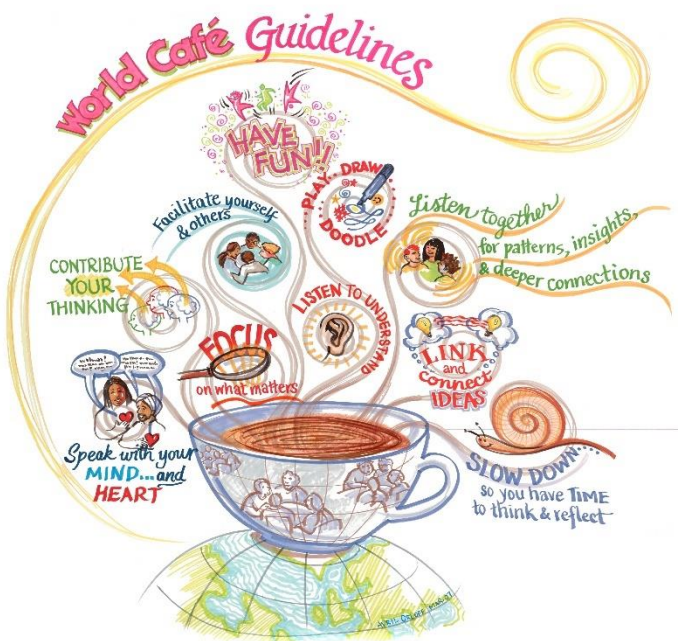


healthwatch

Telford and Wrekin

Report from Child and Adolescent Mental Health Services YOUTH Survey 2015/16



Acknowledgements

Healthwatch Telford and Wrekin and YOUTH would like to thank the following, without whom this survey would not have been possible:

YOUTH members who highlighted emotional health and wellbeing as a priority area and worked with us to design the survey and agree the method of delivery.

Healthwatch Telford and Wrekin volunteers who spent hours entering completed surveys online.

Public Health at Telford & Wrekin Council for their support in analysing the data.

Head teachers and staff teams, particularly those with responsibility for Emotional Health and Wellbeing, at the following establishments, without whose cooperation we couldn't have done it.

- Abraham Darby Academy
- Adams' Grammar School
- Burton Borough School
- Charlton Secondary School
- Ercall Wood Technology College
- Hadley Learning Community
- Holy Trinity Academy
- Newport Girls' High School
- The Telford Langley School
- The Telford Park School
- The Telford Priory School
- New College
- Telford College of Art & Technology

It should be noted that all secondary education establishments in Telford and Wrekin were given the opportunity to participate in the survey but Madeley Academy and Thomas Telford School choose not to. We hope to work with them on future projects.

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1 | Background and introduction

Mental health problems cause distress to people and all those who care for them. One in ten children needs support or treatment for mental health problems. These range from short spells of depression or anxiety through to more serious and long term conditions that can be lonely and frightening. Children and young people with mental health problems can do less well in school and are more likely to smoke, take drugs or alcohol and take part in risky sexual behaviour.

Around 75% of mental health problems in adult life (not including dementia) start by the age of 18. Not supporting children and young people with their mental health costs lives and money. Early help stops young people falling into crisis and avoids expensive and longer-term treatment in adulthood.

Children and Young People's Mental Health Taskforce¹

Young people's mental health has been cited as a national priority since the formation of the Children and Young People's Mental Health Taskforce by the government in 2014. As highlighted above, the taskforce suggests that supporting young people with their mental health early on may help to avoid more severe problems and expensive treatment in adulthood.

In May 2015, Healthwatch Telford and Wrekin's YOUTH (Your Own Unique Telford Healthwatch) group held an event called the World Café - a conversational event which tasked young people with discussing various different issues in an open, structured setting. Participants highlighted young people's emotional and mental health as a priority.

Responding to this, YOUTH decided to produce a survey designed to gauge what young people knew about the Child and Adult Mental Health Service (CAMHS) and whether or not they had accessed the service in the past, whether they were experiencing stress, what the main sources of stress were, how they coped with stress, and whether they had considered - or attempted - self-harming.

This project would tie in with work being conducted by Healthwatch nationally, as detailed in the Children and Young People's Mental Health and Wellbeing briefing.²

¹ Executive summary and key proposals for young people, https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/454493/Childrens_Mental_Health_Acc.pdf

² <http://www.healthwatch.co.uk/children-and-young-peoples-mental-health-wellbeing>

2 | Methodology

The surveys were designed by the Healthwatch Telford and Wrekin (HWTW) staff team, with considerable input from the attendees of YOUTH meetings.

A combination of qualitative and quantitative questions were used. Dichotomous options were offered for questions that asked whether or not participants had heard of, and/or used CAMHS, and whether or not they had ever considered harming themselves, with an open question to allow participants to explain how they had heard of CAMHS. To determine how ‘stressed’ participants were feeling, a 1-10 slider scale was used, followed by two closed/open multiple choice questions allowing them to highlight what the sources of stress were.

These were followed by comprehensive demographic questions, necessary to determine if there were any differences in mental health issues across the various protected characteristics groups.

Finally, each survey included a note that signposted participants to the student counsellor or equivalent staff member in their respective schools and colleges.

After the final design was agreed upon almost 15,000 surveys were produced, and these were distributed to each of the 15 secondary schools and colleges in the borough of Telford and Wrekin. The survey was also made available online, so that young people no longer in full-time education would have the opportunity to participate.

Surveys were given to young people by form tutors, and students were asked to complete during registration periods. The survey was designed with this in mind and members of YOUTH agreed the format to allow completion within the time allowed. Completed surveys were collected by Healthwatch staff and volunteers, and entered into SurveyMonkey for analysis.

New College gave their students the opportunity to complete the survey online while at college.

Two schools - Thomas Telford School and Madeley Academy - declined to participate.

3 | Sample make-up and analysis

There were a total of 4,352 responses to the survey. Males (49.6%) made up the greatest proportion of respondents. 47.4% of respondents were female, 0.9% transgender and 2.1% preferred not to say. 15.6% of respondents indicated that they had a long term health condition or disability.

The majority of respondents (80.5%) were white, with 18.1% describing their ethnic background as BME or other and 1.5% preferring not to say.

Survey questions have been grouped under the following headings:

- Awareness and use of services
- Stress and sources of help
- Self harm
- Demographics

Where applicable, the survey responses have been broken down under the following respondent groups for analysis:

- All respondents
- Female respondents
- Male respondents
- Transgender respondents
- Respondents who have used CAMHS

4 | Key findings

4.1 | Awareness and use of services

- 18.6% of all respondents indicated that they were aware of CAMHS prior to completing the survey and 6.8% had used the service. A greater number of respondents had used other services including Relateen and School nurses, with one third of all respondents (33.8%) indicating that they had used other services.
- Awareness and use of services was greater amongst females than males. 22.8% of female respondents were aware of CAMHS compared to 13.7% of male respondents. Similarly 7.2% of female respondents had used the service compared to 5.7% of male respondents and 38.3% of female respondents had used other services compared to 31.2% of males. 59.5% of respondents who had used CAMHS had also accessed other services.

