

Introduction to Priory

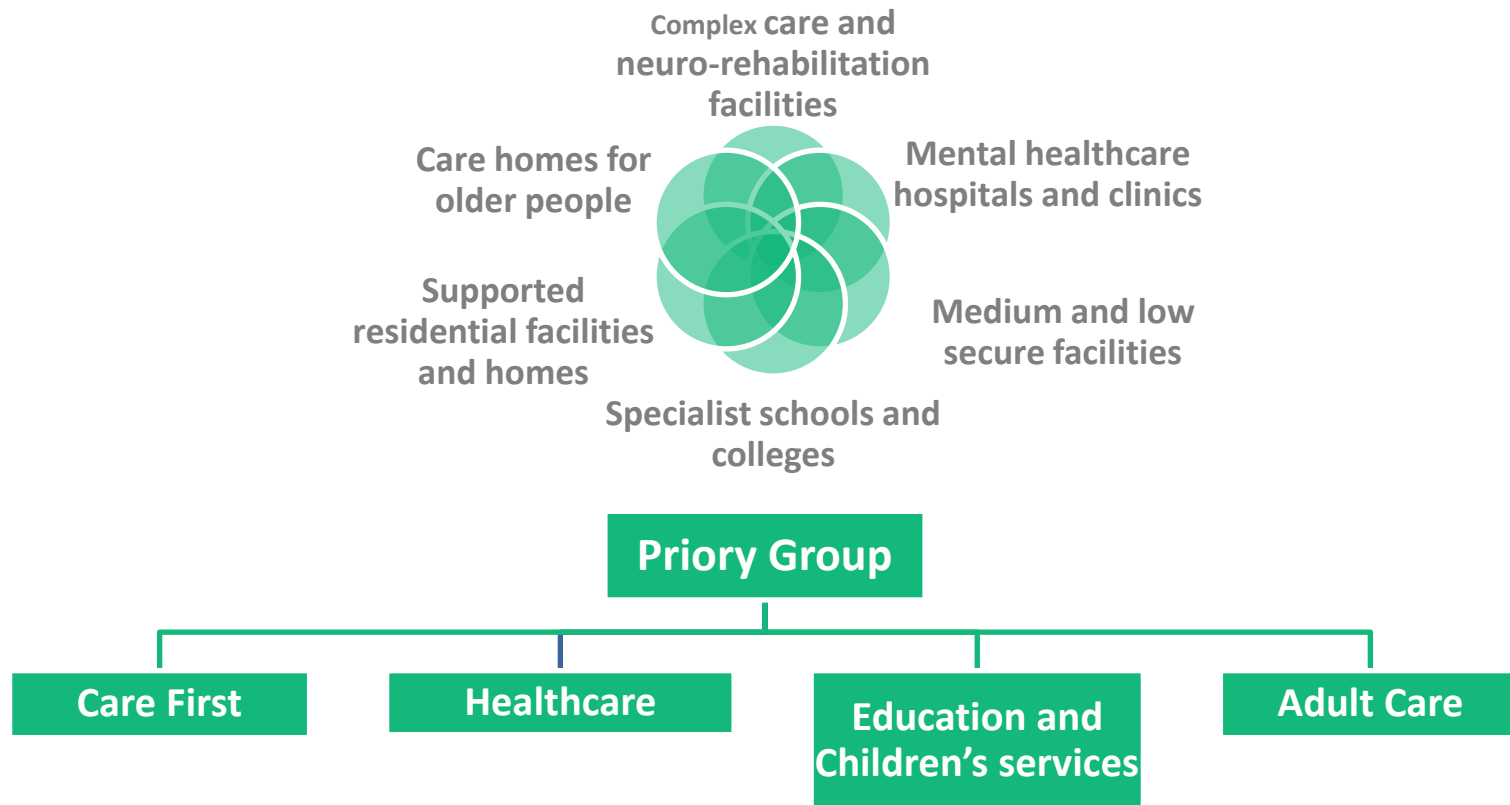
Sabrina Cator



A REAL AND LASTING DIFFERENCE FOR EVERYONE WE SUPPORT

About the Priory Group

- The Priory Group of Companies is the **leading provider of behavioural care in the UK**

