

SchoolSpace

...working together for better mental health

Sunita Channa & Colin Palmer



**National Institute for
Health Research**

Who are and what is SchoolSpace?



Is a NIHR funded collaboration of academics, NHS service providers and schools in the West Midlands with the shared goal of improving the mental health care of young people.

It seeks to provide an evidence base for service change and improvements in how youth mental health can be supported in schools.

Why youth mental health?

50% of later life mental health conditions occur prior to age 14 (Kessler 2005, Browne-Oakley 2006)

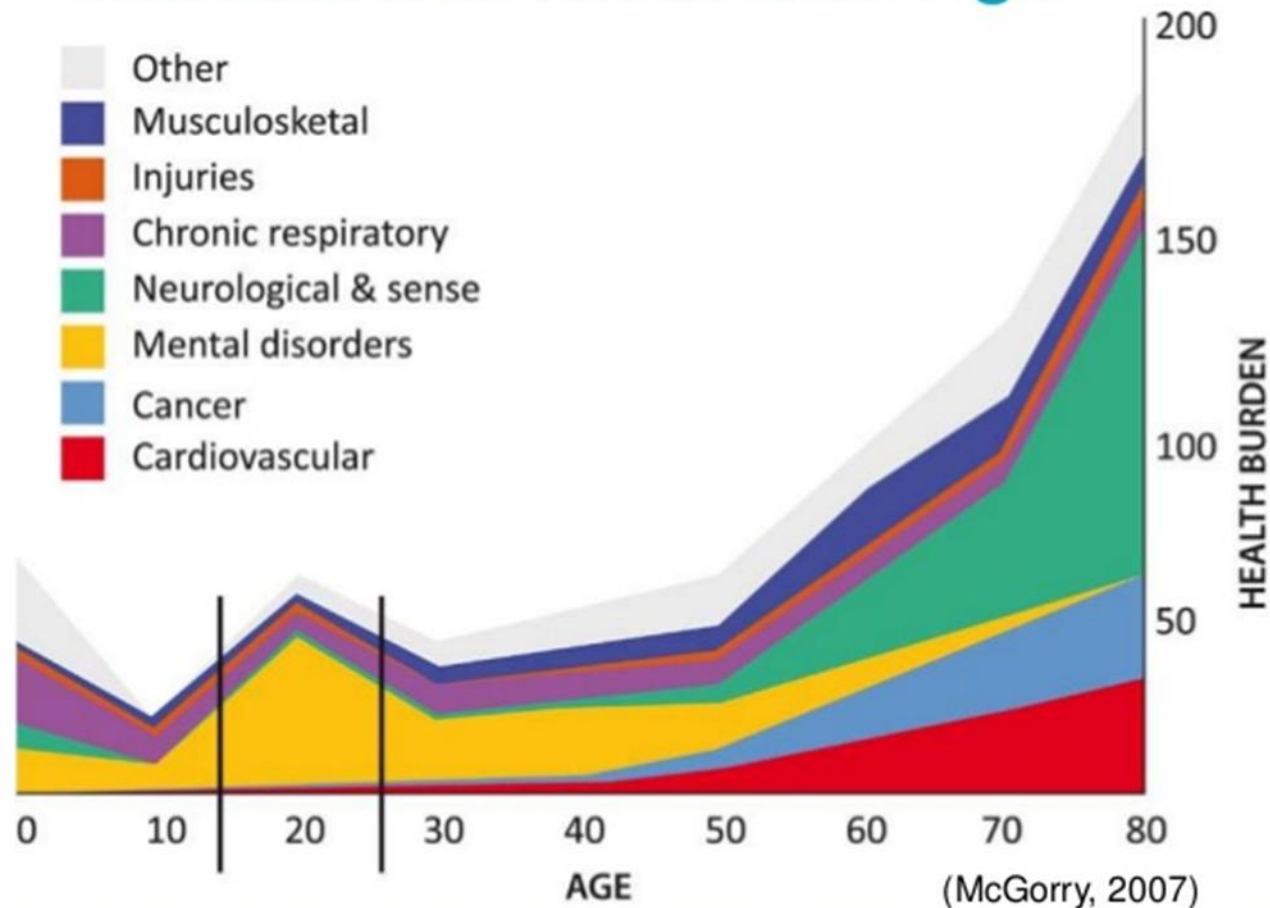
MH underpins a range of risk-behaviours and outcomes that are highly relevant to adolescence these include: higher risk-taking sexual behaviour, anti-social behaviour, conduct disorders and substance abuse (RCP 2010).

