

How can we best support the mental health of 11 – 16 year old's during the COVID-19 pandemic?

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CoRAY

Covid-19 response: Mental Health
Resources for and by Young People

UNIVERSITY OF OXFORD & EMERGING MINDS

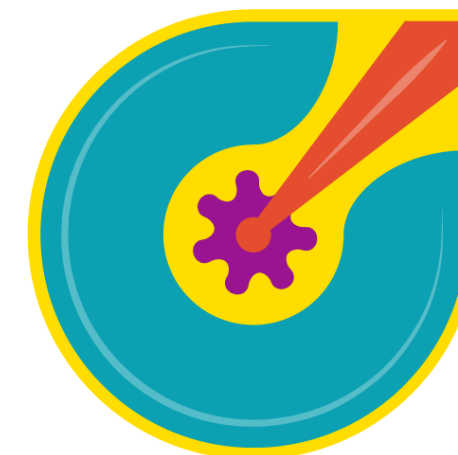


Medical
Research
Council



Welcome & Introductions

- Opportunity to share knowledge/ Co-RAY project
- Wider implications for young people's mental health & wellbeing beyond Co-RAY
- Put in chat box if you are working on any mental health resources/which resources



CoRAY

Covid-19 response: Mental Health
Resources for and by Young People

Project Partners & Funders

Centre for
Mental Health



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Swansea
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YOUNG Mi MINDS

Summary of the Co-RAY Project

Evidence based mental health and wellbeing **R**esources made for **A**nd by **Y**oung people in the **CO**VID-19 context

Draw together
evidence on the
mental health and
wellbeing impacts
of the pandemic on
young people aged
11-16

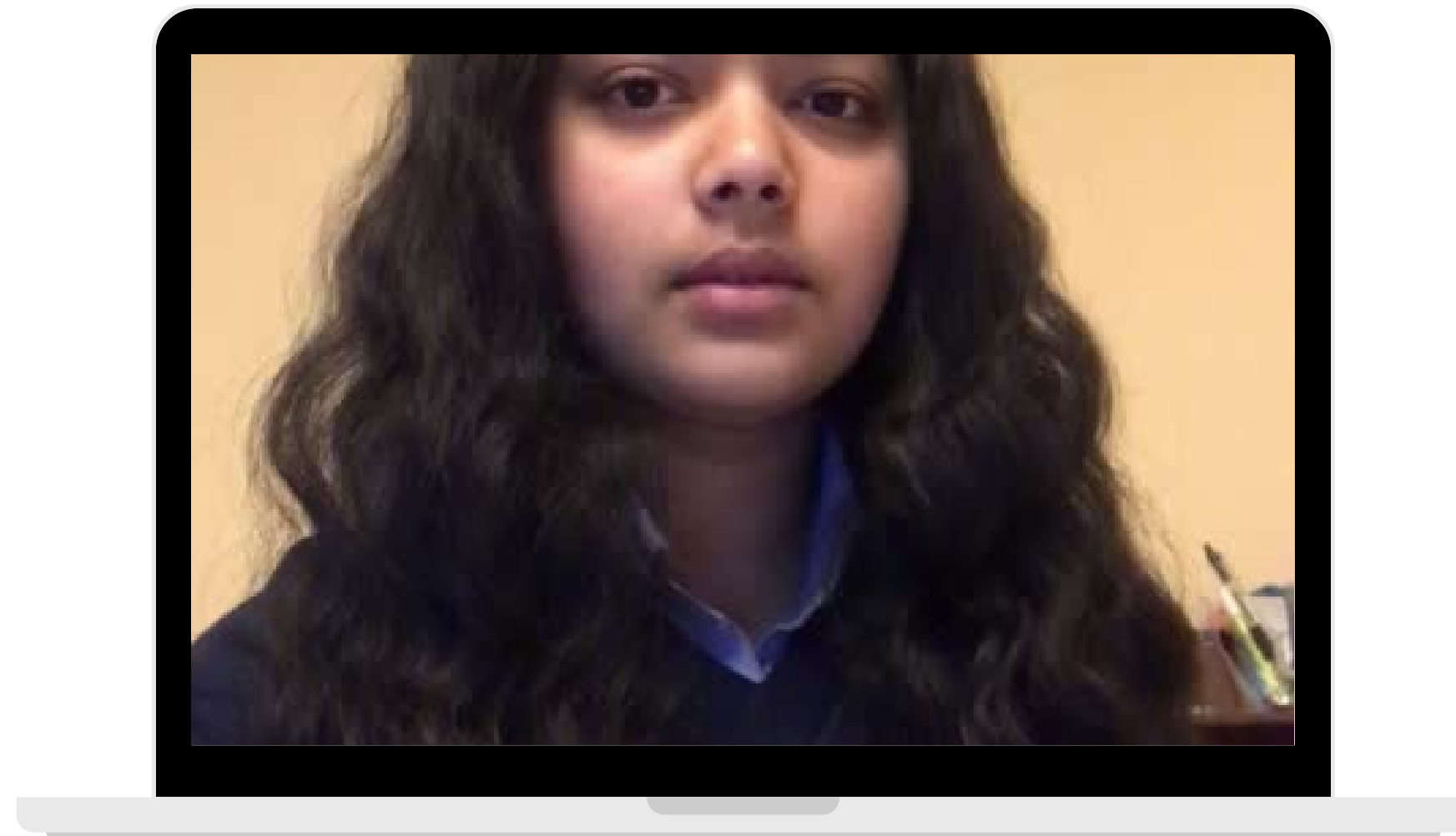
Identify priority
areas where
resources are
needed to
support 11-16
year olds

Work with young
people to develop
resources that will
be engaging and
accessible to young
people



What are the key priorities of 11-16 year old's?

