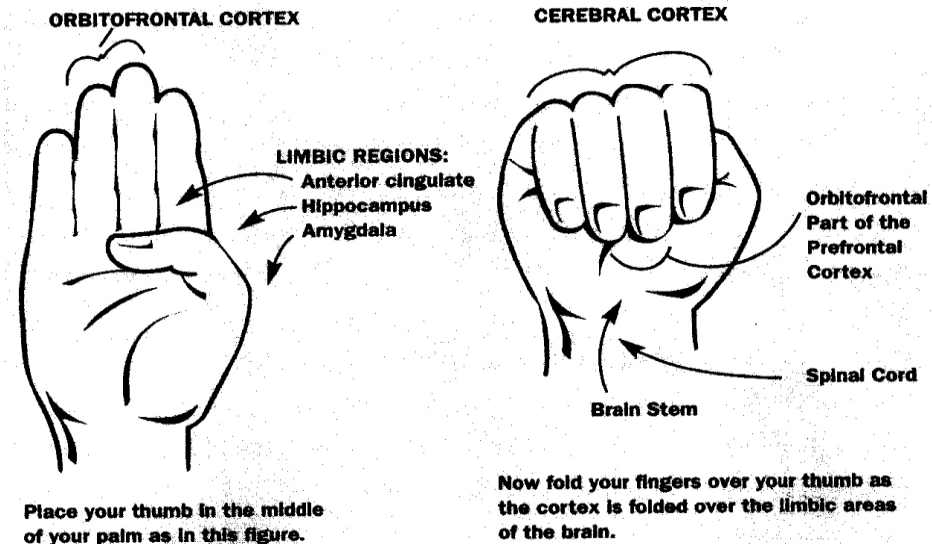
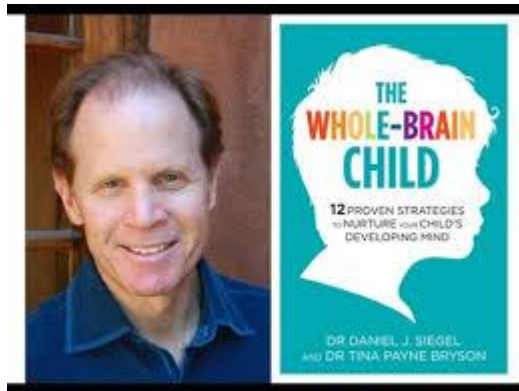


FIGURE 5

Daniel J. Siegel : The Whole Brain Child,. 2015 -
Brain hand model

<https://www.youtube.com/watch?v=gm9CIJ74Oxw>

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Five step process



1. Become aware of emotion
2. **C**onnect and view emotion as an opportunity to engage
3. **A**ccept - communicate your understanding of the emotion with empathy.. *'I am wondering if'*
4. **R**eflect - Use words to describe feelings – 'Name It to Tame It'
5. **E**nd stage - If necessary, help them to solve problems

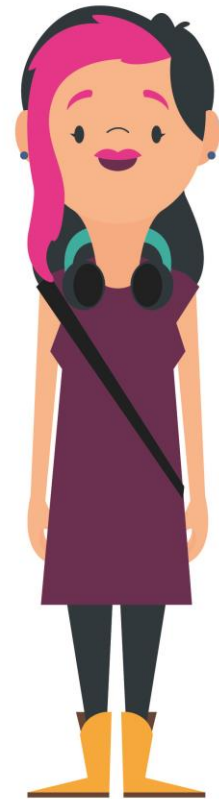
Adapted from Gottman, J. M. & DeClair, J. (1997). The Heart of Parenting: Raising an Emotionally Intelligent Child.

Teenage Years

A Time of Change

Between the ages of 12 – 19 years, young people go through a period of physical and emotional change

Alongside this, they can start to experience increased anxiety because of exams, how they look and friendships.

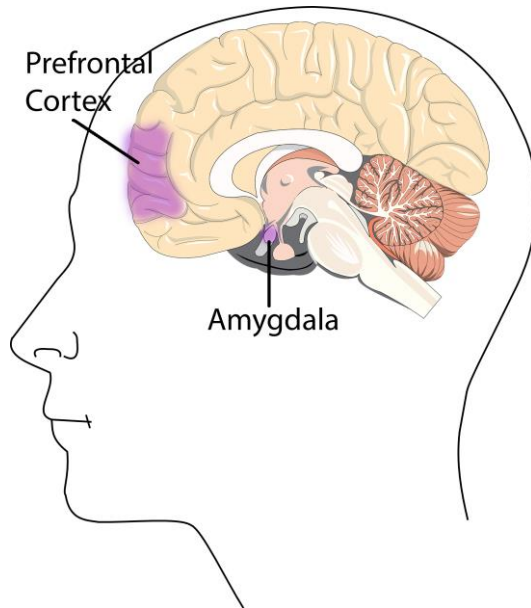


The Teenage Brain

- **During the teenage years the brain goes through a huge amount of re-modelling**
- **The brain becomes more finely tuned so any unused pathways are pruned away and others are strengthened**



The Teenage Brain



- **The pruning happens at the back of the brain whereas the front part, called the pre-frontal cortex, develops last.**
- **The pre-frontal cortex also helps us to regulate emotions**

