

Most Mental Health problems start in adolescence.

When we don't assess, we don't recognise this early. This leaves young people vulnerable to being unwell, self harm, and suicide.

BACKGROUND

20% of teenagers report a mental health problem every year.
Young people want to talk about their mental health and wellbeing

Mental Health impacts on physical health, and visa versa, therefore common ED presentations can have a mental health component

AIM

Use assessments to give us the best chance of recognising, recording and signposting young people with mental health problems to early help

MEASURE

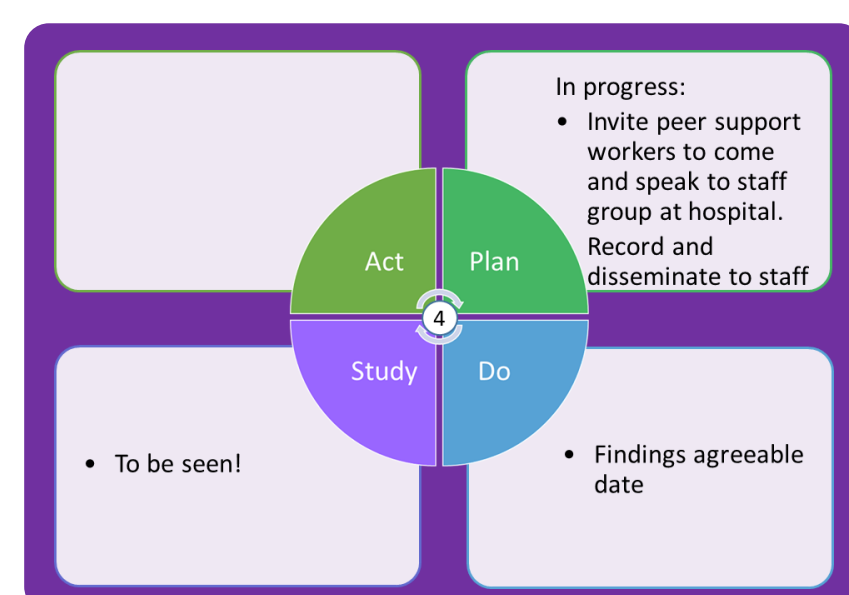
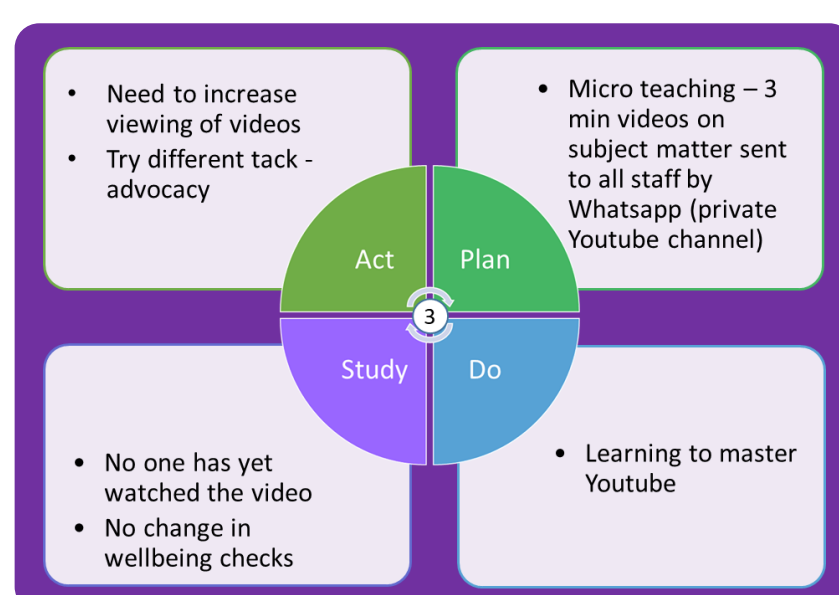
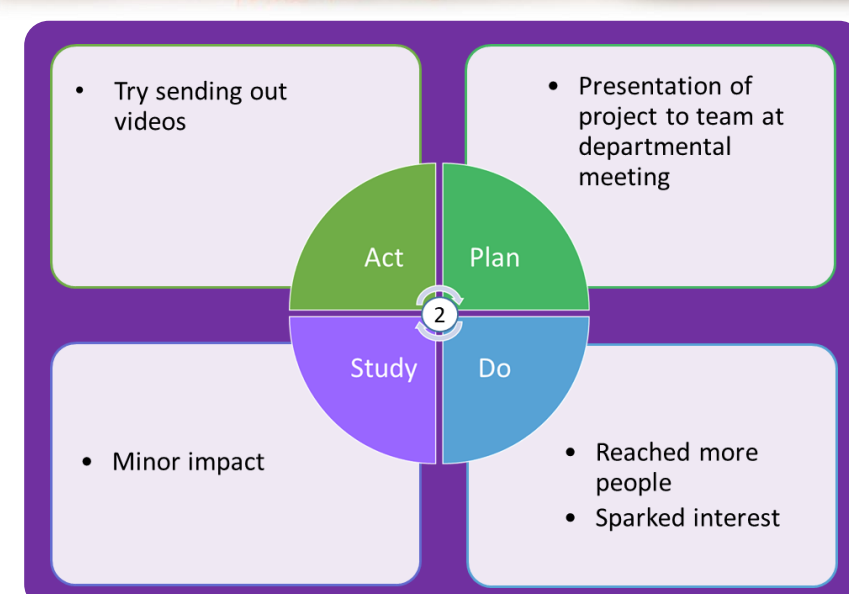
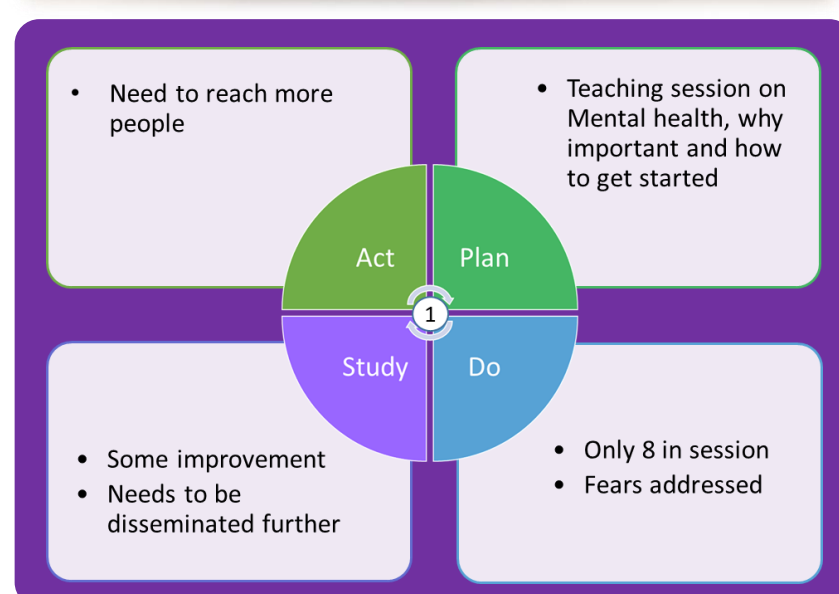
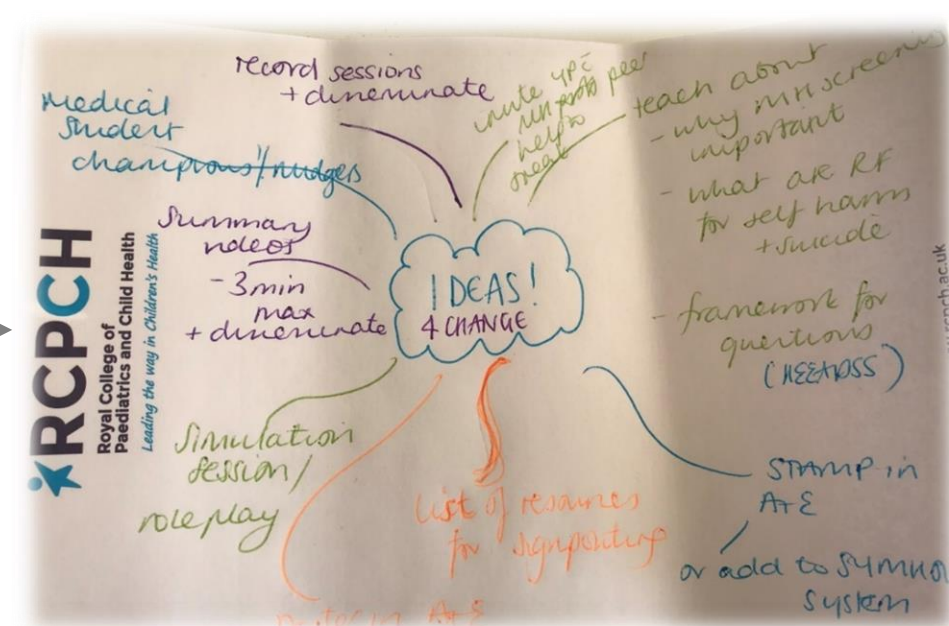
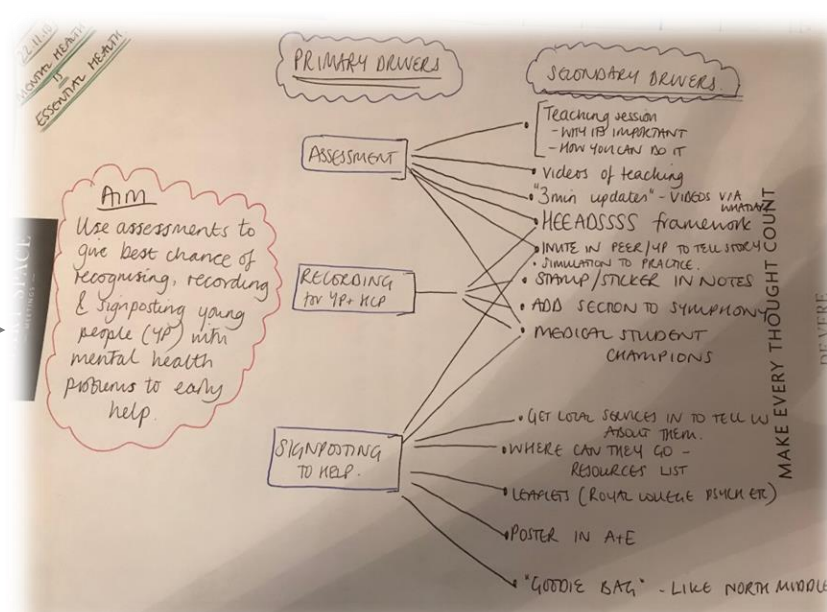
Documented Mental Health assessments in young people

