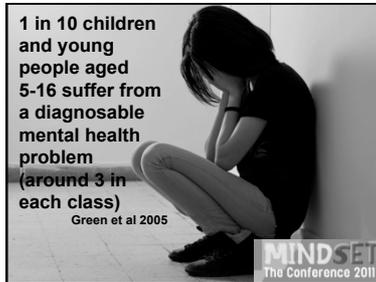


**Why am I  
so  
unhappy?**

Dr Kate Middleton

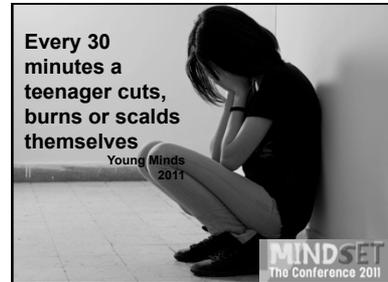
**MINDSET**  
The Conference 2011



**1 in 10 children  
and young  
people aged  
5-16 suffer from  
a diagnosable  
mental health  
problem  
(around 3 in  
each class)**

Green et al 2005

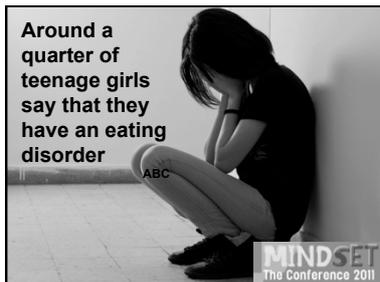
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**Every 30  
minutes a  
teenager cuts,  
burns or scalds  
themselves**

Young Minds  
2011

**MINDSET**  
The Conference 2011



**Around a  
quarter of  
teenage girls  
say that they  
have an eating  
disorder**

ABC

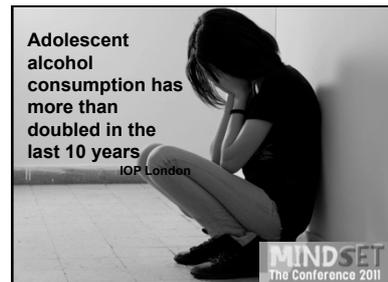
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**More than 1 in 4  
teenagers admit  
that they  
frequently feel  
depressed**

BBC Newsround survey

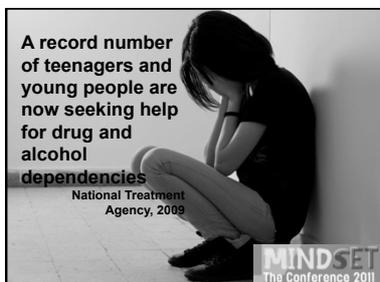
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**Adolescent  
alcohol  
consumption has  
more than  
doubled in the  
last 10 years**

IOP London

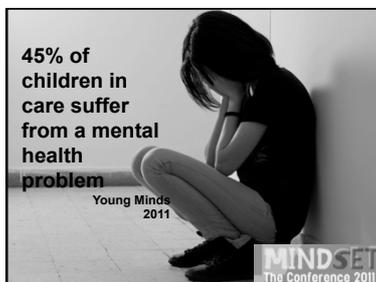
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**A record number  
of teenagers and  
young people are  
now seeking help  
for drug and  
alcohol  
dependencies**

National Treatment  
Agency, 2009

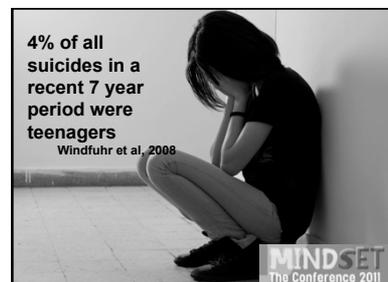
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**45% of  
children in  
care suffer  
from a mental  
health  
problem**

Young Minds  
2011

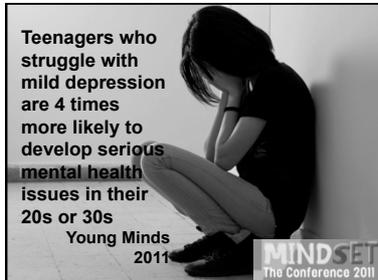
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**4% of all  
suicides in a  
recent 7 year  
period were  
teenagers**

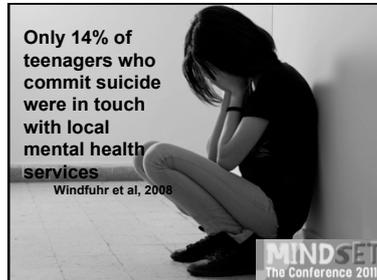
Windfuhr et al, 2008

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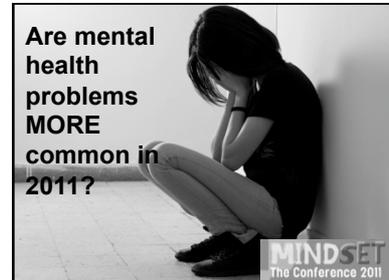
Teenagers who struggle with mild depression are 4 times more likely to develop serious mental health issues in their 20s or 30s  
Young Minds 2011

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The Conference 2011



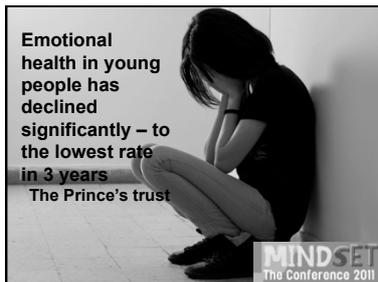
Only 14% of teenagers who commit suicide were in touch with local mental health services  
Windfuhr et al, 2008

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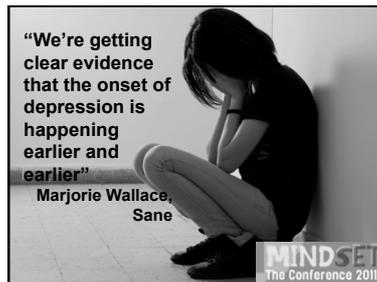
Are mental health problems **MORE** common in 2011?