We heard from one of our YPAG members (aged 11-16) about her experiences of the pandemic...



Research Synthesis - Overview

- One in six children and young people were experiencing a mental health disorder in July 2020 (NHS Digital)

1 in 9
(2017)

1 in 6
(2020)

Research Synthesis - Key Points

Summarise **what the research evidence tells us about the impact of the pandemic on the mental health and wellbeing of young people aged 11 – 16 across the UK**, focusing on:

- 1) key mental health and wellbeing outcomes;
- 2) changes to daily life that may affect mental health;
- 3) groups of young people that may have been affected differently by the pandemic

Overall...

- No one size fits all
- Findings are mixed/varied



Research Synthesis - Emerging Evidence

Many of the ways that young people have reacted to the pandemic & the restrictions/ changes to their daily lives are not surprising.

- **Feeling lonely/isolated/missing face to face contact...**

3/4 of young
people
loneliness made
mental health
worse
(Mind)

Loneliness
key
challenge of
lockdown
(Barnardo's)

30-50% more
lonely

20-30% less lonely

(Oxwell Study -
yrs 7-11 data)

Research Synthesis - Emerging Evidence

Feeling anxious/stressed/worried around the virus, education, longer term impact

Pre-lockdown (wide range of stressors)
--> Lockdown
(stresses related to the impact of the virus)
(Children's Commissioner)

Comparison with pre-pandemic...

Anxiety levels were lower
(NIHR School for Public Health Research)

Stress levels were the same
(Teen CovidLife)

Anxiety levels higher
(COVID-19 PSYCHOLOGICAL RESEARCH CONSORTIUM)

Research Synthesis - Emerging Evidence

- **Feeling bored/less fun things to do, changes to normal routine**

Increased levels of boredom & a decline in the number of children & young people who report **having fun things to do**
(Children's Parliament Scotland)

Most coped
(to some extent) with changes
(The Children's Society)

Appreciation
Being creative
Learning at own pace

What changes have had the most impact...

- a) not spending time with friends
- b) not being able to visit family
- c) school closures

(Children's Commissioner for Wales)

Research Synthesis - Emerging Evidence

- **Specific groups** of young people more likely to have negative experiences

Young people with experience of mental health problems...
more likely to say their mental health got worse during lockdown
[Mind]

