

Mental Health in Schools Conference

Nottingham Trent University

Friday 12th July

Graham Morgan and Damon Fox

Raising healthier, happier and smarter children



**I'M ONLY HUMAN AFTER ALL
DON'T PUT THE BLAME ON ME**

- Human by Rag'n'bone Man

**We accept
that the
human race
is not
perfect.**

However...

Planet Earth

Land

Seas and Oceans

Rivers

Animals

Sir David Attenborough



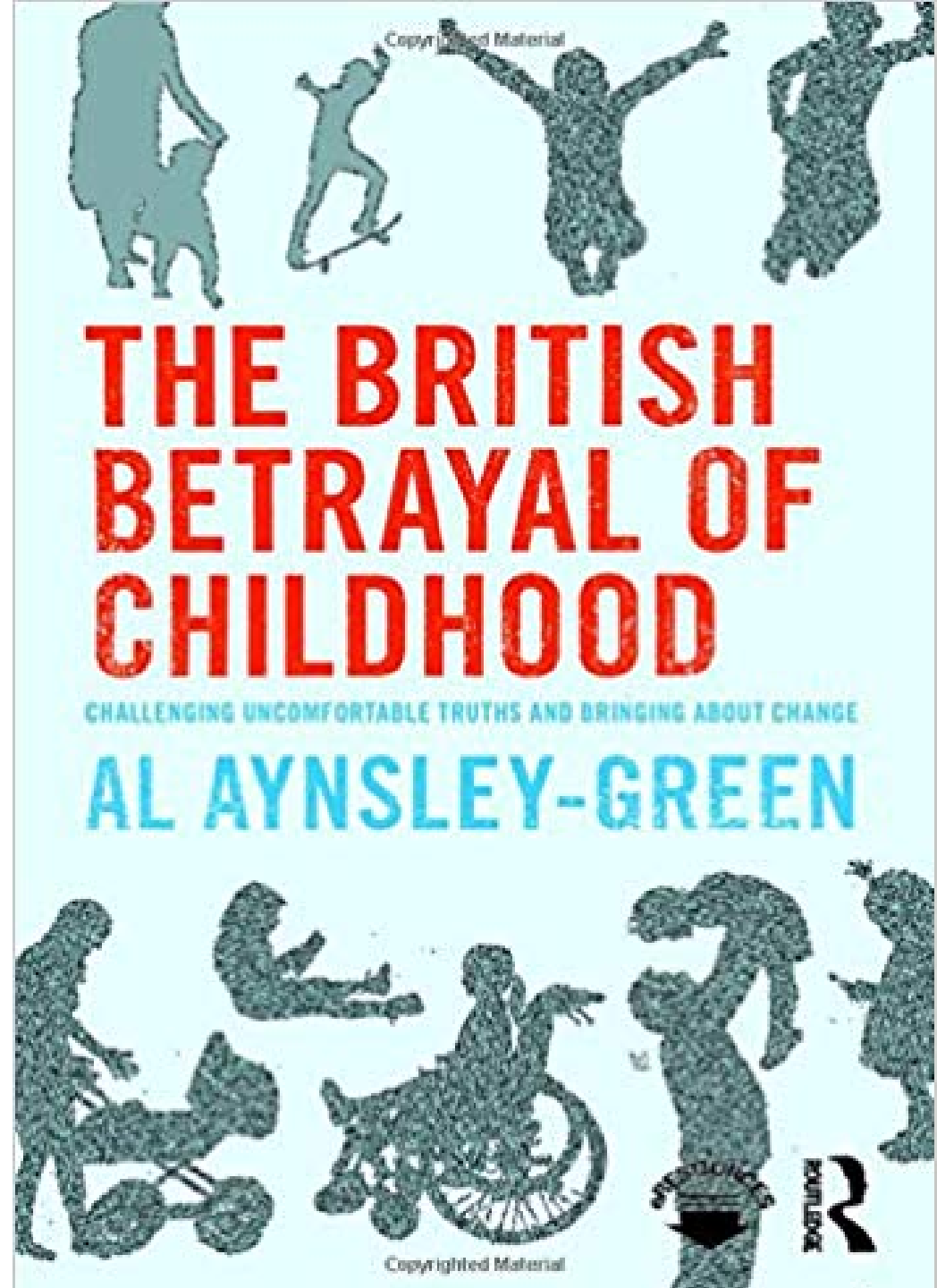
Children



Did you know?

More than 200 million children are involved in work around the world today. Many work in dangerous or hazardous jobs.

Sir Albert Aynsley-Green Kt.



Professor Sir Albert Aynsley-Green Kt.



Founded 1824 **60 years before**



Founded 1884 **145 after**



better chances
for children
since 1739



“Nineteen years after good Captain Coram’s heart has been so touched by the exposure of children, living, dying, and dead, in his daily walks, one wing of the existing building was completed and admission given to the first score of little blanks (foundling children).”

– **Charles Dickens**, supporter and fundraiser of Coram



UK Education



India



SIR KEN ROBINSON

CHANGING PARADIGMS



- 1) **Economic** – how to educate our children to take their place in the economies of the 21st century – when we do not know what it will look like next week.
- 2) **Cultural** – How do we educate our children to have a sense of cultural identity as well as being part of the process of globalisation.

The **problem is trying to meet the future by doing what they did in the past.** The education system is out of date having been **designed, constructed and conceived in a different age.**

Based on **academic and non-academic.**

Standardise Testing links to spread of ADHD in the USA.

