

# Banbury Child mental health (CMH) research feedback

The last time National statistics on child mental health were collected was 2004 (Green, McGinnity, Ford & Goodman 2005). This identified that 10% of children in the UK needed support or treatment for mental health problems. 50% of all diagnosable mental health problems begin by age 14  
Anxiety disorders are the most common mental health condition affecting children & adults.  
The aim of the study was to compare and contrast parent reported child mental health difficulties in Banbury to previous studies.

**268** Children Participated In the Study  
FROM 3 PRIMARY SCHOOLS



**15 out of 47 Teachers** (31%) Responded to an online QUESTIONNAIRE

**3 OUT OF 10 CHILDREN (30%) HAD DIAGNOSABLE MENTAL HEALTH DIFFICULTIES**



TEACHERS SAID BARRIERS TO REFERRALS TO CMH SERVICES INCLUDED:

WAITING TIMES

UNCERTAINTY OF WHEN TO REFER

NO PARENTAL SUPPORT FROM SERVICES



NUMBER OF CHILDREN HAVE MORE THAN 1 DIAGNOSABLE DIFFICULTY:  
55% HAVE ONE  
29% HAVE TWO  
16% HAVE THREE

DIAGNOSABLE DIFFICULTIES

TEACHERS WANTED MORE CHILD MENTAL HEALTH TRAINING **93%**

**60%** TEACHERS FELT THE THRESHOLD FOR SERVICES ACCEPTING

REFERRALS HAD GONE UP

E.G. CHILDREN HAD TO BE WORSE BEFORE THEY WERE SEEN

**63%** PARENTS SAID THEY WOULD ATTEND A COURSE ABOUT CHILD MENTAL HEALTH

**36%** PARENTS FELT BADLY OR VERY BADLY SUPPORTED IN MANAGING THEIR CHILD'S EMOTIONAL & BEHAVIOURAL PROBLEMS



**50% PARENTS** asked for help for their children's mental health difficulties IRRESPECTIVE OF ETHNICITY, MARITAL STATUS, NUMBER OF CHILDREN, TYPE OF DISORDER & CONFIDENCE LEVEL IN THE SERVICE

## THE STUDY ALSO SHOWED

There is an increase in girls having mental health problems; a ratio 1.3 boys:1 girls from the previously ratio of 2 boys:1 girls in Green et al (2005).

The incidence of internalising (peer and emotional) problems is on the increase.

There was also an increase in the number of children who had more than one type of mental health difficulty (46% compared to 20% in Green et al (2005)).

With only 50% of parents consistently asked for help, more understanding needs to be gained on what is preventing the remaining 50% from seeking help.

Service provision is a problem: parents and teachers feel badly supported; long waiting lists; raised thresholds; an increase in referrals and not enough staff to provide an appropriate service are all contributing factors.

## WHAT NEXT?

An incidence of 30% would indicate that the figures used for services provision of 10% (Green et al., 2005) are woefully out of date and leave services and children significantly vulnerable. The Department of Health (2015) state that up to date statistics are required yet decisions and budgets are being based on figures from 12 years ago. Further research needs to be prioritised.

### REFERENCES

Department of Health (2015). Future in mind: Promoting, protecting and Improving our children and young peoples mental health and well-being. NHS England Publication Gateway ref no. 02939  
Green, H., McGinnity, A., Ford, T. & Goodman, R. (2005). Mental health of children and young people in Great Britain 2004. National Office of Statistics. Basingstoke. Palgrave Macmillian.

This study was completed by Sam Game as part of an MSc in Child and Adolescent mental Health with University of Northampton. If you would like an executive summary of the research please email: [cmhstudybanbury@gmail.com](mailto:cmhstudybanbury@gmail.com)