

**Young people and Mental Health in a changing World**  
**Emotional health & Wellbeing in Teens related to Gender Identity**

**Enabling the Best Start in Life**

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**430,000 GBP** (Economic Cost)  
**25% of Population**  
**£3.5 Billion**  
**MH Accounts 40-50%**  
**Out of WORK!**  
**Single Biggest Cause of Disability in NI**

**£20 Million**  
**1 in 9** Children & Young People  
**Autism 3,300+** Referrals

**CAMHS (all) 9,000+** Referrals

**CAMHS % Age Profile**

**Substance Misuse NI Census in March 2017**

Treatment type by age and gender	Alcohol Only	Drugs Only	Alcohol & Drugs
Male - 18+	23	14	43
Female - 18+	15	20	56
Male - U18	42	32	8
Female - U18	39	26	35

*The average Irish person aged 15+ drank 11.6 litres of pure alcohol. The average person aged 16-24 drank 16.7 litres.*

**North's Ireland Young People Survey** reported that 29% of 16 year old respondents had serious personal, emotional or mental health problems, with a much higher percentage (43%) from 'not well off' backgrounds.

**The Challenge of Childhood Anxiety**

**Signs Your Child Might Be Depressed**

**ADHD**

**AUTISM**

**Intergenerational Trauma**

**Your Plan**

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**Reality**

Risk factors	Protective factors
<ul style="list-style-type: none"> <li>Difficult temperament</li> <li>Low self esteem</li> <li>Negative thinking style</li> </ul>	<ul style="list-style-type: none"> <li>Easy temperament</li> <li>Good social and emotional skills</li> <li>Optimistic coping style</li> </ul>
<ul style="list-style-type: none"> <li>Family disharmony, instability or breakup</li> <li>Harsh or inconsistent discipline style</li> <li>Parent/s with mental illness or substance abuse</li> </ul>	<ul style="list-style-type: none"> <li>Family harmony and stability</li> <li>Supportive parenting</li> <li>Strong family values</li> </ul>
<ul style="list-style-type: none"> <li>Peer rejection</li> <li>School failure</li> <li>Poor connection to school</li> </ul>	<ul style="list-style-type: none"> <li>Positive school climate that enhances belonging and connectedness</li> </ul>
<ul style="list-style-type: none"> <li>Difficult school transition</li> <li>Death of family member</li> <li>Emotional trauma</li> </ul>	<ul style="list-style-type: none"> <li>Involvement with caring adult</li> <li>Support available at critical times</li> </ul>
<ul style="list-style-type: none"> <li>Discrimination</li> <li>Isolation</li> <li>Socioeconomic disadvantage</li> <li>Lack of access to support services</li> </ul>	<ul style="list-style-type: none"> <li>Participation in community networks</li> <li>Access to support services</li> <li>Economic security</li> <li>Strong cultural identity and pride</li> </ul>

## The legend of the KOI



- According to legend, a koi fish decided to swim upstream to attain enlightenment. Despite the unrelenting pull of the river downstream, the koi struggled onward and upward, overcoming many obstacles, eventually cresting a mighty waterfall and was transformed into a flying dragon.
- Name was the Idea of one of our young people and agreed in group Context
- Koi became a symbol of willingness to go against the current, with perseverance and determination.
- Koi now represent courage and the ability to face challenges to achieve goals.

## Gender



- How societies determine and manage sex categories
- The cultural meanings attached to men and women's roles
- How individuals understand their identities including, but not limited to, being a man, woman, transgender, intersex, gender queer and other gender positions.
- Involves social norms, attitudes and activities that society deems more appropriate for one sex over another.
- Gender is also determined by what an individual feels and does.
- Gender is a social identity. It arises from our relationships to other people, and depends upon social interaction and social recognition.
- It influences how we understand ourselves in relation to others.

## Gender Diversity



- Behaviours and interests that fall outside what is considered normal for a person's assigned biological sex – may be indicated by choices in games, clothing and playmates, or by the child stating they wish to be the other sex
- Not used to describe only a brief, passing curiosity



## Transgender



- An individual whose gender identity does not match their assigned birth gender. For example a child assigned male gender at birth (a natal male) who self-identifies as a girl.
- A transgender identity does not imply any specific sexual orientation. Therefore transgender people may additionally identify straight, gay, lesbian or bisexual.



