

Building Mental Capital at a Personal Level



Fiona Moir / 18th October 2016

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“ Almost a quarter of a million children and young people are receiving help from [NHS](#) mental health services for problems such as anxiety, depression and eating disorders.”

Mental Health Services Data Set (MHSDS),
NHS Digital 2016



“Promoting mental health and preventing mental illness is one of the most important goals of our modern public health system.”

Public Health England

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75% of mental health problems in adult life start by the age of 18 years



Conduct disorders in childhood are also associated with a significantly increased rate of mental health problems in adult life, including antisocial personality disorder – up to 50% of children and young people with a conduct disorder go on to develop antisocial personality disorder.

National Institute for Health and Care
Excellence 2013

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Somerset Children and Young People Survey (SCYPS) 2014/15

81 primary schools

24 secondary schools

8,825 pupils

FE colleges and sixth-form settings

949 students



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Key findings related to young people's mental health

- Young people and anxiety - 76% of pupils responded that they worry and become anxious 'quite a lot' or 'a lot' about issues such as exams, friendships, home life, money
- 15% of boys and 30% of girls responded that they have harmed themselves at some point in their lives as a result of anxiety or feelings of depression
- 61% of boys and 72% of girls responded that they have experienced emotional or psychological problems at some point in their lives
- 32% of boys and 43% of girls responded that they have had thoughts that life is not worth living at some point in their lives.

Commissioning 2014/15 – Identified Aim

- Build emotional resilience in young people through staff training and resources

**Resilience:
The capacity to
recover quickly from
difficulties**

Emotion Coaching Programme

- Somerset Public Health commissioned Bath Spa University and EHCAP (to provide Emotion Coaching training to the children and young people's workforce in Somerset.
- The training is based on Bath Spa's Attachment Aware Schools Programme and utilises emotion coaching inspired by Professor John Gottman's research in the USA and 'Mindsight' developed by Dan Siegel
- Training was offered in each of the five districts to 140 staff and allowed participants to take on leadership roles within their own organisations to cascade and disseminate the practice.

What is Mindful Emotion Coaching?

‘Emotion coaching is about helping children and young people to understand the different emotions they experience, why they occur and how to handle them.’

(John Gottman)



What was the impact?

The project increased the champions' neuroscientific knowledge of emotional regulation and mental health, including:

- the neuroscience of mindfulness
- their awareness and understanding of their own and children's emotions
- the link between behaviour and emotions
- improved staff empathy and patience in taking the perspective of the child
- a simple and structured tool to employ in any situation
- increased confidence and skills in managing challenging situations.

“In 18 years of teaching and goodness knows how many courses, this one makes the most sense and has given me the most useful help, support, ideas to work with in my setting.”

Emotion Coaching Champion in South Somerset

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Impact on professionals and practice

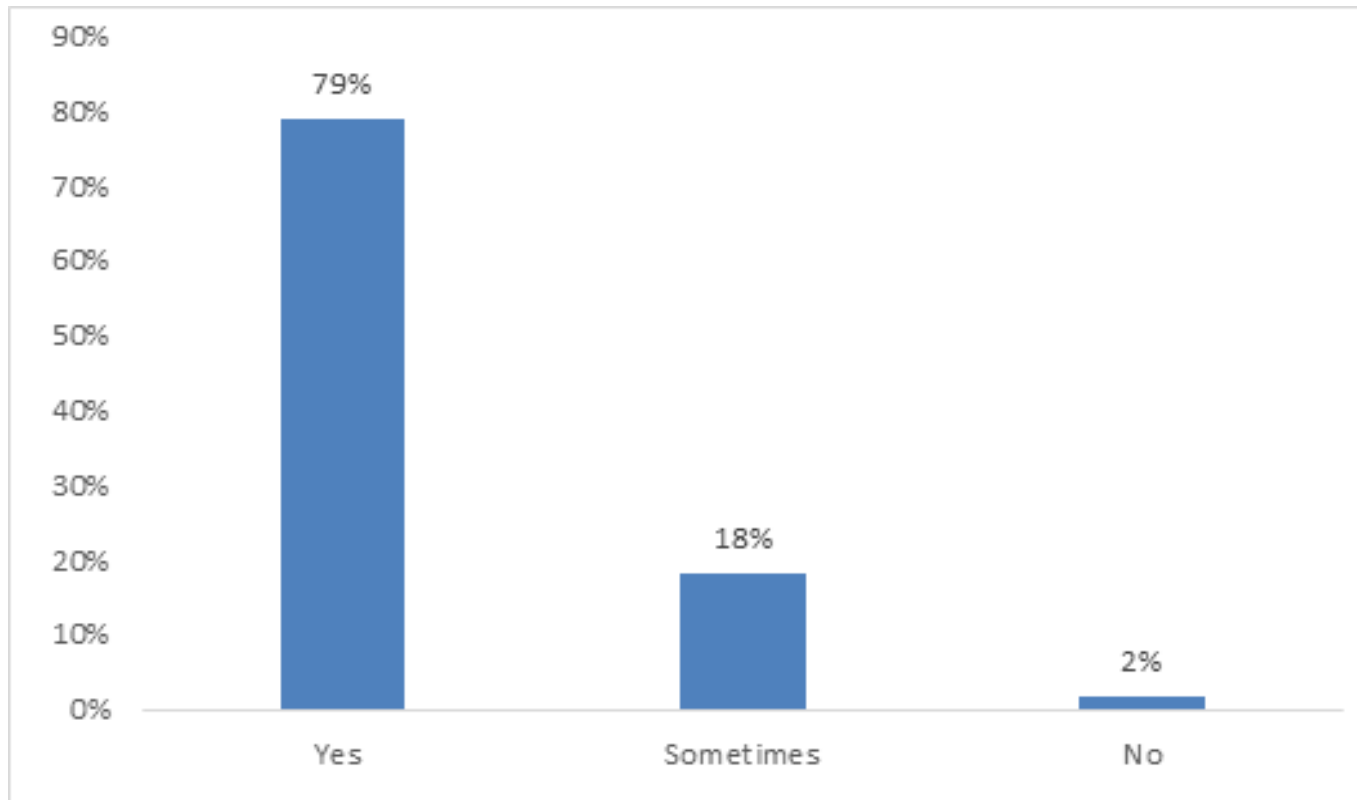
‘I now have a much better understanding of the physiological processes that take place when a young person has ‘flipped their lid.’

