Child and Adolescent Mental Health Current Awareness Bulletin

This bulletin provides you with details of the latest evidence, news, key research and developments in Child and Adolescent Mental Health.

March 2016

No Harm Done  YoungMinds

At YoungMinds we know self-harm is a scary and isolating experience, not just for young people, but also for parents and professionals trying to help a young person through it. That is why we teamed up with The Charlie Waller Memorial Trust and The Royal College of Psychiatrists to create a series of co-created short films and digital resource packs on self-harm with young people, parents and professionals.

Building Digital Resilience  YoungMinds

YoungMinds is calling for a new approach to ensure that the online world does not damage young people’s mental health. ‘Resilience for the Digital World’ is the report produced by YoungMinds and research and consultation company Ecorys calling for more focus to be given to building young people’s digital resilience. Digital resilience is the ability for young people to respond positively and deal with risks they encounter online – rather than focusing solely on protecting them from risky content.

Mental Health Foundation highlights the importance of children’s mental health with #MindsMatter

Mental Health Foundation

As the Friends of the Foundation host a gala dinner to raise much needed funds for the Mental Health Foundation’s work with children and young people, a preventative approach to mental health problems in childhood has never been more needed.

Parent and young people divided when it comes to self-harm  YoungMinds

Two new surveys, commissioned by a group of leading UK youth charities, including YoungMinds, suggest that there is a gap in understanding between young people and parents about self-harm and where young people should go for support.

School-based CBT  anxiety and low mood: the FRIENDS programme  Mental Elf

Anxiety and depressive disorders in children are common. The British Mental Health survey estimated that 3.7% of 5-15 year-olds met the diagnostic criteria for an anxiety disorder and 1% had a depressive disorder. Co-morbidity between anxiety and depression is common and around 15-18% of children will have experienced an impairing anxiety or depression by the age of 16-17 years old.

Self-harm in young people: how can we support parents and families?  Mental Elf

This study highlights the very real impact of self-harm upon parents and families. It also draws attention to many action points of vital practical significance for clinicians, schools and other support services to address, namely that parents and families are better able to support their child or sibling who self-harms when those around the family provide a supportive, non-judgmental, and compassionate environment.

Concerns over rise in children’s use of anti-depressant drugs, World Health Organisation

New research has shown an alarming rise in the use of anti-depressant drugs among children says the World Health Organisation (WHO). The new study, published in the European Journal of Neuropsychopharmacology, shows that between 2005 and 2012 there was a 54 per cent increase in the number of young people prescribed them in the UK.
Published Articles

Prevention, early intervention, harm reduction, and treatment of substance use in young people  *Lancet Psychiatry*

Training children’s theory-of-mind: A meta-analysis of controlled studies  *Cognition*

Prevention of Depression in At-Risk Adolescents: Predictors and Moderators of Acute Effects  *Journal of the American Academy of Child and Adolescent Psychiatry*

Marital Hostility, Hostile Parenting, and Child Aggression: Associations From Toddlerhood to School Age  *Journal of the American Academy of Child and Adolescent Psychiatry*

Transitions in Friendship Attachment During Adolescence are Associated With Developmental Trajectories of Depression Through Adulthood  *Journal of Adolescent Health*

The effectiveness of simple psychological and physical activity interventions for high prevalence mental health problems in young people: A factorial randomised controlled trial  *Journal of Affective Disorders*

Commentary: Transdiagnostic neuroscience of child and adolescent mental disorders - differentiating decision-making in attention-deficit/hyperactivity disorder, conduct disorder, depression and anxiety. A commentary on Sonuga-Barke et al. (2016)  *Journal of Child Psychology and Psychiatry*

Co-occurring symptoms of attention deficit hyperactivity disorder (ADHD) in a population-based sample of adolescents screened for depression  *BMC Psychiatry*

Annual Research Review: Building a science of personalized intervention for youth mental health  *Journal of Child Psychology and Psychiatry*

Annual Research Review: Transdiagnostic neuroscience of child and adolescent mental disorders – differentiating decision making in attention-deficit/hyperactivity disorder, conduct disorder, depression, and anxiety  *Journal of Child Psychology and Psychiatry*

Books

The following books are available on child and adolescent mental health. To search for a specific book, or those on another subject, click the link and search the catalogue.

E-books can be accessed using your LPFT Athens username and password. If you do not have one, please self-register. Simply click on the title of the book you wish to read and click on the link next to Electronic book - click for access.

You may find the following eBooks of interest:

- Working with grieving and traumatized children and adolescents; discovering what matters most through evidence-based, sensory interventions
Childhood depression; a place for psychotherapy

For print books, you will need to reserve the book with your Reader Code and PIN. Simply click on the title of the book you wish to borrow and press the Reserve button.

Collect books from a hospital library, or have them sent to your work address if you are on Lincolnshire NHS’ transport network. If you do not have a Reader Code and PIN ask the library to resend them. If you have not already done so, please register your details with the library.

Library Services

- **Mental Health Subject Collection** ([http://www.hello.nhs.uk/subcol_mentalhealth.asp](http://www.hello.nhs.uk/subcol_mentalhealth.asp)) : your stop for best-practice, news and library services relevant to mental health, including eJournals and eBooks.

- **Mental Health Current Awareness Bulletin**: new evidence and research, and developments in specific mental health fields.

- **Journal Article Requests** ([http://www.hello.nhs.uk/journal_articles.asp](http://www.hello.nhs.uk/journal_articles.asp)): we'll find any article you need for whatever reason, fast.

- **Literature Searches** ([http://www.hello.nhs.uk/literature_search.asp](http://www.hello.nhs.uk/literature_search.asp)): we'll search for relevant evidence and research for any topic, no matter how specific.

- **Tailored Current Awareness Alerts** ([http://www.hello.nhs.uk/tailored_alerts.asp](http://www.hello.nhs.uk/tailored_alerts.asp)): working on a particular project, developing an aspect of a service, or are just interested in a specific subject? The library will email you with an update each month, or more often/less often as required.

- **Electronic Table of Contents Alerts** ([http://www.hello.nhs.uk/etoc_alert.asp](http://www.hello.nhs.uk/etoc_alert.asp)): tell us about your key journals, and we'll send you the table of contents of each new issue.

- **Information Skills Training** ([http://www.hello.nhs.uk/training.asp](http://www.hello.nhs.uk/training.asp)): learn how to search the healthcare databases, find the evidence and search Google effectively...

- **Find information**: don’t have the time to find a national policy or a piece of information, tell us what you need and we’ll find it for you. Just email library.lincoln@ulh.nhs.uk

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