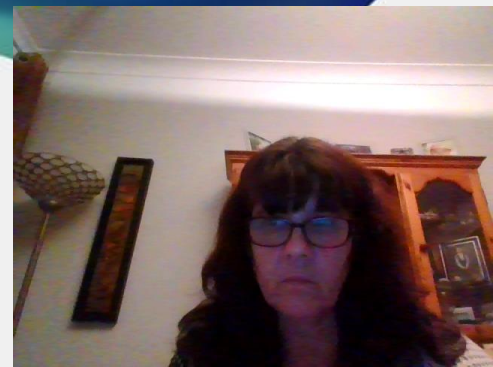




Mental health in young people in wales.





- I have chosen mental health in young people as I have a great interest in this subject.
- I have an interest in why mental health is on the rise in young people.
- I am aware of many young people who suffer with mental health issues in their teenage years.
- I am interested in mental health and the causes of it as I am interested in working with young people in the future and would like to be aware of the signs and causes to mental health.





- 19% almost 1 in 5 young people in Wales reported very high levels of mental health issues.
- The school health research network (SHRN) (2021) gathered information from around 120,000 young people between September and December 2019.
- Evidence shows that girls were more likely to report mental health issues than boys.
- Many young people reported high levels of symptoms when they started comprehensive school, this increased by 22% by the time they eleven.





- Since the pandemic and the first lock-down the inequalities present have increased.
- According to public health Wales (2021) some positive impacts resulted due to the pandemic.
- Spending more time with family, less peer pressure, and bullying, as well as taking up new hobbies and adopting healthier behaviours.





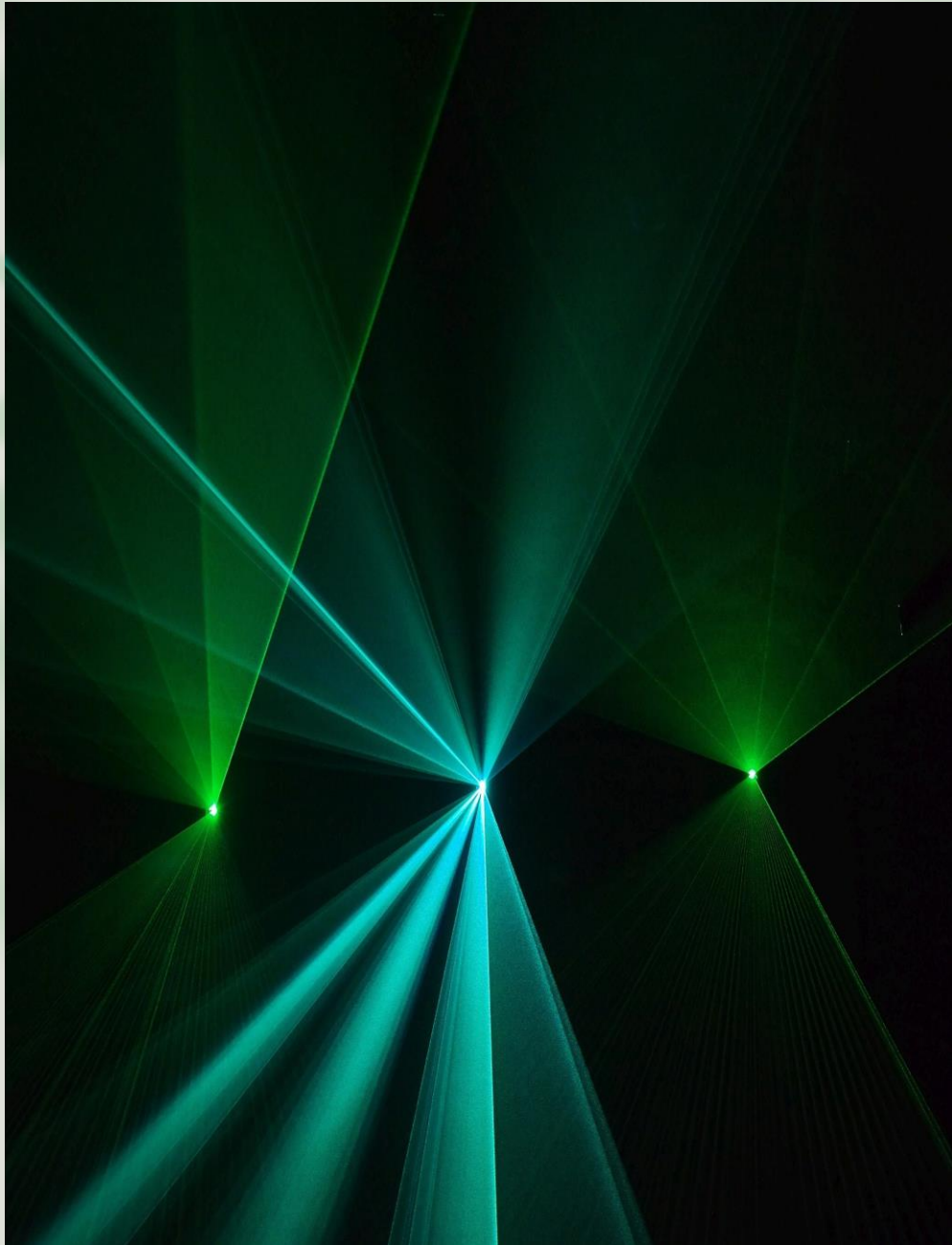
- Although evidence suggests that there was also a negative impact on mental health, due to feelings of loneliness, isolation and educational disruption.
- School closures and lack of access to support for students and parents struggling to cope with home schooling.
- Evidence suggests that young woman and girls were more effected as well as families on low incomes.





