



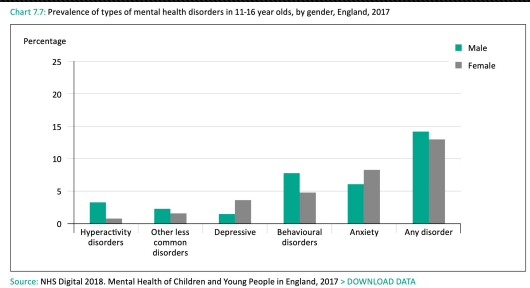
**Adolescent
Mental Health**

Mental Health

- Boys are more likely to have conduct disorders, whilst girls are more likely to have emotional disorders (including depression and anxiety).
- Significant prevalence of depression, self-harm behaviour and suicidal thoughts.
- The UK has one of the highest rates of self-harm in Europe, at 400 per 100,000 population. (Self-poisoning and self-injury in adults, Clinical Medicine, 2002).

Mental Health

- Suicide rates among young men in the UK have fallen steadily since 1999. In 2009, the rate among 15-24 year-old males was 10.5 per 100,000.
- Nearly half of all children aged 5-17 looked after by local authorities in Great Britain have some form of psychiatric disorder, with rates being highest among those living in residential care settings.
- Girls appear to have lower levels of life satisfaction than boys, and to worry more than boys. Over half (51%) of 14-15 year-old girls worry about their appearance and nearly six out of ten (57%) girls in this age group worry about exams and tests.



Mental Health

Mental Capacity Act

- Capacity assumed over 16
- Young people may be unable to decide if they lack capacity OR due to 'immaturity'
- Parental responsibility
- Under 18 you cannot make an advanced directive

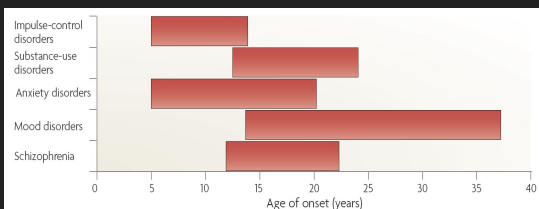


Figure 4 | Ranges of onset age for common psychiatric disorders. Recent data from the National

Mental Health

- Kessler (2010, p. 45) – “roughly half of all lifetime mental disorders in most studies start by the mid teens and three quarters by the mid 20s”.
- Single biggest cause of morbidity at this age.
- Delays to treatment in the order of 10 years for most disorders.
- “Half of all mental illnesses begin before age 14, and research into the mental health of young people is underfunded” (Gunnell, Kidge, & Elvidge, 2018, p. 1).

Mental Health

- Major proportion of severe mental illness emerges...“the chronic diseases of the young”.
- Services have not been well designed to meet the needs of young people.

Mental Health

- Mood disorders
- Anxiety disorders and OCD
- Psychosis
- Eating disorders
- Self-harm
- Personality disorders
- Conduct disorders
- Substance misuse disorders



Mental Health

The total number of CAMHS referrals to treatment in Wales doubled between April 2010 (1,204) and July 2014 (2,342). Young people awaiting outpatient's treatment has the highest numbers (2,410) compared to adults (1,291) and those in later life (682).

Welsh Government statistics on spend per person in 2012-13 showed spending to be £200.87 per person on mental health problems. Of this £13.94 was spent on child and adolescent mental health.

Findings from the first Welsh Adverse Childhood Experience (ACE) study shows that children who experience stressful and poor quality childhoods are more likely to adopt health-harming behaviours during adolescence and adulthood which can themselves lead to mental health problems and diseases such as cancer, heart disease and diabetes in later life.