75% mental health **worse**

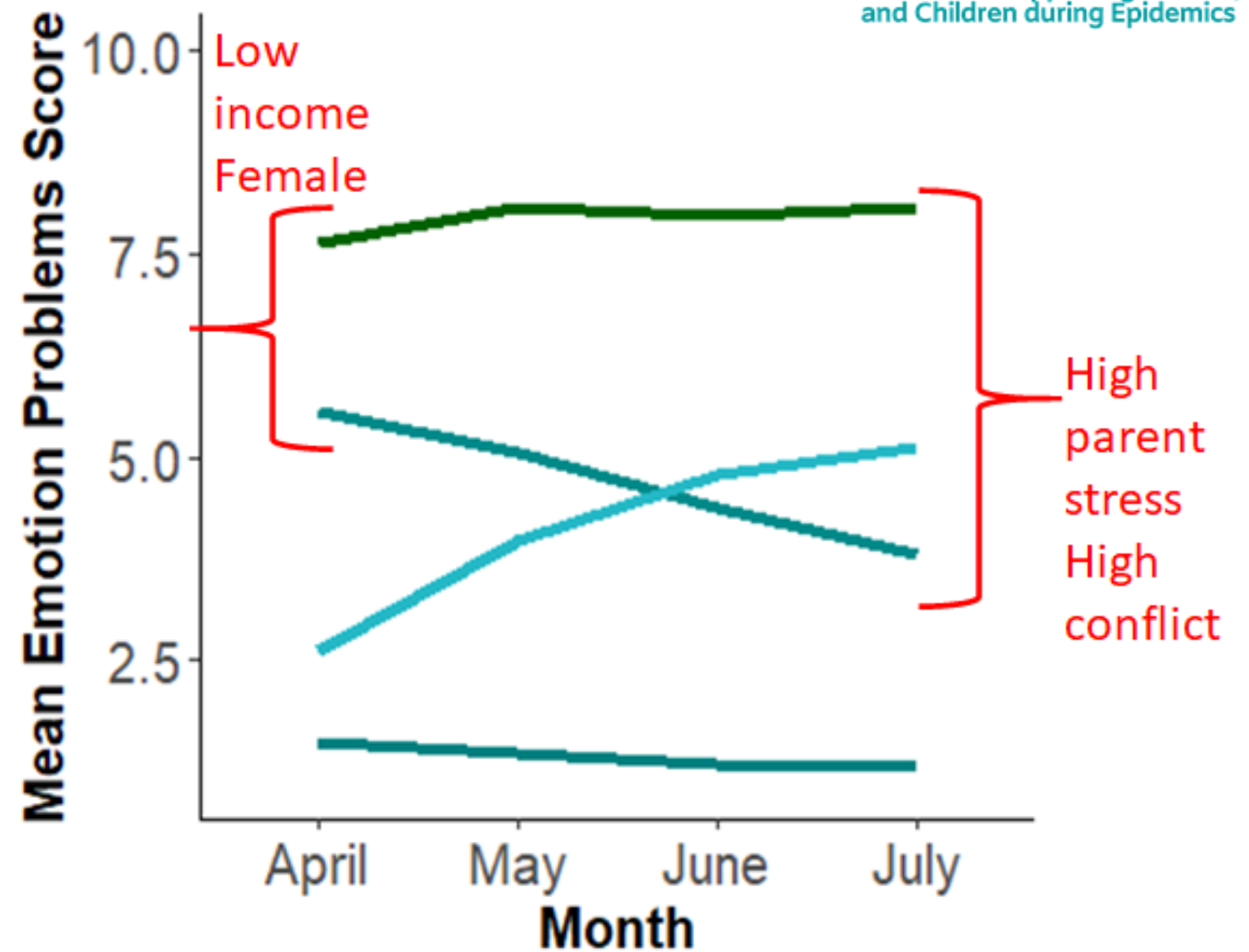
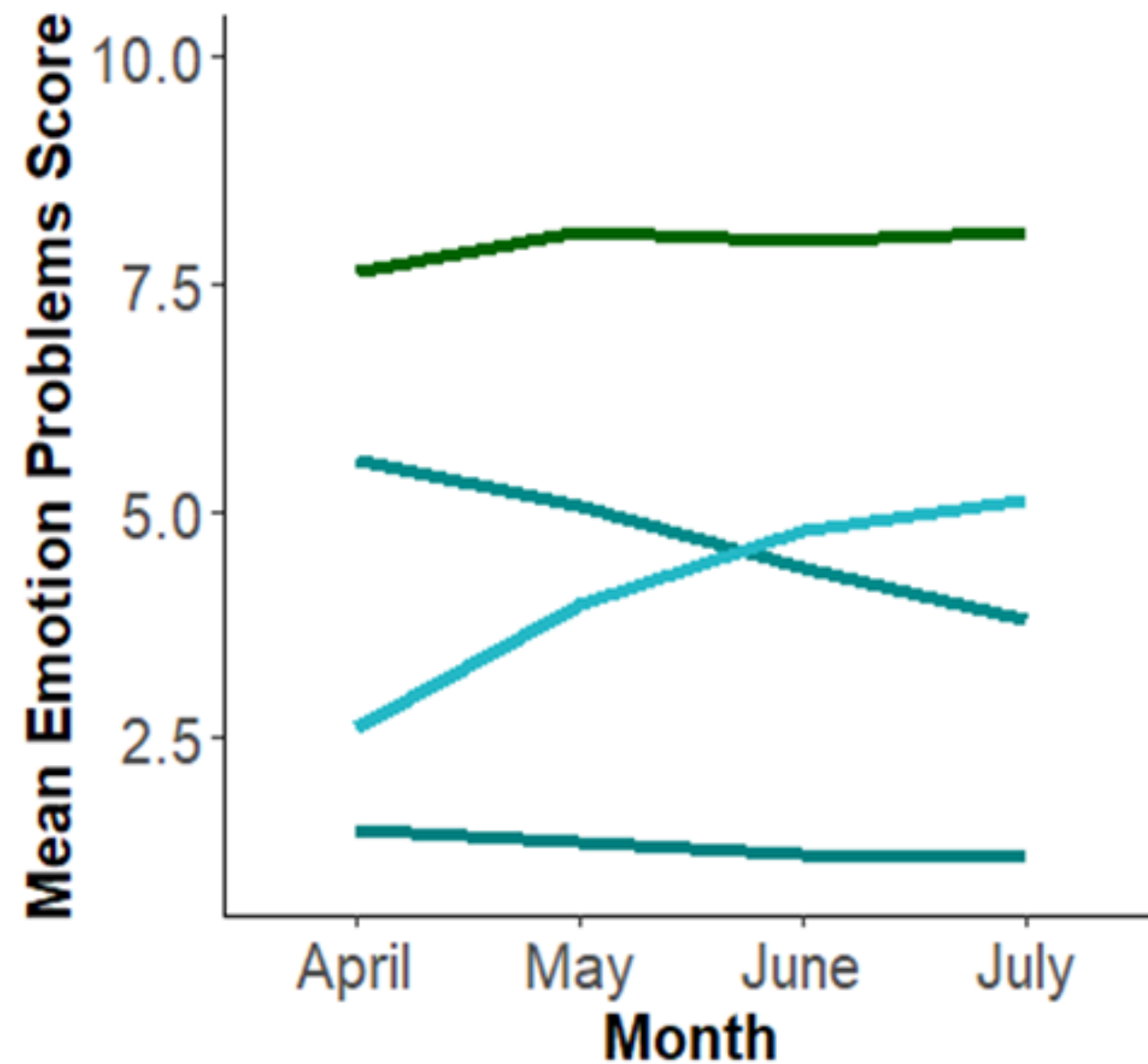
10% mental health **better**
(YoungMinds)

