



Children's Mental Health and Psychological Wellbeing eBulletin

www.chimat.org.uk
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November 2014

This monthly eBulletin is a collaboration between [ourselves](#) and [YoungMinds](#). It 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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Elsewhere

[eBulletins](#)

[Tools and data](#)

[Knowledge hub](#)

[Calendar of events](#)

[Disability](#)

[Europe](#)

[Maternity](#)

[Mental health and psychological wellbeing](#)

[Obesity](#)

[Safeguarding](#)

[Workforce](#)

[Young people](#)

National Child and Maternal Health Intelligence Network news

Looking for data and statistics about children and young people?

We have redesigned and updated our **Data Directory – children, young people and maternity**. Using the directory, you can search over 150 sources of data and statistics covering all life stages from preconception and pregnancy to young adults. The directory describes each resource including who publishes it, what age groups and geographical areas it covers, and how to access it. We'll be adding more resources over the coming weeks.

www.chimat.org.uk/directory/toolsdata

Children and young people's mental health and wellbeing profiling tool

This tool, published by the Mental Health, Dementia and Neurology Intelligence Network, brings together a wide range of publically available data on risk, prevalence and detail (including cost data) on services that support children with or vulnerable to mental illness. Commissioners, service providers, clinicians, service users and their families can benchmark their area against similar populations and gain intelligence about what works.

<http://fingertips.phe.org.uk/profile-group/mental-health/profile/cypmh>

In the news

We do not accept responsibility for the availability, reliability or content of these news items and do not necessarily endorse the views expressed within them.

DH: First ever NHS waiting time standards for mental health announced

New waiting standards are to be introduced for mental health problems to bring treatment on a par with physical health. Additionally, NHS England will invest £7 million to create 50 new in-patient beds for children and young people and better case management so that children with specialist needs get the right care in the right place, as close as possible to their homes and families.

<http://www.chimat.org.uk/resource/view.aspx?RID=215278&src=MH>

NICE: Eyes on Evidence Issue 66 – October 2014

Eyes on Evidence helps contextualise important new evidence, highlighting areas that could signal a change in clinical practice. Includes an item on Day-patient treatment after short inpatient care versus continued inpatient care in young people with anorexia nervosa.

<http://www.chimat.org.uk/resource/view.aspx?RID=215431&src=MH>

BBC: Children 'satisfied, yet fear of bullying remains'

Analysis of research into childhood in the UK paints a mixed picture of high satisfaction on the one hand, and fear of bullying and crime on the other.

<http://www.chimat.org.uk/resource/view.aspx?RID=215449&src=MH>

BBC: Charity calls for regulation on sales of laxatives to children

The UK's leading eating disorder charity has called for the sale of laxatives to children to be more strictly regulated.

<http://www.chimat.org.uk/resource/view.aspx?RID=216303&src=MH>

Community Care: How specialist social workers are supporting deaf children with mental health issues

Community Care spends the day with a social worker from the NHS's national deaf CAMHS service.

<http://www.chimat.org.uk/resource/view.aspx?RID=216344&src=MH>

Telegraph: 'Mental health issues in children have been a hidden struggle for too long'

This article looks at the importance of taking action and giving children's mental health the attention it deserves; improving provision and ending the stigma.

<http://www.chimat.org.uk/resource/view.aspx?RID=216878&src=MH>

NIMH: Director's Blog: Depression, daughters, and cellular aging

This blog post discusses a study which looks at links between depression in mothers and their daughters.

<http://www.chimat.org.uk/resource/view.aspx?RID=217357&src=MH>

Science Daily: Childhood psychological abuse as harmful as sexual or physical abuse

Children who are emotionally abused and neglected face similar and sometimes worse mental health problems as children who are physically or sexually abused, yet psychological abuse is rarely addressed in prevention programs or in treating victims, according to a new study.

<http://www.chimat.org.uk/resource/view.aspx?RID=217182&src=MH>

Science Daily: Sleep difficulties common among toddlers with psychiatric disorders

Sleep difficulties -- particularly problems with falling asleep -- were very common among toddlers and preschool-aged children who were receiving clinical treatment for a wide range of psychiatric disorders, a study has found.

<http://www.chimat.org.uk/resource/view.aspx?RID=217293&src=MH>

AlphaGalileo: Music therapy reduces depression in children and adolescents

Researchers have discovered that music therapy reduces depression in children and adolescents with behavioural and emotional problems.

