



EXECUTIVE SUMMARY

Young People's Mental Health and Wellbeing Survey Report January 2019



Background

About Us

Healthwatch Sutton collects the views and experiences of people in Sutton and uses them to influence the delivery and design of local health and social care services or to influence aspects of people's lives that impact on their health. In most instances we achieve this by producing reports with recommendations.

Project Delivery

In 2017, Healthwatch Sutton approached key stakeholders to create a Steering Group to support the delivery of this project. They used a variety of existing survey, used by other Healthwatch, to develop a new survey for secondary school students in Sutton. The survey used the Short Warwick-Edinburgh scale to calculate a wellbeing score for each respondent. This score could then be used to compare individuals with different demographics or lifestyle responses to see if significant differences existed. Questions were also asked about existing support for students and any other support they would like to see. All participants were given a card detailing local and national support services for young people's mental wellbeing.

From January to July 2018, Healthwatch approached all the secondary schools in Sutton to ask if they would be willing to take part. Nine schools agreed to support the project. By July 2017, 5164 responses had been collected.

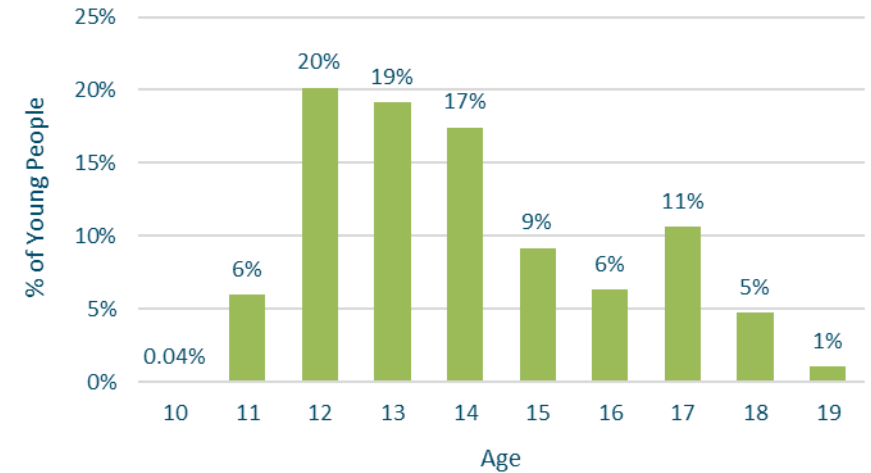
The analysis of the data was carried out by CORC (Child Outcomes Research Consortium) and the Sutton Council's Public Health analytics team. The findings from the analysis have enable us to develop a series of recommendations intended to lead to improvements in support for young people's wellbeing in Sutton.

FOR THE FULL REPORT, ANALYSIS AND APPENDICES - PLEASE VISIT www.healthwatchsutton.org.uk/projects

In borough & responses numbers by school

- In total 5146 students completed the survey.
- Each participating school or college completed the following number of surveys:

School or College	School Type	No.
Carshalton College	Mixed education	380
Carshalton High School for Girls	Girls only	650
Greenshaw High School	Mixed education	985
John Fisher School	Boys only	575
Limes College	Education for excluded students. Mixed education	15
Nonsuch High School for Girls	Girls only	1060
STARS	Education for students with complex medical needs	25
Sutton Grammar School	Boys only	549
Wallington High School for Girls	Girls only	907



Gender	Total	%
Female	3070	60%
Male	1724	34%
Missing	145	3%
I don't want to say	139	3%
Other	41	1%
Transgender	27	1%

Key Findings - Wellbeing

- Young people who identified as female score significantly lower wellbeing than those who identified as male.
- The wellbeing of young people significantly declines the more hours they spend viewing a screen a day (more than 1-2 hours).
- Wellbeing scores decline by age from 12 - 18 years old (with a slight rise at 17).
- The wellbeing of young people improves significantly the more hours of sleep they have (this was not significant for those sleeping 10 hours or more) .
- Young people with a disability have significantly lower wellbeing than those that do not have a disability
- Young people with someone in the family with a disability, illness, mental ill health or substance misuse, have significantly lower wellbeing than those without one or more of these family issues.

Key Findings - Issues - General

- 11% (more than 1 in 10) had suicidal thoughts during the last month
- 6% (more than 1 in 20) had experienced self harm in the last month
- 40% (2 in 5) advised that they had experienced sleep problems in the last month
- 26% (1 in 4) had experienced issues relating to appearance or body image
- 25% (1 in 4) of young people state that they have felt lonely in the last month
- 53% (more than 1 in 2) of respondents had experienced exam pressure.
- 14% (1 in 7) advised that they had experienced family/household money worries in the last month
- 13% (1 in 8) stated they had been unhappy due to the death of someone close to them
- 2% (1 in 50) advised that they had experienced cyber bullying

Key Findings - Issues - Wellbeing impact

The following issues experienced in the last month have the most significant impact on a young person's wellbeing score (in order from most impact):

- Self harm
- Suicidal thoughts
- Feeling lonely
- Relationship problems with family
- Body image/appearance issues

The following issues experienced in the last month have the least significant impact on a young person's wellbeing (in order from least impact):

- Social media pressure
- Discrimination
- Unhappiness due to death/loss
- Cyber bullying
- Bullying

Key Findings - Issues - Gender

Males reported more:

- Bullying
- Personal Use of Substances
- Pressure to have a sexual relationship
- Domestic Violence
- Discrimination

Females report significantly more for all the other issues with the exception of Peer Pressure Inside School (not a significant difference).

