“MIND the Gap” between young people’s mental health and current care delivery

Professor Di Bailey

Associate Dean Research School of Social Sciences & Non-Executive Director Nottinghamshire Healthcare NHS Foundation Trust

Gap between young people's mental health needs and care delivery why?

From this ……

To this …..

Now we’re talking

Social media: friend or foe……?

Life pressures

- Family brake up
- Bereavement
- Trauma
- Pressure to succeed
- Constant comparisons
- Gender/identity issues

Young People's Mental Health

Conditions with emotional/behavioural presentation

- Anxiety, Depression, PTSD, OCD
- Conduct disorders
- Self-harm

Conditions with thinking/perception presentation

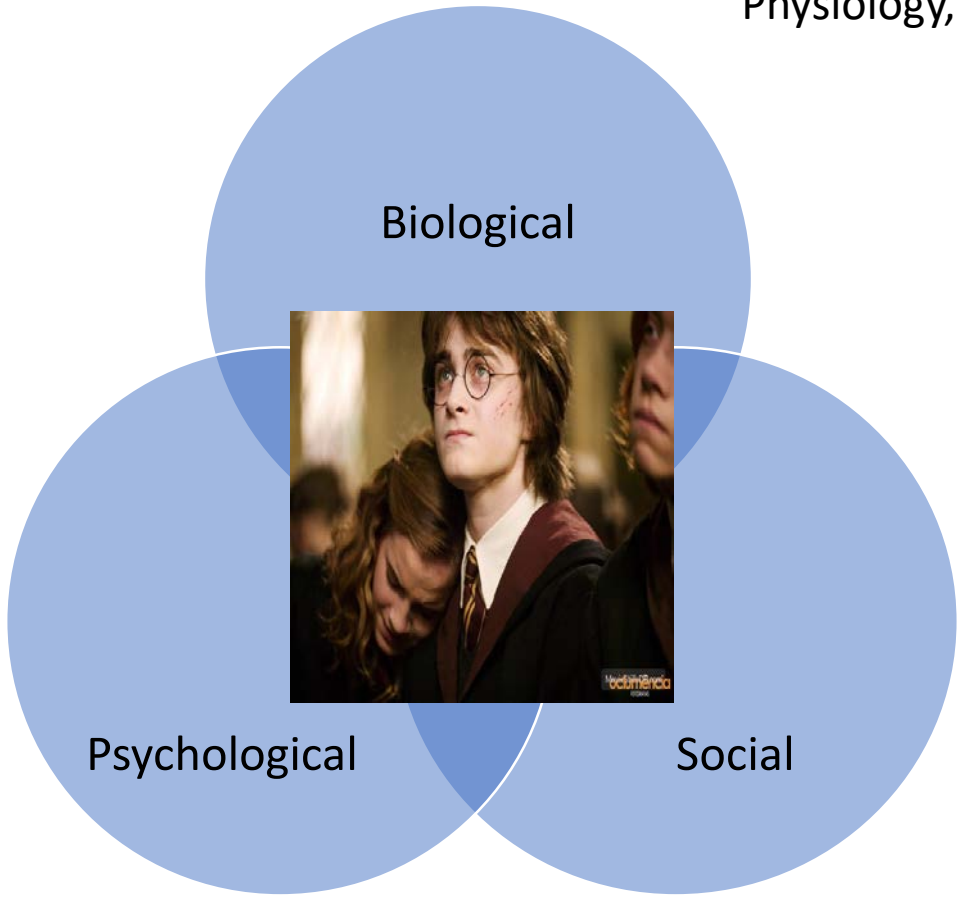
- Psychosis
- Schizophrenia
- Bipolar

More complex conditions

- Eating disorders
- Personality disorders
- Co-occurring conditions IDD and mental health

