



Dr Kathryn Vile



- Tor Support provides counselling for children and young people between the ages of 5 and 25
- The counselling is one to one, confidential and professional
- We are based in the Community Centre at Okehampton College
- All our clients are from Okehampton and the surrounding parishes

The Need for Counselling for Children and Young People

- One in 8 CYP between 5 and 19 had a mental disorder in 2017 and 1 in 20 had 2 or more identifiable mental disorders
 - Emotional disorder eg anxiety and depression and post traumatic stress disorder
 - Behaviour disorders such as disruptive and violent behaviour
 - Hyperactivity Disorder characterised by impulsivity, inattention and hyperactivity
 - Less common disorders such as Autistic Spectrum Disorder and Eating disorders
- Sadler K,Vizard et al (2018) Mental Health of Children and Young people in England ONS publication

- Incidence of anxiety and depression in CYP aged 5-15 has risen from 3.9% in 2004 to 5.8% in 2017
- This means 138, 700 more children and young people in the UK were suffering mental health problems in 2017 than in 2004



- Teenage girls are at particularly high risk of mental health problems
- 23.9% of girls aged 17-19 had a mental health disorder compared with 10.3% of boys
- Over 50% of the young women with a disorder had self harmed or attempted suicide.



Covid 19

- Too early to understand the full long term impact of the pandemic on the mental health of children and young people
- Studies so far show mixed results
- One study showed an increase in numbers of CYP attending emergency departments with suicide attempts in first 6 months of 2020 compared with 2019.
- Another showed in CYP with previous mental health problems symptoms were exacerbated by the isolation of lockdown
- However several studies showed some improvement in mental health - decreased peer pressure, pause in in-school and more support from parents
- Mental Health and Well-being of children and adolescents during the covid-19 pandemic BMJ 2021; 374:n1730

Long Term Impact of Mental Health Problems in Childhood

- 50% of long term mental health problems in adults are established by the age of 14
- 75% established by the age of 24
- 70% of CYP with a mental disorder have not had any kind of intervention

- Kessler RC, Berglund P, et al (2005) Lifetime Prevalence and age of onset Distributions of DSM-IV Disorders in the national Comorbidity Survey Replication. Archives of General Psychiatry, 62 (6) pp.593-603
- Children's Society (2008) The Good Childhood Inquiry: health research evidence.