<http://www.chimat.org.uk/resource/view.aspx?RID=217295&src=MH>

Mind: Mind reveals ‘unacceptably low’ spending on public mental health

Mental health charity Mind has found that local authorities in England spend an average of 1.36 per cent of their public health budget on mental health.

<http://www.chimat.org.uk/resource/view.aspx?RID=217743&src=MH>

Guardian: Project for women with repeat children taken into care gains £3m boost

A pilot project helping women to break the cycle of repeat pregnancies and removals into care, has won over £3m funding from the Department for Education to replicate itself in Doncaster, Newham, Southwark and Hull.

<http://www.chimat.org.uk/resource/view.aspx?RID=217788&src=MH>

BBC: Child mental health services 'unfit'

There are "serious and deeply ingrained problems" with child and adolescent mental health services, officials warn.

<http://www.chimat.org.uk/resource/view.aspx?RID=218656&src=MH>

CommunityCare: CAMHS are working in a ‘fog’ due to data drought, MPs warn

Health Committee report says poor data is a cause of the “deeply ingrained problems” in child and adolescent mental health services.

<http://www.chimat.org.uk/resource/view.aspx?RID=218689&src=MH>

DfE: £2 million fund to tackle homophobic bullying in schools

A £2 million package will be offered to schools to help them tackle homophobic bullying, the government has announced.

<http://www.chimat.org.uk/resource/view.aspx?RID=217858&src=MH>

NSPCC: Huge increase in suicidal feelings among young people

Figures released by Childline show a large increase in counselling sessions with children who talked about suicidal thoughts.

<http://www.chimat.org.uk/resource/view.aspx?RID=218108&src=MH>

Gov.uk: New What Works Centre for Wellbeing

The new What Works Centre for Wellbeing will commission universities to research the impact that different interventions and services have on wellbeing. The centre is the latest addition to the What Works Network, which was launched by the government last year to improve public services through evidence-based policy.

<http://www.chimat.org.uk/resource/view.aspx?RID=218125&src=MH>

Independent: BeatBullying UK and MindFull charities suspend services as administrators called in

An award-winning anti-bullying charity has gone into administration. BeatBullying UK, along with

its sister charity MindFull, which offers young people support for mental health issues, run helplines, online forums and counselling sessions.

<http://www.chimat.org.uk/resource/view.aspx?RID=218148&src=MH>

BBC: School tests causing pupil stress, teachers' survey finds

Annual school tests for children aged seven to 14 in Wales are causing so much stress some pupils are refusing to go to school, a survey of teachers claimed.

<http://www.chimat.org.uk/resource/view.aspx?RID=218124&src=MH>

DH: New taskforce promotes better mental health for children and young people

This blog post from the co-chair of the children and young people's mental health and well-being taskforce discusses the 6 priorities that the taskforce has identified.

<http://www.chimat.org.uk/resource/view.aspx?RID=218178&src=MH>

PHE: Blogging project to capture everyday experiences of people living with mental health difficulties

A new online project is calling on people living with mental health difficulties to blog about their lives. 'A Day in the Life' is designed to provide an insight into the lives of people living with a mental health difficulty to help inform the development of policies and projects which better meet their needs.

<http://www.chimat.org.uk/resource/view.aspx?RID=218180&src=MH>

Guides and practice

Suicide prevention: developing a local action plan

This document is part of Public Health England's ongoing programme of work to support the government's suicide prevention strategy.

<http://www.chimat.org.uk/resource/view.aspx?RID=214511&src=MH>

Child sexual exploitation: improving recognition and response in health settings

This report, which has been drafted by a range of medical, health, academic and third sector groups, sets out a series of recommendations aimed at improving clinicians' awareness of the issue and calls for medical Royal Colleges and Faculties to ensure that doctors receive training in this area.

<http://www.chimat.org.uk/resource/view.aspx?RID=214514&src=MH>

On the right tracks: a guide to commissioning counselling services for young people 13-25 years

This guide for commissioners and funders focuses on the particular role of youth counselling providers in local community-based settings but is also relevant to the delivery of counselling in other settings, such as schools.

<http://www.chimat.org.uk/resource/view.aspx?RID=215613&src=MH>

Managing self-harm in young people

This report provides updated guidance on managing self-harm in young people up to the age of 18, including people who have a learning disability. It is aimed at commissioners, providers of services, local authorities, psychiatrists, paediatricians, GPs and professionals working with young people.

