

Mental Ill Health of Male Black Teenagers 12—18 years old

Introduction

Around 15% of all teenagers experience mental health problems at any one time during their adolescent years. It is accepted that mental health problems are more common in adverse socio-economic circumstances especially when combined with disadvantage, discrimination, inevitably this leads to social exclusion. Black and ethnic minority community groups are more at risk of developing mental health problem than their white counter-parts. Black teenage males are a particularly vulnerable group when the factors described below are considered:

This is exacerbated by, by low household income, coming from a one parent family, being in institutional care, poor school performance. These are particularly relevant to children from minority backgrounds. Individuals from black and minority ethnic groups are identified as more at risk of developing mental health problems.

Risk and Vulnerability Factors for Mental Ill Health in Black Male Teenagers

The risk factors associated with increased risk of mental ill health are living in care, parental disharmony, abuse, bullying, a family history of mental illness, school difficulties, and socio-economic disadvantage. In addition young people in contact with the criminal justice system are three times more likely to have mental health problems as the general population .The common disorders for young offenders are conduct disorders, emotional problems, attentional disorders and substance misuse.

Black children are significantly represented in Southwark's looked after population, the school exclusion rates, on the child protection register and within the youth offending services. adolescent psychiatric in-patient units.

Southwark Statistics

**Adolescent Mental Health Social Work Service –The Bloomfield Centre 2002/03
12- 18 years old**

Total Nos.: 127 Adolescents

63 Female

64 Male

Black Male Teenagers (33) accounted for more than half of all referrals to the service.

Three highest categories are: Black British, Black African and Mixed Heritage

Snowsfield In-Patient Unit Guy's Hospital 2002/03

Southwark Resident Admissions: 20

Male Admissions: 10

Black Teenage Admissions: 7

Highest category Black African (3)

- ◆ Snowsfield Adolescent Unit since opening in 1998 the proportion of admission is 43% Black, 36% White, 8% Asian. This includes non-Southwark admissions.
- ◆ The most common reason for admission was due to psychotic illnesses, and 70% of Black young people admitted, received this diagnosis. A diagnosis of psychosis was as likely to lead to detainment under the Mental Health Act (MHA)

whether black or white. However as the majority of black young people admitted were diagnosed with psychosis this is strongly associated with receiving detention under MHA.

Bethlem Adolescent Unit 2002/03

Southwark Resident Admissions: 7

Male Admissions: 4

Black Teenage Admissions: 3

Highest category (Black African (3))

Mental Health Act Assessment Statistics for Black Teenagers recorded in Adult Services in 2002

Ethnicity and Age in North Southwark MHA Assessments

Age Ethnicity	15	16	17	18	19	Total
Asian UK						0
Black African	1	1	1			3
Black British	1				1	2
Black Caribbean				1		1
Black Mixed					1	1
Unspecified		1				1
White UK			5		1	6
Total	2	2	6	1	3	14

Ethnicity and Age in South Southwark MHA Assessments

Age Ethnicity	15	16	17	18	19	Total
Asian UK		1				1
Black African				1		1
Black British				1	1	2
Black Caribbean						
Black Mixed					1	1
Unspecified			1			1
White UK		2	2		3	7
White European			1		1	2
Total		3	4	2	6	15

Taken together these figures show 29 children aged 15 to 20 who were assessed for admission (27 if you discount two where ethnicity was unrecorded)

Of these

- 48.1% were White British
- 14.8% were Black African
- 14.8% were Black British
- 3.7% were Black Caribbean
- 7.4% were Black Mixed Parentage
- 7.4% were White European
- 3.7% were Asian British

Southwark Adolescent Mental Health Services

◆ Adolescent Services - SLAM:

In-Patient Services

There are two in-patient units for adolescents provided by SLAM. The **Snowsfield Adolescent Unit** serves Southwark residents. This is a 10-bedded unit with four-day patient beds and will accept urgent emergency admissions and young people under section of the Mental Health Act. During 2002/03 there were twenty admissions of young people to the Unit The **Bethlem Adolescent Unit** located in Beckenham, Kent takes young people resident in Southwark if the Snowsfield Unit is full.

Outpatient Services

Southwark CAMHS (SLAM) has a multi-disciplinary **Adolescent team**, comprising Psychiatrists, Social Workers, Child Psychotherapist and Community Nurses. The team sees young people aged from 12 years old to 18 years old. This service works with young people and their families/carers where there are severe and serious mental ill health difficulties. These include young people discharged from hospital who have experienced psychotic illnesses, serious deliberate self-harm, depression, and/or serious behavioural problems. Young people at serious risk of harm or relapse are monitored through the Care Programme Approach. This entails having a key worker to co-ordinate a young person's care and support package alongside periodic monitoring and review. Currently there are 19 young people on the care programme approach with 12 from black and minority ethnic backgrounds, the majority of these are black males.