‘Made me think of how I react to situations and be mindful of what’s causing the behaviour rather than the behaviour itself.’

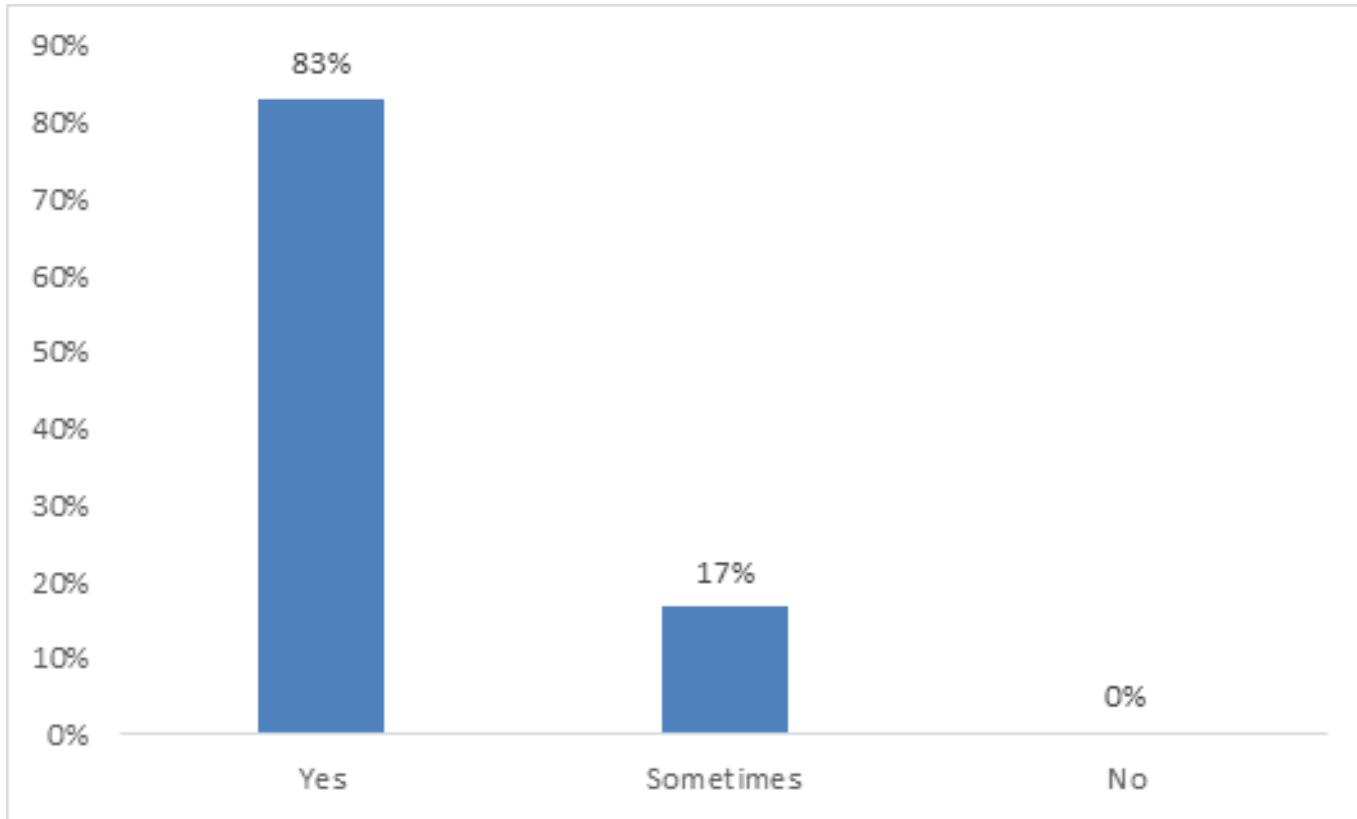
‘I have become much more aware of my own emotions and how these impact on children.’

‘It has reduced the number of incidents that would have otherwise escalated.’

Impact on Children's Behaviour and Wellbeing



Increased adult awareness, knowledge and self-regulation





www.cypsomersethealth.org

www.emotioncoaching.co.uk

WWW.SOMERSET.GOV.UK