<http://www.chimat.org.uk/resource/view.aspx?RID=216067&src=MH>

Being me: isn't it time someone heard your story?

This is a free classroom resource that seeks to celebrate difference and promote inclusion by giving young people in years 5-8 an invaluable insight into the potential challenges being faced by their peers. It offers young people five powerful diary entries and short stories that aim to raise awareness of bullying and give readers a greater understanding of what life is like for other children: life with autism; life as a young carer; life at the end of homophobic taunts, or life when you're the most able or gifted and ostracised as a result.

<http://www.chimat.org.uk/resource/view.aspx?RID=217784&src=MH>

How to commission better mental health and wellbeing services for young people

This guide is aimed at those with a responsibility for commissioning mental health and wellbeing services for young people, and draws on young people's own experiences. It is based on Right Here, a pioneering five-year programme run by the Mental Health Foundation and Paul Hamlyn Foundation at four sites across the UK.

<http://www.chimat.org.uk/resource/view.aspx?RID=218461&src=MH>

Policy and government reports

Mental health services: achieving better access by 2020 (Policy paper)

Sets out national waiting time standards from April 2015 and plans to provide better access to mental health services over the next 5 years.

<http://www.chimat.org.uk/resource/view.aspx?RID=215430&src=MH>

Consultation on looked-after children: improving permanence, government response

This document summarises the results of the consultation on proposals to improve permanence for looked-after children and sets out the government's response.

<http://www.chimat.org.uk/resource/view.aspx?RID=217335&src=MH>

Into independence, not out of care: 16 plus care options: government response to the committee's second report of session 2014-15

The government's response to the recommendations put forward in the Education Committee's report on the options for looked-after young people aged 16 plus.

<http://www.chimat.org.uk/resource/view.aspx?RID=217763&src=MH>

Carers strategy: second national action plan 2014 to 2016

The document explains the progress since 2010 and identifies the main actions for the next 2 years around supporting carers, including young carers.

<http://www.chimat.org.uk/resource/view.aspx?RID=218126&src=MH>

Reports

Mental health interventions in schools (Lancet series)

This series in The Lancet Psychiatry examines the unique role that schools can play in delivering treatment for mental health problems to children, as well as universal mental health promotion.

<http://www.chimat.org.uk/resource/view.aspx?RID=215324&src=MH>

Born in South Lakeland – developing emotionally resilient children

Independent Review of services supporting children and adolescents with mental ill health
<http://www.chimat.org.uk/resource/view.aspx?RID=215425&src=MH>

Measuring national well-being - exploring the well-being of children in the UK, 2014

This report presents estimates for 22 of the provisional set of 31 headline measures of children's well-being that ONS has developed. These estimates can be thought of as a baseline for children's well-being.

<http://www.chimat.org.uk/resource/view.aspx?RID=215439&src=MH>

Natural solutions for tackling health inequalities

This report highlights the evidence of the benefits of green spaces to health and wellbeing outcomes, and the inequalities in use of, and access to, natural environments across England. The report also proposes ways to improve access and use of green space in order to improve health equity, and addresses issues including child obesity.

<http://www.chimat.org.uk/resource/view.aspx?RID=215572&src=MH>

Partnership dissolution: how does it affect income, employment and well-being?

This working paper assesses how incomes, employment, housing, mental health and life satisfaction change following a partnership dissolution, finding that, on average, women and children see living standards decline by more than men.

<http://www.chimat.org.uk/resource/view.aspx?RID=215927&src=MH>

The state of health and social care in England 2013/14

This report gives the Care Quality Commission's perspective on the state of health care and adult social care in England, including around the transition from children's to adult services.

<http://www.chimat.org.uk/resource/view.aspx?RID=217338&src=MH>

"I think you need to show someone what help there is": understanding parental alcohol misuse at a local level

This report looks at ways of estimating the number of children affected by parental alcohol misuse and at the help available to them. The report finds that local areas are committed to addressing alcohol misuse but that the focus on the effect on children of parental drinking still needs much work. The study identifies the steps service providers and co-ordinating bodies need to take, including health and social care services, to address children's safety and diminish the impact of problem drinking on children.