Other specific groups of young people:

Black, asian & other ethnic minority groups
Low income households
Care experienced
Young carers
Physical disabilities/illnesses
Special educational needs
Contact with justice system
LGBTQ+

Research Synthesis- CoSPACE

Strengths & Difficulties Questionnaire




Priority Setting Exercise

Co-RAY 7d

Template Task 1- What types of feelings and emotions do you think young people aged 11-16 would like help/support with over the next few months? Part 1 -> Give each feeling/emotion a rating. 5 stars = biggest priority 1 star = smallest priority. Part 2 -> When you have done this, please click on the poll link [on the right] and answer the question!


The pandemic has been a challenging time and young people have felt a whole range of emotions. We would like your help to find out what sort of things young people might need help with. The ratings next to each feeling/emotion are an average of everyone's answers. Anything you post is anonymous and we cannot respond to what you post. Please talk to someone you trust if taking part in this activity has raised any issues or concerns. There are also some places where you can find support or resources online listed at the end of the slideshow about this task.

Bored




☆ RATE 0

Uncertain




☆ RATE 0

Frustrated or annoyed




☆ RATE 0

Hopeless




☆ RATE 0

Unmotivated



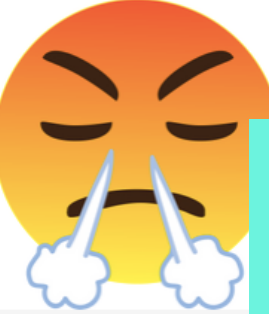
☆ RATE 0

Trapped




☆ RATE 0

Angry




☆ RATE 0

Another feeling/
not listed here (p
comment below)




☆ RATE 0

Stressed



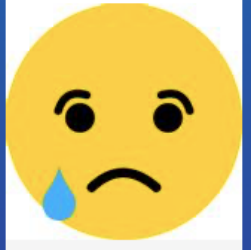
☆ RATE 0

Lost




☆ RATE 0

Sad




☆ RATE 0

Irritable




☆ RATE 0

Lonely




☆ RATE 0

Worried



☆ RATE 0

Confused



☆ RATE 0

Poll Open

In your own words, describe how you think young people are feeling at this stage of the pandemic? Please press send after you enter each word (we will make a word cloud of responses).

Co-RAY 7d

Template Task 2. What changes to daily life are having the biggest NEGATIVE impact on 11-16 year old's mental health the moment? 5 stars= BIGGEST Impact on Mental Health -> 1 star = SMALLEST Impact on Mental Health. Tell us M the comment boxes!

ADD MORE DETAIL TO THE COMMENT BOX - WHY ARE THESE CHANGES HAVING SUCH A BIG IMPACT ON YOUNG PEOPLE'S MENTAL HEALTH? [For example - why might spending more time at home young people's mental health worse?] The rating next to each of the changes is an average of everyone's answers. Anything you post is anonymous and we cannot respond to what you post. Please talk to someone you trust if taking part in this activity has raised any issues or concerns. There are also some places where you can find support or resources online listed at the end of the slideshow about this task.

Going back to school



☆ RATE 0

Social distancing



☆ RATE 0

Changes to school work or exams



☆ RATE 0

Not being able to make future plans



☆ RATE 0

Wearing a face mask



☆ RATE 0

Changes to normal daily routine (i.e. time you wake up/ go to bed)



☆ RATE 0

Spending less time with family who live in a different household



☆ RATE 0

Not being able to access mental health support (i.e. through school or a service)