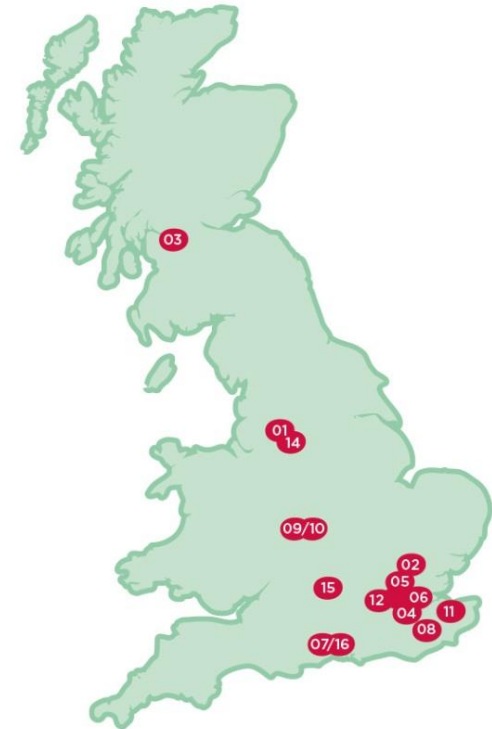


Our locations

- **400+ facilities nationwide**
 - 22 of these offer private mental health support to patients in Wellbeing Centres and hospitals

Including:

- Southampton Wellbeing Centre
- Harley Street Wellbeing Centre
- Oxford Wellbeing Centre
- Manchester Wellbeing Centre
- Birmingham Wellbeing Centre



What we treat

- Depression, including post-natal depression
- Anxiety-related conditions
- Obsessive compulsive disorder
- Post-traumatic stress disorder
- Addiction
- Stress
- Life difficulties, such as relationships, work and bereavement
- Mood swings
- Eating disorders
- Assessment of medically unexplained symptoms
- CAMHS (young peoples mental health)

How we treat individuals

**Psychiatric /
Psychological
Assessment**

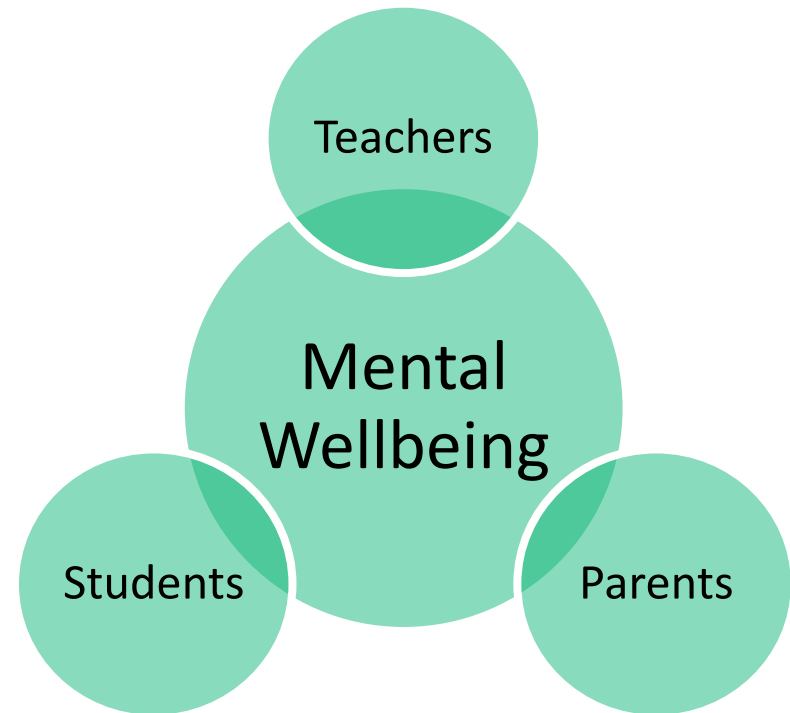
1:1 Therapy

**Group Therapies
(day care)**

**Inpatient
Admissions**

Helping schools to drive positive mental health

- Educational Seminars
- 1:1 therapy sessions
- Blogs & online resources
- Family therapy
- On site Support
- Supervision
- Psychiatric & Psychological Assessments



