



Fact sheet: I won't wear make up on Thursday

This fact sheet has been produced to accompany the transcript of Bishop Steven's presidential address in March 2019. The speech, slides and audio are available here: blogs.oxford.anglican.org/i-wont-wear-make-up-on-thursday/

Mental health key facts – children and young people

- Between 1 in 8 and one in ten children and young people aged 5–16 suffer from a diagnosable mental health disorder.
- between one in every 12 and one in every 15 children and young people deliberately self-harm
- more than 50% of all adults with mental health problems were diagnosed in childhood – less than half were treated appropriately at the time
- the number of young people aged 15–16 with depression nearly doubled between the 1980s and the 2000s
- the proportion of young people aged 15–16 with a conduct disorder more than doubled between 1974 and 1999
- A poll of almost 38,000 UK students published this month suggests rates of psychological distress and illness are on the rise in universities, with “alarmingly high” levels of anxiety, loneliness, substance misuse and thoughts of self-harm¹. 50.3% who took part reported thoughts of self-harm – almost twice as high as reported rates in 2017
- Mental health problems in young people can result in lower educational attainment (for example, children with conduct disorder are twice as likely as other children to leave school with no qualifications)
- Nationally, between 2013/14 and 2014/15, referral rates increased five times faster than the CAMHS workforce.

¹ https://www.theguardian.com/education/2019/mar/05/levels-of-distress-and-illness-among-students-in-uk-alarmingly-high?fbclid=IwAR3zU7qRFyflyk_nCB8nM14Zqj2puY7fwseZrZ-jrhSj_zyp5IC2kS9zkNw

- Children make up 20% of the population, yet account for only 7-9% of NHS mental health spending. Currently 15 times as much is spent on adult mental health as child mental health.
- 72% of children in care have behavioural or emotional problems. Almost half (45%) of children and young people in care meet the criteria for a psychiatric disorder.
- Looked after children are four times more likely to experience mental health issues than their peers.
- emotional and mental health problems affect about 60% of looked after children in England, a high proportion of whom experience poor health and educational and social outcomes after leaving care
- two children in the average primary school classroom have experienced abuse² maltreatment is associated with a wide range of mental health disorders
- 95% of imprisoned young offenders have a mental health disorder
- Young LGBTQI+ people have higher rates of poor mental health, self-harm and suicide than their non-LGBTQI+ counterparts (thought due to discrimination and marginalisation). Stonewall says that nearly one in four LGBTQ+ young people have tried to take their own life at some point and more than half deliberately harm themselves.

Social media key facts

- Emotional disorders, particularly anxiety and depression, are on the rise. We are just beginning to understand how the increasing prevalence of social media is negatively impacting young people's emotional health.
- By age 12, half of all children have a social media profile
- The proportion of children aged 10 to 15 years who reported using social networking sites for more than three hours on a normal school day increased significantly from 8.6% in 2010 to 2011 to 12.8% in 2015 to 2016, with girls more than twice as likely to spend this length of time using social networking sites³
- Instagram is skewed more towards a younger audience with 18-24 year olds taking up half the time online.
- 30% of snapchat users are between the age of 18 and 24.
- In a 2017 Ofcom report 27% of 12-15 year olds said they found it hard to control their screen time⁴. 74% of 12-15 year olds have a profile on a social media or messaging site or app, and 23% of 8-11s.

² <https://www.nspcc.org.uk/globalassets/documents/publications/local-transformation-plans-toolkit.pdf>

³

<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/march2018>

⁴ https://www.ofcom.org.uk/__data/assets/pdf_file/0020/108182/children-parents-media-use-attitudes-2017.pdf

- More than a third (37.3 per cent) of 15-year-olds in the UK can be classed as “extreme internet users” – spending more than six hours online a day⁵

Mental health provision in the Diocese of Oxford

Each NHS CCG (Clinical Commissioning Group) area has a Child and Adolescent Mental Health Services (CAMHS) local transformation plan (LTP). There are more CCGs than local authorities in the Diocese of Oxford.

Berkshire West - 111,585 children and young people

⁶Wokingham, Reading, West Berkshire council areas

Going up / above national average

- Prevalence of Mental Health disorders among 5-16 year olds is 10%
- Increase in self-harm rates across region among 10-24 year olds
- Self-harm rates above national average for 15-19 year olds
- Eating Disorders demand continues to be greater than was planned for. Risk and acuity of referrals has increased and availability of appropriate in-patient beds leading to young people waiting for suitable placements.
- More pupils in this area have extra help at school due to autism or social, emotional and mental health difficulties than other parts of England.
 - While autism is not a mental health condition, it is estimated that 71% of people with autism also have mental health difficulties.

Oxfordshire – 133,717 children and young people⁷

Co-terminus with Local authority area ([map](#)) data source⁸

Going up / above national average

- CAMHS all services referrals at 6,881 (17-18), up from 5,953 in 15-16
- High numbers of young people aged 16-24 with eating disorders
- High prevalence of ADHD amongst 16-24-year olds
- Hospital admissions as a result of self-harm where overall Oxfordshire rates are higher than England and significantly higher in the 15-24 age group.
- Higher than average rate of primary school pupils with social, emotional and mental health needs (2.41%)

⁵ <https://www.independent.co.uk/news/education/education-news/social-media-wellbeing-young-people-moderate-use-report-epi-facebook-twitter-a7815316.html>

⁶ <https://www.berkshirewestccg.nhs.uk/media/2516/berkshire-west-future-in-mind-ltp-refresh-oct2018.pdf>

⁷ https://insight.oxfordshire.gov.uk/cms/system/files/documents/2%20Population%20JSNA%202018_0.pdf

⁸ <https://www.oxfordshireccg.nhs.uk/about-us/oxfordshire-child-and-adolescent-mental-health-services-refresh.htm>

Berkshire East - 109,826 children

Bracknell Forest, the Royal Borough of Windsor and Maidenhead (RBWM) and Slough data⁹

Going up / above national average

- the total number of referrals up by 14.5% in Q1 2018
- Overall, across East Berkshire in 2016/17 there were 276 admissions for deliberate self-harm for children and young people age 10–24, compared to 247 in 2015/16 and 204 in 2014/15.
- increasing demand on the Berkshire eating disorders service,
- But 50% of the children and young people referred to specialist CAMHS have needs that do not require this level of intervention. This can leave children, young people and families/carers feeling frustrated¹⁰

Buckinghamshire – 90,824 children and young people children data¹¹Going up / above national average

- increase in the number of children entering the care system from 458 to 512 with a predicted growth rate of 8% (see national stat for health outcomes of children in care)
- 12% year on year increase in CAMHS referrals
- 109 Eating Disorders Service referrals in 17/18 compared to 42 in 15/16

⁹ <https://www.eastberkshireccg.nhs.uk/wp-content/uploads/2019/01/FINAL-LTP-refresh-13th-Jan-2019-NHS-East-Berkshire-CCG-watermark.pdf>

¹⁰ <https://www.eastberkshireccg.nhs.uk/wp-content/uploads/2019/01/FINAL-LTP-refresh-13th-Jan-2019-NHS-East-Berkshire-CCG-watermark.pdf>

¹¹ https://www.buckinghamshireccg.nhs.uk/wp-content/uploads/2019/01/CAMHS-Transformation-Plan_v5.pdf