



**Scotland's
health**

Engaging with Youthwork

Dr Ross Whitehead

Evidence for Action, Public Health Sciences



Why look at youthwork?





Background

JOSH SHIPP

THE POWER OF ONE CARING ADULT



One good adult:



Mental Health Improvement & Early Intervention for Children and Young People

One Good Adult
Importance of dependable adult to supporting and protecting mental health of children and young people – e.g. strengthen parenting, mentoring, guidance, befriending initiatives

Resilience Development in Schools
Whole school approach to mental health and wellbeing – ethos

Resilience Development in Communities
Strong network of youth services, voluntary and

Guiding Thru the Service Maze
Children, families & young people have range of options for support and need to find appropriate

Resilience Development in Communities
Fragmented services, health professionals, and health

This s as

BMC Psychiatry
DOI 10.1186/s12888-017-1260-z

RESEARCH ARTICLE Open Access

Does continuous trusted adult support in childhood impart life-course resilience against adverse childhood experiences - a retrospective study on adult health-harming behaviours and mental well-being

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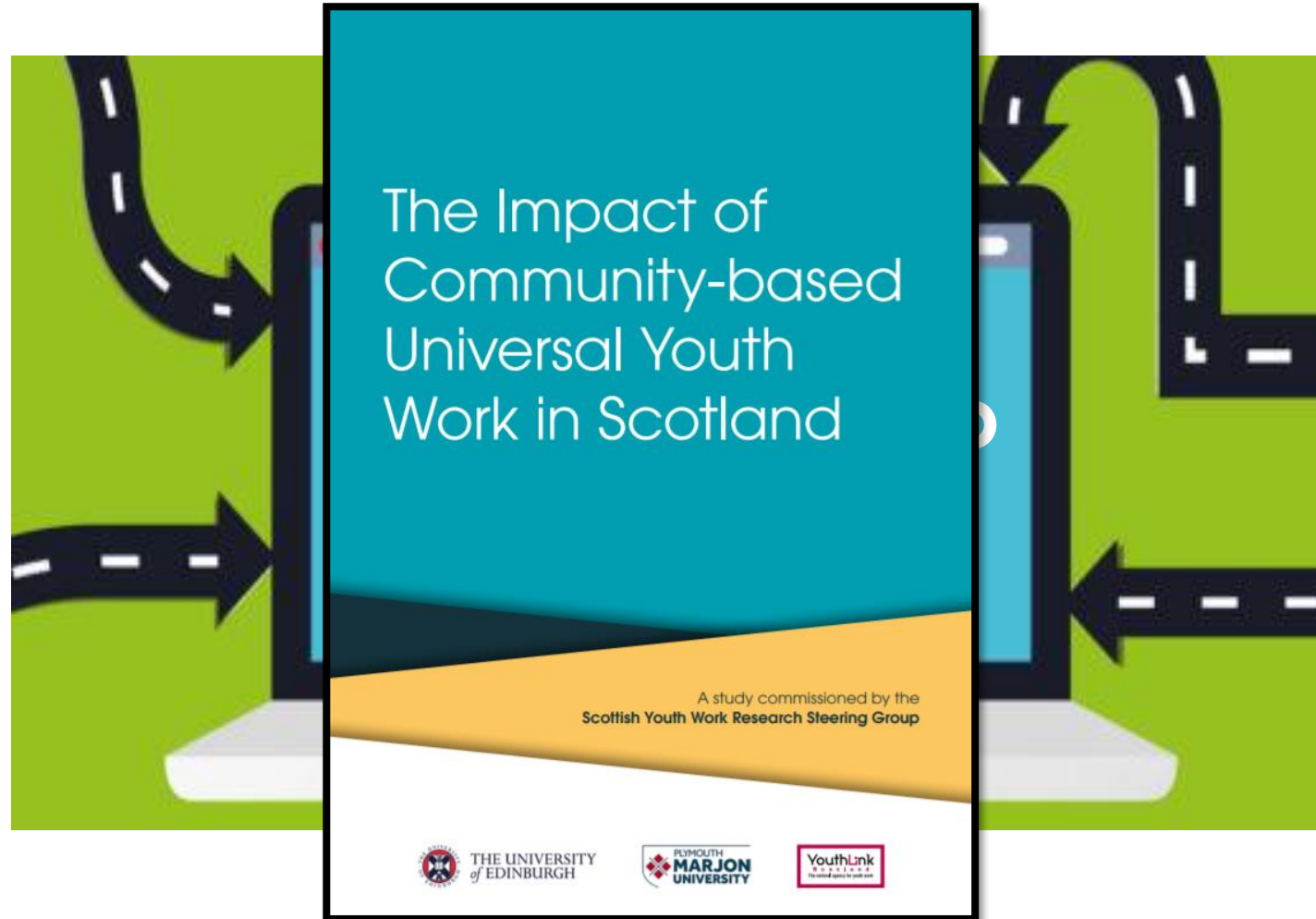
Abstract
Background: Adverse childhood experiences (ACEs) including child abuse and household problems (e.g. domestic violence) increase risks of poor health and mental well-being in adulthood. Factors such as having access to a trusted adult as a child may impart resilience against developing such negative outcomes. How much childhood adversity is mitigated by such resilience is poorly quantified. Here we test if access to a trusted adult in childhood is associated with reduced impacts of ACEs on adoption of health-harming behaviours and lower mental well-being in adults.
Methods: Cross-sectional, face-to-face household surveys (aged 18-69 years, February-September 2015) examining ACEs suffered, always available adult (AAA) support from someone you trust in childhood and current diet, smoking, alcohol consumption and mental well-being were undertaken in four UK regions. Sampling used stratified random probability methods (n = 7,047). Analyses used chi squared, binary and multinomial logistic regression.
Results: Adult prevalence of poor diet, daily smoking and heavier alcohol consumption increased with ACE count and decreased with AAA support in childhood. Prevalence of having any two such behaviours increased from 1.8% (0 ACEs, AAA support, most affluent quintile of residence) to 21.5% (≥4 ACEs, lacking AAA support, most deprived quintile). However, the increase was reduced to 7.1% with AAA support (≥4 ACEs, most deprived quintile) 1 lower mental



