



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of Update 15 July 2018

SPECIAL EDITION FOCUSED ON CHILDREN AND YOUTH

IIMHL organises systems for leaders to share innovations, network and problem solve across countries and agencies. The overall aim is to promote mental health and well-being for everyone. This includes developing leaders who can create the best possible conditions for mental health in all sectors across the life-span. Equally, it includes developing leaders who can deliver the best possible outcomes for people who use mental health and addictions services and their families.

Update allows the rapid transfer of new knowledge through sharing information about upcoming Leadership Exchanges, as well as key national documents, training and webinars. Please feel free to share this e-bulletin with others and we would be delighted if you would join us on Facebook.

IIMHL & IIDL Leadership Exchange 2018 Stockholm, Sweden, May 28 - June 1



**IIMHL & IIDL 2018
Building Bridges
Beyond Borders**

FEEDBACK AND EVALUATION SURVEY

What did you learn and bring home from the 2018 Leadership Exchange?

We welcome your feedback on this year's Leadership Exchange and kindly ask you to respond to the feedback and evaluation survey about IIMHL & IIDL 2018. You will find in the IIMHL & IIDL app at

<https://iimhl.se/the-iimhl-iidl-le-app/>

in the Network Meeting event (event code: iimhliidl2018) under Dialogue

COPIES OF PRESENTATIONS

Where these are made available, they can be viewed on the website soon

This issue features child and youth innovations:

- **IIMHL Feature Article - New Zealand**
 - [Social, Emotional and Behavioural Difficulties in New Zealand Children: Summary of findings](#)
- **Other IIMHL Articles of Interest - Various Countries**
 - [Diagnosis in Child Mental Health Exploring the Benefits, Risks and Alternatives](#)
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 - [2018 KIDS COUNT Data Book - State Trends in Child Well-being](#)
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IIMHL Feature - New Zealand

Social, Emotional and Behavioural Difficulties in New Zealand Children: Summary of findings

Ministry of Health, June 2018 - New Zealand

This brief presents the prevalence of New Zealand children aged 3–14 years who are at high risk of experiencing social, emotional or behavioural difficulties based on the Strengths and Difficulties Questionnaire (SDQ, Goodman 1997).

The majority of New Zealand children aged 3–14 years are developing well, without major social, emotional and/or behavioural problems. However, based on the SDQ about 8 percent of children experience significant difficulties (an estimated 57,000 children). The prevalence and nature of difficulties differs across subgroups.

<https://www.health.govt.nz/publication/social-emotional-and-behavioural-difficulties-new-zealand-children-new-zealand-health-survey>

Other IIMHL Articles of Interest - Various Countries

Diagnosis in Child Mental Health Exploring the Benefits, Risks and Alternatives

Child Family Australia & Emerging Minds: National Workforce Centre for Child Mental Health
June 2018 - Australia

Service providers seldom have time to explore the debates, complexities and nuances surrounding the diagnosis of child mental health conditions. This paper is designed to encourage practitioners in the child and family welfare sector to examine their own understanding of diagnostic systems, and to critically reflect on the role that diagnosis plays in their work with children and families.

https://aifs.gov.au/cfca/sites/default/files/publication-documents/1805_cfca_diagnosis_in_child_mental_health.pdf

Early Childhood Is Critical to Health Equity

Robert J Wood Foundation & University of California, 2018 - USA

Children in families with limited economic resources often face multiple physical and psychosocial hardships in early childhood that can dramatically damage their health, with lifelong consequences. Poverty or low income and discrimination can limit parents' opportunities to provide their children with safe, nurturing, stimulating, and health-promoting environments, access to health care, and high-quality educational opportunities.

During the last 20 years, research has revealed that while family income and education, neighborhood characteristics, and other social and economic conditions affect health at every stage of life, their effects on young children are particularly dramatic. Hardships in early childhood can set off a vicious cycle of inequities—leading to disadvantage in adulthood, and then to more disadvantage for the next generation, continuing the cycle. Too many children are at risk: 19.5 percent of children under age 6 in the United States live in poverty and 16.5 percent live in impoverished neighborhoods. Among affluent democracies, we have the highest rates of both child and overall poverty. To read this article in full:

<https://www.rwjf.org/content/dam/farm/reports/reports/2018/rwjf445350>

2018 KIDS COUNT Data Book - State Trends in Child Well-being

The Annie E. Casey Foundation, 2018 – USA

The Casey Foundation's *2018 KIDS COUNT® Data Book* looks at trends in child well-being during a period that saw continued improvement in economic well-being but mixed results in the areas of health, education and family and community factors. The report includes the Foundation's signature rankings in key areas of child well-being.