Biopsychosocial approach: holistic understanding

Physiology, brain development

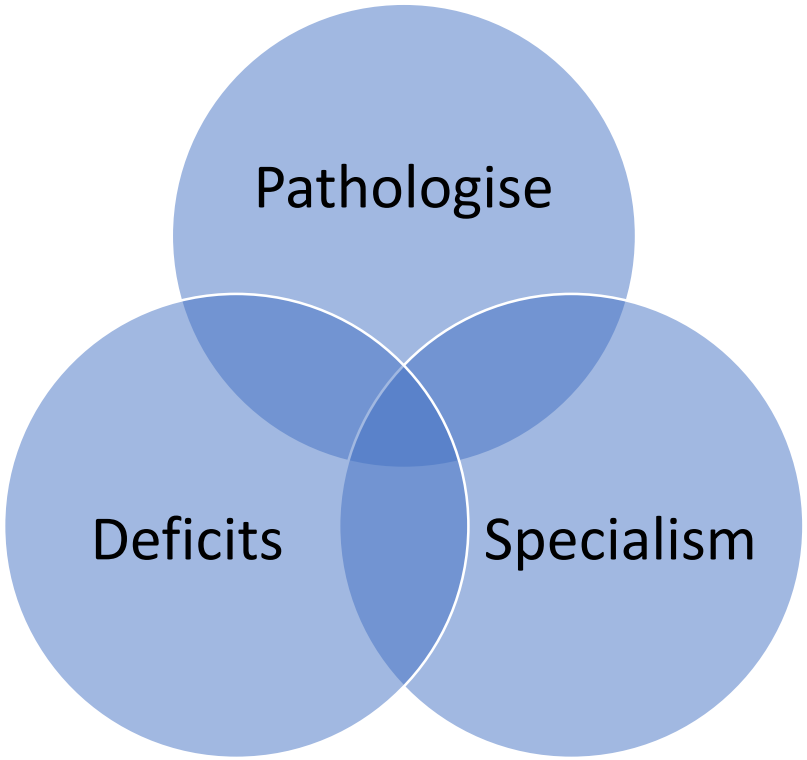


Self esteem, identity, motivation

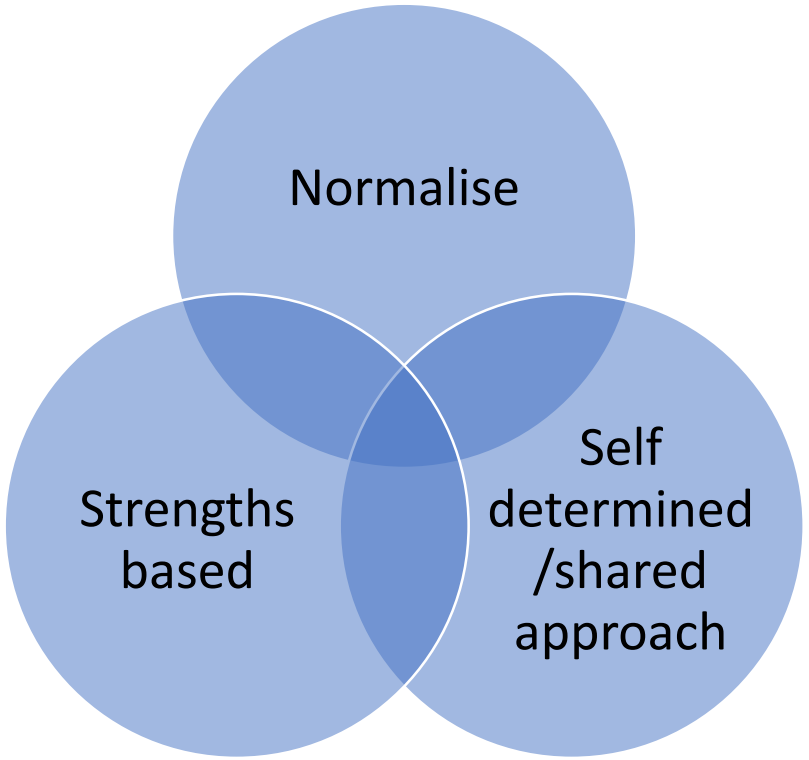
Peers, family circumstances, education, ethnicity, faith and cultural issues

Gap perpetuated by….

