

## Bulletin

January 2019



Leeds

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

### [Self-Injury & Risky Behaviours Conference](#)

There are still delegate places available for our upcoming conference at Leeds Civic Hall on the 7<sup>th</sup> February 2019. We're thrilled to announce Govind Oliver (Skills Mentor at Chimp Management) will be delivering the keynote speech on My Hidden Chimp, the child-friendly version of the Chimp Paradox by Steve Peters.

### [Children's Mental Health Week 2019](#)

Children's Mental Health Week will be running between the 4<sup>th</sup>-10<sup>th</sup> February and this year's theme is [Healthy: Inside and Out](#). There are [free primary and secondary resources](#) including assembly guides, group activities, posters and more. You can also add any activities you'll be doing across the week on their [interactive map](#).

### [NSPCC annual review](#)

The NSPCC has published the ChildLine annual review, reporting that it delivered 278,440 counselling sessions to children in the year 2017-18. The issues children contacted Childline about most were:

- Mental / emotional health
- Family relationships
- Suicidal thoughts or feelings

### [Blueice app for managing self-harm: what do young people think?](#)

This blog post from The Mental Elf looks at a qualitative study of service users' experience about the acceptability, use and safety of the Blueice app for young people who self-harm.

### [Key competencies in early cognitive development: things, people, numbers and words](#)

This major report from the Early Intervention Foundation sets out the evidence on how best to support children's foundational cognitive development in the early years, covering their theory of mind, objects, numbers and words.

Understanding these crucial areas of development is key to ensuring children are ready for school and supporting efforts to reduce income-related gaps in school attainment.

### [Improving the educational outcomes of children in need of help and protection](#)

The ambition of the Children in Need review from the Department of Education is that every child should have the opportunity to realise their potential, recognising that where children have faced adversity, trauma, or are disabled, achieving high educational standards often requires high support. This publication sets out findings so far of what is needed, and a guide for action in how schools and social care can best support Children in Need now. Read also: DfE news, [Education Secretary vows to boost vulnerable children's outcomes](#).

### [A connected Scotland: our strategy for tackling social isolation and loneliness and building stronger social connections](#)

The Scottish Government's first national strategy to tackle social isolation and build stronger social connections. The reality is that social isolation and loneliness permeates all ages, stages and groups in our society.

Children and young people increasingly report feelings of loneliness. Additional reading: [Mental Health Foundation Scotland responds to Scottish Government's Strategy on tackling loneliness and isolation](#).

[Good intentions, good enough? A review of the experiences and outcomes of children and young people in residential special schools and colleges](#)

An independent review from the Department of Education of the experiences and outcomes of children in residential special schools and colleges, and government response.

The report sets out: how children and young people with special educational needs and disability (SEND) are currently supported in residential special schools and colleges; and recommendations to support children, young people and their families to improve their experiences and outcomes.

[Social mobility barometer: the public's attitude to social mobility in 2018](#)

The Social Mobility Barometer is a survey of over 5,000 people from across the nation collated by the Social Mobility Commission. The poll shows: a worrying level of pessimism amongst young people who think they have little chance of moving up in society; that generally all people across the age ranges think it is getting harder for disadvantaged people to move up in society; there is an urgent need to ensure people can improve their social mobility.

[Virtual issue of CAMH journal on school-based interventions](#)

The eight articles in this virtual issue from the Association for Child and Adolescent Mental Health provides examples of research that addresses important elements of school-based provision, including the examination of the feasibility of such interventions. These include young people's views of how welcome they are, how important factors including confidentiality in a school context may be ensured, the type of mental health issues that might be addressed, and the evidence for the effectiveness of different interventions.

[Evidence-based school-based mental health programmes: the extent of their implementation worldwide](#)

This Mental Elf blog post considers a literature review of the scope, scale, and dose of the world's largest school-based mental health programmes, which suggests that evidence-based programmes have reached millions of children worldwide, but mainly in high income countries.

[Extreme ethnic inequalities in the care system](#)

There are extreme inequalities between ethnic groups in the proportions of children being looked after in care in England, according to new Nuffield-funded research. White British' children are ten times more likely to be in care than 'Asian Indian' children. 'Black Caribbean' children are 20 times more likely. These inequalities are poorly understood and little attention is paid to them in children's services policy.

[Children's loneliness: what characteristics are associated with children's loneliness?](#)

Analysis from the Office for National Statistics of characteristics and circumstances associated with loneliness in England using the Community Life Survey, 2016 to 2017.