4.2 | Stress and sources of help

- When asked to rate levels of distress on a scale of 1 to 10, the average score for all respondents was 4.6. Responses from female respondents (5.2) indicated that they were more distressed than males (4.0). Average scores were greatest amongst those who had already accessed CAMHS (6.1) and transgender respondents (6.0).
- Homework was the greatest current cause of stress for all respondents (46.4%) followed by exams (40.7%) and teachers (25.4%). The majority of all respondents also indicated that they had at some time had been stressed by homework (60.9%) and by exams (58.6%).
- Family and personal relationships were a major factor contributing to stress amongst those accessing CAMHS. 29% said that parents and 27.9% that family were a current cause of stress. More than half of CAMHS users said that at some point they had been stressed by parents (54.6%) and friends (54.2%). They were also the only respondent group where exams (64.5%) had been a greater cause of stress than homework (61.1%).
- Social media - Facebook, Twitter and Instagram - was a greater cause of stress amongst Transgender respondents than all other respondent categories.
- Respondents listed talking to friends, listening to music, playing console games, sleeping and watching TV as ways of trying to feel better. A large number also indicated that they eat to make themselves feel better.
- Most respondents (66.7%) indicated that they would look for help from parents, with more than half (52.7%) also seeking help from friends. There was further evidence of a gender divide with females (59.2%) the most likely to seek help from friends and males (70.5%) most likely to look for help from parents.
- Transgender respondents were least likely to seek help from parents, teachers, tutors and friends but most likely to use social media and the internet as a source of help.

4.3 | Self Harm

- One fifth of respondents (20.8%) indicated that they had self harmed or had considered intentionally harming themselves. Females (27.8%) were more likely to have done so than males (14.5%). Amongst those respondents who had accessed CAMHS, 63.1% had self harmed or had thought about doing so.

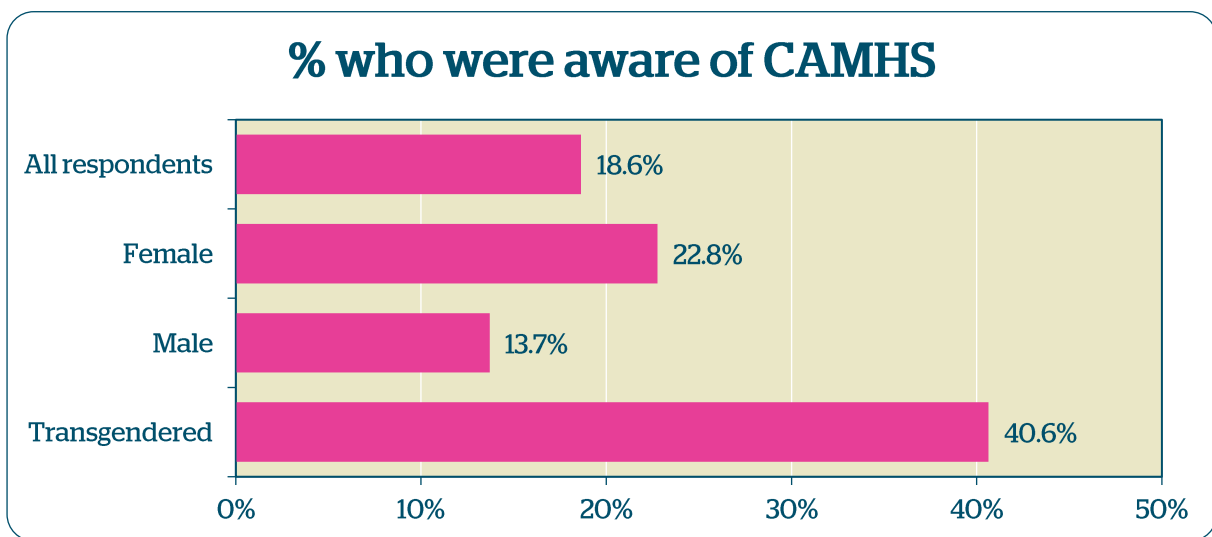
4.4 | Demographics

- 16.1% of respondents indicated that they looked after someone at home who needed support. Males (16.7%) were more likely than females (15.8%) to be doing so, whilst 23.2% of respondents who had used CAMHS indicated that they had caring responsibilities.
- Overall, four fifths of all respondents (80.5%) were white. However, 89.8% of those who had used CAMHS were white, whilst fewer than half of transgender respondents described themselves as white.
- 83.6% of all respondents indicated that their sexual orientation was heterosexual. This compares with 70.7% of CAMHS users and 17.9% of transgender respondents.

5 | Awareness and use of services

Q1. Before this survey, were you aware of Child and Adolescent Mental Health Services (CAMHS)?

18.6% of all respondents indicated that they were aware of CAMHS prior to completing the survey. Awareness was greater amongst females (22.8%) than males (13.7%), whilst 40.6% of transgender respondents said that they were already aware of CAMHS.

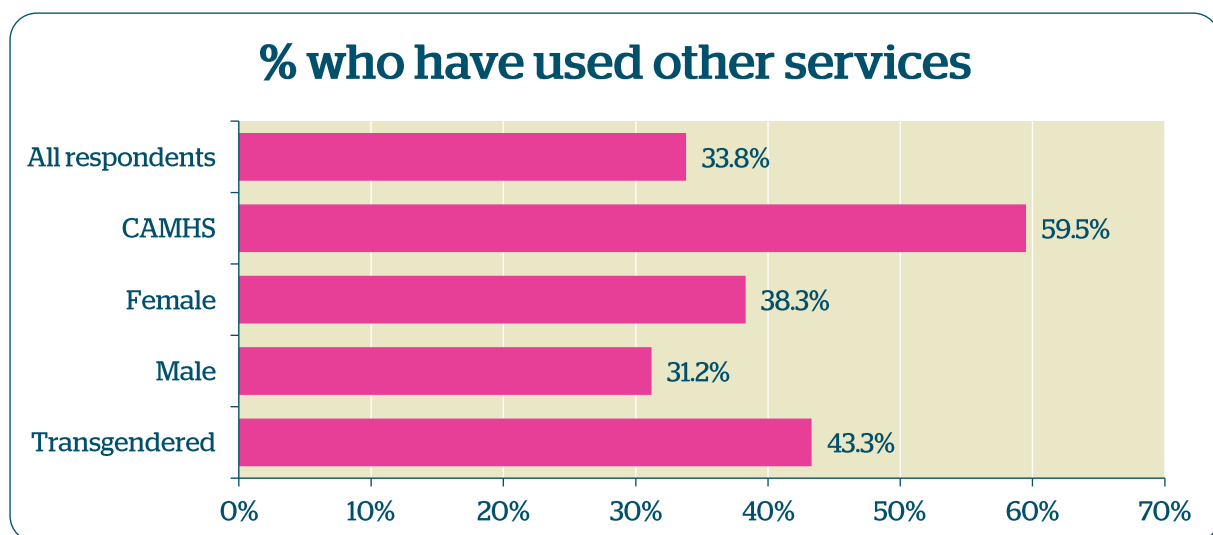


Answer Choices	Responses			
	All respondents	Female	Male	Trans-gendered
Yes	18.6%	22.8%	13.7%	40.6%
No	81.4%	77.2%	86.3%	59.4%
Total Respondents	4,270	1,727	1,794	32