☆ RATE 0

Spending more time at home



☆ RATE 0

Spending less time outside or being less physically active



☆ RATE 0

Spending more time online



☆ RATE 0

Spending less time with friends in person

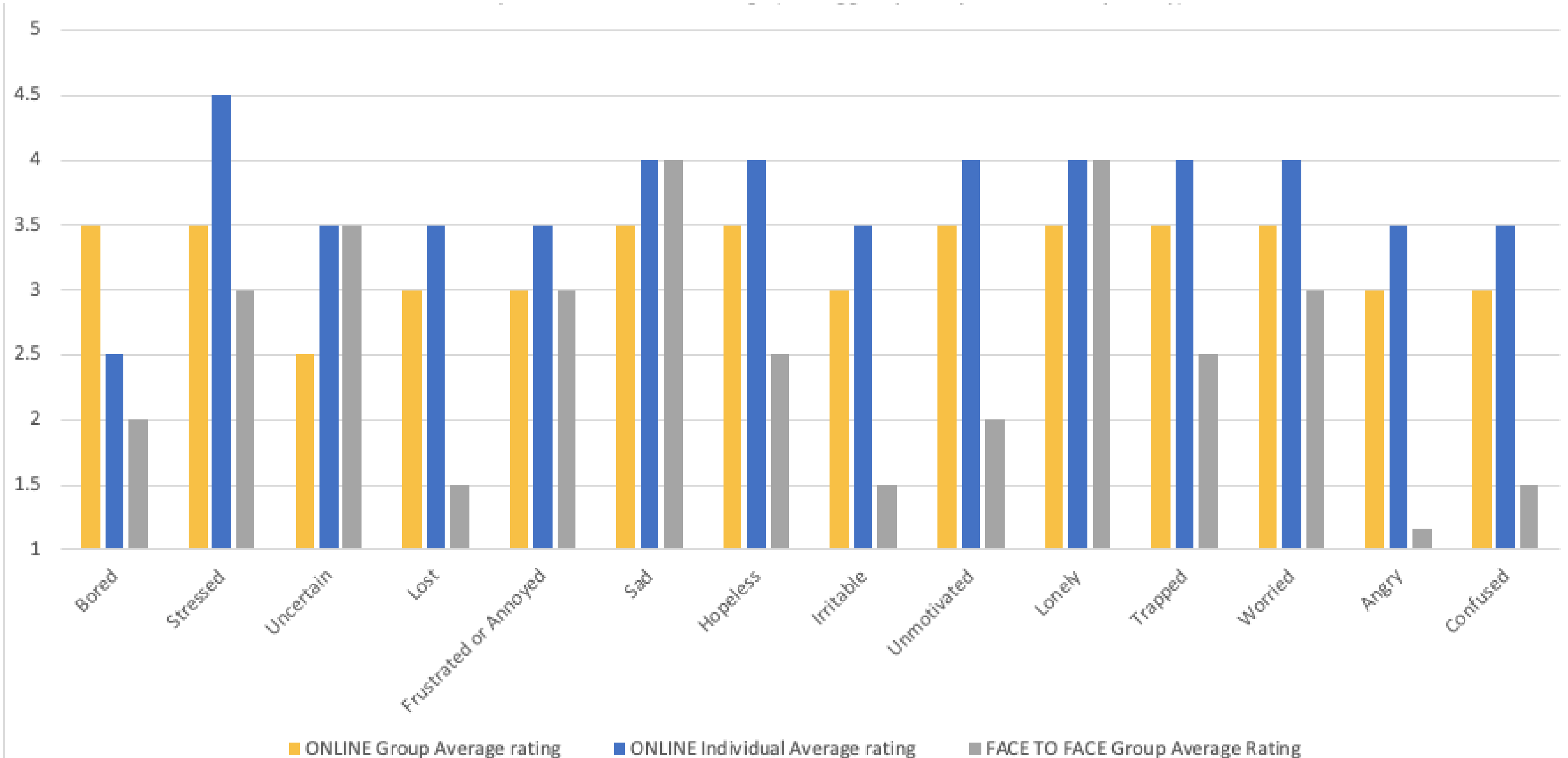


☆ RATE 0



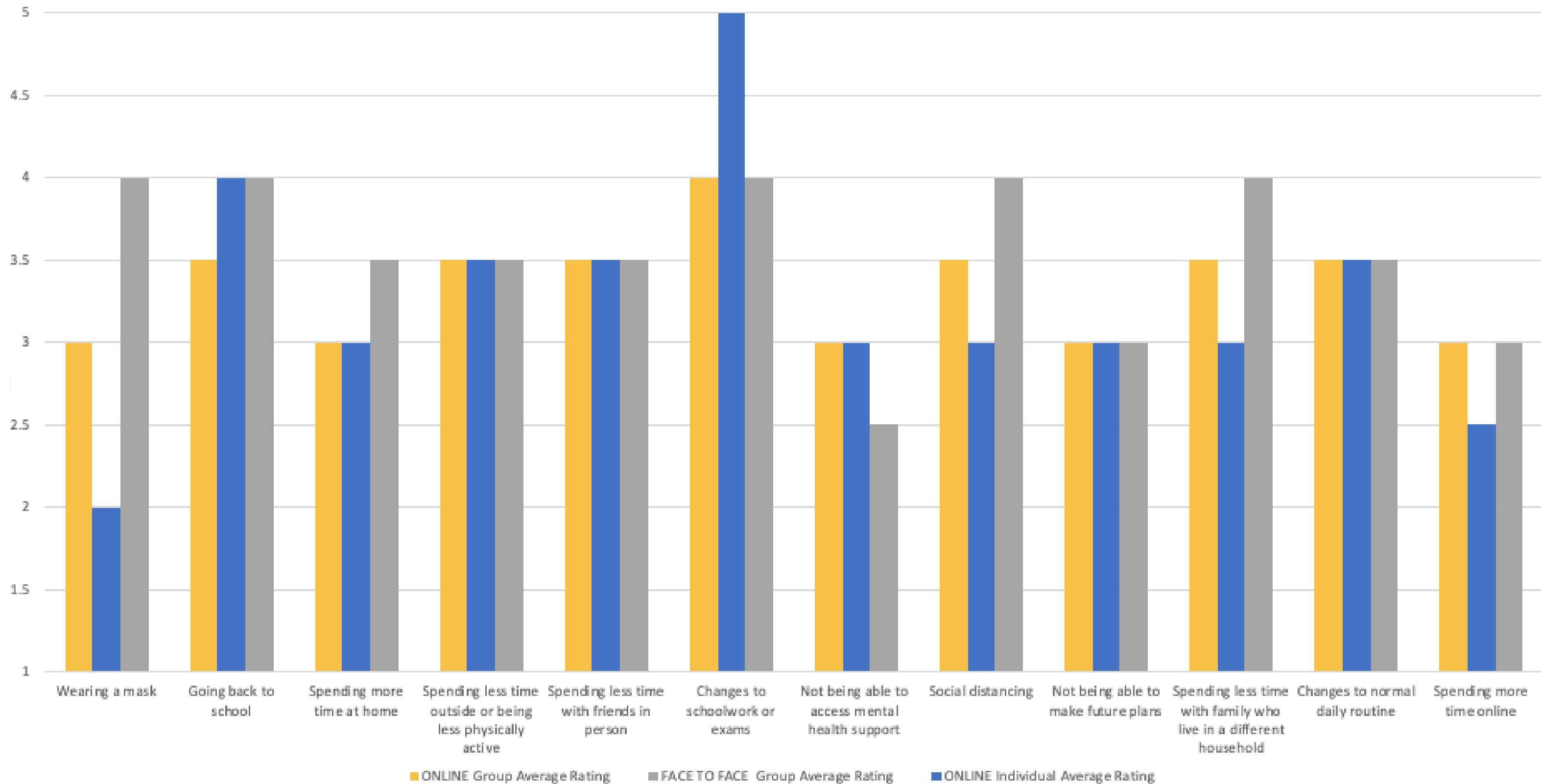
Priority Setting Exercise - Summary

What types of feelings & emotions do you think young people aged 11-16 would like help/support with over the next few months?



Priority Setting Exercise - Summary

What changes to daily life are having the biggest negative impact on 11-16 year old's mental health at the moment?



Priority Setting Exercise - Summary

In your own words, describe how you think young people are feeling at this stage of the pandemic?



Young People's Priorities - YPAG

**Now we are going to hear
from Cassie, a member of our
YPAG**

YPAG - Summary

What areas are most important to focus on when producing resources?