Creativity being killed.



evolve



Raising healthier, happier and smarter children

Healthier, happier children: more ready to learn



Our challenge: Health ↔ Education



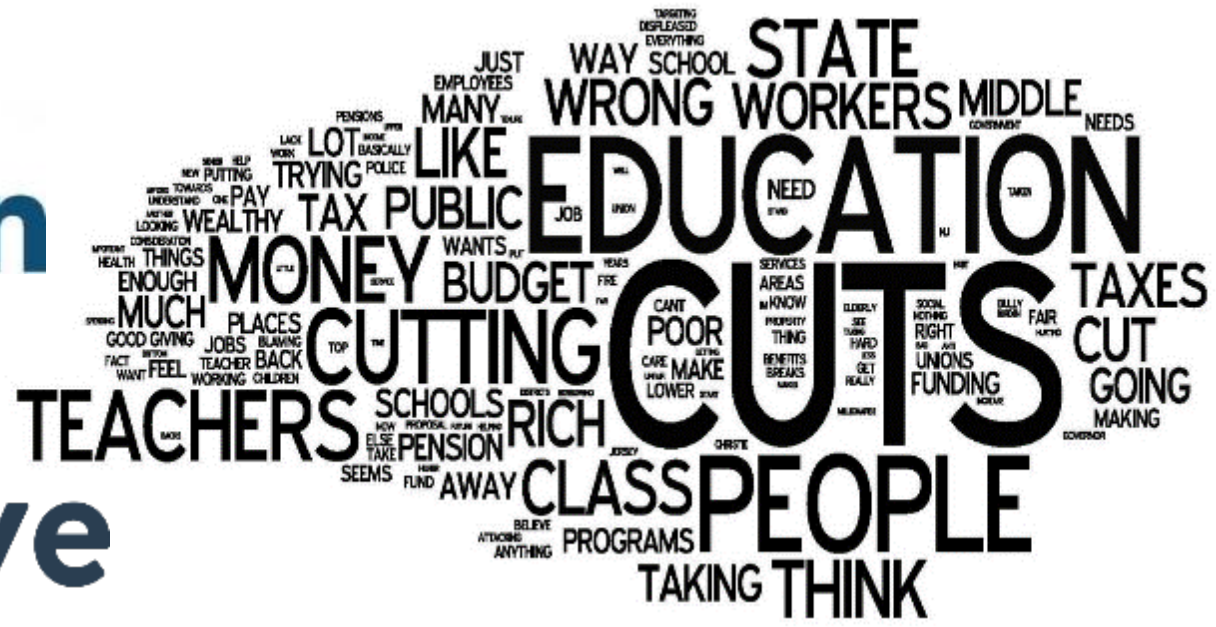
Department for
Education



 **evolve**



 **Department
of Health**



90% of today's children will be overweight/obese by 2050



2020



2030



2040



2050

Record high levels of severe obesity found in year 6 children





The latest data from the national child measurement programme (NCMP), overseen by Public Health England (PHE), also shows stubborn

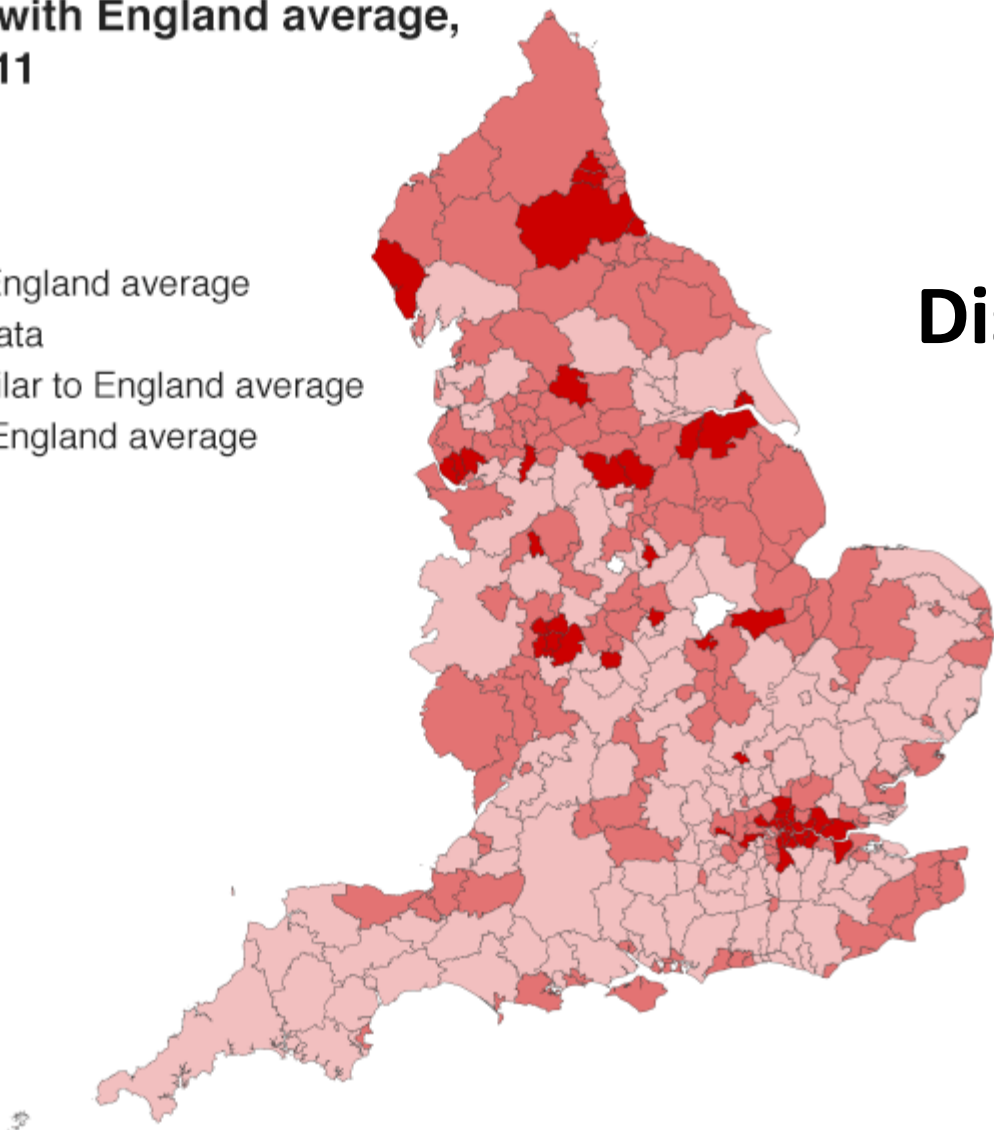
inequalities persist, with obesity in the poorest areas more than double that of the richest areas.

