



the **skills** network

Level 2 **Certificate in  
Understanding Children and Young  
People's Mental Health**



Part A

# SAMPLE



**Disclaimer:**

This resource uses real life case studies where specifically stated and referenced. All other references to individuals, groups and companies contained within these resources are fictitious.

## Level 2 Certificate in Understanding children and young people's mental health

### Welcome to this Level 2 Certificate in Understanding children and young people's mental health.

We hope you find all of the information contained in this resource pack interesting and informative. This learning resource and the assessment questions have been approved by CACHE as a great way to meet the learning outcomes for this qualification. (A complete list of the learning outcomes can be found at the back of this workbook.)

This course is made up of **three** parts (A, B and C). This is **Part A**, which contains **two** units:

**Unit 1: Understand children and young people's mental health in context**

**Unit 2: Understand factors which may affect children and young people's mental health**

As you start to read through each page, you will be able to make notes and comments on things you have learnt or may want to revisit at a later stage. At the end of each section, you will be asked to answer the relevant assessment questions.

Once you have answered the questions, go to the next section and continue studying until all of the assessment questions have been completed.

Please make sure that you set aside enough time to read each section carefully, making notes and completing all of the activities. This will allow you to gain a better understanding of the subject content, and will help you to answer all of the assessment questions accurately.

**Good luck with your study. Now let's begin!**



## **Unit 1: Understand children and young people's mental health in context**

### **Welcome to Unit 1.**

This unit has **three** sections. These are:

**Section 1: The concept of mental health**

**Section 2: The legislation and guidance that applies to children and young people's mental health**

**Section 3: How society views mental health**

### **Section 1: The concept of mental health**

This section will explore the following:

- Defining mental health, mental ill health, resilience and self-esteem
- The relationship between mental health and well-being
- The prevalence of mental health problems in children and young people.

The concept of mental health is a very important subject for anyone who works with children and young people, as well as for the young people themselves.

If mental health problems and needs can be identified early and the right kind of support provided, there is a much better chance of preventing escalation into something more serious and longer lasting.



## Defining mental health, mental ill health, resilience and self-esteem

### Mental health



#### STOP AND THINK!

**What does the term 'mental health' mean to you?  
Make notes in the space below.**

Mental health is:

'The emotional and spiritual resilience which enables enjoyment of life, and the ability to survive pain, disappointment and sadness. It is a positive sense of well-being and an underlying belief in our own and others' dignity and worth.'

**Source: Department of Health: Making it happen. A guide to delivering mental health promotion (2001)**

'A state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.'

**Source: World Health Organisation (WHO)**  
[www.who.int/features/factfiles/mental\\_health/en/index.html](http://www.who.int/features/factfiles/mental_health/en/index.html)

According to the World Health Organisation (WHO), mental health is an essential part of a person's health in general, which they define as follows:

**D** **Definition: Mental Health**

**'Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.'**



Mental health is, therefore, more than simply the absence of mental disorders. It includes:

- How a person feels about themselves, their life and the world
- Their ability to solve problems
- Their ability to forge relationships with others
- Their ability to achieve their aims and goals.

The problem with all definitions is that they oversimplify issues. In practice, there may be no clear dividing line between mental health and mental disorder or illness. Also, different societies may have different views about what is considered to be mental health and what types of treatment are appropriate in the event of mental health problems.

## Mental ill health

The term 'mental ill-health' is used when a person experiences significant changes in their thinking, feelings or behaviour. This is also referred to as '**mental disorder**'. These changes must be extreme enough to affect how the person functions or to cause distress to them or other people.

The term covers a very wide spectrum of feelings and emotions ranging from the more common stresses and anxieties of daily life to much more serious conditions. Whilst most of us experience feelings of stress and anxiety or feel 'depressed' sometimes, everyone copes differently with these feelings and for some people they become so serious that they are unable to carry on with their everyday lives.

The following aspects can occur when someone experiences mental ill health or is diagnosed with a specific disorder:

- Personal harm or mental and emotional distress
- Abnormal ways of thinking, feeling or behaving
- Inability to carry out normal tasks
- Danger for others or the person concerned.



### Key Fact

**Mental ill health or mental health problems are terms that cover a wide range of conditions and disorders that affect the way people think, feel and behave. Some examples of disorders that may be diagnosed are depression, anxiety, schizophrenia, bipolar disorder and eating disorders.**

## Resilience

There are ways of protecting children and young people from developing mental ill health and associated conditions and problems. This is called **building resilience**. This is the ability to 'bounce back' when things go wrong in life.

Even though disappointments, loss and change are normal events in life they can cause feelings of stress, sadness and anxiety. People who lack mental well-being can be overwhelmed by these feelings. Resilience is a vital component of mental well-being that provides the coping mechanisms people rely on to deal with difficult events.

Resilience allows people to balance negative emotions with positive ones, preventing a slide into depression, anxiety or other mental health problems. Having balance in your life can improve resilience.



### Key Fact

**In an open letter to young people, the government initiative 'Future in Mind' set out their vision for improving children and young people's mental health and said to all young people in the UK:**

**'You have goals and ambitions you want to achieve. We want you to grow up to be confident and resilient so you can develop and fulfil these goals and make a contribution to society.'**

**Source: [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/414024/Childrens\\_Mental\\_Health.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf)**







### **STOP AND THINK!**

**Think about a time in your life when you have had to cope with something difficult or stressful. This may be anything from coping with school or college and examinations, finding a job, changes in your home life or problems with relationships.**

**What were the things that helped you to get through this difficult time? Make notes in the space below.**

Did you think of any of the following?

- Having someone you can trust to talk to
- Feeling that you are in control of your life and circumstances
- Being close to family members
- Feeling confident to ask for help
- Having hobbies and interests
- Knowing how to stay calm
- Feeling and keeping fit and well
- Feeling positive and hopeful.