Answer Choices	Responses			
	All respondents	Female	Male	Trans-gender
Yes	6.8%	7.2%	5.7%	25.8%
No	93.2%	92.8%	94.3%	74.2%
Total Respondents	4,227	1,709	1,772	31

Q4. Have you ever used any other services e.g. Relateen/School nurse?

A greater number of respondents had used other services including Relateen and School nurses than had used CAMHS, with one third of all respondents (33.8%) indicating that they had used other services. A greater proportion of female respondents (38.3%) had used other services than males (31.2%). 59.5% of respondents who had used CAMHS had also accessed other services along with 43.3% of transgender respondents.

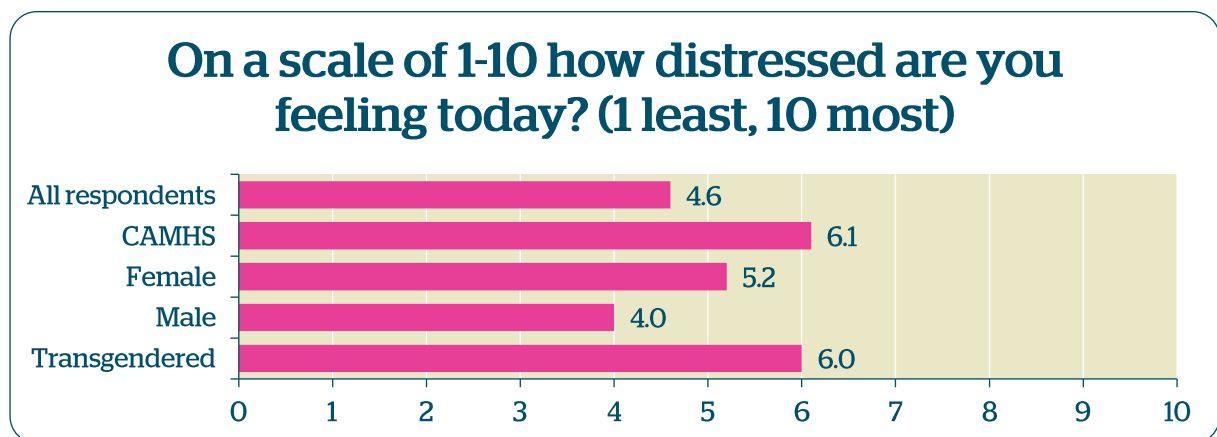


Answer Choices	Responses				
	All respondents	CAMHS users	Female	Male	Trans-gender
Yes	33.8%	59.5%	38.3%	31.2%	43.3%
No	66.2%	40.5%	61.7%	68.8%	56.7%
Total Respondents	4,159	279	1,682	1,754	30

6 | Stress and sources of help

Q5. On a scale of 1-10 how distressed are you feeling today?

When asked to rate on a scale of 1 to 10 how distressed they were feeling on that day, the average scores amongst all respondents was 4.6. Responses from female respondents (5.2) indicated that they were more distressed than males (4.0). Average scores were greatest amongst those who had already accessed CAMHS (6.1) and transgender respondents (6.0).



	Responses				
	All respondents	CAMHS users	Female	Male	Trans-gender
Weighted average	4.6	6.1	5.2	4.0%	6.0
Total Respondents	4,108	264	1,664	1,757	30

Q6. What is stressing you now?

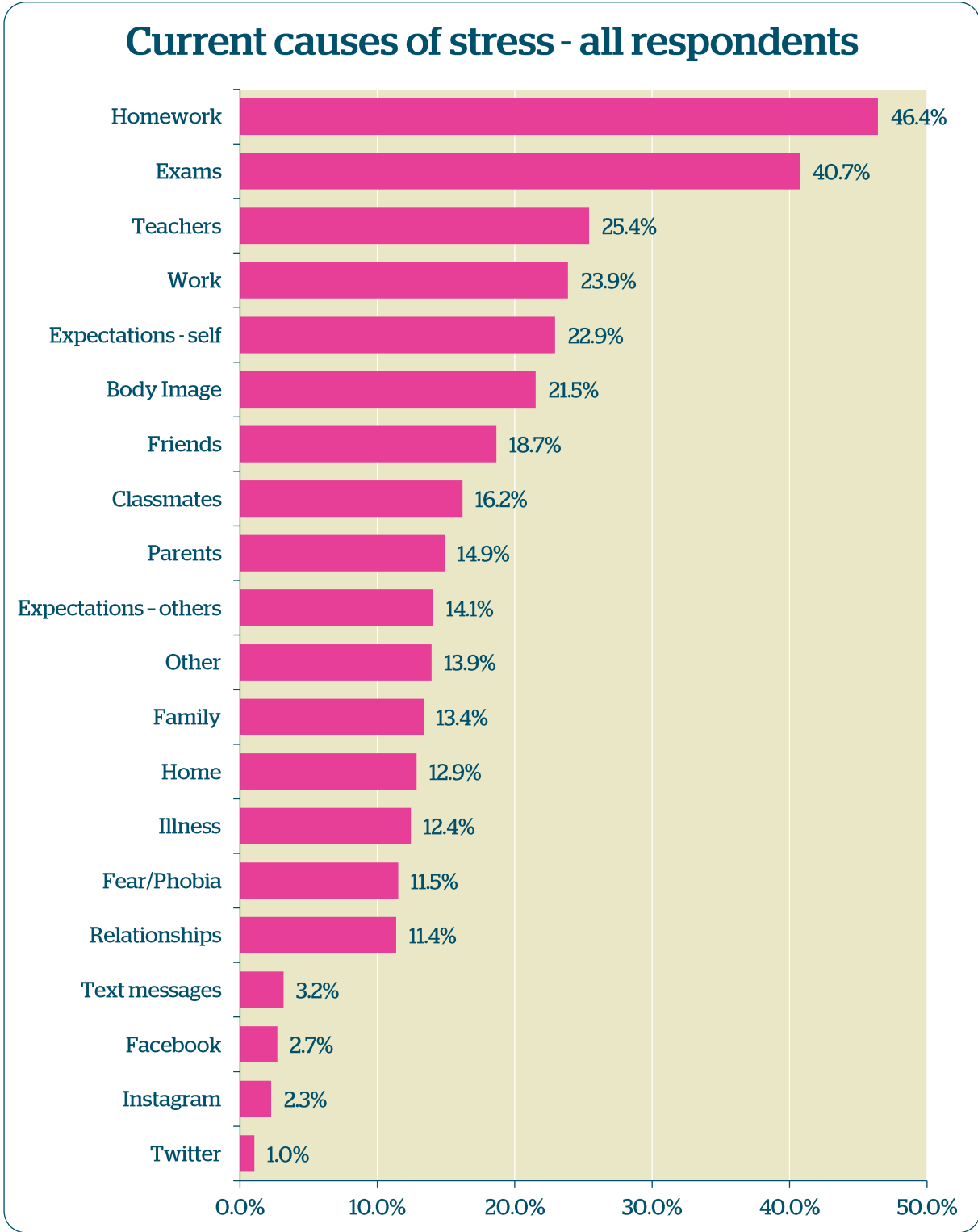
Homework was the greatest current cause of stress for all respondents (46.4%) followed by exams (40.7%) and teachers (25.4%). Transgender respondents (59.3%) and females (49.8%) were most likely to be experiencing stress caused by homework whilst over half of CAMHS users (51.3%) indicated they were stressed by exams. Transgender respondents (44.4%) were most likely to be stressed by teachers.