In the most deprived areas, 12.8% of children in reception year are obese, compared to 5.7% in the least deprived areas

Prevalence of severe obesity among children in England

Comparison with England average, ages 10 and 11

-  Better than England average
-  Insufficient data
-  Same or similar to England average
-  Worse than England average



Disadvantaged areas

As doctors, we already see the impact of poverty on the frontline, with children arriving to appointments malnourished or suffering with mental health problems, so the proposed consultation of the Future Generations Wellbeing Act is reassuring to hear.

Mental health disorders on rise among children

NHS figures show one in eight people under age of 19
land had a disorder in 2017

**Average
3 or 4
per class**

CHILDREN'S MENTAL HEALTH - KEY FIGURES

11%

of children's mental health needs met by NHS (2.52m have needs; service capacity is 230k)



14x



The NHS spends 14 times more on adult mental health than on children and young people

50%

of mental health problems are developed by age 14



10 years

Average time a child lives with mental health needs before starting treatment



Source: DfE; NHS England; The King's Fund; Peter Fonagy; Centre for Mental Health



Department for Education

Almost 6,000 children between five and ten are in Pupil Referral Units or Alternative provision.

An 85% increase since 2011.



UK is 'sleepwalking into crisis of childhood'

Youngsters struggling to cope with the pressure to achieve at school, fit in with their peers and cope with wider anxieties over issues such as Brexit, poverty and the climate crisis.

A survey of 5,000 children, parents and grandparents by the charity Action for Children found a strong shared perception that **modern childhoods were getting worse** amid what the charity called unprecedented social pressures.

When poverty leads to depression, children suffer. When government policy ignores children's needs, they suffer. Together, we can stop this decline. Join us and **fight for children and young people to have the right to a childhood they deserve**



Poverty

10 facts about the

14 million

people living in
poverty in the UK

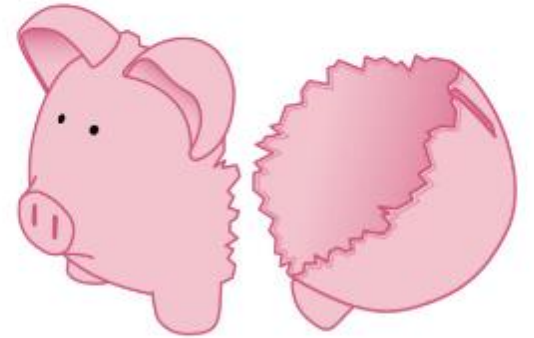
JRF JOSEPH
ROWNTREE
FOUNDATION



2.1 million

the number of
children in the UK
living in poverty in
working households

This is equal to the
number of pensioners
who live in poverty
in the UK



Darren McGarvey



POVERTY SAFARI

UNDERSTANDING THE ANGER
OF BRITAIN'S UNDERCLASS

'One of the best accounts of working-class life I have read'

Nick Cohen, Guardian

'Savage, wise and witty . . . It is hard to think
of a more timely, powerful or necessary book.'

J.K. Rowling

THE
SUNDAY TIMES
BESTSELLER



**PEOPLE LIVING IN THE MOST
DEPRIVED 10% OF AREAS
WILL DIE NINE YEARS
YOUNGER THAN THOSE
IN THE RICHEST 10%**



ACEs

<https://www.youtube.com/watch?v=XHgLYI9KZ-A>

Adverse Childhood Experiences



Reduces the ability to respond, learn, or figure things out, which can result in problems in school.

Lowers tolerance for stress, which can result in behaviors such as fighting, checking out, or defiance.

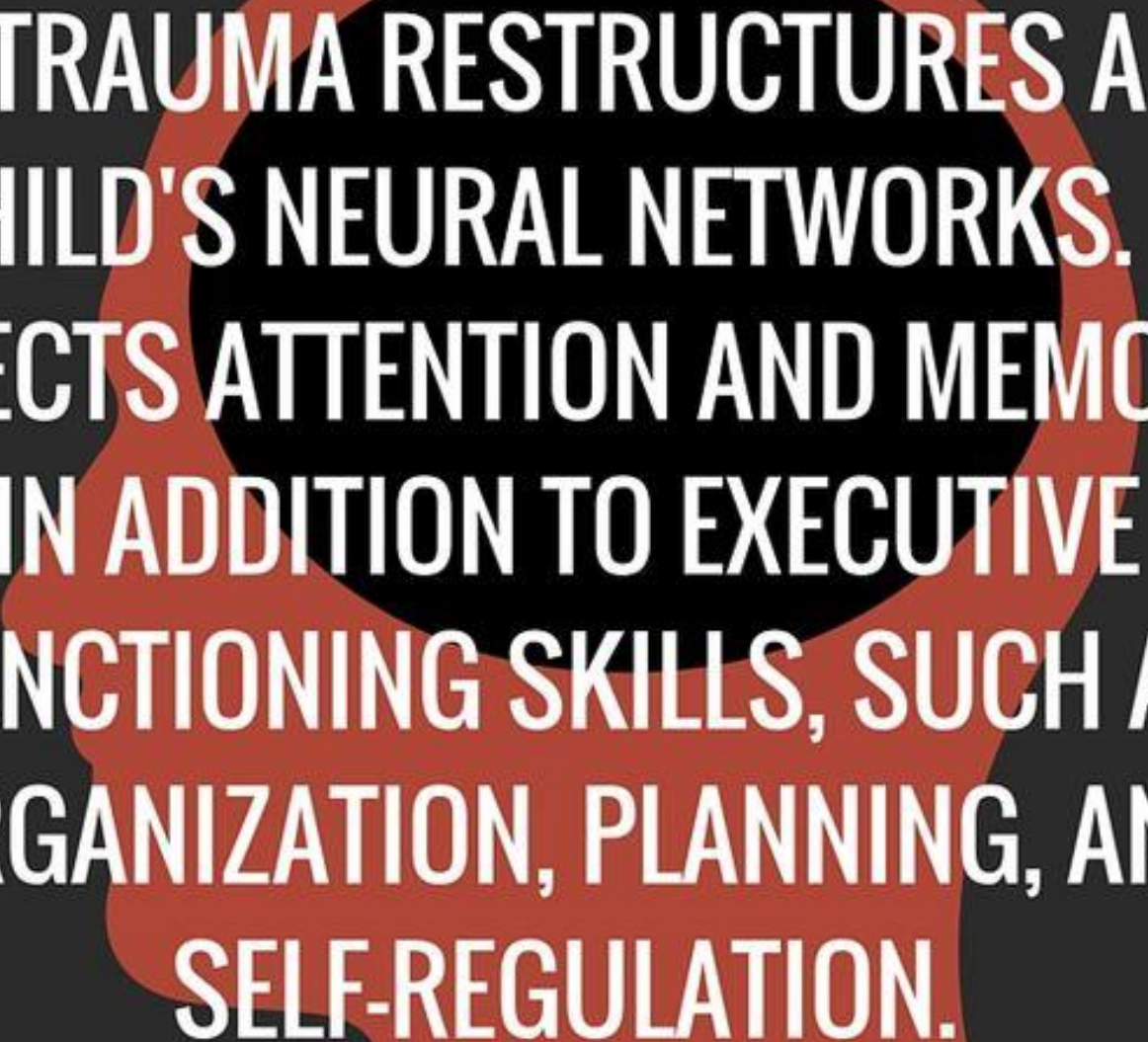
Increases difficulty in making friends and maintaining relationships