The Teenage Brain

All this brain development means that during the teenage years young people may be more prone to:

- **riskier behaviour**
- **act impulsively**
- **and are more likely to have emotional outbursts**



Emotion Coaching is for:

The child AND the adult

...And the brain
gets stronger with
practice



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Our brains respond to regular practice when it comes to understanding emotions



VS



Denser network =
Quicker, faster,
stronger, and more
consistent connections

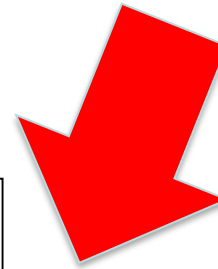


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**What's
mindfulness
got to do with
it?**

**The
PAUSE**

Feelings



AND

Behaviour

“Between stimulus and response, there is a space. In that space lies our power to choose our response.”

Victor Frankl – Prisoners of our Thoughts

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Resources for young people, parents and teachers

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**Personal Social
Health &
Economic
Education
Training
For teachers**

**Creative
Practice Days
for CYP
practitioners**

**LIFEbeat
Camps
for
young
people**

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Teenage Years Leaflet



Public Health

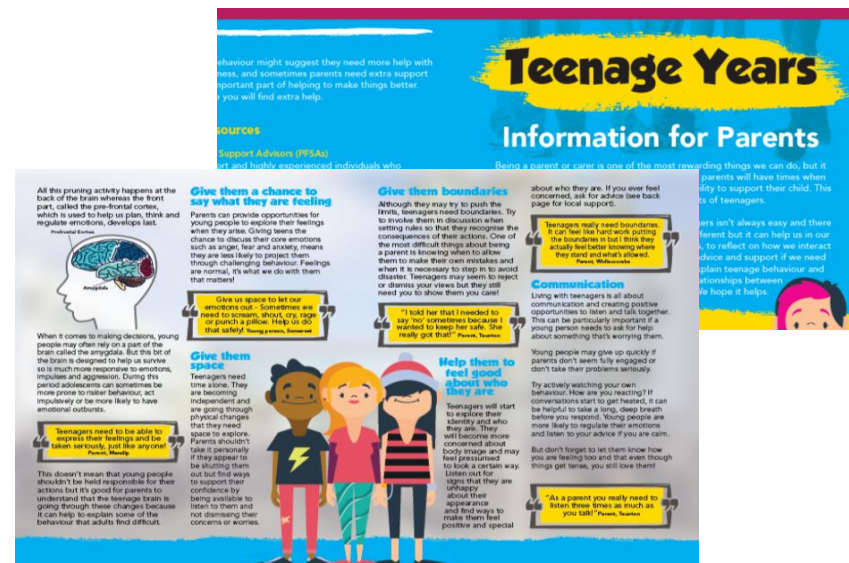
The leaflet has been developed to help support better understanding of the changes that take place during the teenage years.



Parent and Carer Toolkit

This area of the Public Health website has been designed to support parents, carers and the staff that work closely with families.

www.cypsomersethealth.org



Support for Young People



The Little Book of Life Hacks

- Developed by young people in Somerset. They come as postcards, [a poster](#) or a downloadable little book which is packed with ideas and links and includes true stories from young people who've tried them out.



- **Kooth** is a free, safe, anonymous and non-stigmatised way for young people to receive counselling, advice and support on-line. it provides a much needed out of hours service for advice and support. 11 – 19 years

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- The role of schools in promoting mental health & PSHE
- Information about local and national organisations - [MindED for Families](#)
- Self-harm guidance for parents, teachers and young people
- Advice on dealing with trauma such as bereavement and loss



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mental
health
toolkit

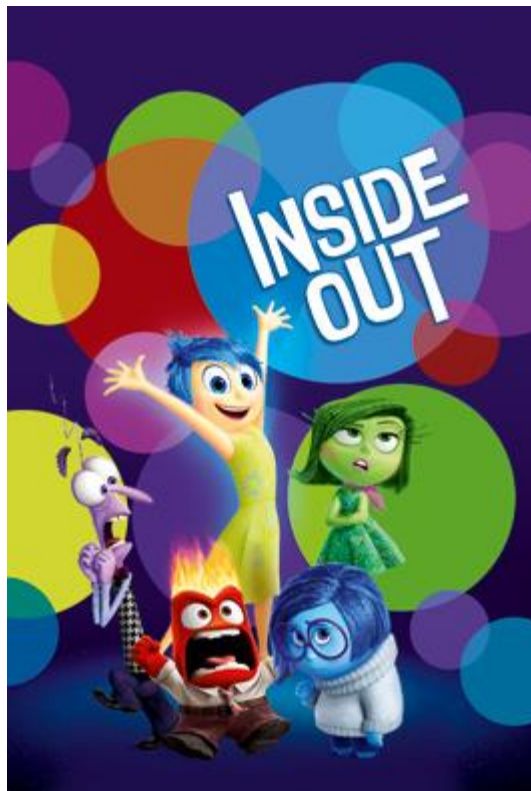


Parent and Carer Toolkit

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https://www.youtube.com/watch?v=QT6FdhKriB8&feature=player_embedded

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