[A place to grow: exploring the future health of young people in five sites across the UK](#)

This is the second report in the Health Foundation's [Young People's Future Health Inquiry](#) and is the result of engagement with over 600 young people aged 16–24 years from five distinct areas across the UK. The inquiry is a first-of-its-kind research and engagement project that aims to build an understanding of the influences affecting the future health of young people.

[The housing crisis generation: how many children are homeless in Britain?](#)

This report from Shelter looks at the number of children growing up homeless in Britain and the impact of growing up without a secure and stable home.

### [Clinical Child Psychology and Psychiatry: Review of the literature on self-injurious thoughts and behaviours in gender-diverse children and young people in the United Kingdom](#)

International literature suggests that gender-diverse people are at increased risk of thoughts and acts of self-injury compared to their cisgender peers. The current review aimed to investigate the prevalence of self-injurious thoughts and behaviours (SITBs) among children and young people (CYP) in the United Kingdom identifying as a gender not typically associated with the sex they were assigned at birth and, further, to examine relevant prevalence rates of SITBs reported both in academic and grey literature.

### [Get ready for Safer Internet Day - Tues 5th February 2019](#)

Safer Internet Day is organised in the UK by the UK Safer Internet Centre. This year it has the theme Together for a Better Internet

- [Register as a Safer Internet Day Supporter.](#)
- [Get involved using the Safer Internet Day assets and campaign toolkit](#)
- [Take a look at some of the things you can share on social media now!](#)
- [Share and use our Education Packs](#)

### [Modernising the Mental Health Act: increasing choice, reducing compulsion. Final report of the Independent Review of the Mental Health Act 1983](#)

The Independent Review of the Mental Health Act 1983 from the Department of Health & Social Care has set out recommendations for government on how the Act and associated practice needs to change.

Key recommendations include: parents should no longer be able to consent to hospitalisation or treatment for mental health problems on behalf of a child aged 16-18; instead, young people should be able to provide consent for themselves, if they are deemed to have the mental capacity to do so.

This page includes [easy read](#) and [summary versions](#) of the report plus a [report on the key themes from the survey data](#). The summary version also includes

an illustrative guide to the review's recommended changes.

Read also: [Young Minds - the mental health act review](#), which gives their view on the report. Local Government Association (LGA), [LGA Response to independent review on Mental Health Act](#). Response from Centre for Mental Health, [Centre for Mental Health welcomes Mental Health Act Review report](#). Royal College of Psychiatrists, [RCPsych responds to the Mental Health Act Review](#).

### [Active lives children and young people survey: academic year 2017/18](#)

This report from Sport England presents findings from a new survey of 130,194 pupils aged 5-16 across England examining their attitudes towards sport and physical activity.

Findings relating to mental wellbeing, individual development and community development are included, such as: children and young people who reported as being active everyday were found to have a more positive sense of mental wellbeing compared with those who reported as less active; average levels of mental wellbeing decreased with age, from a rating of 7.9 out of 10 for 7- to 9-year-olds to 6.2 for 13- to 16-year-olds.

### [Three years on from a move to local authority commissioning in England, what has changed? Results from a Survey of English Health Visitors](#)

Over 1200 English health visitors reported in the [2018 Institute of Health Visiting \(iHV\) annual survey](#) that for many their caseloads are increasing, that they are experiencing high levels of stress, and they worry about not being able to deliver the services they should to all children with needs, especially the most vulnerable. This follows a significant reduction in local authority public health funding since 2015.

### [Mental health and wellbeing in schools](#)

This House of Commons briefing on mental health and wellbeing in schools was produced to support a Westminster Hall debate on 4 December 2018. The debate pack explains recent Government policy announcements, including the 2017 consultation

on transforming children and young people's mental health provision.

The pack also outlines progress in introducing mental health into the school curriculum by 2020, as well as recent Government efforts to recruit mental health support teams which will work alongside schools as part of the Government's [Suicide prevention strategy](#).

#### [The use of social networking sites in mental health interventions for young people](#)

This systematic review from the Journal of Medical Internet Research emphasises that the onset of mental health problems usually peaks between adolescence and young adulthood; however, young people face barriers to treatment and are often reluctant to seek professional help. Many are instead seeking support and information regarding their mental health via the Web, especially via social networking sites (SNSs), and hence, there is a promising opportunity to use SNSs to deliver or integrate with youth-focused online mental health interventions.

This review aimed to systematically identify available evidence regarding the use of SNS-based interventions to support the mental health of young people aged up to 25 years, to evaluate their effectiveness, suitability, and safety, and identify gaps and opportunities for future research.