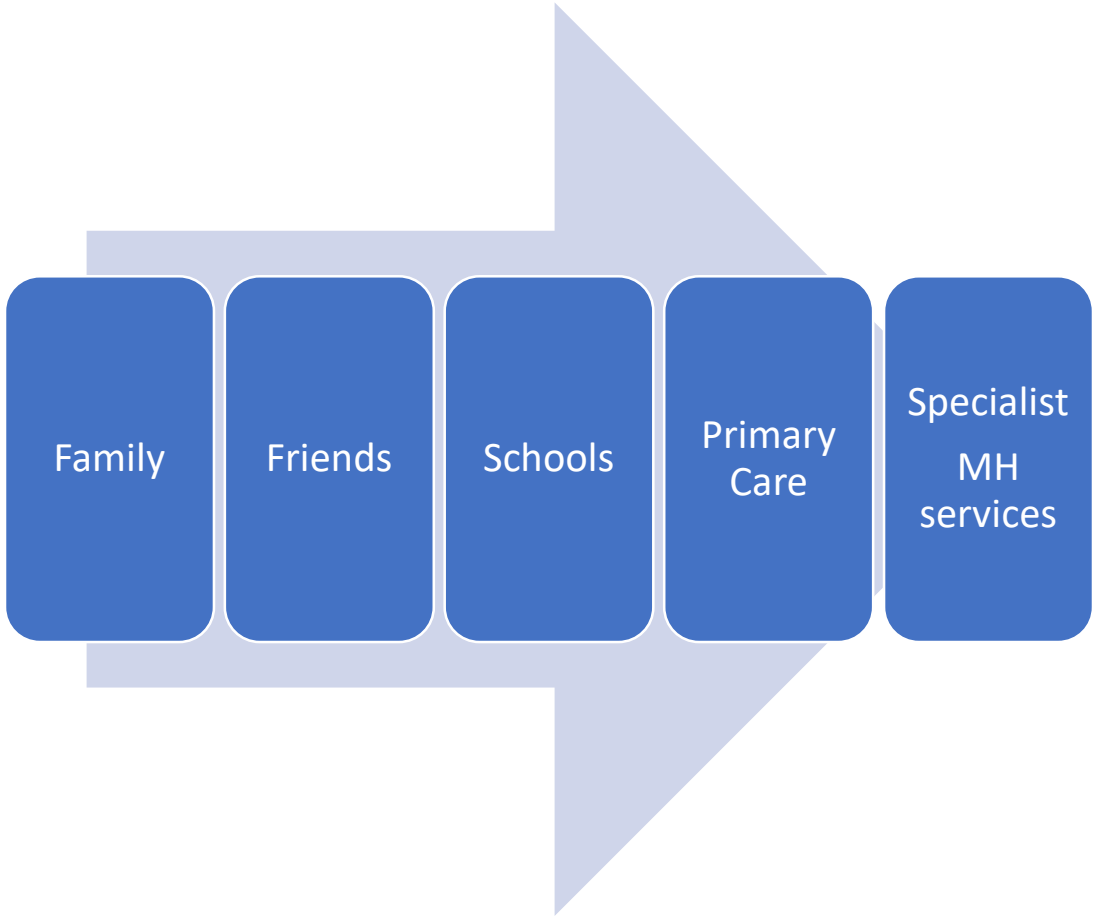
Reliance…….

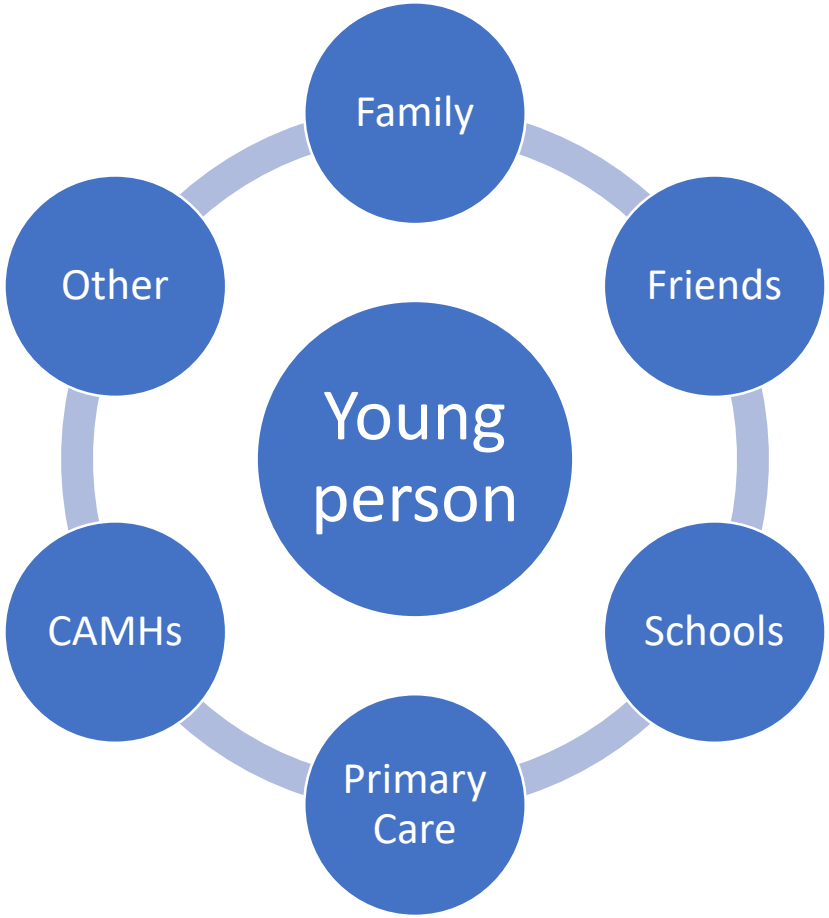


Resilience……..



