

Education in Health and Wellbeing : ECCH7004

Collaboration or cheating? What can be learned from global research, policy and practice which might enhance education for the health and well-being of the children and young people of Wales?

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Introduction

- ▶ This presentation will explore what can be learned from global research, policy and practice which might enhance education for the health and wellbeing of children and young people in Wales.
- ▶ The topic that I have chosen to explore through this presentation are in relation to young peoples mental health in education. The polices and practices that I will explore are The United Nations Sustainable Development Goals and The Wellbeing of Future Generations Act 2014

In this presentation I will be exploring what can be learned from global research, policy and practice that might enhance education for the health and wellbeing of children and young people in Wales. The topic that I have chosen to explore through this presentation are in relation to young peoples mental health within education. The polices and practices that I will look at are The united Nations Sustainable Development Goals, The Wellbeing of Future Generations Act 2014.

The United Nations Sustainable Development Goals

- ▶ The United Nations Sustainable Development Goals are a set of targets that were established by UN countries in 2016. They are a series of goals that world leaders hope to achieve by 2030.
- ▶ In relation to mental health there is a goal to “ensure healthy lives and promote the wellbeing for all ages” (United Nations, 2016)



The United Nations Sustainable Development Goals are a set of targets that were established by United Nations countries in 2016. They are a series of goals that world leaders hope to achieve by 2030. When relating to mental health there is a goal to ensure healthy lives and promote wellbeing for all ages.

How might this enhance the education in health and wellbeing of young people?

- ▶ The goal focuses on mental health as a whole and sets the standard for mental health awareness in the UK and internationally.
- ▶ The Mental Health Foundation (2019) states “More and more schoolchildren are struggling to cope with their mental health. Amidst rising rates of depression, anxiety and self-harm in children and young people, we are launching our new Make it Count campaign, because mental health is not extracurricular.
- ▶ Looking at this from a global context , The Lancet Commission (2018) proposes that the global mental agenda should be expanded from a focus on reducing the treatment gap to improving the mental health of whole populations and reducing the global burden of mental disorders by addressing gaps in prevention and quality of care.

The goal focuses on mental health holistically and sets the standard for mental health awareness in the UK and internationally. The mental health foundations states “more and more schoolchildren are struggling to cope with their mental health. Amidst rising rates of depression, anxiety and self harm in children and young people. They have since launched a camping called make it count which focuses on children and young peoples mental health. When looking at the goals in a global context. The Lancet commission proposes that the global mental agenda should be expanded from a focus on reducing the treatment gap to improving the mental health of whole populations and reducing the global burden of mental disorders by addressing gaps in prevention and quality of care.

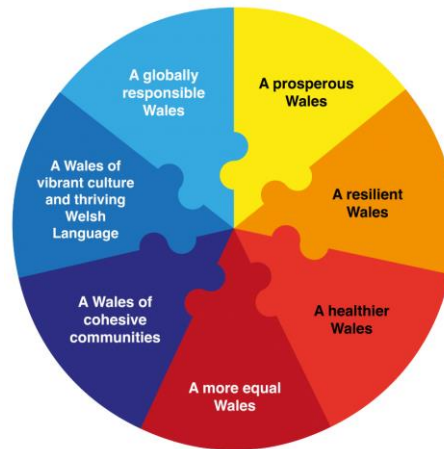
Challenges?

- ▶ Mental Health is still a prominent issue throughout society. There are challenges within services where clients are waiting hours on end to see a professional. Supported by an article published by The Independent in late last year which states “mental health waiting times mean 75% of young people get worse before treatment”.
- ▶ Illich takes a outlook at the idea of a school and education in general (1970 , pg1) and suggests that we should disestablish school altogether by stating “many students, especially those who are poor, intuitively know what schools do for them. They school them to confuse process and substance, once these become blurred a new logic is assumed”.

Mental health is still a prominent issue throughout society. There are challenges within services, where clients are waiting hours on end to see a professional. This is supported by an article published by The Independent in late 2018 which states “mental health waiting times mean 75% of young people get worse before treatment. Ivan Illich has an outlook that there are issues within schools that prevent young people from gaining the best experience of learning. He suggests we should deestablish school altogether and that many students especially those who are poor, intuitively know what schools do for them and that they school them to confuse process and substance, once these become blurred a new logic is assumed.

The Wellbeing of Future Generations Act 2014 (Wales)

- ▶ The Wellbeing of Future Generations Act is a piece of legislation put in place to ensure that public bodies across Wales think about the choices they make that could impact future generations.
- ▶ It is an Act that is only in place in Wales and hopes to bring about positive, long lasting changes for the benefit of current and future generations.