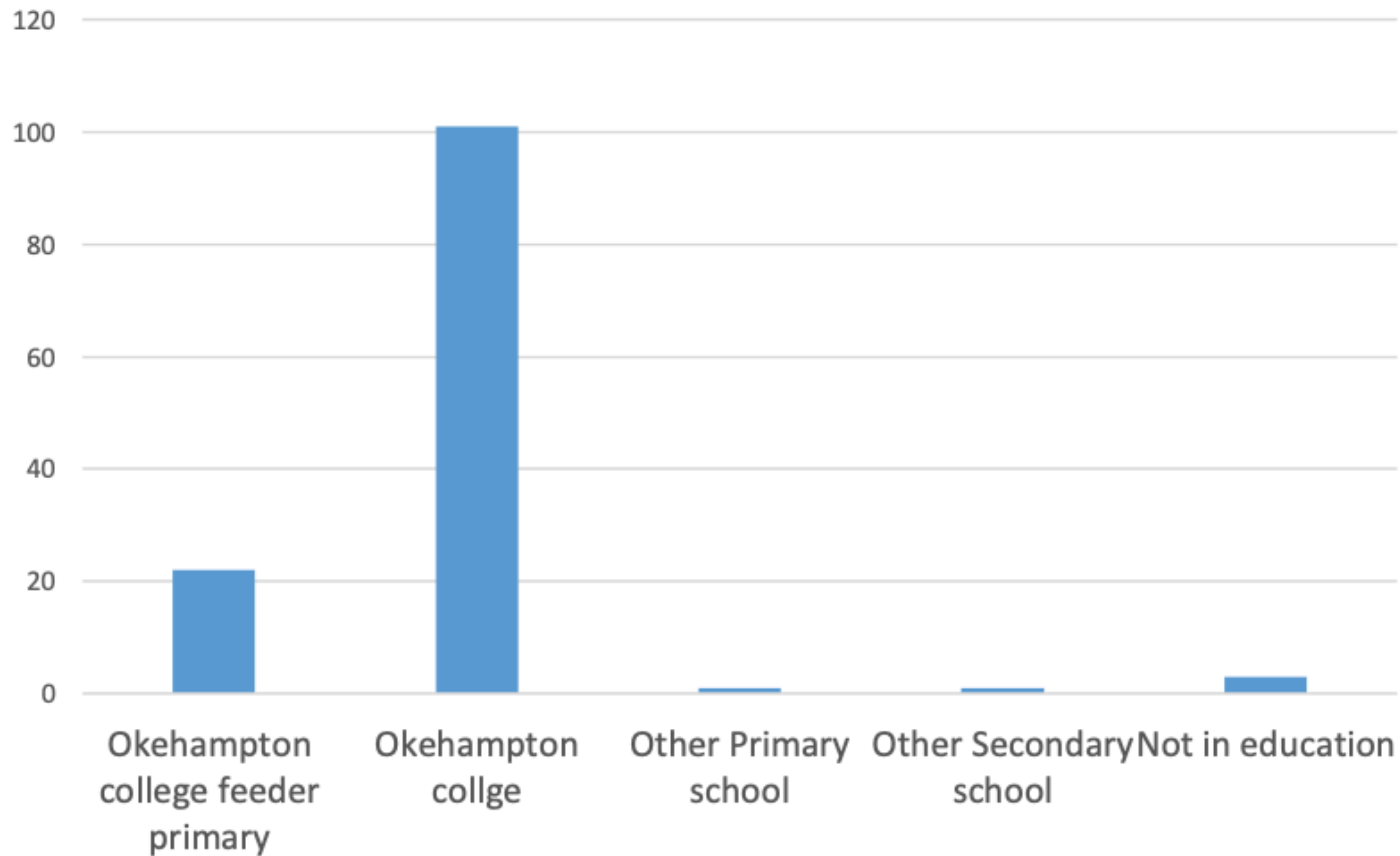
Impact of Counselling

- 90% of CYP who do have an intervention attribute an improvement in their mental health to their counselling

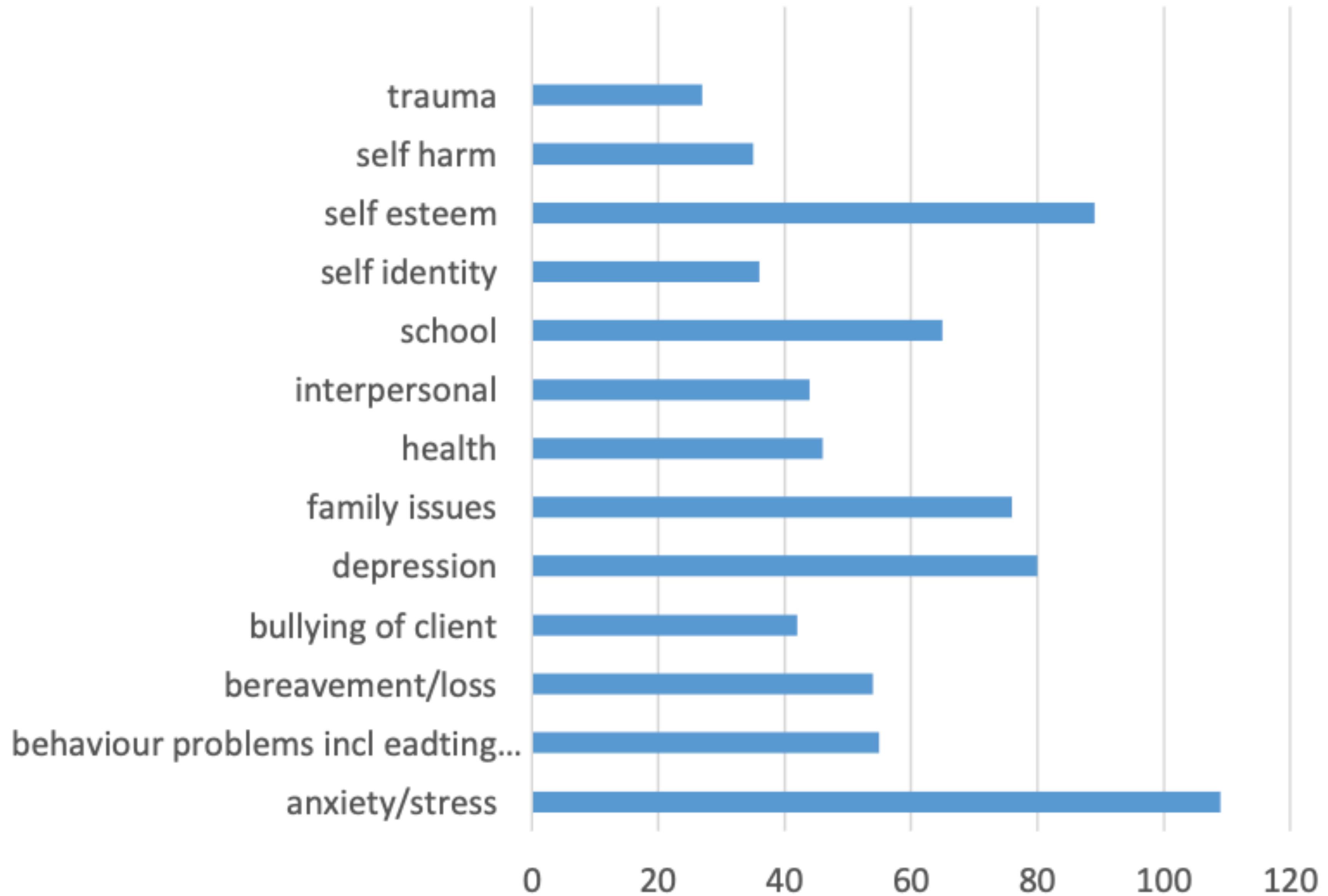


- Last year we provided counselling for around 128 children and young people each year- 79 female and 49 male.
- During lockdown we moved all the counselling over to on-line one to one counselling using Teams.
- We are now mostly back to face to face counselling in a covid secure environment