Supporting young people

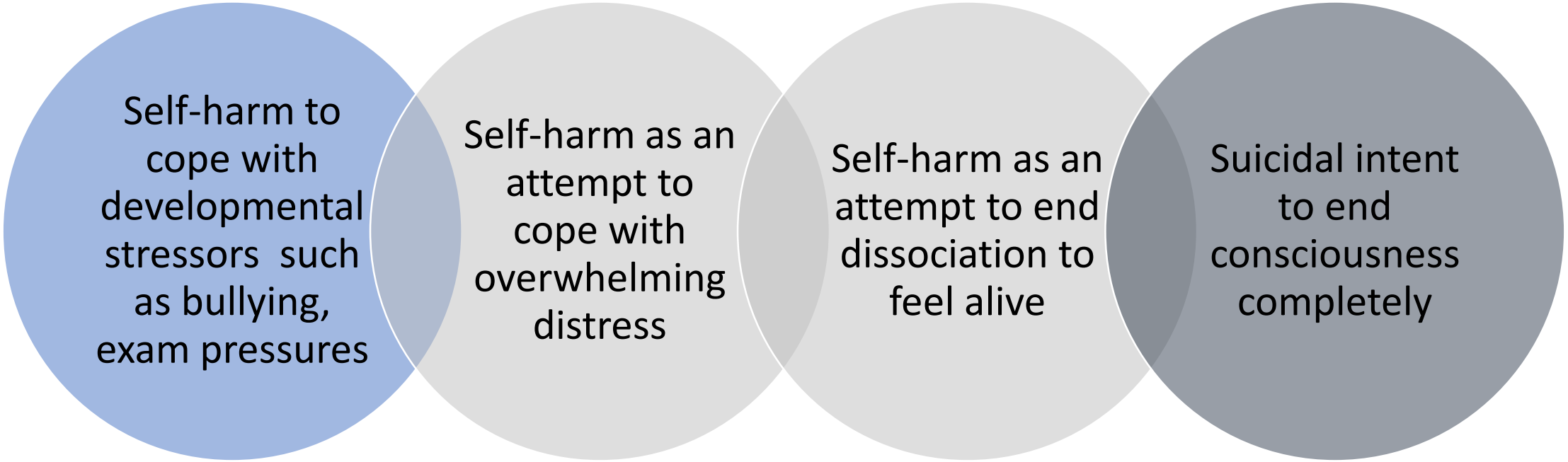




Self-harm

- Heterogenous population
- Differences between genders
  - Males engage in less intentional self-harm (cutting) more likely to self-poison/take an overdose
  - Males higher incidence of suicidal intent
  - Females engage in more recurrent self-harm
  - Referrals not significantly different between genders
- Getting younger
- Often feel dismissed by health professionals – presentation determines who they see

Self-harm behaviours for young people: a continuum?



May/not be associated with clinical anxiety and/or depression

Evidence of the Gap

- Young people experience long waits for CAMHs
- Health professionals not always supportive and lack confidence
- Young people have difficult lives and report a very mixed response from using specialist services
- NICE guideline for Depression in Young People https://www.nice.org.uk/guidance/ng134– watchful waiting just as effective for mild depression as psychological interventions
- Use of personal budgets with Looked After Children in Nottinghamshire is showing positive results

Young people tell us what to say….and how important it is to listen….

- “No matter what you’re going through there is people there that can help but at the same time not just sort of get you in and say what’s wrong? and then you tell them that you’re having these feelings and then they’re just like Ok fill this form in and then you leave”

When we get it right…..