Increases problems with learning and memory, which can be permanent.

Increases stress hormones which affects the body's ability to fight infection.

Toxic stress increases heart rate, blood pressure, and breathing which can cause lasting health problems.

Cognition



TRAUMA RESTRUCTURES A CHILD'S NEURAL NETWORKS. IT AFFECTS ATTENTION AND MEMORY, IN ADDITION TO EXECUTIVE FUNCTIONING SKILLS, SUCH AS ORGANIZATION, PLANNING, AND SELF-REGULATION.

ACEs

- 4.5 times more likely to have become pregnant or got somebody pregnant under 18 years of age
- 30.6 times more likely to have had a sexually transmitted infection (STI)
- 1.8 times more likely to be morbidly obese
- 2.3 times more likely to have liver or digestive disease
- 1.5 times more likely to have stayed overnight in hospital in the last 12 months
- 3.7 times more likely to be a regular heavy drinker
- 3.9 times more likely to be a current smoker
- 9.7 times more likely to be a heroin or crack user
- 5.2 times more likely to have been hit in the last 12 months
- 7.9 times more likely to have hit someone in the last 12 months
- 8.8 times more likely to have been in prison or cells

Mental Health of children at crisis level

Simon Stevens, NHS Chief Executive (2018):

***“Young people today are experiencing a
“double epidemic”
of obesity and mental health problems”***

UK Education

*“It is widely recognised
that a child’s emotional health and wellbeing
influences their cognitive development and learning,
as well as their physical and social health
and their mental wellbeing in adulthood.”*

OFSTED Chief Inspector Amanda Spielman:

“We must also recognise that schools cannot provide a silver bullet for all societal ills. Teachers and school leaders are already stretched; they should not be held responsible for an issue that requires concerted action across the board. Families, government, industry, and other parts of the public sector all have a role to play in making food and drink healthier, and supporting children to make better choices.”



Raising healthier, happier and smarter children

Damaged childhoods

Unfulfilled potential

Poor performance in school

Damaged lives

SUICIDE – most common cause of death 9-15 year olds



Department for Education

“School staff cannot act as mental health experts and should not try to diagnose conditions.

However, they should ensure they have clear systems and processes in place for identifying possible mental health problems, including routes to escalate and clear referral and accountability systems.”

What about PREVENTION?

**How do we stop children from
becoming victims - and turn them
into the architects of their own lives?**



PROJECT
HERO
*HEALTH ENGAGEMENT
REAL OUTCOMES*



Evolve Health Mentors

Mission:

*“To enable every child
to achieve their potential
by improving their physical, emotional
and cognitive health and wellbeing.”*

% pupils tested

% pupils tested

100

100

PE, school teams & other

75

75

50

50

**“Inactive/
Disengaged”**

25

25

0

0

Healthier, happier children make for better learners

Physical activity improves physical health...plus

Health benefits

1. Combats inactivity
2. Stronger bones.
3. Reduced risk of becoming overweight or obese.
4. Reduced risk of Type 2 diabetes.
5. Lower blood pressure.
6. A healthier heart.
7. Reduced risk of cancer.
8. Better emotional health.
9. More energy.
10. Stronger muscles.
11. Stronger lungs.
12. Combats obesity



Education benefits

1. Good for the brain
2. Helps memory
3. Improves receptivity
4. Aids perception
5. Improves maths test scores
6. Improves reading
7. Academic readiness
8. Attention control
9. Executive function
10. Boosts brain plasticity