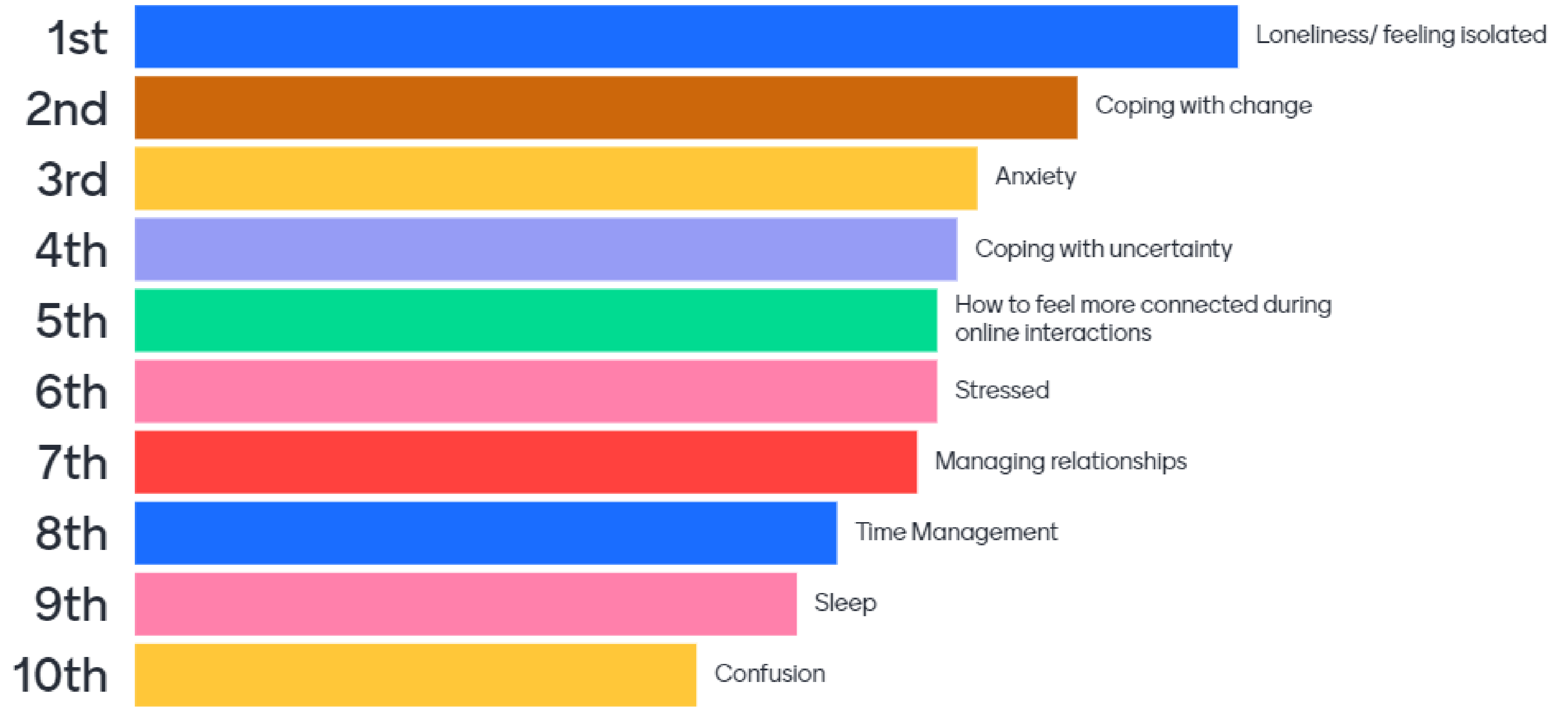
Younger YPAG



YPAG - Summary

What areas are most important to focus on when producing resources?

Older YPAG



YPAG - Summary

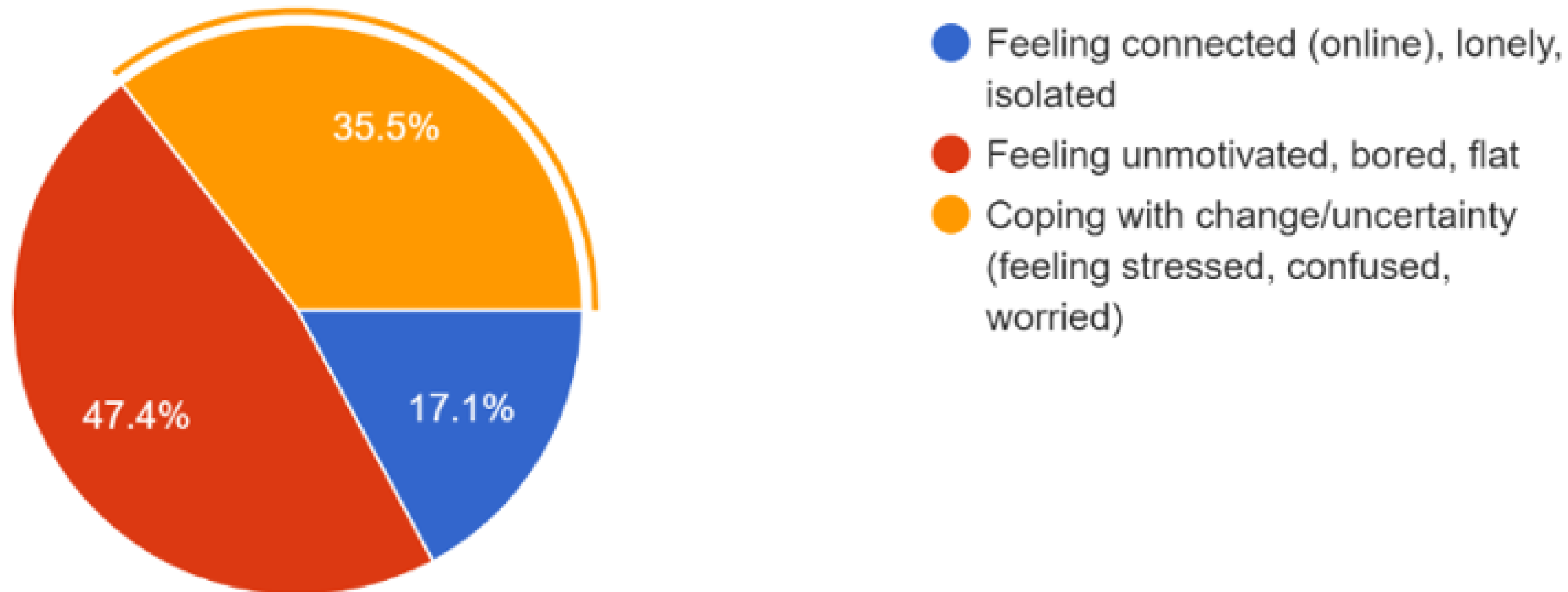
What areas are most important to focus on when producing resources?

- information on how to get (different sorts of) help
- feeling connected (online), loneliness, isolation
- feeling unmotivated, bored, flat
- coping with change/uncertainty (stressed, confused, worried)

Summary - Further feedback from yp

Which of these feelings do you think young people need the most help/support with during the pandemic?