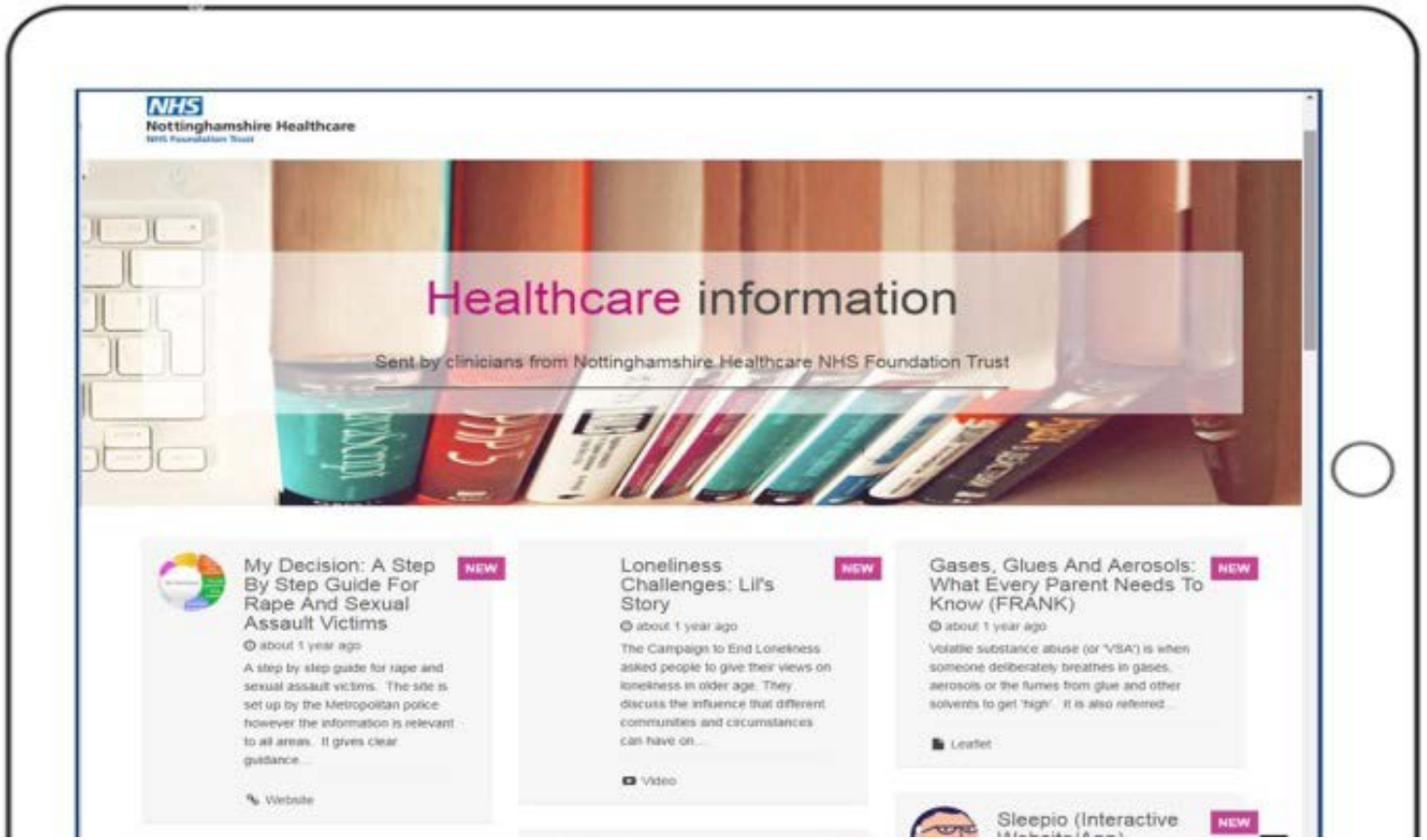
- “I would say that my doctor’s better than the mental health services…they’re rubbish and I don’t think are there to help you…and then I’ll see my doctor and it’s like she’ll talk to me about everything, she’ll listen to me and then she’ll ring them up [meaning mental health services] until they see me and she’ll insist that they help me but otherwise they wouldn’t do nothing”

Bridging the gap and doing things differently

You know your mind project – Nottinghamshire County Council

- Pilot project using personal health budgets
- Aimed at LAC and Care Leavers
- High levels of anxiety, depression and mood disorders, self-harm and social isolation
- Budgets used for activities, arts, pets, transport, community engagement