<http://www.chimat.org.uk/resource/view.aspx?RID=217178&src=MH>

Turn the page: learning from a manualised approach to treating harmful sexual behaviour

Turn the page is an NSPCC service for young people with harmful sexual behaviour. This first evaluation report gives the findings from interviews held with young people, parents and carers, NSPCC practitioners, and local agencies who refer young people to the service.

<http://www.chimat.org.uk/resource/view.aspx?RID=217758&src=MH>

Children's and adolescents' mental health and CAMHS. House of Commons Health Committee. Third report of session 2014–15

This report finds that there are serious and deeply ingrained problems with the commissioning and provision of children's and adolescents' mental health services (CAMHS). These run through the whole system from prevention and early intervention through to inpatient services for the most vulnerable young people. The Committee draws conclusions and makes recommendations for action. Includes a link to a short video explaining the report.

<http://www.chimat.org.uk/resource/view.aspx?RID=218692&src=MH>

On the edge: ChildLine spotlight report on suicide

This report looks at what young people have told ChildLine, and examines what they need when they are already distressed and contemplating taking their own lives. It outlines the key issues young people raised and how the stigma of suicide means that the adults in their lives are failing to spot the signs, finding it hard to listen to their distress, and are sometimes providing inadequate levels of support.

<http://www.chimat.org.uk/resource/view.aspx?RID=218109&src=MH>

Wellbeing and policy

This report seeks to illustrate the strengths and limitations of wellbeing analysis and provides original and authoritative guidance on the implications for public policy.

<http://www.chimat.org.uk/resource/view.aspx?RID=218129&src=MH>

Evidence review: what works in tackling homophobic, biphobic and transphobic (HBT) bullying among school-age children and young people?

This evidence review examines existing research about effective initiatives and interventions to prevent homophobic, biphobic and transphobic bullying in schools.

<http://www.chimat.org.uk/resource/view.aspx?RID=218133&src=MH>

“It’s all about trust”: building good relationships between children and the police

The final report of the All Party Parliamentary Group for Children’s inquiry into children and young people’s relationship with the police sets out a range of recommendations to provide a clear framework for strengthening police practice in relation to children and young people.

<http://www.chimat.org.uk/resource/view.aspx?RID=218121&src=MH>

Tackling homophobic, biphobic and transphobic bullying among school-age children and young people: findings from a mixed methods study of teachers, other providers and pupils

This study examines the key factors perceived to be most effective in preventing homophobic, biphobic and transphobic bullying schools.

<http://www.chimat.org.uk/resource/view.aspx?RID=218132&src=MH>

Care leavers' stories

This unique project involved 17 care-experienced people recording their life stories on digital video. Half-hour extracts, full stories, summaries and transcripts are available.

<http://www.chimat.org.uk/resource/view.aspx?RID=218134&src=MH>

An urgent need: We Need to Talk’s manifesto for better talking therapies for all

The We Need to Talk coalition is calling for investment in psychological therapies, so that the NHS in England can offer a full range of evidence-based psychological therapies to all who need them within 28 days of requesting a referral.

<http://www.chimat.org.uk/resource/view.aspx?RID=218137&src=MH>

A manifesto for better mental health

Six of England’s leading mental health organisations have joined forces to produce a manifesto, laying out what Government must do to improve the lives of people with mental health problems.

<http://www.chimat.org.uk/resource/view.aspx?RID=218140&src=MH>

Tools and data

Children and young people's mental health and wellbeing profiling tool

This tool collates and analyses a wide range of publically available data on risk, prevalence and detail (including cost data) on services that support children with or vulnerable to mental illness. Commissioners, service providers, clinicians, service users and their families can benchmark their area against similar populations and gain intelligence about what works.

<http://www.chimat.org.uk/resource/view.aspx?RID=215292&src=MH>

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.

Suicide rates in children aged 10-14 years worldwide: changes in the past two decades

Limited research is focused on suicides in children aged below 15 years. This study aimed to analyse worldwide suicide rates in children aged 10-14 years in two decades: 1990-1999 and 2000-2009.

<http://www.chimat.org.uk/resource/view.aspx?RID=214506&src=MH>

Childhood family income, adolescent violent criminality and substance misuse: quasi-experimental total population study

The aim of this study was to investigate whether childhood family income predicts subsequent violent criminality and substance misuse and whether the associations are in turn explained by unobserved familial risk factors.

<http://www.chimat.org.uk/resource/view.aspx?RID=214507&src=MH>

Mental health disorders in young urban sexual minority men

Very few studies have examined mental disorders among male sexual minority youth. The authors describe demographic correlates, comorbidity, and history of mental disorders and suicidality in a large sample of male sexual minority youth.