Early intervention is key

- Priory offers fast access to affordable assessment and treatment, enabling a young person to get back on track as quickly as possible...
- The mental wellbeing of a child is just as important as their physical health
- Priory Wellbeing Centres and Private Hospitals offer fast access to services with multi-disciplinary teams of clinicians

Contact us: schools@priorygroup.com

0808 302 3359

- Online resources - www.priorygroup.com/blog
- Outpatient Treatment Packages (offering discounted rates)
 - ADHD
 - Autism
 - Anxiety
 - Depression
 - Eating Disorders
- Multi-disciplinary teams of professionals:
 - Consultant Psychiatrists, psychologists, dieticians and therapists (adults, CAMHS, family)

Support teachers

Care first is a Specialist, independent, market leading EAP provider

- Specialists in supporting Public and Private Sectors, NHS Trusts and Education - Student, PhD and Employees

Care first Service's Include:

- 24/7 telephone counselling, advice and information
- Face to face counselling (Short term, Solution Focused Model)
- 24/7 critical/traumatic incident support
- Telephone information and advice service
- Care first Lifestyle and Online real time counselling
- Care first Zest
- Dedicated Service Management, providing detailed management information
- Leaders in Innovative EAP Provision – Care first In Your Pocket, Online cCBT

Website: www.care-first.co.uk

Contact Details:

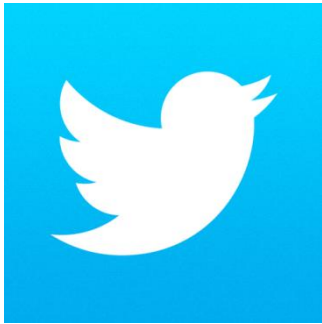
Karl Bennett

karl.bennett@care-first.co.uk

01452 623200

Housekeeping

- Agenda
- Feedback and Q&A
- Ongoing Support



@priorygroup

@iapsuk

**Contact us: schools@priorygroup.com
0808 302 3359**

Supporting School Age Children with Mental Illness

Dr Hayley Van Zwanenberg



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1. What percentage of children and young people (age 5-16 years) have a clinically diagnosable mental health problem?

This is estimated between 8 and 18%. More experience varying degrees of psychological distress.

2. What percentage of children and adolescents who experience mental health problems have had appropriate intervention at a sufficiently early age?

Only 30%

3. What percentage of mental health problems start by the age of 14?

50% and 75% by the age of 24

4. In the UK what causes the largest burden of disease?

Mental health problems are the largest of the burden at 28%, compared to 16% for cancer and 16% for heart disease

5. How many young people will experience an anxiety related problem?

1 in 6 (eg GAD, panic attacks, phobia)

6. ADHD is the most common behavioural disorder in children, how common is it?

It affects 3-7% of children

7. How many children in the UK engage in deliberate self harm?

Between 1 in 12 and 1 in 15 young person in the UK self harm

8. What percentage of young people dying by suicide have an underlying mental illness?

90%

Child psychiatric disorder



Increase in educational failure



Increase rate Child psychiatric disorder

Effective mental health interventions in schools can improve outcomes
for all children

Five year forward view (FYFV)

