

## Bulletin

Issue 25 - 2018



Leeds

**Hello! Welcome to the twenty fifth edition of the MindMate Champions Bulletin.**

### [Learning disability: applying All Our Health](#)

Updated evidence and guidance from Public Health England to help healthcare professionals to improve the health and wellbeing of people with learning disabilities. Includes examples to help healthcare professionals assess the needs of people with learning disabilities in their communities and the services available.

### [More young people seeking help for eating disorders](#)

Childline counselling sessions about eating disorders have risen by 22% in the last year as concerns about body image and mental health difficulties cause more young people to seek help.

### [Factors affecting children's mental health over time](#)

The Children's Society and Barnardo's examined how factors at 10 and 11 can affect children's mental health at 14 and 15. With half of all mental health problems starting by 14, addressing problems at 10 would make an enormous difference.

Children with poor family relationships aged 10 are far more likely to have mental health problems like depression and anxiety by 14. Bullying, body image and school life matter too. Data was analysed from the UK Household Longitudinal Study (UKHLS) and a new longitudinal analysis. Recommendations include: training for mental health leads in schools to identify and act on problems that can harm children's mental health; and more advice and services for parents worried about their teen's mental health.

### [Planning for pregnancy tool](#)

This innovative tool from Tommy's provides tailored information for women on how they can prepare before conception in order to have a healthy pregnancy. It is endorsed by NHS England, the Institute of Health Visitors and the Royal College of General Practitioners. The Royal College of Obstetricians and Gynaecologists [news item](#) explains more.

### [Approaches to preventing and tackling bullying: case studies](#)

Qualitative research from DfE to understand anti-bullying practices schools have found effective. These include approaches to tackling bullying generally and more specific types of bullying, for example: racial bullying; special educational needs and disability (SEND) bullying; lesbian, gay, bisexual or transgender (LGBT) bullying.

The report contains common themes found throughout the research and seven case studies. It's intended to be used as a resource by schools and other stakeholders looking for examples of anti-bullying practices.

### [Barnardo's: Warning to teachers about signs a girl may be at risk of undergoing FGM](#)

Teachers are being advised of the signs a girl may be at risk of undergoing female genital mutilation (FGM). The start of the summer holidays is a time when potentially thousands of UK girls could be flown abroad to unwittingly undergo the procedure. The National FGM Centre says any teacher who suspects a pupil is going overseas for this purpose should follow normal safeguarding procedures.

### [Should we screen new Dads for depression?](#)

The author of this blog from The Mental Elf shares his own experiences of being diagnosed with postnatal depression and wonders how we can improve screening for other fathers at risk during the perinatal period. Includes a review of a recent study carried out by researchers in Sweden aimed to develop a better tool for screening depression in fathers of children aged 0-18 months.

### [Children living in families facing adversity. NSPCC helplines report](#)

The NSPCC has published a report summarising information from its helplines on the experiences of children and young people whose parents or carers are affected by domestic abuse, substance misuse and mental health problems. The report highlights ways to help children to cope, including: finding an outlet for their emotions; using Childline's peer support message boards and talking to the professionals who are involved in caring for their parents about their concerns.

### [Understanding childhood adversity, resilience and crime](#)

This four-page review from the Scottish Government sets out a summary of the evidence on the links between childhood adversity and victimisation and criminality in adulthood.

It makes a strong case for preventing crime by targeting those most at risk of experiencing adverse childhoods, and supporting people in the Justice System whose lives have been affected by adverse childhood experiences (ACEs) in order to reduce reoffending and prevent intergenerational crime and victimisation. It argues that this will require a coordinated and collaborative effort across government.

### [Social support and maternal mental health at 4 months and 1 year postpartum: analysis from the All Our Families cohort \(Epidemiology & Community Health\)](#)

Low social support is consistently associated with postpartum depression. Previous studies do not always control for previous mental health and do not consider what type of support (tangible,

emotional, informational or positive social interaction) is most important. The objectives of this study are to examine if low social support contributes to subsequent risk of depressive or anxiety symptoms and to determine which type of support is most important. The study concluded that group prenatal care, prenatal education and peer support programmes have the potential to improve social support. Prenatal interventions studies are needed to confirm these findings in higher risk groups.

### [Welcoming refugee children to your school guide](#)

The National Education Union have produced the 'Welcoming Refugee Children to Your School' guide, which provides information about ways in which you can create a refugee-friendly school, make an accessible curriculum and think about some principles of effective practice.

### [Young Minds: Transitioning from Primary and Secondary School](#)

Young Minds have created a film resource that reassures children that they're not alone when it comes to their worries about secondary school, that there are ways to cope with change and there are people to talk to when things get difficult.

The film is for schools to show their pupils as they're transitioning from primary to secondary school. This could be played on 'transition day', or to Year 7s in the first week at their new school or to Year 6s who are just about to move up.

### [New £5mil taskforce to improve child mental health](#)

The incoming health secretary has set up a £5m taskforce to reshape and improve child and adolescent mental health services (CAMHS).

### [Petition for government action on suicide](#)

In this country, one man dies by suicide every two hours. Yet no government minister is officially responsible for suicide prevention and bereavement support. CALM has joined forces with Matthew Smith, who lost his brother Dan to suicide, to launch a petition calling for a government minister to take on official responsibility for suicide prevention and bereavement support.