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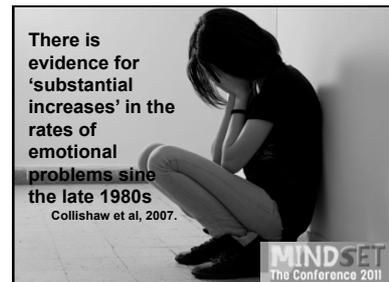
Emotional health in young people has declined significantly – to the lowest rate in 3 years  
The Prince's trust

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“We’re getting clear evidence that the onset of depression is happening earlier and earlier”  
Marjorie Wallace, Sane

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There is evidence for ‘substantial increases’ in the rates of emotional problems since the late 1980s  
Collishaw et al, 2007.

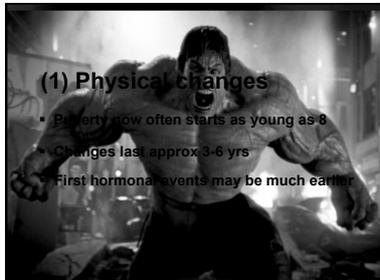
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**WHY?**



Adolescence is a time of **CHANGE** ...  
... From **CHILD** into **ADULT**



**(1) Physical changes**

- Puberty now often starts as young as 8
- Changes last approx 3-6 yrs
- First hormonal events may be much earlier



**(2) Emotional/cognitive changes**

- This is all about learning adult thinking

Especially development of the **FRONTAL LOBES**

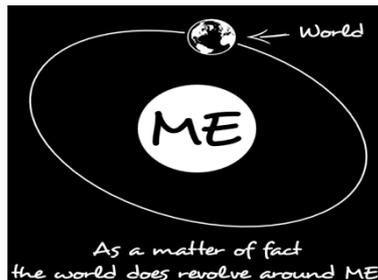
Inhibiting/control behaviour is not their strength



**(2) Emotional/cognitive changes**

- This is all about learning adult thinking

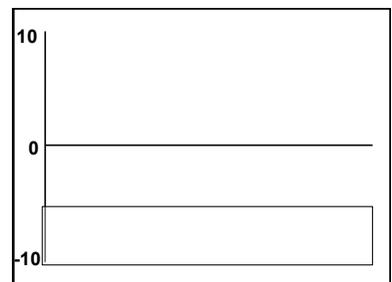
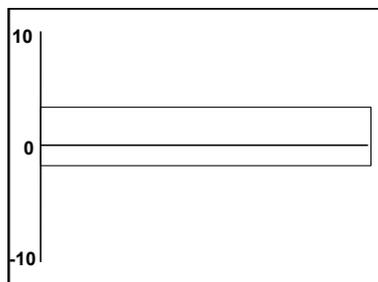
**(3) Thinking becomes less egocentric**

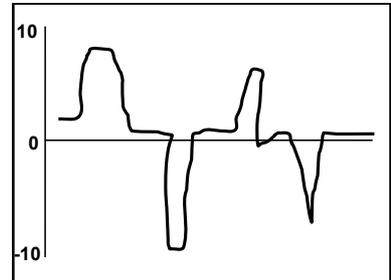
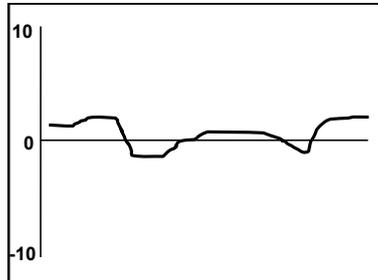
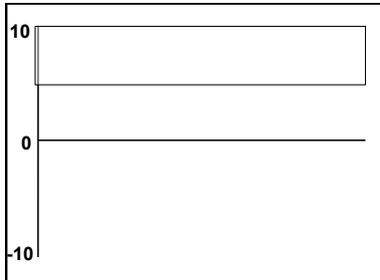


**(2) Emotional/cognitive changes**

- This is all about learning adult thinking

**(2) Complex emotions are developing**





**(2) Emotional/cognitive changes**

▪ This is all about learning adult thinking

(3) Self IDENTITY starting to form



**(2) Emotional/cognitive changes**

▪ This is all about learning adult thinking

(4) Lower frontal lobe functions also slow to develop ...

... Particularly important for long term thinking





(3) Psychosocial Changes

- Independence (from parents)
- Developing mature sexuality
- Developing adult sense of identity
- Developing realistic career goals

What does all this MEAN?

What does all this MEAN?

1. Adolescents often feel very out of control

What does all this MEAN?

2. Different young people may be at different stages of development at the same age

What does all this MEAN?

3. Adolescent emotions can be more powerful, less predictable, and less stable

What does all this MEAN?

4. Adolescents are more prone to substance misuse and to other emotional 'coping strategies'

What does all this MEAN?

5. Adolescents may act (and react) totally different one day compared to the next