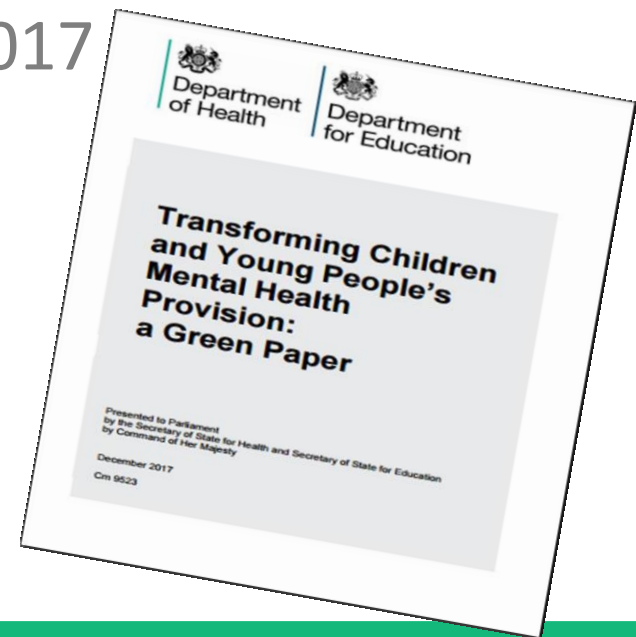
- The Independent Mental Health Taskforce published the (FYFV) in February 2016.
- The Government announced an additional £1billion to support delivery of these recommendations.
- The FYFV set out visions for transforming mental health services by 2020/21 – with 58 recommendations for improvement.
- NHS England accepted all the recommendations and published an implementation plan in July 2016.
- The government published its response to the FYFV plus a progress report formally accepting all the recommendations in the FYFV on 9th January 2017.

– new plans to transform mental health

1. Ensuring children and young people get the support they need
2. New partnership with employers to support mental health in the workplace
3. Offering more alternatives to hospital to support people in the community
4. Expanding treatment by investing in and expanding digital mental health services
5. Righting the injustices people with mental health problems face

Green paper publication

- PM announced a Green Paper to tackle the “burning injustice” people with mental health problems face
- Developed jointly between the Department of Health and Social Care and Department for Education
- Green Paper published 4 December 2017



- The Green Paper includes a commitment for all schools to have a Designated Senior Lead for mental wellbeing, which includes providing training so that they have the required knowledge and skills. Any training to support this will be in addition to this Mental Health Awareness Training project.
- Evidence shows that a ‘whole school approach’ is essential to the success of schools and colleges supporting mental health, and that the impact of universal prevention programmes increases if they are carried out with sufficient frequency and intensity.