<http://www.chimat.org.uk/resource/view.aspx?RID=215274&src=MH>

Exposure to websites that encourage self-harm and suicide: prevalence rates and association with actual thoughts of self-harm and thoughts of suicide in the United States

This article provides 12-month prevalence rates of youth exposure to websites which encourage self-harm or suicide and examines whether such exposure is related to thoughts of self-harm and thoughts of suicide in the past 30 days.

<http://www.chimat.org.uk/resource/view.aspx?RID=215903&src=MH>

Exercise and depressive symptoms in adolescents: a longitudinal cohort study

This longitudinal study investigated the association between objectively measured physical activity and depressive symptoms during 3 years of adolescence.

<http://www.chimat.org.uk/resource/view.aspx?RID=216060&src=MH>

Why some children with externalising problems develop internalising symptoms: testing two pathways in a genetically sensitive cohort study

The authors tested two processes that could explain why some children with externalising problems develop internalising symptoms in preadolescence.

<http://www.chimat.org.uk/resource/view.aspx?RID=216881&src=MH>

Why do young people offend in children's homes? Research, theory and practice

This article discusses young people's perceptions of the factors that contribute to them coming to the attention of the youth justice system while resident in children's homes in England.

<http://www.chimat.org.uk/resource/view.aspx?RID=217339&src=MH>

School performance and the risk of suicidal thoughts in young adults: population-based study

Although low school performance is related to attempted and completed suicide, its relationship with suicidal thoughts has been less clear. This population-based study of 10081 individuals aged 18–29 years in Stockholm, Sweden found a clear positive gradient in the risk of lifetime suicidal thoughts with decreasing levels of compulsory school leaving grades.

<http://www.chimat.org.uk/resource/view.aspx?RID=218154&src=MH>

Consultations

DfE: The national prospectus grants programme 2015-16

The Department for Education's National Prospectus Grants Programme for 2015-16 will provide up to £25 million in grant funding for voluntary, community and social enterprise organisations to help improve outcomes for children and young people and support for families. DfE is inviting bids in support of one of the seven policy themes: early education and childcare; special educational needs and disability (SEND); children and young people's mental health; safeguarding; children in care and care leavers; adoption; and family advice and support. Deadline for return of grant applications is 12 noon 21 November 2014.

<http://www.chimat.org.uk/resource/view.aspx?RID=216735&src=MH>

Events and training

For details of these and many other events see the [calendar of events](#) on our website.

How to manage: child mental health in general paediatrics

This programme has been specially designed for paediatric trainees, SAS doctors and newly qualified consultants who want to improve their ability to effectively manage paediatric patients who present with mental health difficulties.

Location: Southampton

Start date: Wednesday, 12th November 2014

<http://www.chimat.org.uk/resource/view.aspx?RID=215494&src=MH>

Evening of evidence: mental health and young people in the justice system

This free to attend evening of evidence will address topical issues around children's

experiences of youth justice and the interface between law and science.

Location: London

Start date: Monday, 24th November 2014

<http://www.chimat.org.uk/resource/view.aspx?RID=217031&src=MH>

Child and adolescent health and well-being: addressing the hidden harm caused by parental alcohol misuse

This special symposium offers an opportunity for social workers, education and health practitioners, third sector practitioners and key stakeholders to explore how best to address parental alcohol misuse and safeguard children against its harmful consequences.

Location: London

Start date: Tuesday, 2nd December 2014

<http://www.chimat.org.uk/resource/view.aspx?RID=216732&src=MH>

Evening of evidence: mental health in the classroom

This free to attend evening of evidence will explore topical mental health issues in primary school-aged children, including presentations from experts in the field and case study discussions.

Location: London

Start date: Tuesday, 16th December 2014

<http://www.chimat.org.uk/resource/view.aspx?RID=217036&src=MH>

CAMHS national networking forum

This event offers CAMHS professionals the opportunity to come together, share ideas, hear about innovations and latest developments in CAMHS from around the country and gain new knowledge and skills.

Location: Birmingham

Start date: Wednesday, 21st January 2015

<http://www.chimat.org.uk/resource/view.aspx?RID=218030&src=MH>

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
- Learning Disabilities and CAMHS
- Perinatal and Infant Mental Health

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