All of these things help to promote good mental health and well-being.

Feeling or experiencing the opposites of these factors can mean that children and young people are more likely to suffer from mental ill health. Factors such as those listed below are termed 'risk factors':

- Family problems and/or the presence of domestic violence
- Divorce or separation of parents
- Chaotic home environment
- Poor or neglectful parenting
- Physical, sexual or emotional abuse
- Not seeking help soon enough
- Poor achievement at school
- Truancy from school.



**i** Key Fact

**A risk factor is anything that increases the likelihood of developing mental health problems.**

**A protective factor is a strength or asset that helps to maintain mental well-being and reduces the likelihood of developing mental health problems.**

**R**

**Further Research: Building resilience**

The website below is a useful source of information about the practical application of resilience building in all sorts of different situations. The patients, professionals and volunteers involved are all aiming to work with children and young people who have experienced tough times in their lives and are disadvantaged as a result. They have developed ways of helping them to build their resilience and bounce back against the odds.

Type the link below into a browser to find out more about how they do this. Make notes in the space below.

[www.boingboing.org.uk](http://www.boingboing.org.uk)

**Self-esteem**

**Q. What is self-esteem?**

**A. Self-esteem is how you value, see and think about yourself. It's about whether you like or dislike yourself, whether you worry about not being able to do things and how confident you feel in your abilities.**



A good level of self-esteem is key to a positive outlook on life and the ability to cope with life's challenges. Many people have periods in their lives when their self-esteem is low for a whole variety of reasons.

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### Activity 1: Self-esteem

Follow the link below to the Young Minds website to find out more about low self-esteem and use the information you find to complete the sentences below.

<https://youngminds.org.uk>

Self-esteem is:

Low self-esteem is caused by:

You can help to improve your self-esteem by:

There is no doubt that mental health is an important issue for children and young people. The statistics below help to illustrate just how big a problem this is across the country:

- One in ten children have a diagnosable mental health condition
- Half of all mental health problems begin by the age of 14 and 75% by the age of 24
- Almost one in four children and young people show some signs or evidence of mental ill health including anxiety and depression
- Suicide is the most common cause of death for boys between the ages of 5 and 19 and the second most common cause of death for girls in the same age group.

Source: <https://youngminds.org.uk/about-us/media-centre/mental-health-stats/>

## The relationship between mental health and well-being

Well-being is the quality of our lives and how well things are going within it. The Children's Society has developed a Good Childhood Index that attempts to measure the well-being of children over eight years old. This index has been used since 2010 and the results help to understand how children are feeling about their lives and what changes might be needed to improve things. In this survey children are asked several questions including 'How happy are you with your life as a whole?'.

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### Activity 2: The Children's Society

Use the link below to find out more of the questions that children are asked in this survey:

<https://www.childrenssociety.org.uk/what-we-do/research/well-being/background-programme/good-childhood-index>

You can also see the full report of the findings here:

[www.childrenssociety.org.uk/sites/default/files/pcr090\\_summary\\_web.pdf](http://www.childrenssociety.org.uk/sites/default/files/pcr090_summary_web.pdf)

Make notes in the space below.

SAMPLE

Self-esteem is another important factor in maintaining mental health and well-being.

Research has shown that there are **five** ways in which well-being can be boosted and that even small improvements in any of the following areas can help people to avoid mental health problems:

1. **Connect** – with the people around you, family and friends to develop supportive relationships
2. **Take notice** – notice all the interesting and beautiful things around you, however small these are, and take pleasure in them
3. **Be active** – go for a walk or a run, dance or play a game; all of these physical activities can make you feel good
4. **Keep learning** – learning can be fun and helps you to be more confident
5. **Give** – do something kind or nice for someone, smile at people, making others happy makes you feel better too.

You can find out more about the Five Ways to Well-Being by following the link below:

<https://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/improve-mental-wellbeing.aspx>



'Mental well-being is a dynamic state in which the individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others and contribute to their community. It is enhanced when an individual is able to fulfil their personal and social goals and achieve a sense of purpose in society.'

**Source: Foresight Mental Capital and Well-being Project (2008) Final project report. London: The Government Office for Science**

## Prevalence of mental health problems in children and young people

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 potentially expensive and longer-term treatment in adulthood.

The Children's Commissioner, Anne Longfield OBE, in a recent Briefing document entitled, **Briefing: Children's Mental Healthcare in England (October 2017)** sets out the most recent figures for prevalence of mental health problems in children and young people in the UK derived from the last nationwide survey completed in 2004.

Overall, 9.6% of children aged 5-16 have a mental health disorder, which is comprised of:

- 7.7% of children aged 5-10 having a mental health disorder
- 11.5% of children aged 11-16 having a mental health disorder.

**Source: The Children's Commissioner's report, Briefing: Children's Mental Healthcare in England (October 2017)**

This same survey also found that:

- Mental health conditions were 30% more common amongst boys than girls
- 24% of girls were found to be depressed
- 9% of boys were found to be depressed.

It is estimated that between one in four and one in five children with a mental health condition received treatment for this condition in 2016.

### Let's Summarise!

Take a few moments to answer the following questions to help you summarise what you have learnt in this section. This will help you answer the upcoming assessment questions.

1. Mental health is directly associated with physical health.

True  False

2. Resilient children and young people are those that are more likely to develop mental health problems.

True  False

3. Which group of young people are thought to have increasing problems with their mental health?

Blank area for writing the answer to question 3.

Check your answers by looking back over this section.

CONGRATULATIONS, YOU HAVE NOW COMPLETED SECTION 1.  
PLEASE NOW GO TO YOUR ASSESSMENTS AND ANSWER  
QUESTIONS Q1 TO Q3.