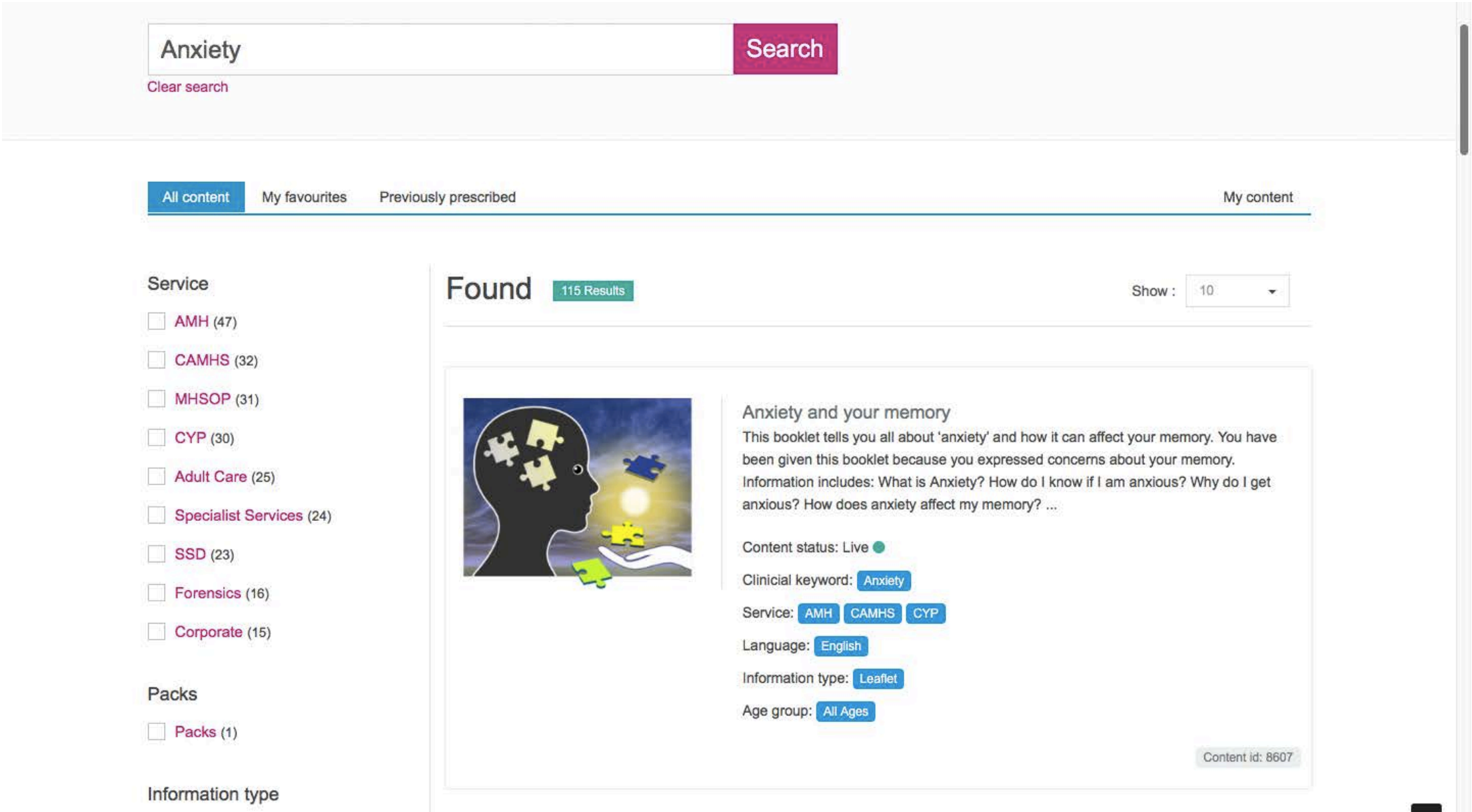
- Reported benefits through:
  - Improved physical health
  - Relationships and connectedness
  - Skill development
  - Support with education/employment
  - Feeling safe and secure
  - Personal resilience



Recap Health

- Recap Health is a digital platform which enables clinicians working within Notts Healthcare NHS Foundation Trust to send relevant online information
- By using the service, clinicians can information such as electronic leaflets, videos, website links to their patients.

Clinicians can search the content on Recap to find information on different things e.g. anxiety, self harm, eating disorders, autism etc.



This can then be prescribed to the young person via their registered email

Prescribing content for: gabbie555@hotmail.com

Search content | Search

My favourites | Previously prescribed

Anger & Anxiety Thermometer

Description | Feedback 0 | Prescribers

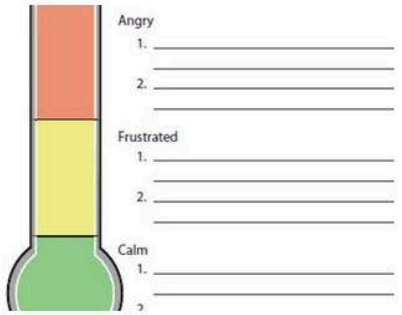
We can all feel angry or anxious at different times. This thermometer helps you to think about what things or situations make you feel this way, and what can help you feel calmer.