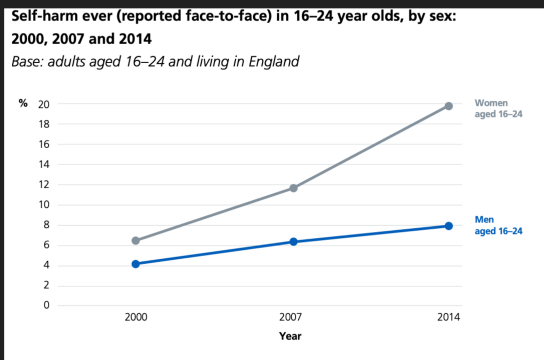
Reference: Mental Health Foundation. (2016). *Mental Health in Wales: Fundamental Facts (2016)*. Retrieved from <https://www.mentalhealth.org.uk/sites/default/files/FF16%20Wales.pdf>

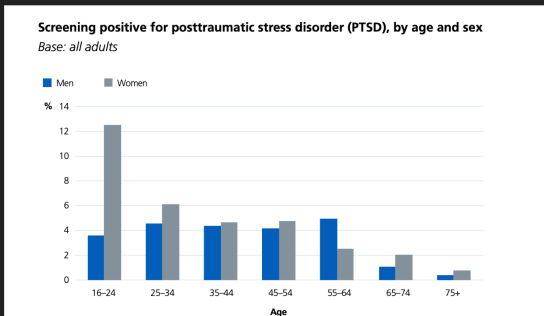
Mental Health

- Self-harm is a growing problem in Wales with approximately 5,500 emergency admissions to hospital each year. This does not take into account those assessed in A&E departments who do not require admission.
- The Welsh Governments suicide and self-harm prevention strategy for 2015-2020, shows that the age and pattern of self-harm, to be most concerning for **young women aged 15-19** who were shown to have the highest prevalence. Between 2013 and 2014 more than 1,500 patients aged 10-19 were treated at Welsh hospitals with 1,223 girls being treated for self-harm compared with 319 boys.

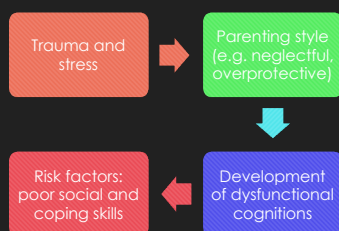
Mental Health

- Lack of services available to support people with mental health problems and early intervention services is an issue throughout Wales, but particularly in rural Wales, where significant gaps in services exist.
- Research has found that distance alone is an important factor when it comes to maintaining and improving health.





Aetiology (Causes)



Systemic Family Therapy

Systemic family therapy: A family intervention technique based on the view that childhood problems result from inappropriate family structure and organization. The therapist is concerned with the boundaries between parents and children, and the ways in which they communicate.

Parent Training Programmes

Parent training programmes: A family intervention programme which attempts to teach parents a range of techniques for controlling and managing their children's symptoms, used especially with children diagnosed with conduct disorder.

Functional Family Therapy (FFT)

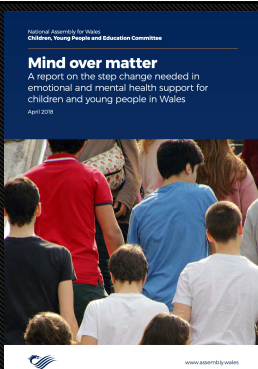
Functional family therapy (FFT): A form of treatment which incorporates elements of systemic family therapy and CBT, viewing childhood problems as serving a function within the family.

Cognitive Behavioural Therapy (CBT)

- Often used to treat adolescent depression.
- CBT for anxiety disorders is also constructed to enable young people to become aware of problematic thoughts and feelings.
- CBT has been used to treat a range of childhood anxiety disorders including OCD, GAD, specific phobias, social phobia and separation anxiety.

Watch:

- CBT for Adolescents:
<https://cognitivetherapylondon.co.uk/cognitive-therapy-for-children-and-adolescents/>
- Family Therapy Skills (demonstration):
https://www.youtube.com/watch?v=qhTm_YQ1zx4_



<https://senedd.wales/cjd%20documents/crd111522/crd111522-e.pdf>