Include:

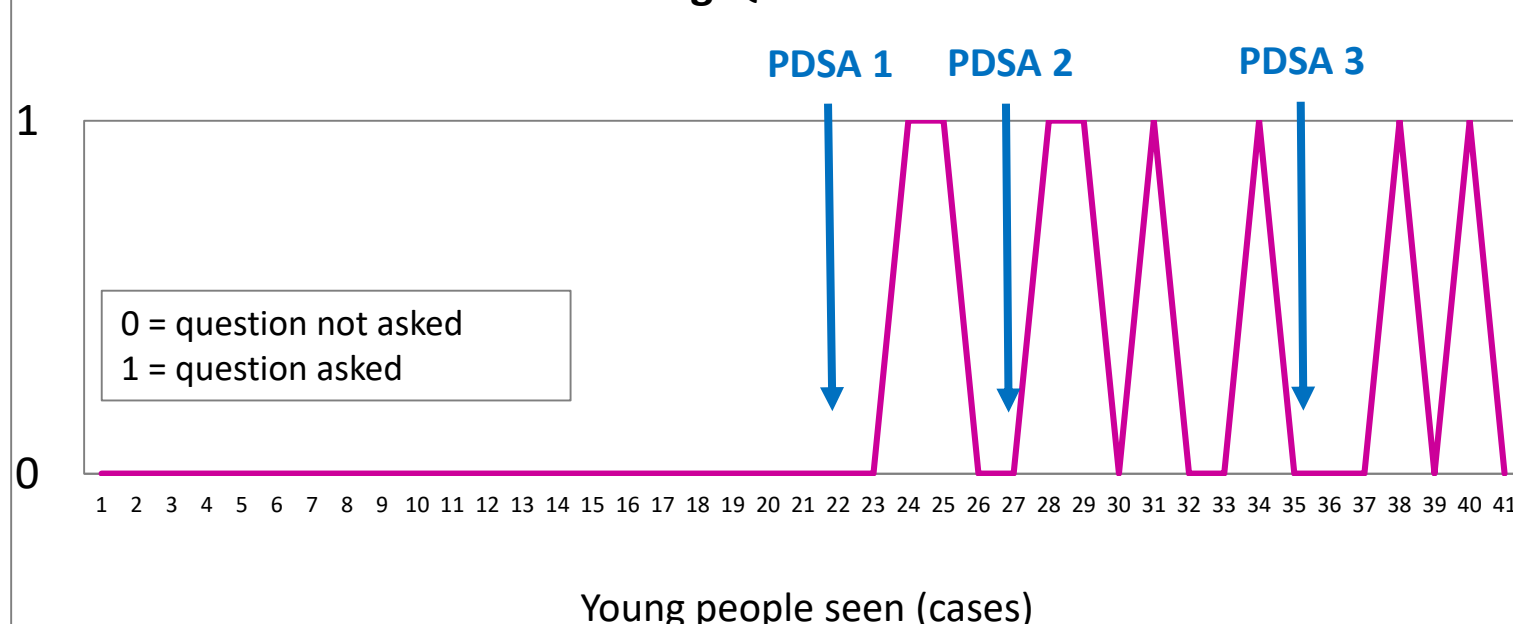
12-16yrs
Seen by paed
Any mention of wellbeing (HEEADSSSS type questions)

Exclude:

Seen by other team
Seen by CAMHS
"Family tree or social care"



Wellbeing Questions Asked



LEARNING AND REFLECTION

- Ideas are easy to generate, hard to implement and even harder to make stick
- The more people involved, the harder a change is to make, so get help
- Following simple steps that can be built on is a good starting point
- Increasing awareness of a problem can drive change