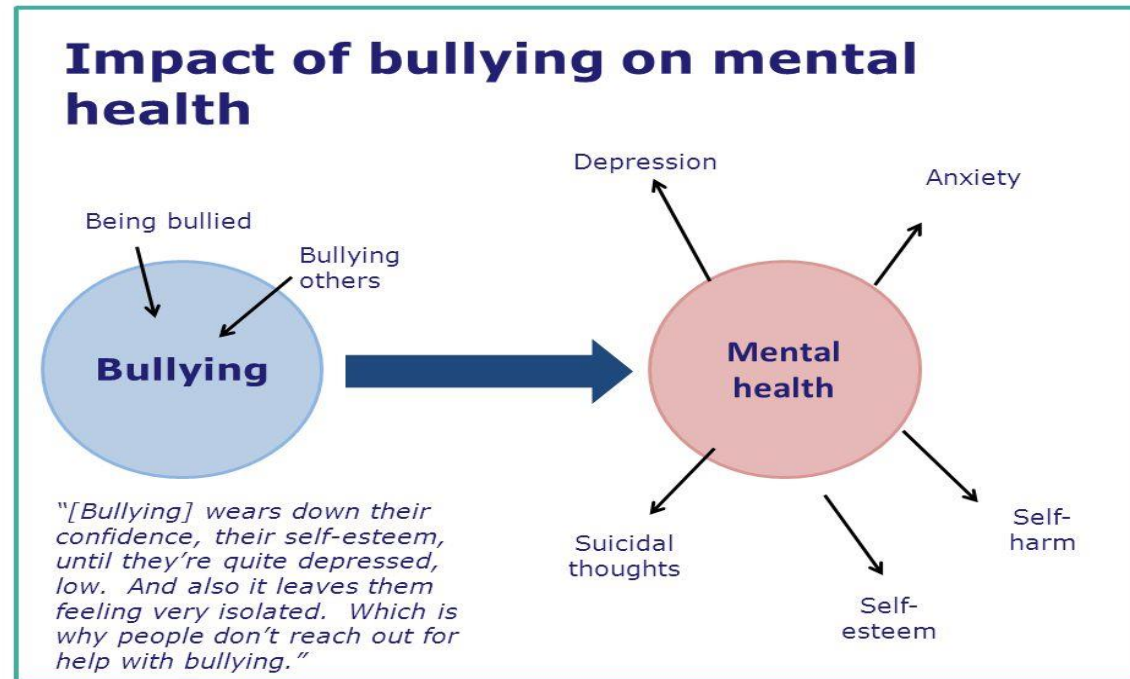
Mental illness in young people

- Most common issues in school age children: Disruptive behaviour and anxiety disorders.
- **Age 4-10:** Most common separation anxiety and oppositional defiance disorder.
- However ADHD and autism spectrum disorders are present in every school too.
- **Age 11-18:** Most common generalised anxiety disorder, conduct disorder and depression.
- The incidence of eating disorders and psychosis starts to increase from mid-adolescence onwards



Bullying statistics

Approximately 46% of school age children have been bullied.



Bullying in childhood increases the prevalence of anxiety, depression and self harm in adulthood.

A young person's mind map of self harm

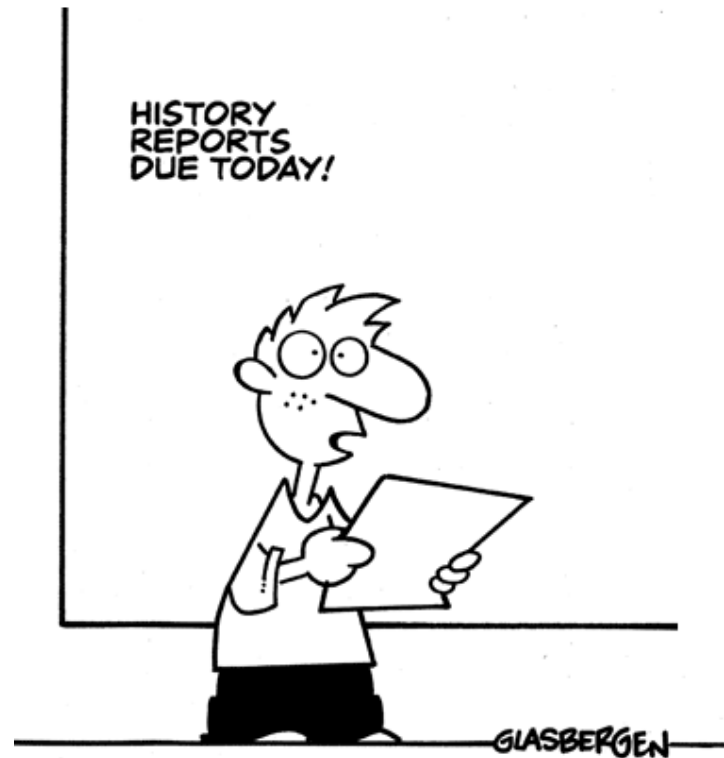


Self harm cycle – you can intervene



Mental health in teaching staff

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"In the 1930's the entire country was suffering from a great depression. Fortunately, they have pills for that now."

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What can be done to help?

- Do you have a measureable health and wellbeing policy for staff at the school?
- Does training need to change to better prepare staff to today's challenges.
- Is there sufficient mentoring for new staff?
- Inspections should promote a healthier culture
- Staff should have access to support when needed

Treatments

- Cognitive behavioural therapy
- Family therapy
- Dialectical behavioural therapy
- Psychotherapy
- Psychiatrist or psychologist

How can you help build resilience?



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What you can do in Classrooms to assist mental health?

1. Promote social and emotional competency and build resilience – how can you incorporate this into everyday?
2. Educate staff, parents, and students on symptoms of and help for mental health problems
3. Help ensure a positive, safe school environment
4. Encourage helping others
5. Recognize when young people are at risk for or are experiencing mental health problems
6. Identify how to intervene early and appropriately when there are problems
7. Know your local NHS services, voluntary services and private services. Develop links for consultation.

What are the different tiers in CAMHs?

Tier 1

Tier 2

Tier 3

Tier 4

Any Questions?

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