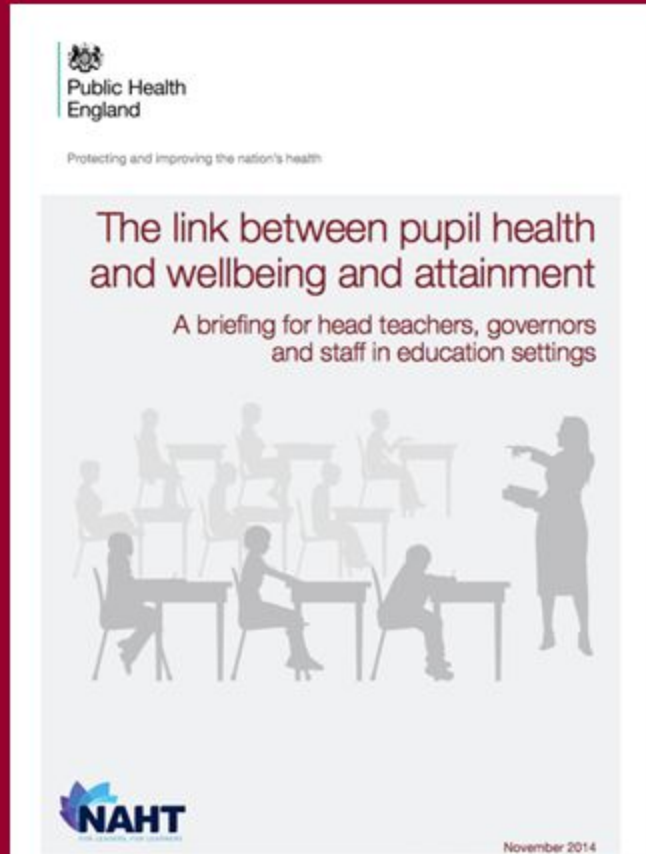
Simultaneously



Public Health
England

Protecting and improving the nation's health

Professor Fiona Brooks
CRIPACC, University of Hertfordshire
f.m.brooks@herts.ac.uk



The link between pupil health and wellbeing and attainment

– *Why does it matter?*

Claire Robson
Children, Young People and Families team
Public Health England

Approaches to Health and Wellbeing in schools

H&W Education – traditional teaching of the subject

H&W Education – using visiting, external sources

H&W Education – Mental Health by external sources

H&W Education – using holistic mentoring approach

Evolve Health Mentors

- A new dimension to school staffing
- Supported by the RSPH
- Carefully recruited
- Uniquely trained – Evolve Health Mentor Training Programme
 - Level3, Level 4, Master's Degree
- Embedded into schools
- Specifically targeted interventions
- Quality assured and impact measured
- **Often taken onto school payroll**

Health Mentors contact points

- **Walking Bus**
- **Breakfast Clubs, Wake and Shake**
- **Classroom coaching**
- **Physical Activity – Classroom Movers**
- **Lunchtime animation**
- **PE**
- **Mentoring – individual 1 to 1, small group**
- **After school clubs**
- **School teams**