Parents were a greater cause of stress amongst those accessing CAMHS (29.0%) compared to all respondents (14.9%). They were also most likely to be experiencing stress caused by family (27.9%) than all respondents (13.4%).

Transgender respondents (33.3%), CAMHS users (25.7%) and females (24.8%) were more likely to experience stress caused by friends than male respondents (10.9%).

In total, more than one fifth of respondents (21.5%) were stressed by body image. In female respondents this was almost one third (31.8%) and amongst transgender respondents almost half (48.1%).

Social media - Facebook, Twitter and Instagram - was a greater cause of stress amongst transgender respondents than all other respondent categories.



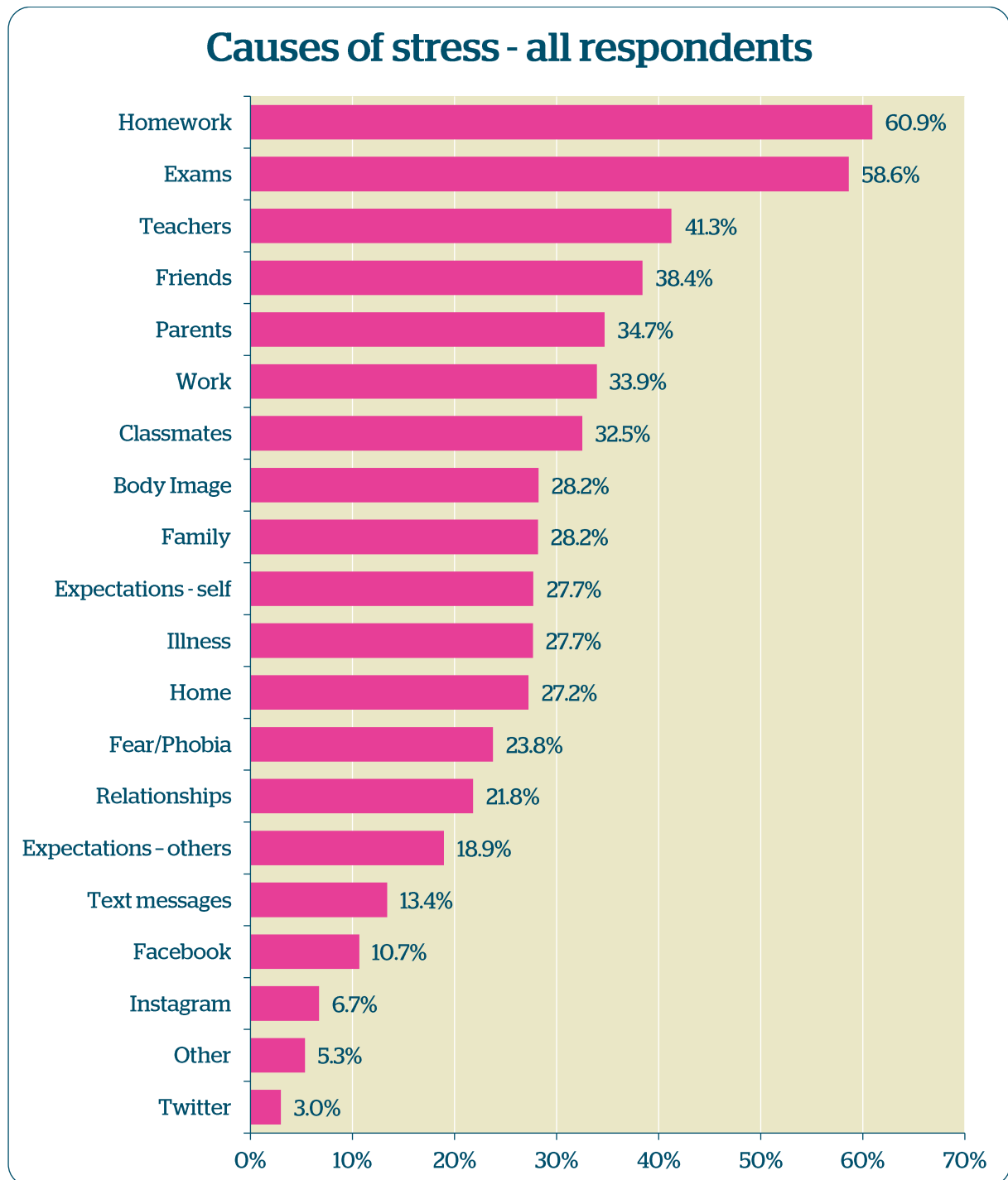
Answer Choices	Responses				
	All respondents	CAMHS users	Females	Males	Trans-gendered
Exams	40.7%	51.3%	44.9%	36.6%	40.7%
Parents	14.9%	29.0%	18.8%	11.6%	25.9%
Teachers	25.4%	35.7%	26.0%	23.7%	44.4%
Work	23.9%	27.9%	24.6%	23.4%	33.3%
Home	12.9%	26.8%	16.0%	10.0%	29.6%
Friends	18.7%	25.7%	24.8%	10.9%	33.3%
Classmates	16.2%	20.8%	20.7%	11.6%	29.6%
Homework	46.4%	43.1%	49.8%	44.5%	59.3%
Facebook	2.7%	7.1%	2.6%	2.1%	22.2%
Twitter	1.0%	2.6%	0.6%	1.0%	14.8%
Instagram	2.3%	5.6%	2.6%	1.4%	25.9%
Text messages	3.2%	7.4%	3.4%	2.3%	18.5%
Illness	12.4%	23.4%	13.7%	11.4%	29.6%
Family	13.4%	27.9%	16.6%	9.7%	22.2%
Relationships	11.4%	23.4%	13.5%	9.1%	22.2%
Expectations - self	22.9%	36.8%	29.4%	17.6%	48.1%
Expectations - others	14.1%	19.3%	17.3%	11.4%	22.2%
Fear/Phobia	11.5%	19.7%	16.1%	7.1%	33.3%
Body Image	21.5%	39.4%	31.8%	10.7%	48.1%
Other	13.9%	14.1%	14.2%	14.5%	25.9%
Total Respondents	3,821	269	1,636	1,556	27

Q7. Have you ever felt stressed by any of the following?