Despite the increased risk, mental health conditions in adolescence tend to be both under recognised and under-reported (Green 2004, Ford 2005).



Adolescence presents a key moment in the development of mental health

Disease Burden across Age



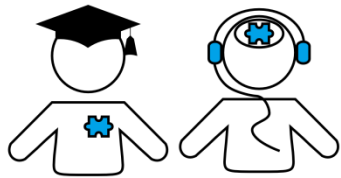
Schools as mental health facilitators?

With increasing levels of mental ill health in young people, schools are increasingly expected to provide both good quality education and support with regards to their mental health.

However, a lack of appropriate training and poor access to reliable resources often results in teachers feeling unable to fulfil this role.



We have developed the '**SchoolSpace Network**' a working partnership with schools in Birmingham, UK, committed to improving teachers capacity to provide mental health education and support for young people.



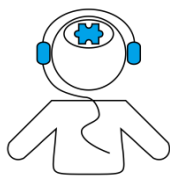
The SchoolSpace Network

...working together for better mental health

Aims:

- Provide a digital portal to trusted resources in mental health education
- Provide current and bespoke mental health training to teachers
- Provide schools with the opportunity to take part in mental health and shape the future of mental health delivery in schools





Study 1: Online screening study to identify young people at risk of developing eating disorders

Incidence of eating disorders have increased dramatically over the last 40 years¹, especially in young people where hospital admission rates for eating disorders have risen 8% over last year²

Early identification of risk factors would help prevent unnecessary hospitalization, however, often focus is limited to weight and body size whilst underlying psychological issues may serve to better identify those that are vulnerable

Greater attention to non-weight factors such as self-esteem and anxiety, therefore, may be more appropriate in identifying those at risk³⁻⁴.



Health & Social Care
Information Centre

The national provider of information, data and IT systems for health and social care

Eating disorders: Hospital admissions up by 8 per cent in a year

January 30, 2014: New figures from the the Health and Social Care Information Centre (HSCIC) show a national rise of 8 per cent in the number of admissions to hospital for an eating disorder(3).





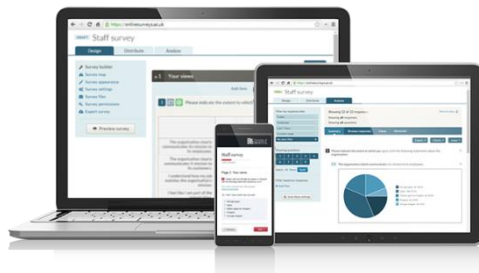
Study 1: Online screening study to identify young people at risk of developing eating disorders



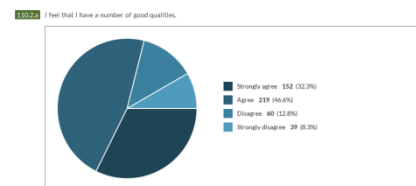
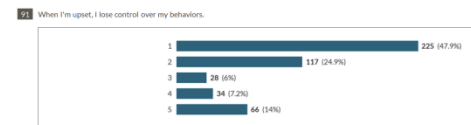
6 Schools in Birmingham
Cohort of Year 9s (N= 764)
Comprehensive/Independent
Mixed/Single Sex



SchoolSpace Digital Hub



Web-based survey
Eating Disorders Questionnaire
Measures on dieting, anxiety,
self-esteem, affect regulation



Real time data that
can be used to
identify high risk
pupils and trends in
overall cohort
mental health



Study 2: Qualitative Interviews with young people diagnosed with an eating disorder (ED) to identify early risk factors

Aim:

“To explore the kinds of events or feelings they experienced at the time they began to change the way they felt about food or how they ate, and to think about anything that may have influenced these changes”

- Qualitative interviews: semi-structured questionnaires;
- Narratives from:

30 ED patients & 15 carers;





Thematic Analysis: *in process...*

Emergent Themes:

- Food Rules;
- Obsessions;
- Excessive exercise;
- Stressful Life events;
- Feeling low and withdrawn;
- Secrecy.