The wellbeing of future generations act is a piece of legislation put in place to ensure that public bodies across Wales think about the long term impact on decisions they make that could affect future generations. The act is unique to Wales and hopes to bring about positive , long lasting changes for the benefit of current and future generations.

How might this enhance the education in wellbeing of children and young people?

- ▶ The Act ultimately enforces recommendations with the support of seven goals. The goal that relates to young people and their mental health are A healthier Wales.
- ▶ The Young Person friendly guide of the act (2015) gives a opening statement saying “You’re probably in school today, where teachers are helping you get a good education. At some point you will have seen doctors, dentists and nurses who have helped you be healthy.”

The act enforces recommendations with the support of seven goals. There is a goal that relates to young people and their mental health and health in general. There is a young person friendly guide of the act and the opening statement says “your probably in school today, where teachers are helping you get a good education. At some point you will have seen doctors , dentists and nurses who have helped you to be healthy.

Challenges?

- ▶ There are people in Wales living in poverty and deprivation. This could mean a variety of factors including poor health and lifestyle choices as proven by figures from the Welsh Index of Multiple Deprivation (2014) which displays high figures in relation to health.
- ▶ Recent service cuts and understaffing to the NHS are not reflecting what the Future Generations Act is setting out to achieve. Supported by numerous articles including an article posted in the Nursing Times (2019) journal title which reads “Reverse public health budget cuts to stop preventative healthcare 'crisis' warns BMA”

Although the act has been in place there are still challenges in place. There are people across Wales living in poverty and deprivation. This could account for a variety of associated factors including poor health and lifestyle choices as proven by figures from the welsh index of multiple deprivation which displays high figures of poor health. Another complicating factor with the introduction of the act is the increasing public service cuts on the NHS, this is supported by several articles including an journal article in the nursing times which title reads “reverse public health budget cuts to stop preventative healthcare crisis warns The British Medical Association.

How can we best educate Children & Young People?

- ▶ Children and Young People face opportunities on a daily basis to be educated about topics that matter to them including mental health. This could be through formal education such as schools PSE Lessons or a simple session that is run through a informal education setting such as a youth club , sports club or other group. No matter how these sessions are delivered it is important that the young people have a participative experience within these lessons or sessions in order to be able to learn.
- ▶ When looking at informal education in particular, Richardson (2005) says “when we think about how we engage with young people at work we can start to see that the daily life of individuals and groups is a main focus for us as workers, it is this daily life that interests us because this is where we begin to understand the young people we are working with”.

Children and young people face opportunities on a daily basis to be educated on topics that matter to them including mental health. This could be through a formal education setting such as a schools PSE lesson, or a simple session that is run through an informal education setting such as a youth club , sports club or other group. No matter how these sessions are delivered its important that the young people have a participative experience within these lessons or sessions to be able to learn. When looking at informal education in particular Richardson says when we think about how we engage with young people at work we can start to see the daily life of individuals and groups is a main focus for us as workers, it is this daily life that interests us because this is where we begin to understand the young people we are working with. This ultimately falls down to building effective working relationships with young people to be able to have discussions with them.

What are the next steps for global mental health?

- ▶ Vikram Patel: Digital Revolution and Global Mental Health (First 2 minute 15)
- ▶ <https://www.youtube.com/watch?v=FZ5yAo4KJLM>
- ▶ Patel discusses some of the issues within global care and the link between understanding global mental health and technology and says that even though we are as a society digitally advanced we still have a long way to go.

In this short clip Vikram Patel discusses the link between care systems and providers and IT systems and the shortage of IT systems being a barrier to developing care systems.

Conclusion

- ▶ In conclusion I have identified that there is legislation and guidance in place regarding mental health , education and wellbeing.
- ▶ In Wales, the work that public bodies undertake is scrutinised against the Future Generations Act which holds services accountable for making decisions that affect future generations of Wales.
- ▶ Globally, there are organisations that are striving for improved mental health services to help and support vulnerable children and young people.
- ▶ I have looked at education settings that can be offered to young people to enhance their education around health and wellbeing .
- ▶ I have identified that although there is relevant acts and legislation in place, this is not being reflected within practice and we are still a long way away.

In conclusion, I have identified that there is legislation and guidance in place regarding mental health, education and wellbeing. In Wales the work that public bodies undertake is scrutinised against the Future Generations Act which holds services accountable for making decisions that effect future generations of Wales. Globally there are organisations that are supporting improved mental health services to support vulnerable children and young people. I have looked at education settings that can be offered to young people to enhance their education and knowledge around health and wellbeing. I have identified that although there is relevant acts and legislation in place, within practice this is not being reflected and we are still a long way away from fully supporting children and young people regarding their mental health and educating them within settings on what it means to be well.

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