<http://www.aecf.org/m/resourcedoc/aecf-2018kidscountdatabook-2018.pdf>

Safety Net: Cyberbullying's impact on young people's mental health Inquiry report

Young Minds and the Children's Society, 2018 - England

Findings of this 72-page report included:

There is a connection between intensive social media use and mental ill health - Thirty eight percent of young people reported that social media has a negative impact on how they feel about themselves, compared to 23% who reported that it has a positive impact. This was exacerbated for girls, with 46% of girls stating that social media had a negative impact on their self-esteem.

Children and young people are particularly vulnerable to the effects of cyberbullying - Children and young people who are currently experiencing a mental health problem are more than three times more likely to have been bullied online in the last year.

To read this article in full:

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/64e19ab7-685a-4d7c-b0bc-578158e998df/Safety_Net_Cyberbullying_s_inquiry_UK_2018.pdf?utm_source=General+Subscription&utm_campaign=97a07b3dd0-EMAIL_CAMPAIGN_2018_04_19&utm_medium=email&utm_term=0_2bcd693428-97a07b3dd0-237768285

Improving Mental Health Support for our Children and Young People

Social Care Institute for Excellence, November 2017 - England

From the evidence base that we have assembled, the work of the Expert Working Group, the views of children and young people who are experts by experience, professionals and those looking after young people, we have:

- established 11 key findings, which are the drivers for change
- made recommendations that address those findings and will improve the mental health and wellbeing of looked after children
- developed seven quality statements that define the outcomes that our recommendations are intended to achieve.

Change needs to happen now, and it is our hope that this report provides a platform for that change and the necessary call for action.

<https://www.scie.org.uk/files/children/care/mental-health/recommendations/improving-mental-health-support-for-our-children-and-young-people-full-report.pdf>

A Familiar Face: Violence in the lives of children and adolescents

November, 2017 - UNICEF

This report presents the most current data on four specific forms of violence – violent discipline and exposure to domestic abuse during early childhood; violence at school; violent deaths among adolescents; and sexual violence in childhood and adolescence. The statistics reveal that children experience violence across all stages of childhood, in diverse settings, and often at the hands of the trusted individuals with whom they interact daily. The report concludes with specific national actions and strategies that UNICEF has embraced to prevent and respond to violence against children.

https://www.unicef.org/publications/files/Violence_in_the_lives_of_children_and_adolescents.pdf

IIDL Feature - New Zealand

CO-DESIGNING with Parents: A good start for children with disabilities

Connect + Co 2018

This research is the result of a co-design approach with a cross section of New Zealand families in order to ensure that the voice and lived experience of families is well captured, documented and included in the Enabling Good Lives Reform Agenda currently being implemented by the New Zealand Government.

The approach acknowledges the importance of parents, family and whānau being valued and having choice and control in their lives. It involved listening to the stories and experiences of parents and caregivers, exploring common themes and then going back to parents and those who support them and asking them for their ideas to enhance and improve the experience for families.

The report highlights key insights from families, examples of tipping points and key learnings for the direction of change.

<http://www.iimhl.com/files/docs/20180715a.pdf>

Other IIDL Article of Interest - UK

Developmental Delay - A guide for families

Contact For families with disabled children, England

This guide developed in the UK is for parents and carers who think their child may not be developing as they ought to be, or who have been told that their child has developmental delay or global developmental delay.

It speaks to issues of communication, physical and cognitive development as well as social and emotional development, and provides key messages to enable families to support their child's development.

https://contact.org.uk/media/1158709/developmental_delay.pdf

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Join IIMHL / IIDL

Leaders in any sector that can affect the conditions for Mental Health and Addictions and leaders in Disability services can join IIMHL or IIDL free by using this link:

<http://www1.iimhl.com/Join.asp>

Please note: We try to find articles, new policies, research that has been released or opinion pieces we think are interesting to reflect on. Sometimes those who receive these may feel is not accurate either for its use of data or not aligned with their views. IIMHL does not endorse any article it sends out as we try to rapidly share information.