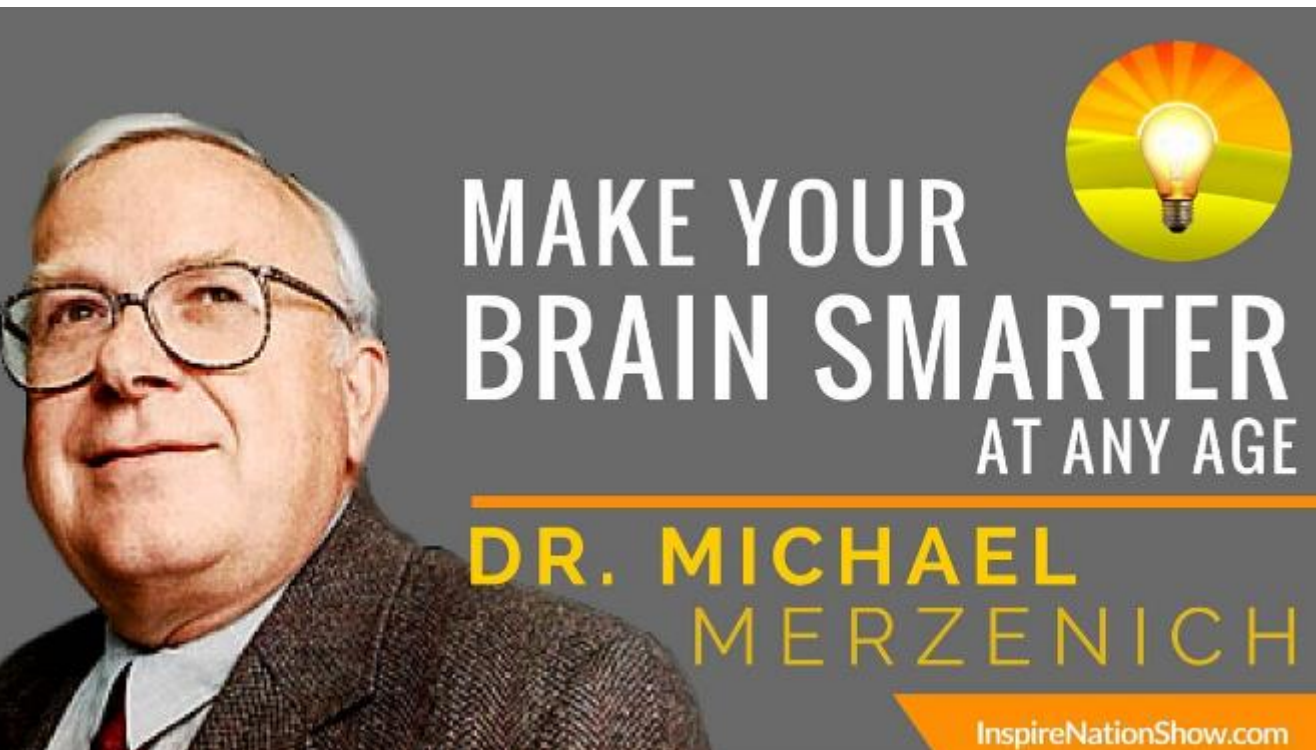
Physical activity to build rapport



Pupil Mentoring to build trusted relationships

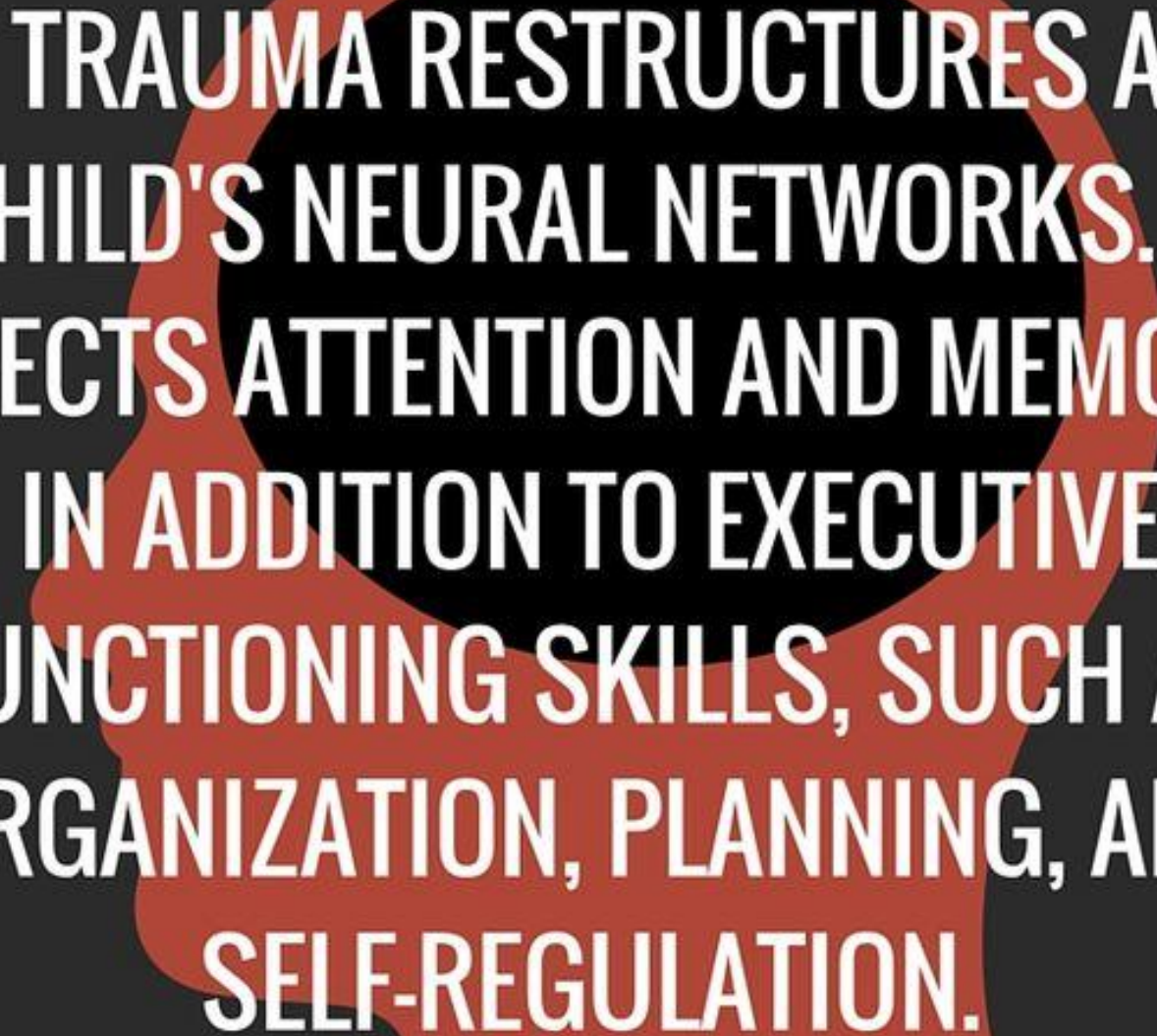


Brain training to rewire damaged brains

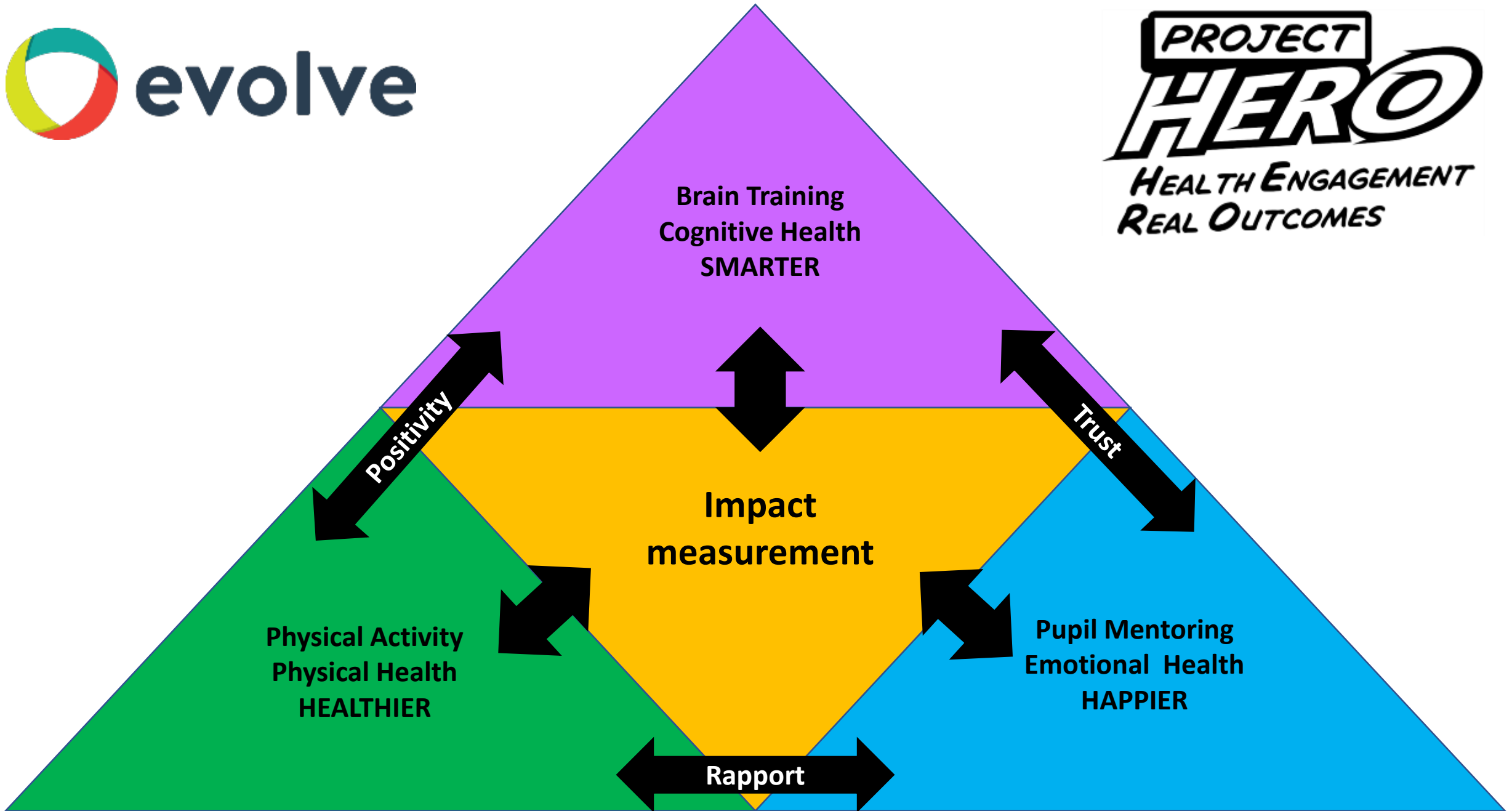
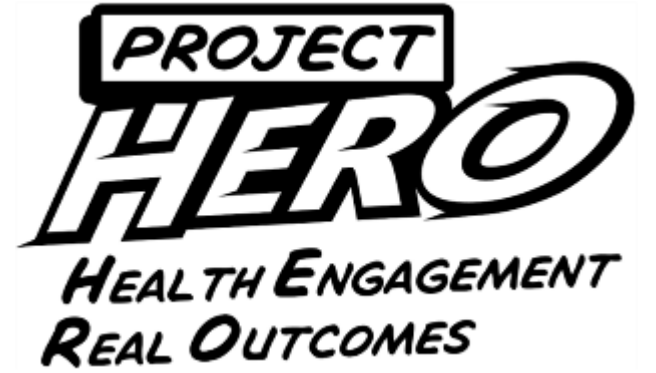