The majority of all respondents (60.9%) indicated that at some time they had been stressed by homework and by exams (58.6%). More than two fifths of respondents (41.3%) indicated that teachers had caused them to be stressed at some time.

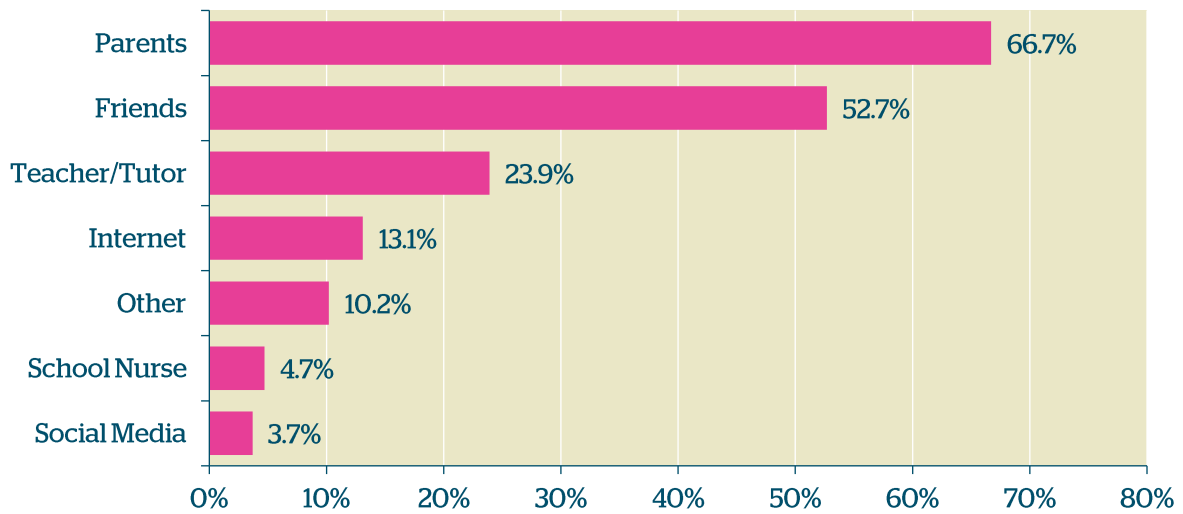
Female respondents were most likely to have experienced stress caused by homework (70.3%) and exams (67.8%) whilst those who had accessed CAMHS (59.2%) were most likely to have been stressed by teachers.

Responses give some insight into the main causes of stress amongst those who have accessed CAMHS. They were the only respondent group where exams (64.5%) had been a greater cause of stress than homework (61.1%). More than half of CAMHS users had also been stressed by parents (54.6%) and friends (54.2%), with large proportions also citing family (48.9%), home (48.1%), classmates (45.8%) and body image (45.4%).



Answer Choices	Responses				
	All respondents	CAMHS users	Females	Males	Trans-gendered
Exams	58.6%	64.5%	67.8%	59.2%	62.1%
Parents	34.7%	54.6%	43.1%	32.3%	44.8%
Teachers	41.3%	59.2%	46.5%	41.5%	48.3%
Work	33.9%	41.6%	35.2%	38.2%	62.1%
Home	27.2%	48.1%	35.6%	23.5%	37.9%
Friends	38.4%	54.2%	52.5%	30.1%	44.8%
Classmates	32.5%	45.8%	41.9%	28.2%	44.8%
Homework	60.9%	61.1%	70.3%	62.6%	62.1%
Facebook	10.7%	22.9%	14.2%	8.3%	27.6%
Twitter	3.0%	5.3%	3.0%	2.7%	24.1%
Instagram	6.7%	11.8%	9.0%	5.1%	34.5%
Text messages	13.4%	23.3%	19.8%	9.1%	27.6%
Illness	27.7%	41.6%	33.4%	25.9%	34.5%
Family	28.2%	48.9%	38.2%	23.2%	34.5%
Relationships	21.8%	40.1%	28.4%	19.1%	41.4%
Expectations - self	27.7%	41.6%	38.9%	23.1%	34.5%
Expectations - others	18.9%	28.2%	24.6%	17.0%	34.5%
Fear/Phobia	23.8%	36.6%	33.7%	17.7%	37.9%
Body Image	28.2%	45.4%	43.6%	17.8%	55.2%
Other	5.3%	6.5%	6.1%	5.5%	10.3%
Total Respondents	4,037	262	1,686	1,677	29