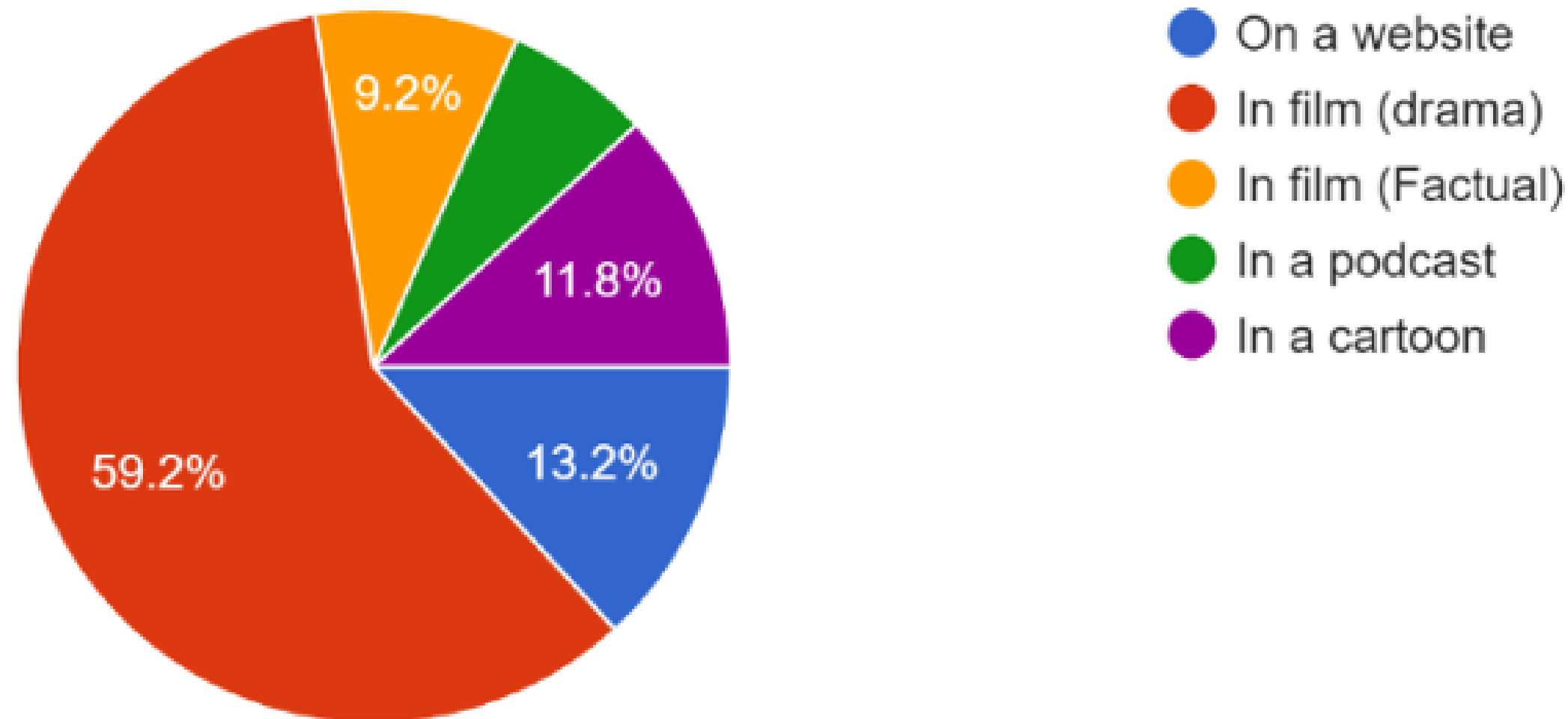
76 responses



Summary - Further feedback from yp

How would you like to receive information and support on mental health issues

76 responses



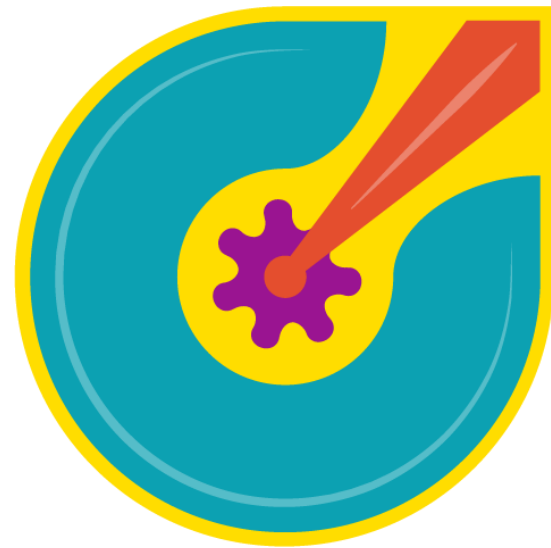
Break Out Groups

1) What you think are the most important areas of need for 11-16-year olds moving forwards? Any reflections from the session so far?

2) What resources or services would you recommend to support 11 - 16 years with their mental health? Anything you offer or are developing?

3) Any other thoughts?

Summary



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<https://emergingminds.org.ac.uk/co-ray-project/>

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