Cognition

- Improve cognitive functions by rewiring damage brains
- Able to make better decisions – more quickly



TRAUMA RESTRUCTURES A CHILD'S NEURAL NETWORKS. IT AFFECTS ATTENTION AND MEMORY, IN ADDITION TO EXECUTIVE FUNCTIONING SKILLS, SUCH AS ORGANIZATION, PLANNING, AND SELF-REGULATION.



Brain Training
Cognitive Health
SMARTER

Impact
measurement

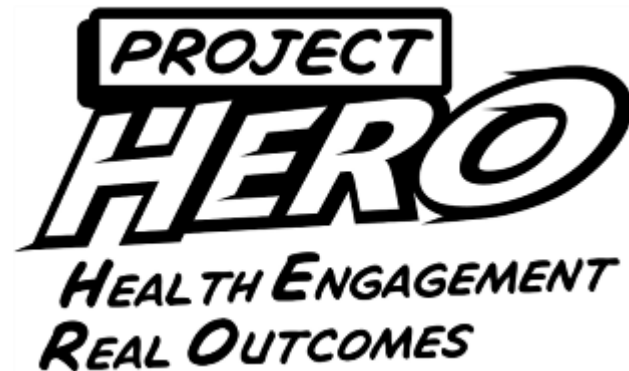
Physical Activity
Physical Health
HEALTHIER