## Epidemiology and Co-morbidity

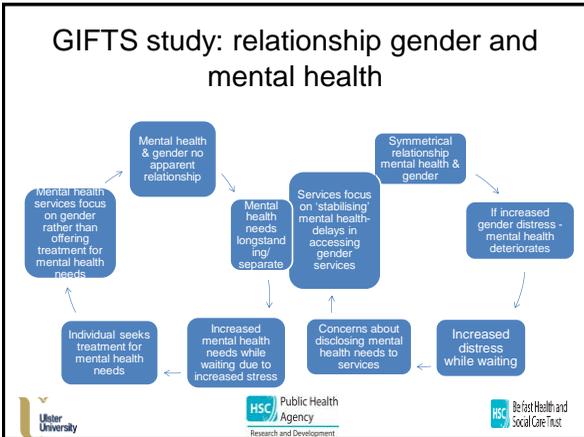


- Estimates of 8 trans individuals (>16 years) per 100,000 in Northern Ireland (McBride, 2013)
- ASD –7.8% in Dutch study (de Vries *et al.*, 2010); Finland 26% (Riittakerttu Kaltiala-Hino *et al.*, 2015)
- Relationship difficulties with parents or carers (57%), relationship difficulties with peers (52%), depression/misery (42%), family mental health problems (38%), family physical health problems (38%), being the victim of harassment or persecution (33%) social anxiety (31%) (Di Ceglie, 2000)
- Self-harm, suicide attempts, substance use, eating disorders

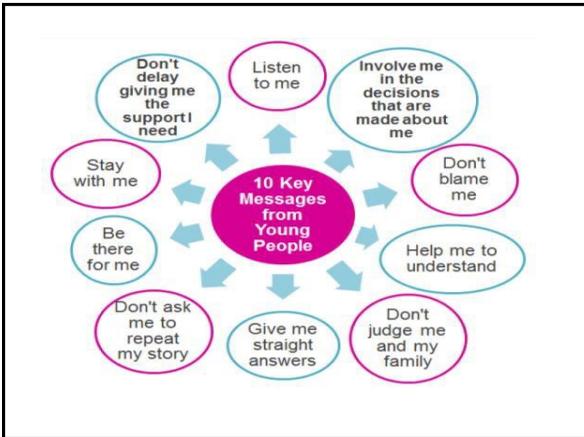
## Co-morbidities



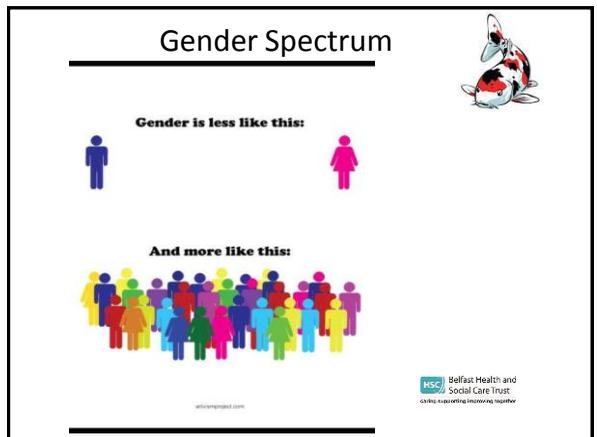
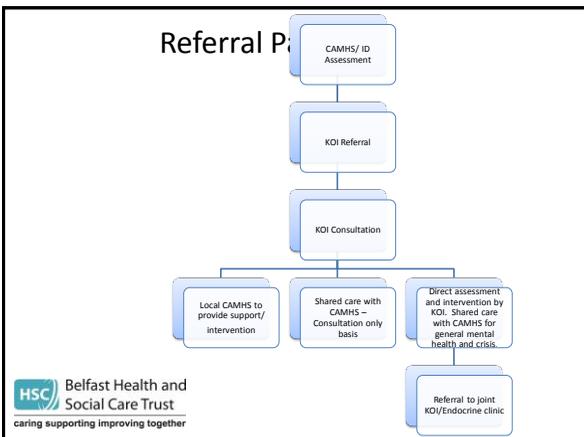
- ASD (22% confirmed, 33% waiting diagnosis)
- Affective disorders
- Anxiety disorders
- Trauma (high number of ACE)
- Relationship difficulties
- Physical Health
- Family discord
- Disordered eating



- ### GIFTS study: reported coping strategies
- Distraction
  - Affirmation from others
  - Dissociation
  - Self-harm
  - Smoking/ drinking/ recreational drug use
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- ### Therapeutic Aims
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- We aim to:
  - Engage and build relationship
  - foster recognition and non-judgemental acceptance of gender identity and any co existing issues
  - Work with associated behavioural, emotional and relationship difficulties
  - enable the child or adolescent and the family to tolerate uncertainty in gender identity development if needed
  - sustain hope
  - encourage exploration of the mind-body relationship by promoting close collaboration with the supporting system
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## Family support – Simons et Al (2013)

- Importance of a supportive holding environment
- Higher levels of family support inversely correlated with depression, substance abuse, and suicidal thoughts / behaviour
- Greater degrees of family acceptance correlated with higher self-esteem, better general health, and higher quality of life ratings
- Potentially opposing parental tasks:
  1. allowing the child to unfold to be his or her healthiest and most authentic self
  2. ensuring that the child is safe in the world