Noticed changes: -

*“...we’re all eating and I noticed that she was, she was **spitting some food** from her, **from her hand ...putting** it in the, **in the bag**, yeah. Under her clothes. That’s when I confirmed that she’s got a problem.”*

*“...and she did **this exercise**, and **she used to cook our meals**, yeah, and she used to, er, do **lots of work** round the house which, do you know what, any mother would say fantastic, what a daughter she is, and it was, it was wonderful, er, and she still does it, but what, that I **started to notice** was, **she wasn’t eating with us**. ...And so this happened and then I **started to notice her weight**.”*



Our findings:

- will add to our understanding of the insidious nature of disordered eating behaviour ED and the myriad of social and psychological factors which underpin its development;
- will help inform the design and development of evidence-based early intervention strategies to help families, and those who work with young people, better identify those who may be at risk of developing an ED.

NIHR Collaboration for Leadership in Applied Health Research and Care
West Midlands (NIHR CLAHRC WM)



Everyone just thinks it's about food...

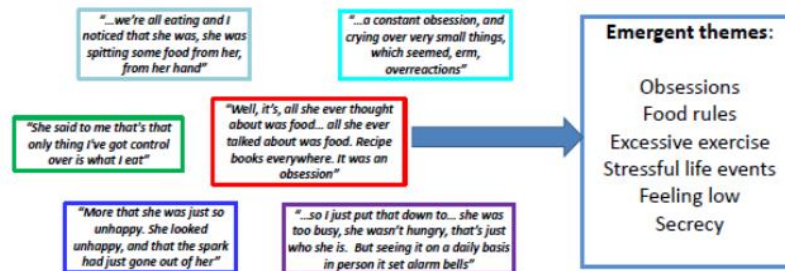
Charlotte Connor, Anna Lavis, Newman Leung, Sunita Channa, Colin Palmer & Max Birchwood

2,965 children and young people were hospitalised for anorexia and other eating disorders (ED) in UK in 2014, a 12% jump in one year. Specialist units and wards, however, are regarded as "the best place(s) to learn how to be really, really good at ED" ¹. In light of this, the UK Government recently announced £150 million investment to transform services for the treatment of ED, 'supporting schemes to get young people with ED early access to services in their communities with properly trained teams, making hospital admission a last resort'.



Identifying the early warning signs of ED, however, are likely to be idiosyncratic and multifactorial making it difficult for families to evaluate the right time too seek professional help.

We interviewed 15 carers of young people diagnosed with an ED in Birmingham, UK in order to explore their perception of the inception of an ED:



Our findings will add to our understanding of the insidious nature of disordered eating behaviour ED and the myriad of social and psychological factors which underpin its development. In addition to our interviews with young people diagnosed with an ED, they will help inform the design and development of evidence-based early intervention strategies to help families, and those who work with young people, better identify those who may be at risk.



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Our Patient and Public Involvement (PPI): ... *embedded in CLAHRC BBC* ...

- **YouthBoard:** *a group of young people aged 16-25 years old, who worked on different projects to promote awareness and understanding of youth mental health issues.*



- The design and development of www.youthspace.me;
- Support with recruitment of mental health and youth service staff;
- Through a digital hub they developed eLearning modules, mobile apps, produce films and podcasts;
- The running of campaigns & creation of materials including: the general ***‘Don’t Stay Silent’*** campaign promoting the website www.youthspace.me and the ***‘Don’t turn your back on the symptoms of psychosis.’***