Pupil Mentoring
Emotional Health
HAPPIER


Positivity

Trust

Rapport



**Improved
performance
in school
and beyond**

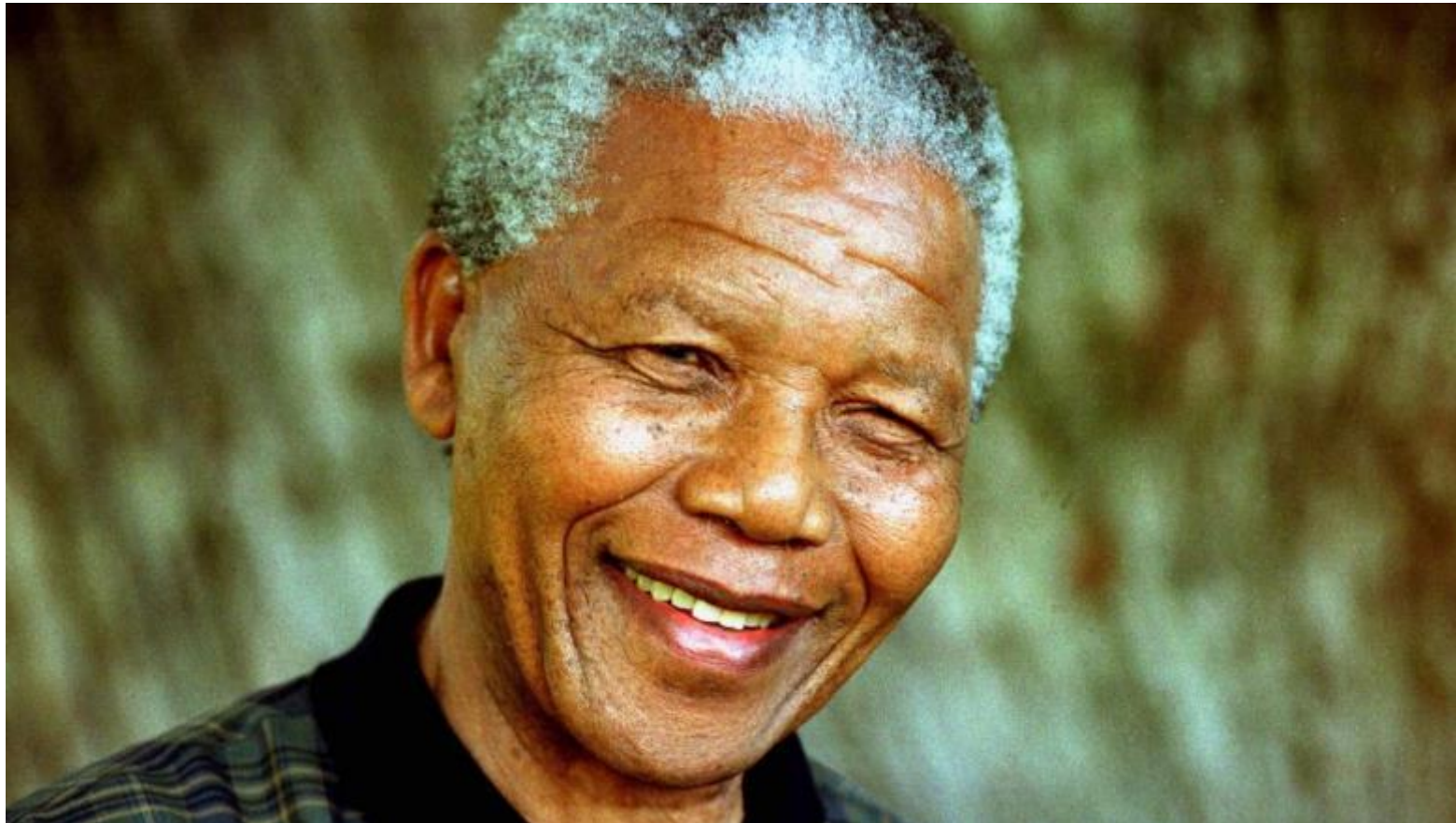


**It is easier to build strong
children than to repair
broken men.**

Frederick Douglass

Upstream, preventative interventions are cheaper and more effective than treating challenges

“History will judge us by the difference we make in the everyday lives of children.”



Recognition



10,000
small
businesses



Independently researched evidence



Multi-Award winning

Winners

- Bradford NHS “Make Bradford a Healthier Place” 2007
- UnLtd Social Futures Award 2011
- UnLtd Big Venture Challenge 2015
- Regional Growth Awards 2015
- Birmingham Post SME of the Year 2015
- Social Enterprise of the Year, Birmingham, 2015
- Social Enterprise of the Year, Yorkshire and Humberside, 2016
- Royal Society Public Health: Health & Wellbeing Award 2017
- UnLtd Pioneers Awards 2018 – Top 4 Social Enterprises capable of moving national statistics



2019...so far



Evidence Aware Award



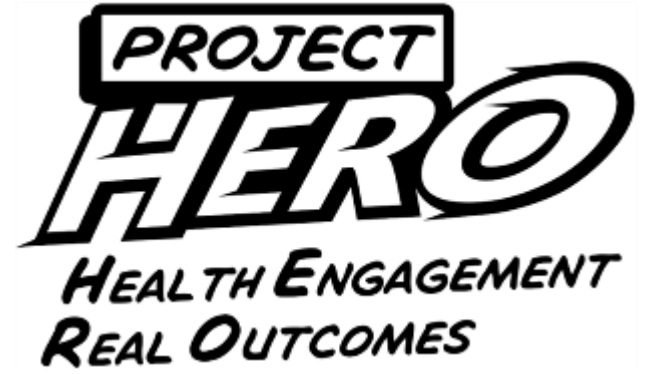
7 Finalists, 3 winners



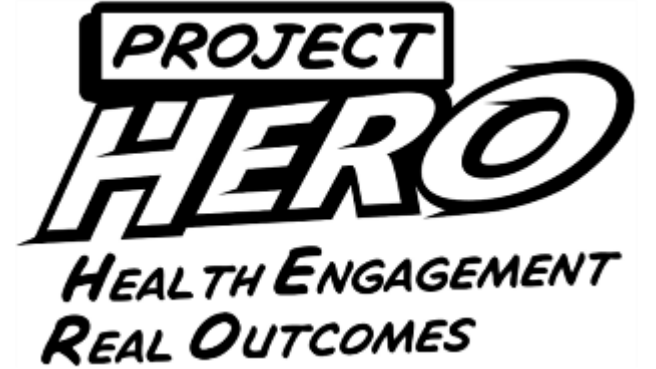
Funded research project 2019



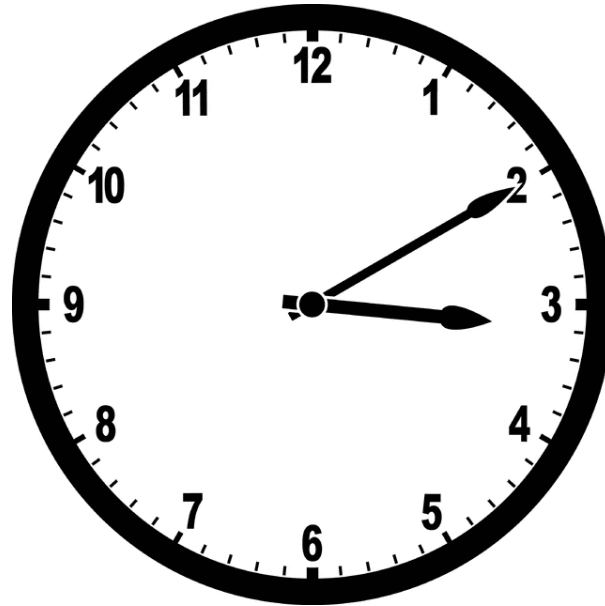
Scale Accelerator Award

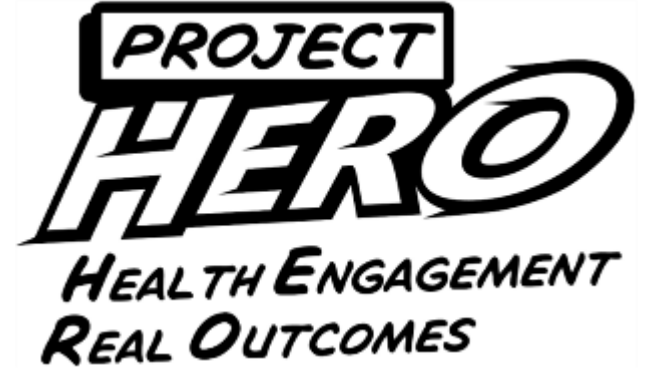


Damon Fox



Questions and discussion





**Thank
You**

The healthier and fitter we are, the less we will need to rely on the safety net of the NHS



Pupil Mentoring supports emotional health