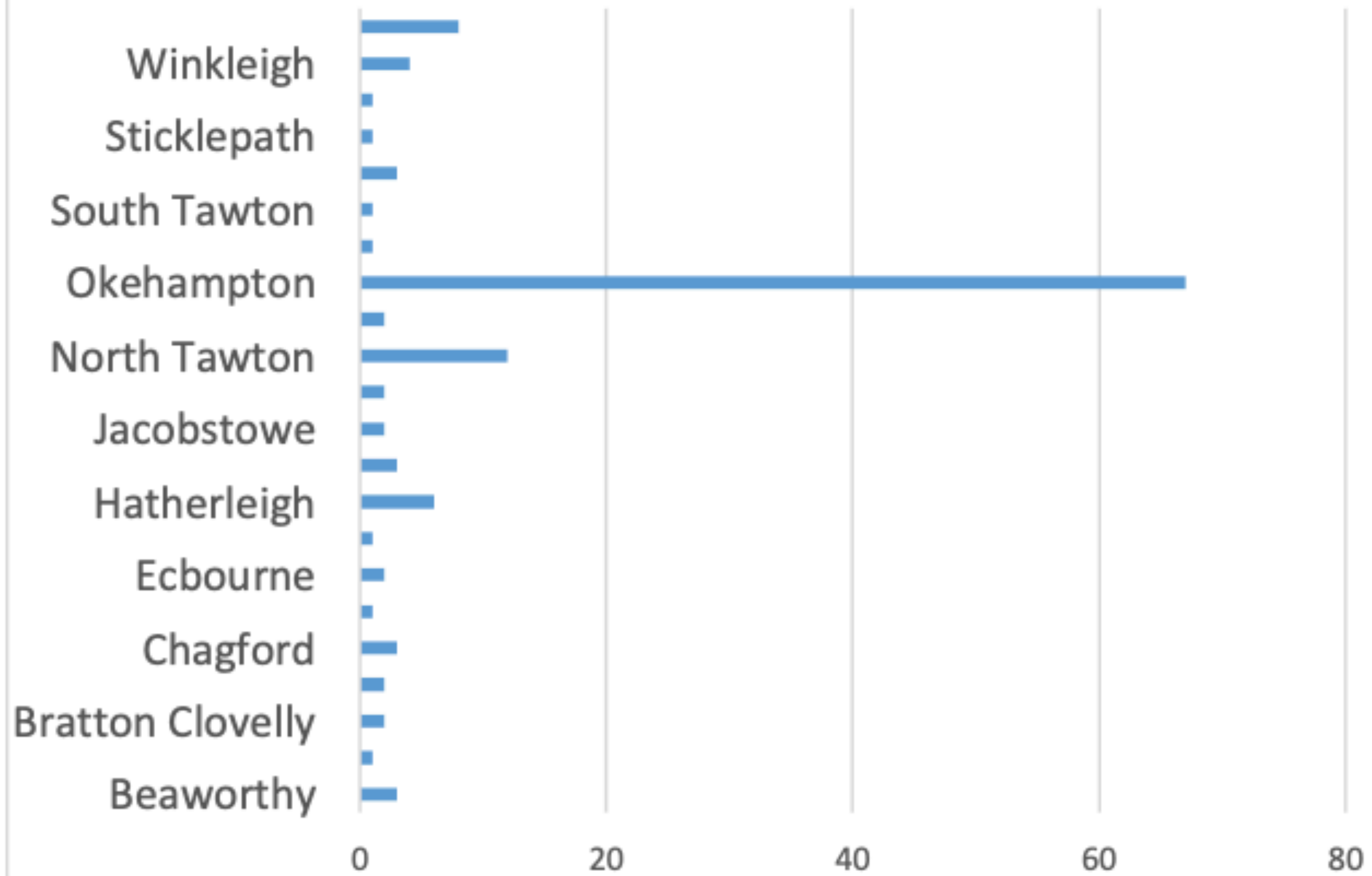
Education Setting



Presenting Issues



Home Location of Clients



Who Refers CYP to Tor Support?

- 41% Okehampton College Staff
- 24% parents
- 14% Primary school staff
- 10% GP
- 7% self referrals
- 4% other agencies

Feedback

- 93% of clients felt able to talk through thoughts and feelings with their counsellor
- 95% reported their counsellor helped them understand their thoughts and feelings
- 80% felt more able to cope at school since receiving counselling
- 74% reported improved relationships with teachers
- 83% felt their behaviour had improved
- 87% felt more able to concentrate on tasks in and out of school
- 93% felt more positive