Differences can be seen in the following table:

Issue	Male	Female
Exam pressure	38%	63%
Relationship problems/ issues with friends	11%	21%
Feeling lonely	14%	31%
Issues relating to appearance or body image	14%	34%
Eating problems	13%	22%

Key Findings - Issues - Ethnicity

The following ethnicities showed the highest wellbeing scores (in order from the highest):

- Indian
- Gypsy or Irish Traveller
- Caribbean
- African
- Black British

The following ethnicities showed the lowest wellbeing scores (in order from the lowest):

- Bangladeshi
- Arab
- Any other Black background
- Chinese
- Pakistani

Comparing Minority ethnic groups and White British people:

- Minority ethnic groups reported significantly more Exam Pressure compared with White people (57% - 47%)
- Minority ethnic groups reported significantly more Discrimination compared with White people (10% - 3%)
- Minority ethnic groups reported more Eating Problems and Peer Pressure in School/College
- White British respondents reported more for all the remaining issues including Personal Use of Substances, Self Harm, Bullying, Unhappiness Due to Death & Relationship Problems with Friends.

Key Findings - Issues - Lesbian, Gay, Bisexual

LGB (Lesbian, Gay and Bisexual) people and heterosexual people comparison

- LGB young people are four times more likely to have suicidal thought (37% of LGB people compared to 9% of heterosexual people).
- LGB young people are twice as likely to experience issues relating to body image or appearance (50% of LGB people compared to 25% of heterosexual people).
- LGB young people are more than twice as likely to experience loneliness (55% of LGB people compared to 22% of heterosexual people).

Key Findings - Issues - Family

People with family member who may need support and those without comparison:

- Young people with someone in the family with a disability, illness, mental ill health or substance misuse are more likely to have sleep problems (52% compared to 34%).
- Young people with someone in the family with a disability, illness, mental ill health or substance misuse are more likely to have relationship issues with their family (26% compared to 12%).

Key Findings - Support

- Young people would prefer to access support that is face-to-face, followed by online, group and then phone.
- If young people needed help most would speak to family member (64%), followed by speaking to a friend (62%). The next most popular choice is to speak to school/college staff (21%).
- 30% of people said that they had felt that they needed support for their mental wellbeing (19% male, 35% female), however over half (54%) of those did **not** access support.
- For those that needed support but didn't access support, 43% stated they were anxious about accessing support, 20% were worried about their friend/family's reaction and 5% found it difficult to access support.
- Those that needed support but did not access it scored significantly lower on the wellbeing score (18.9).
- 80% of those who accessed support found it helpful
- 45% of young people rated the support provided by their school as 4 or 5 (scale 1-5), however, 8% rated the support as 1. Females rated support less highly than males.
- The percentage of young people that rated their schools support as 4 or 5 varied considerably from school to school (highest percentage 69%, lowest 32%).
- When asked what schools could do to improve access to services, 39% wanted schools to increase opportunities for discussion about emotional and mental health, 19% said they would like an increase in school/college counselling and 15% suggested more external speakers (28% stated their school provides good support).

Recommendations

Following consultation with key stakeholders, the following recommendations have been developed:

- 1 The findings from this report should be used to inform the emerging plans for delivery of the Trailblazer funding allocated to Sutton (Borough) and to support additional emotional support for young people in Sutton
- 2 All secondary schools, from across the Borough, meet up to discuss the findings and actions that can be taken to support young people.
- 3 Use these report findings and undertake further analysis of the data to inform the CAMHS recommissioning specification and process.
- 4 Investigate the potential for a young people's mental health Commissioning Director position, jointly funded by Sutton Council and Sutton CCG (similar to the adult mental health position already in place).
- 5 Use these findings to influence the commissioning intentions of Sutton Council and Sutton CCG
- 6 Develop a Children and Young People's Plan for Sutton.
- 7 Investigate the potential for the Young Commissioners to carry out more in depth analysis into issues concerning access and stigma.
- 8 Share the report with the LSCB Case Review subgroup to look at reasons behind suicides.
- 9 As most young people would speak to their friends or family if there was something affecting their emotional wellbeing, investigate ways to inform and support friends and family so that they can offer effective help.