Sources of help - all respondents

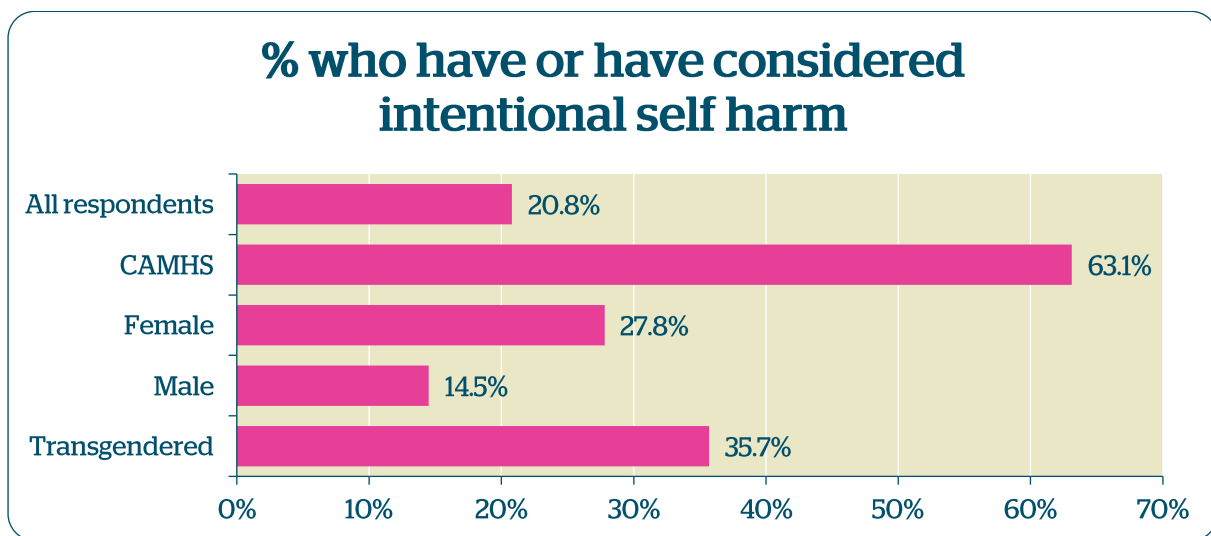


Answer Choices	Responses				
	All respondents	CAMHS users	Females	Males	Trans-gendered
Parents	66.7%	53.7%	64.3%	70.5%	42.0%
School Nurse	4.7%	6.7%	5.2%	4.1%	3.2%
Teacher/Tutor	23.9%	23.0%	23.9%	23.8%	12.9%
Internet	13.1%	12.6%	11.5%	14.8%	16.1%
Social Media	3.7%	7.0%	3.4%	3.3%	9.7%
Friends	52.7%	47.0%	59.2%	47.7%	42.0%
Other	10.2%	16.3%	11.6%	8.3%	25.8%
Total Respondents	4,090	270	1,699	1,742	31

7 | Self-harm

Q10. Have you ever, or have you ever considered, harming yourself (intentionally)?

One fifth of respondents (20.8%) indicated that they had self-harmed or had considered intentionally harming themselves. Females (27.8%) were more likely to have done so than males (14.5%), while amongst those respondents who had accessed CAMHS 63.1% had self-harmed or had thought about doing so.

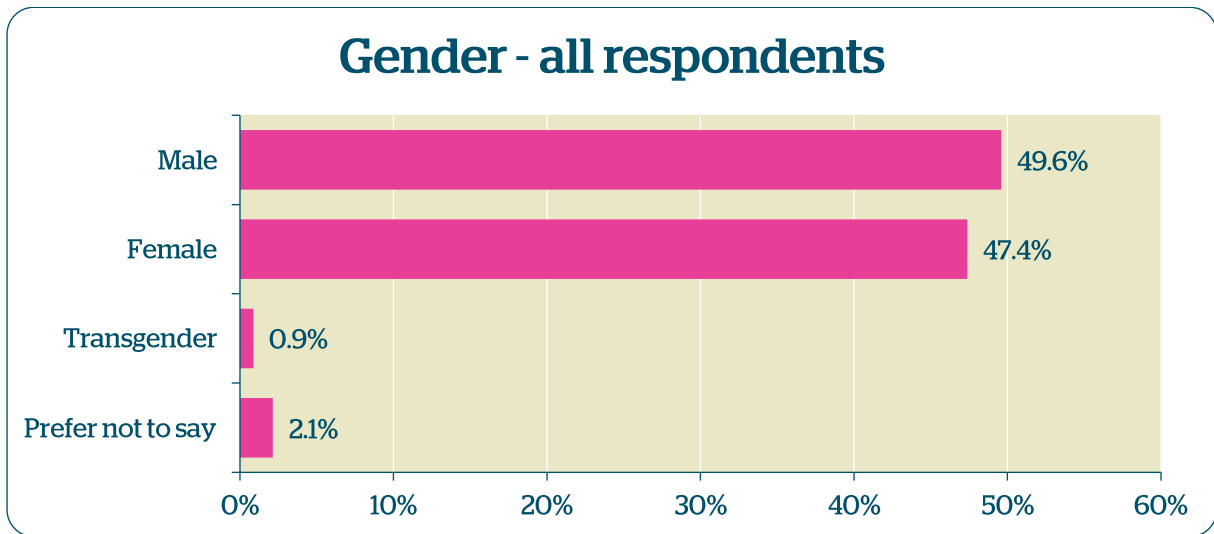


Answer Choices	Responses				
	All respondents	CAMHS users	Female	Male	Trans-gendered
Yes	20.8%	63.1%	27.8%	14.5%	35.7%
No	79.2%	36.9%	72.2%	85.5%	64.3%
Total Respondents	3,962	279	1,620	1,721	28

8 | Demographics

8.1 | Gender

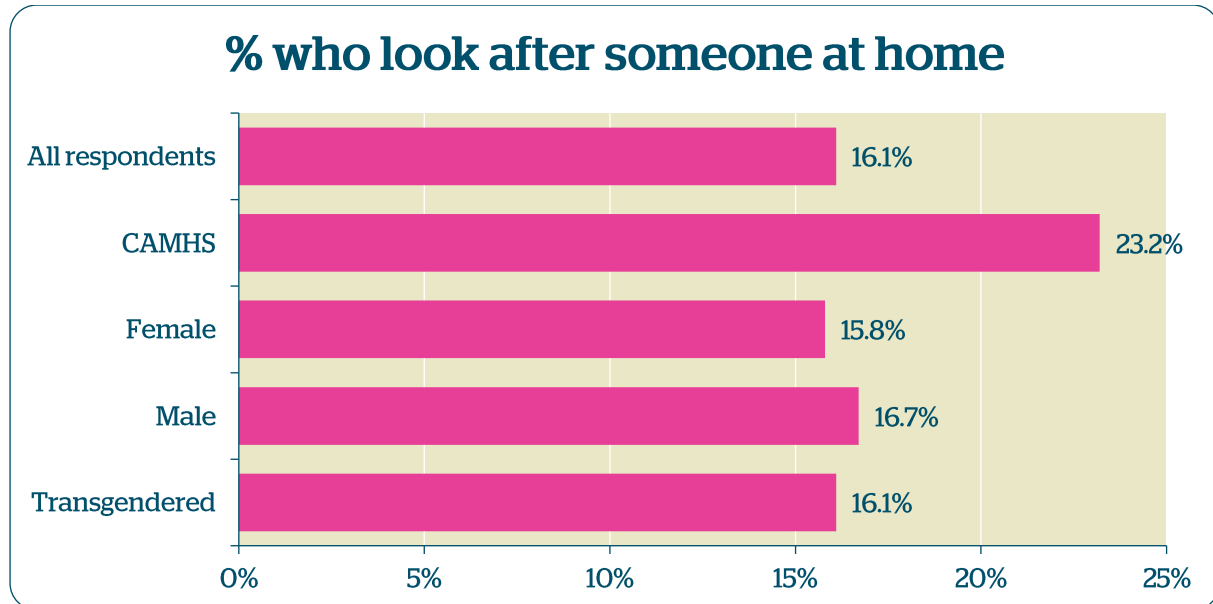
Males (49.6%) made up the greatest proportion of respondents. 47.4% of respondents were female with 0.9% transgender and 2.1% preferring not to say.