#### [Is obesity associated with depression in children? Systematic review and meta-analysis](#)

This review from the Archives of Disease in Childhood claimed to compare the odds of depression in obese and overweight children with that in normal-weight children in the community.

#### [The psychosocial impact of NHS Digital Badges on a school-aged cohort](#)

Digital badges are today's version of the Scouts and Guides badge, a virtual non-material version, increasingly being utilized as a pedagogical resource in education and business settings. In 2015, National Health Service (NHS) England developed and launched its own digital badges aimed at

supporting children and young people's education of health and well-being.

This article from the Journal of Child Health Care presents findings from the first study to explore the psychosocial impact of NHS Digital Badges as perceived by primary school-aged children and their teachers.

#### [The health impacts of screen time - a guide for clinicians and parents](#)

This guide from the Royal College of Paediatrics and Child Health (RCPCH) provides a summary of existing research on the health effects of screen time on children and young people. It outlines recommendations for health professionals and families on screen time use.

[Screen time guidance](#) suggests parents approach screen time based on the child's developmental age, the individual need and value the family place on positive activities such as socialising, exercise and sleep - when screen time displaces these activities, the evidence suggests there is a risk to child wellbeing.

#### [My activity passport](#)

An editable activity checklist for children under 11 years. Includes guidance, a foreword from the Secretary of State and supporting resources. Read also: Department for Education news, [Activity 'passport' to inspire schoolchildren and boost resilience](#). Primary school children will be challenged to go on a nature trail, visit a local landmark or make a treasure map through a new 'passport' of activities launched by the Education Secretary to encourage more family time and help build children's character and resilience.

#### [Place2Be & Mishcon de Reya launch films to explore 'sharenting'](#)

Place2Be and law firm Mishcon de Reya have joined forces to produce three films exploring children's views on sharenting – defined as 'the habitual use of social media to share news, images etc. of one's children'. The films have been produced in response to concern among young children about their parents sharing photos on social media. The films

aim to encourage an open dialogue between parents and their children across the UK.

### [NHS Long Term Plan launched](#)

The [NHS Long Term Plan](#) is a new plan for the NHS to improve the quality of patient care and health outcomes. It sets out how the £20.5 billion budget settlement for the NHS, announced by the Prime Minister in summer 2018, will be spent over the next 5 years. The plan focuses on building an NHS fit for the future by enabling everyone to get the best start in life, helping communities to live well and helping people to age well.

Chapter 3 of the LTP includes sections as below: [A strong start in life for children and young people](#)

- [Maternity and neonatal services](#)
- [Children and young people's mental health services](#)
- [Learning disability and autism](#)
- [Children and young people with cancer](#)
- [Redesigning other health services for children and young people](#)

### [A distressing new reality: child poverty at Christmas](#)

A National Education Union snapshot poll of 1,026 teachers in England examines the state of poverty seen in our schools and the daily impact it is having on children and young people.

### [The Women's Mental Health Taskforce: final report](#)

The Women's Mental Health Taskforce was formed by the Department of Health & Social Care in response to a rise in mental ill health among women. The taskforce's final report sets out how women's experience of mental ill health can differ to men's. Includes sections on Women as mothers and carers; and Gender-based violence and trauma. Read also: NHS Federation news, [Critical we give right support to people when they need it, says Mental Health Network in response to Women's Mental Health Taskforce report](#).

### [Extra support for disadvantaged children during school holidays \(Department for Education\)](#)

Organisations from across the country have been invited to bid for a share of the multi-million-pound Government investment to deliver holiday clubs for pupils eligible for free school meals during the 2019 summer break.

There is a growing body of evidence of a holiday experience gap - with children from disadvantaged families less likely to access organised out-of-school activities; more likely to experience 'unhealthy holidays' in terms of nutrition and physical health; and more likely to experience social isolation.

Free holiday clubs are a response to this issue and evidence suggests that they can have a positive impact on children and young people and that they work best when they provide consistent and easily accessible enrichment activities, for more than just breakfast or lunch, and when they involve children (and parents) in food preparation. The bidding process is open now and will **close on 7 February 2019**. Organisations can bid for funding by visiting [Contracts Finder](#).

### [Poisoning substances taken by young people: a population-based cohort study](#)

The British Journal of General Practise published a study around poisoning substances and young people. Globally, poisonings account for most medically-attended self-harm. Recent data on poisoning substances are lacking, but are needed to inform self-harm prevention. Aim: To assess poisoning substance patterns and trends among 10–24-year-olds across England