- The methodology that I will use in my assignment will be a scoping review, which will entail a clear review topic, an objective, a subjective question. I will apply a pcc framework and a breakdown of my questions. A pcc framework is a framework made up of participants/ concepts and context, recommended by JBI(2021) in identifying the primary review questions.
- The following data-bases will be used conducting systematic searches in the uwtsd library including peer reviewed journals , Books, websites, and google scholar, making sure the information is up to date and worthy.
- I will not be using newspapers for my research as according to the BBC (2021) they could be biased and be inaccurate, as they are often written to a deadline and in a hurry to be published. I will also extract and chart using qualitative and quantitative data, then create a descriptive summary of the results found.
- Looking at studies that quantify variation in some mental health, family income, family structure, gender and female, language will be English, race will be the community they live in. Studies will be excluded if they involve young people age between eleven and twenty-five.



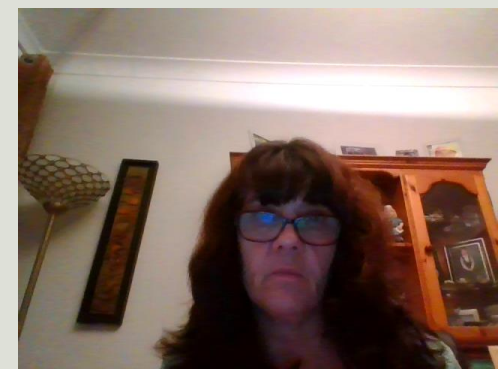


- Prevention, promotion, of positive mental well-being are major features of a delivery plan set up by the Welsh government.
- The first and second delivery plan was set up between 2012 and 2015 issued with strategy, the third version covers from 2019 to 2022.
- A focus on the short- and long-term needs of the population in Wales, recognizing the number of young people in Wales with mental health issues.
- Colizzi (2020) suggests that mental health issues are better recognized and reduced as quickly as possible before health problems get worse this will potentially reduce burden and avoid any more impact on health costs on the NHS system in Wales





- The delivery plan for 2019 to 2022 will focus on what is happening now, providing services for them in need of support.
- This will be done by building resilience and increasing opportunity's in addressing poor health and well-being.
-
- The t4cp programme worked in partnership with children commissioner for Wales, in listening to the views of young people in all areas.





- Some of the effects of mental health include poor parenting skills.
- Difficulties in school.
- Substance misuse.
- Depression.
- Bipolar disorder.
- Schizophrenia and post- traumatic stress.
- The impact this all has on the NHS health service is very costly.





- According to Wales act (2020) one million pound of recurrent funding has been made available for those with complex needs and consideration for those who are homeless.
- The Welsh government spends more on mental health than on any part of the NHS, now in the region of 679 billion pounds.
- Significant additional funding has also been provided for young people with mental health issues. 7.1 million was awarded to support mind over mators.
- The camhs improvement program was awarded 2.5million for schools, and four different grants awarded to programs related to children.
- This is all having a big impact on health and social care new ideas need to be available soon as the cost of mental health is putting a great demand on finances of the NHS.
- This will also put more stress on health care prov impact on there jobs as well as the NHS.



- Thank you all for watching my presentation I hope you enjoyed.
- Angella Karim 2009543.