Answer Choices	Number	%
Male	1,834	49.6%
Female	1,752	47.4%
Transgender	33	0.9%
Prefer not to say	79	2.1%
Total Respondents	3,698	-

8.2 | Caring responsibilities

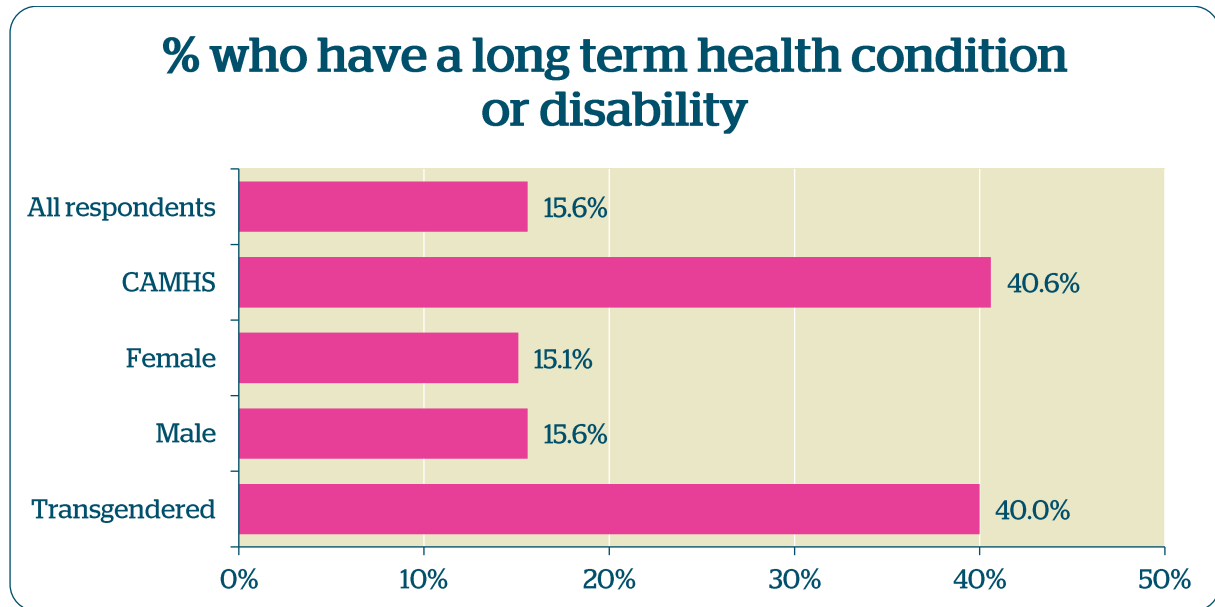
16.1% of respondents indicated that they looked after someone at home who needed support. Males (16.7%) were more likely than females (15.8%) to be doing so. 23.2% of respondents who had used CAMHS indicated that they had caring responsibilities.



Answer Choices	Responses				
	All respondents	CAMHS users	Female	Male	Trans-gender
Yes	16.1%	23.2%	15.8%	16.7%	16.1%
No	83.9%	76.8%	84.2%	83.3%	83.9%
Total Respondents	3,607	237	1,620	1,721	31

8.3 | Long term health conditions and disabilities

15.6% of all respondents indicated that they had a long term health condition or disability. Whilst the proportion of males (15.1%) and females (15.6%) was similar, two fifths of respondents who had used CAMHS and transgender respondents (40.6% and 40.0%) stated that they had long term health conditions or disabilities.

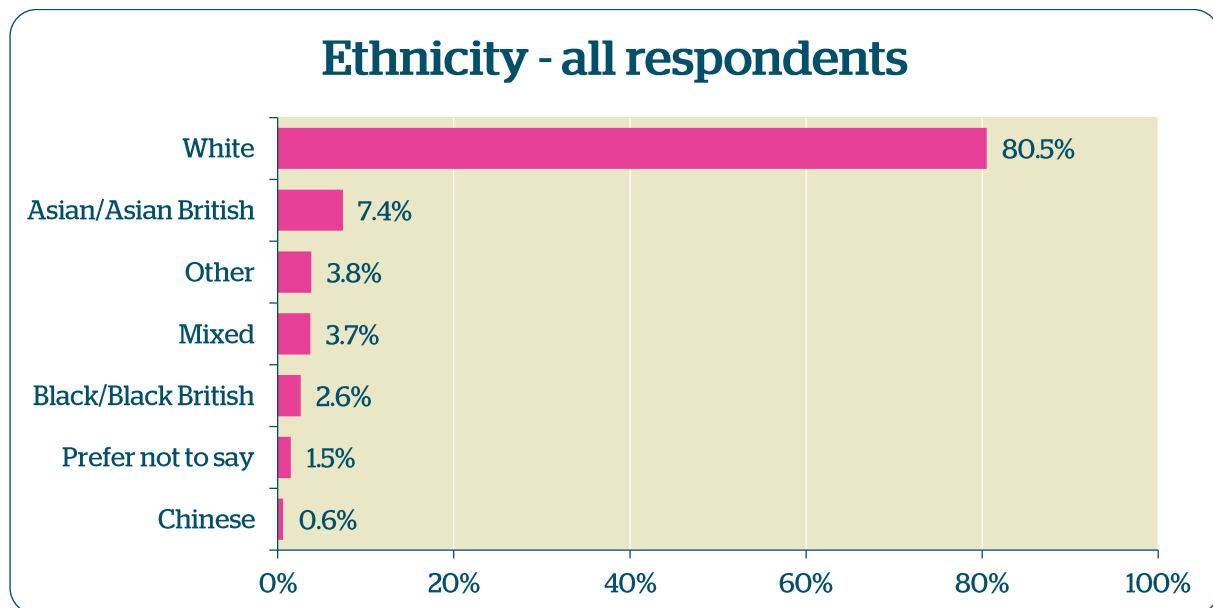


Answer Choices	Responses				
	All respondents	CAMHS users	Female	Male	Trans-gendered
Yes	15.6%	40.6%	15.1%	15.6%	16.1%
No	84.4%	59.4%	84.9%	84.4%	93.9%
Total Respondents	3,620	229	1,638	1,734	31

8.4 | Ethnicity

Four fifths of all respondents (80.5%) were white, with 7.4% Asian or Asian British, 3.7% Mixed, 2.6% Black or Black British and 0.6% Chinese. 3.8% described their ethnicity as other with 1.5% preferring not to say.

By contrast, 89.8% of those who had used CAMHS were white, whilst Transgender respondents were the only group where fewer than half of respondents described themselves as white. 54.8% of respondents in this group described their ethnic background as either BME or preferred not to say.