Download the Anger-Anxiety-Thermometer leaflet

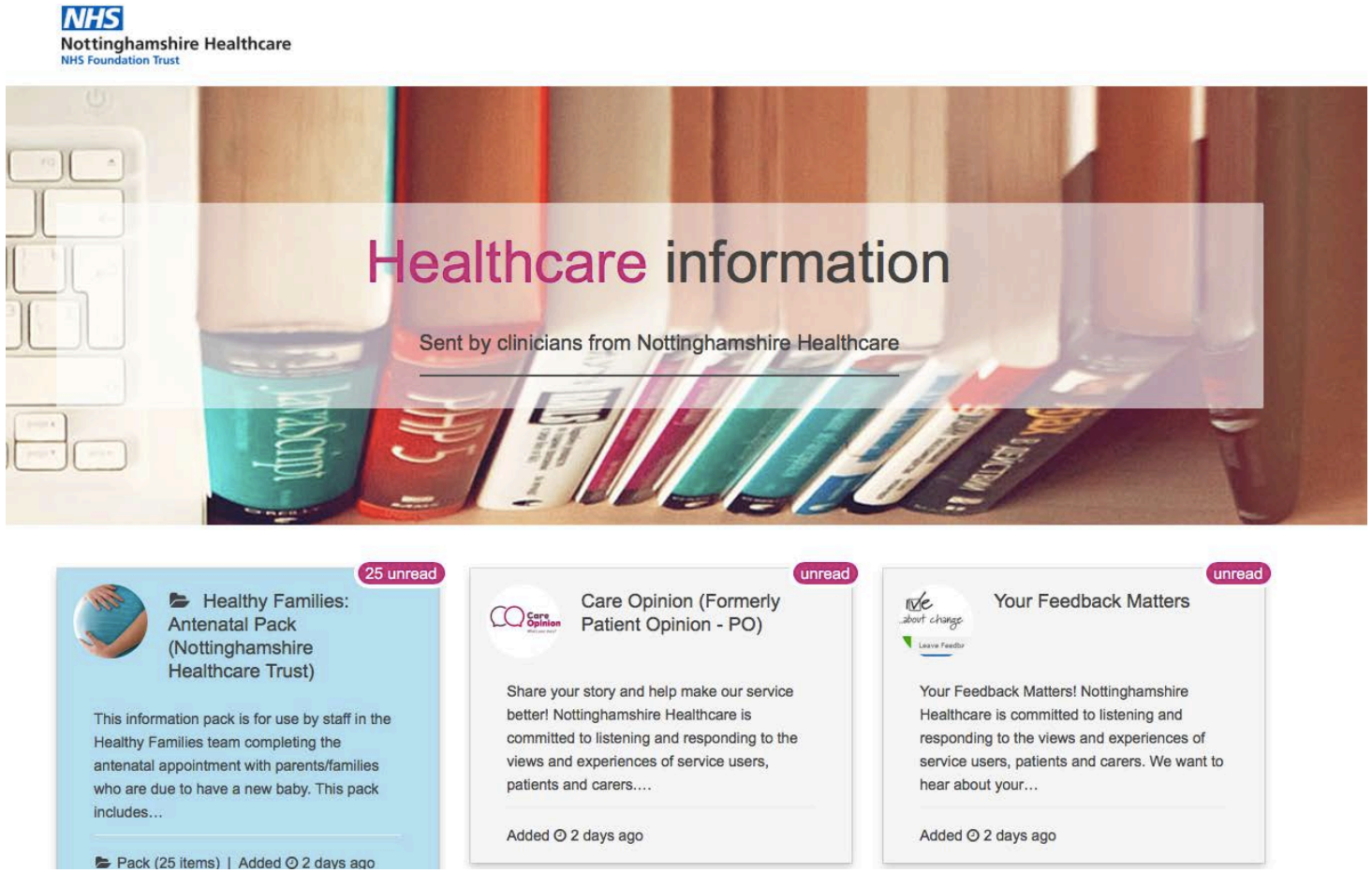
Tell us what you think

Your feedback will help us understand what works well and what could be improved.
Your feedback will be seen by other the healthcare professionals in your organisation.