www.youthspace.me

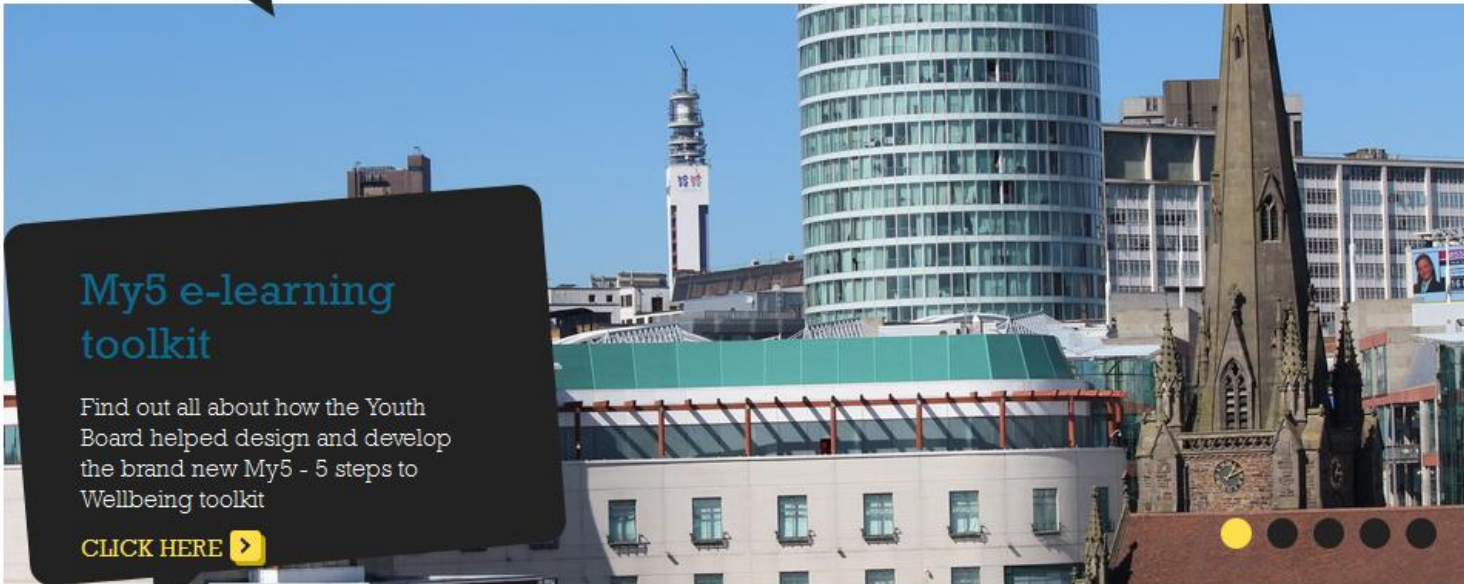


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My5 e-learning toolkit


Find out all about how the Youth Board helped design and develop the brand new My5 - 5 steps to Wellbeing toolkit

[CLICK HERE](#)




Help & advice

Something going on that you don't quite




Local services

Find local services across Birmingham that can



For Professionals

Advice for professionals on all aspects of youth



National Institute for Health Research



NHS

Why don't I feel in control?

DON'T STAY SILENT...
It's not just you. Everyone will either experience mental health problems or know someone who will at some point in their lives. Got a question relating to mental health? Youthspace can offer help and advice on whatever it is you may be going through.

www.youthspace.me
Birmingham & Central Mental Health NHS Foundation Trust, Supported by NHS UK (NHS-CLJ4942)

YOUTH SPACE

'Don't Stay Silent' campaign



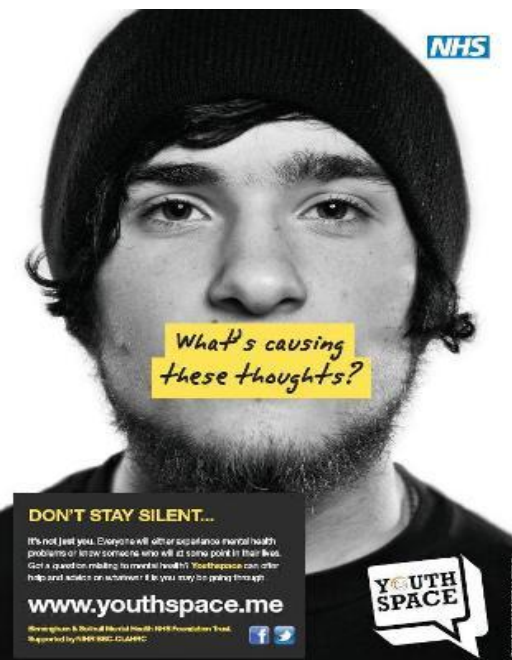
NHS

How do I get out of this?