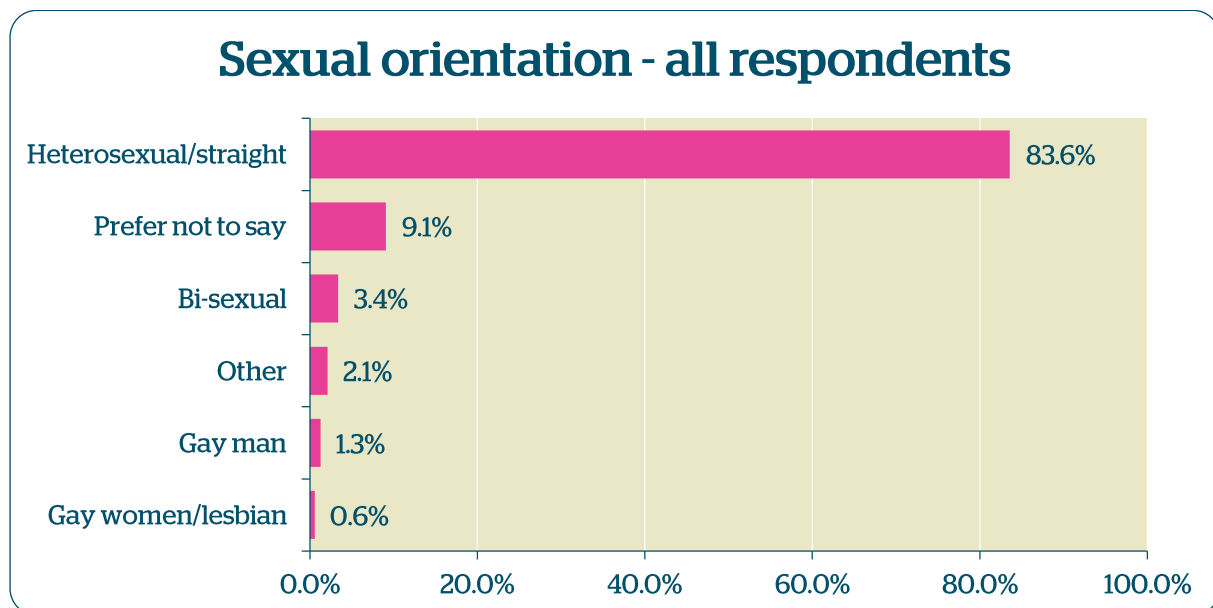
Answer Choices	Responses				
	All respondents	CAMHS users	Females	Males	Trans-gendered
White	80.5%	89.8%	84.0%	79.3%	45.2%
Asian/Asian British	7.4%	2.1%	6.0%	8.7%	3.2%
Black/Black British	2.6%	0.4%	2.0%	2.7%	9.7%
Chinese	0.6%	0.8%	0.4%	0.3%	19.4%
Mixed	3.7%	2.9%	3.3%	4.1%	9.7%
Prefer not to say	1.5%	1.6%	1.0%	1.1%	6.5%
Other	3.8%	2.5%	3.3%	3.8%	6.5%
Total Respondents	3,720	244	1,701	1,758	30

8.5 | Sexual orientation

The majority of all respondents (83.6%) indicated that their sexual orientation was heterosexual/straight. 3.4% said that they were bisexual, 1.9% gay man or woman, 2.1% other and 9.1% preferring not to say.

In comparison 70.7% of CAMHS users and 17.9% of transgender respondents said that they were heterosexual.

One quarter (25.0%) of transgender respondents and 13% of those who had used CAMHS indicated that they were bisexual. 28.6% of transgender respondents and 4.6% of CAMHS users said that they were either a gay man or gay woman/lesbian.



Answer Choices	Responses				
	All respondents	CAMHS users	Females	Males	Trans-gendered
Heterosexual/straight	83.6%	70.7%	82.6%	88.0%	17.9%
Bi-sexual	3.4%	13.0%	4.8%	1.7%	25.0%
Gay women/lesbian	0.6%	1.3%	0.7%	0.1%	14.3%
Gay man	1.3%	3.4%	0.7%	1.6%	14.3%
Other	2.1%	2.1%	2.5%	1.4%	17.9%
Prefer not to say	9.1%	9.6%	8.8%	7.2%	10.7%
Total	3,648	239	1,656	1,737	28

Appendix 1: Copy of the CAMHS survey



Child and Adolescent Mental Health Services YOUTH Survey 2015

This survey is designed to examine young people's knowledge and experience of mental health services in Telford & Wrekin. You do not have to answer all the questions and your answers will be treated in the strictest confidence.

1. Before this survey, were you aware of Child and Adolescent Mental Health Services (CAMHS)?

Yes No

2. If you answered Yes, how do you know about CAMHS?

3. Have you ever used CAMHS?

Yes No

4. Have you ever used any other services eg. Relateen/School nurse?

Yes No

5. On a scale of 1-10 how distressed are you feeling today? (1 least, 10 most)

1	2	3	4	5	6	7	8	9	10
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6. What is stressing you now? (please tick all that apply)

Exams	Parents	Teachers	Work
Home	Friends	Classmates	Homework
Facebook	Twitter	Instagram	Text messages
Illness	Family	Relationships	Expectations - self
Expectations - others	Fear/Phobia	Body Image	Other - please give details below:

7. Have you ever felt stressed by any of the following? (please tick all that apply)

Exams	Parents	Teachers	Work
Home	Friends	Classmates	Homework
Facebook	Twitter	Instagram	Text messages
Illness	Family	Relationships	Expectations - self
Expectations - others	Fear/Phobia	Body Image	Other - please give details below:

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8. What do you do to make yourself feel better if you are feeling distressed?

--

9. If you had a problem you couldn't resolve, where would you look for help?

Parents		School Nurse		Teacher/Tutor		Internet		Social Media		Friends	
Other: (Please specify)											

10. Have you ever, or have you ever considered, harming yourself (intentionally)?

Yes No

If the questions in this survey have raised any issues that you need help or advice with, please contact: **[INSERT APPROPRIATE DETAILS FOR EACH SCHOOL]**

About You



1.	Which school/college do you attend?											
2.	What is your postcode?											
3.	How old are you?			Years		Months						
4.	Do you look after someone at home who needs support?			Yes		No						
5.	What is your gender?			Male		Female		Transgender		Prefer not to say		
6.	What is your sexual orientation?			Bi-sexual								
				Gay woman/lesbian								
				Gay man								
				Heterosexual/straight								
				Other								
7.	Do you consider yourself to have a long term health condition or disability?			Yes			No					
				Prefer not to say								
8.	Do you identify with a subculture e.g. Goth, Emo?											
9.	How would you describe yourself?		White		Asian or Asian British		Black or Black British		Chinese		Mixed Heritage	
			Other (please specify)							I prefer not to say		



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