Prescribe to this patient



Young people will see the prescribed content when they log in to their Recap account



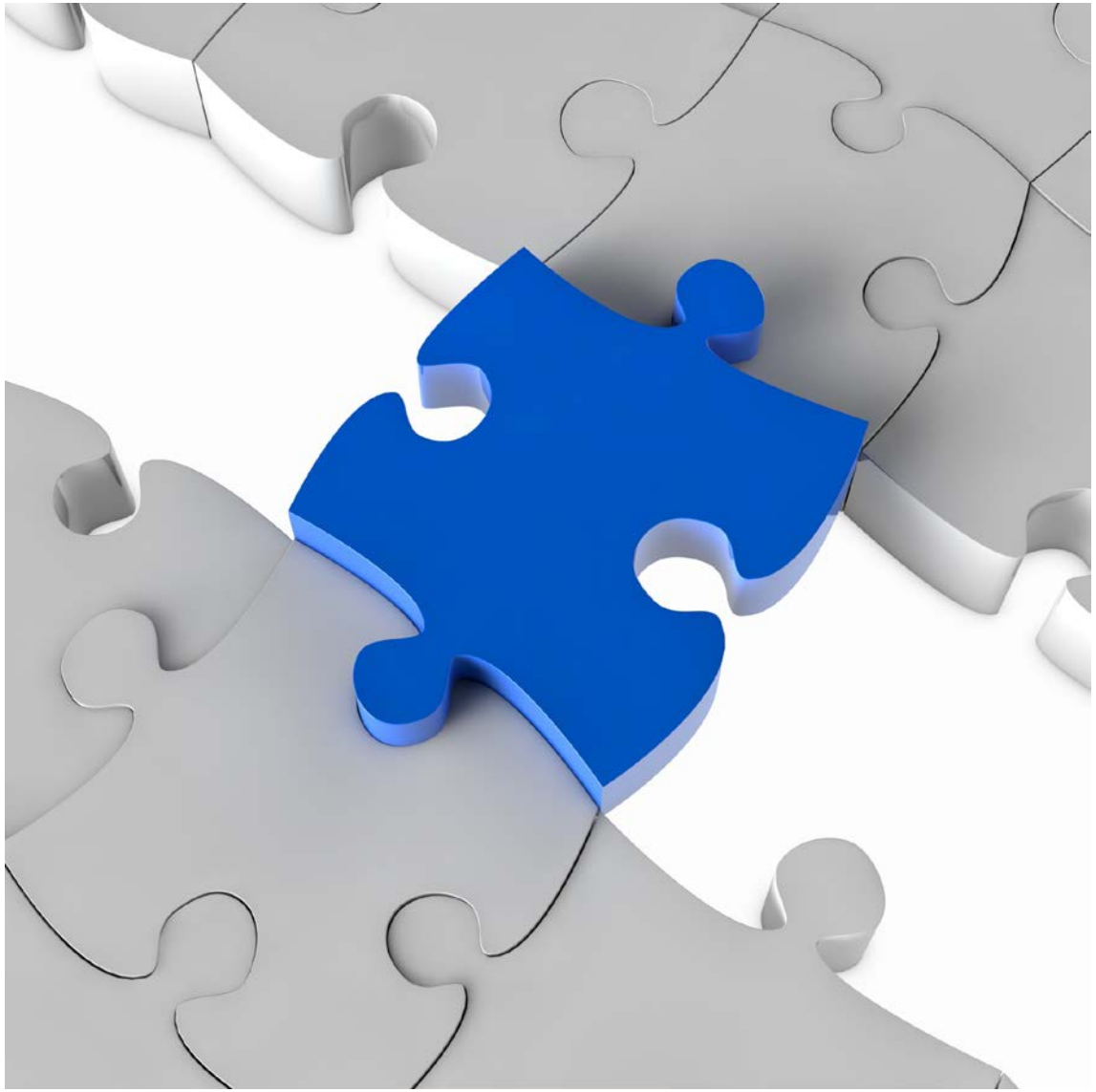
Role of Education

- Education is good for mental health and wellbeing
- Builds resilience
- Provides options and opportunities
- Can signpost where necessary

- Healthcare/professionals in Schools play a key role in:
  - Detection
  - Active listening, signposting and support
  - Assessing impact of stressful life events

Gaps in research relating to the role education can play …..

- Language development and relationship with mental health
- Long term effects of personal budgets
- What are the ingredients of a curriculum that supports good mental health?
- What relationships do we need between parents, schools and professionals to bridge the gap?



In summary

- Gap between need and care delivery exists because young people's mental ill health is increasing
- Young people's mental ill health often presents as complex and needs to be understood holistically
- Reliance on specialist services is not the answer and there are other ways of responding to support young people
- Education as a sector is a key player and offers opportunities for support

THANK YOU