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YOUTH SPACE



NHS

What's causing these thoughts?

DON'T STAY SILENT...
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YOUTH SPACE



YOUTH SPACE

Home About Blog Help & Advice Your Life Contact

Need Help Now?

Welcome
Youthspace offers relevant, up-to-date information and advice for young people, carers and professionals working with young people on all aspects of mental health, resilience & emotional wellbeing.

Member Login **Become a member**

Blog Latest

- 20** March 2012 **Heart Disease Does More Percent Racism**
The unexpected side effect of a beta-blocker commonly prescribed to treat chest pains was discovered by psychologists at Oxford. [Read more](#)
- 19** March 2012 **Manchester's £10m youth mental health centre**
A GMB spokesman said the centre would be "a first for the local area". A NHS Trust has revealed plans to build a £10m centre to help. [Read more](#)
- 15** March 2012 **The truth about depression, like people spend out**
It is an illness that can affect anyone, and prescriptions for antidepressants are soaring, yet depression is still badly misunderstood. [Read more](#)

[View all our blog entries | RSS Feed](#)

Help & Advice
Take me straight to [GO](#)

Where to get help
Lists of local and national contacts to get in touch with if you feel like you need a little extra help & support dealing with things... [Learn more](#)

Your Life

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Difficult family life, arguments, abuse, homelessness, leaving care or becoming a young parent? Home life can be stressful. [Learn more](#)
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Advice on diet, sport, exercise & leisure activities. Become healthy, motivated, relaxed & at the top of your game. [Learn more](#)
- Work life...**
Help shape your future with advice on CVs, interviews and details of vocational options including work, volunteering, education & training. [Learn more](#)
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Your image, society, and life as a young person and the choices you make. What shapes your identity and how others see you? [Learn more](#)

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- Vimeo** Our Videos

www.youthspace.me



NHS

Do other people feel this bad?

DON'T STAY SILENT...
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YOUTH SPACE



'Don't turn your back on the symptoms of psychosis' Campaign

"I WAS HAPPY ABOUT PEOPLE KNOWING BECAUSE I NEEDED HELP; I WANTED TO GET BETTER"

Realising that you need help is the first step.

DON'T TURN YOUR BACK ON THE SYMPTOMS OF PSYCHOSIS.
1 in 100 people experience psychosis. If you're worried about yourself or someone you know then don't wait and see, get things checked out early. The quicker you get help the better your chances of recovery.



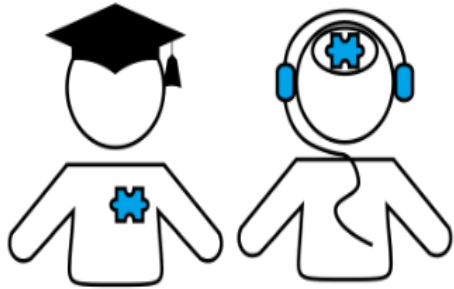
... evolving in CLAHRC WM Theme 2

3 PPI Lay Advisors: *Barry Clark, Richard Grant & Keith Elder*



- actively involved in on-going research activities;
- establishing links with organisations in the community to explore potential collaborations to further disseminate research findings & broaden the uptake of the SchoolSpace Network;
- build mutually-supportive regional networks with Health Watch organisations & local authorities including West Midland councils: Birmingham, Coventry and Warwickshire;
- currently in plan to showcase a **dissemination event** planned for next year at the **MAC 7th June 2016...WATCH THIS SPACE!**

In conclusion,



- On-going data collection for the online longitudinal Eating Disorder Study;
- Provide bespoke mental health training for teachers & students including using www.youthspace.me a mental health resource;
- Developing SchoolSpace network further by recruiting more school & providing associate membership;
- working in partnership with NHS service providers, public involvement and engagement advisors, schools and other local organizations in the West Midlands.



'It can start when you're young' spoken word poetry by Matt Windle



Thank you for listening

Any Questions?

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