The Adolescent Service provides limited community psychiatric nurse support to the Youth Offending Team. There are however proposals to expand this service.

The outreach element of the adolescent mental health team is '**Bridging the Gap**' currently funded by HAZ and NRF. This services also has a Drugs Worker funded through DAT. This is an outreach service that provides consultation, training, and direct work with young people in their community setting. This service also facilitates where appropriate referrals to other agencies as well as to the Tier 3 Adolescent Team.

Bridging the Gap has established a service with Willowbank Pupil Referral Unit, and provides consultation to staff at residential homes for young people in the borough Abbey Street and St. Mary's Road. They provide consultation to the Unaccompanied Children's Team and have provided training to Connexions Personal advisors in the Borough. They have established working partnerships with Faces in Focus, Peckham Pulse Young People's Walk In Service as well forging closer links with the Youth Services in the Borough

Tier 2 Locality Child Mental Health Services Walworth and Bermondsey areas

Child Mental Health Workers cover the Bermondsey and Walworth areas and provide services to GP's and offer some teenage counselling.

SLAM Adult Mental Health Services

Adult Mental Health services are involved in section assessments of young people within the community and in hospital settings. (see figures above) Adult mental health services become involved if a young person is aged 18 years and over and has a diagnosis of mental illness.

Southwark PCT

There are plans to develop an early intervention psychosis service as part of the requirement from the Adult Mental Health National Service Framework. The service is currently being designed and is likely to be integrated with existing CAMHS accepting referrals of young people from 15+ years.

Adolescent Counselling Services in Southwark

Kids Company

This innovative project works with young people with a range of problems including mental health difficulties. They provide educational support, counselling, and a range of creative arts/youth activities. Young people are attracted to the informality of the setting and approach.

Faces in Focus

This service offers information and advice to young people including confidential counselling by trained youth counsellors. They also have a health advisor developing a project specifically aimed at the needs of black young people. Service is well used and established within the community.

Cambridge Youth Project

Runs three youth clubs.

Youth work programmes on sexual health substance misuse

Hope UK Peckham.

Drug education and advice for young people.

The Maroon Day Centre

This project works primarily with adults from black and minority ethnic backgrounds but will also take black adolescents with severe mental ill health. They provide activities and support to those with mental illness.

Emergency (role of hospital trusts)

The Maudsley Hospital has an Emergency Clinic open 24 hours a day seven days a week where a young person can present with a mental health crisis. There is always an out of hours child and adolescent psychiatrist available to consult and see a young person who presents with a mental health crisis outside normal working hours. Often they are involved following a self-harm/suicide attempt and a young person is brought to King's College A&E Dept.

Social Services – Out of Hours

Southwark Social Services out of hours team deals with adolescent mental health crises and does undertake section assessments under the MHA for admission hospital.

Residential care

St. Mary's Road and Abbey Street Children's Homes have received consultation from the Bridging the Gap Project and are to receive additional input from Care Link Service

Southwark Social Services & SLAM

Care Link Mental Health Service for Children Looked After

The Care Link Service is a multi-disciplinary team, comprising social workers, child and art psychotherapist, psychiatric input and a psychologist designed to address the mental health needs of children and young people in care, placed within and outside the borough boundaries. This team offers advice, consultation, training and direct therapeutic input to children and their carers. Children in care have the highest mental health needs.¹

Referral Process to CAMHS

Referral to the Adolescent Service at the Bloomfield Centre is usually made by another professional involved with the young person or family. This is normally the young person's general practitioner, but also includes social workers, other health professionals and education staff. Self-referrals are normally re-routed to the GP initially for screening.

Bridging the Gap and the Locality Team will take self-referrals as well as those professional groups they have contact with.

Care Link takes referrals from social workers and other professionals working with children looked after.

Information

All services have leaflets some in different languages explaining the nature of their service and how to access this service. There is no specific information designed for black teenagers and their families.

Education

The BEST Multi-disciplinary Teams (behaviour education support teams) service four schools in the borough two secondary and two primary to help address the needs of pupils with behavioural and emotional difficulties. CAMHS provide input into these teams.

Some schools have counselling services on-site for e.g. '-The Place to Be' for younger children and the Genesis Project that has been in place in one or two secondary schools.

Young people aged 13-19 years have access to a Personal Advisor through the Connexions Service. Personal Advisors are beginning to develop their knowledge and skills in helping young people with mental health problems.

For those out of school, a project designed especially for black teenagers who have been excluded is '**Boyhood to Manhood**' and this service provides education, mentoring, and group work.

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