Facilitators of youth-adult relationship

- Structure to promote regular, informal interaction
- Opportunity to 'find' adult with shared interests
- Youth choice
- Safe environment
- Genuine empathy
- No pressure
- Going the extra mile
- Non-disclosure / confidentiality







The need for 'hard' evidence

- Youthwork facing significant resource restrictions
- A need to demonstrate (and quantify) the impact
- Thus far, a lack of cold, hard data!



Growing Up in Scotland

The title 'Growing Up in Scotland' is displayed in a bold, blue, sans-serif font. Below the text are three blue silhouettes of children in various active poses: one sitting on the ground, one performing a handstand, and one jumping.

- Added youthwork Qs to BC1 / SW9 (2016-17)
- Study child ~ 12-13 yrs
- n = 3,419 (main + boost)

- Data from Main Carer interview (Qs about child)



Analyses

- Prevalence of participation
- Correlates of participation
- Caregivers' perception of impact

(Analyses weighted & design-adjusted)



% of sample participating in...

- Uniformed youth group
- Youth democracy group
- Youth club
- Youth worker (local area)
- Youth worker (online)
- Youth award



% of sample participating in...

Uniformed youth group – 22%

Youth democracy group – 1%

Youth club – 16%

Youth worker (local area) – 3%

Youth worker (online) – 1%

Youth award – 4%

Any (one or more) – 38% / None – 62%



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Any (one or more) – 38% / None – 62%



Correlates of (any) participation

Sex

- Females
- Males



Correlates of (any) participation

Sex

- Females – 41%
- Males – 34%



Correlates of (any) participation

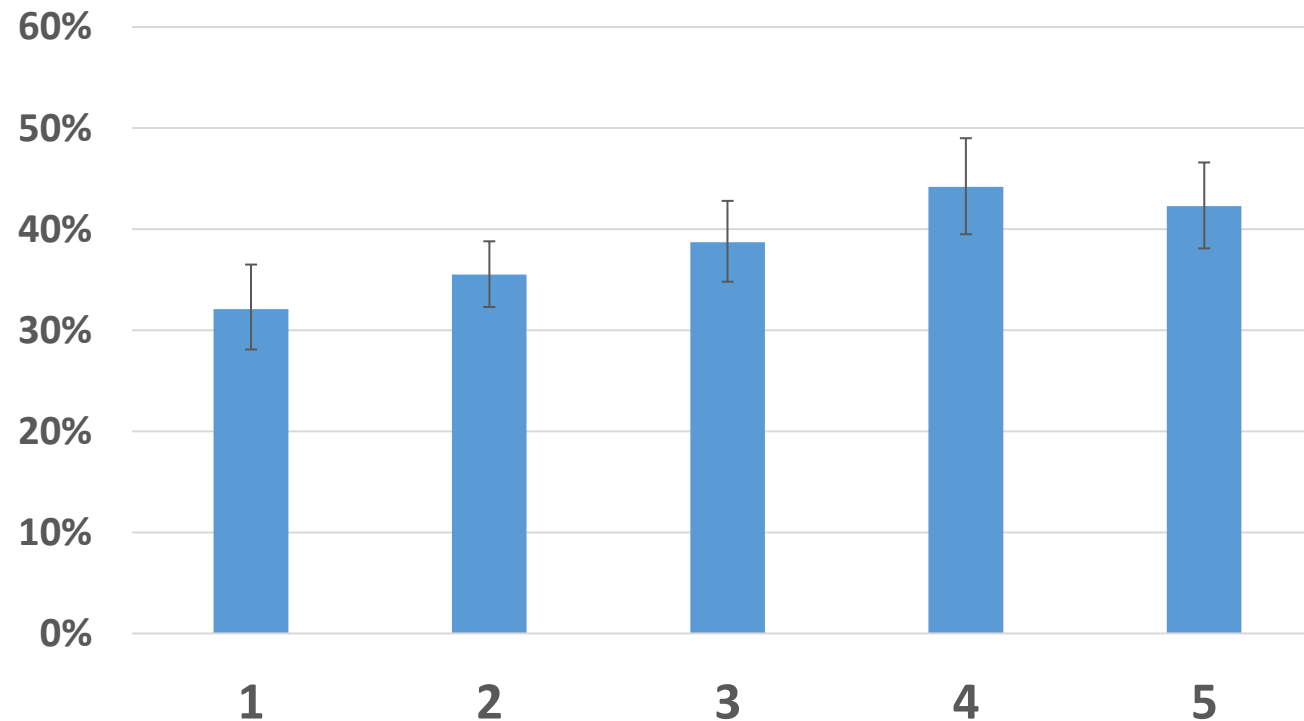
Equivalised household income (quintile)





Correlates of (any) participation

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Correlates of (any) participation

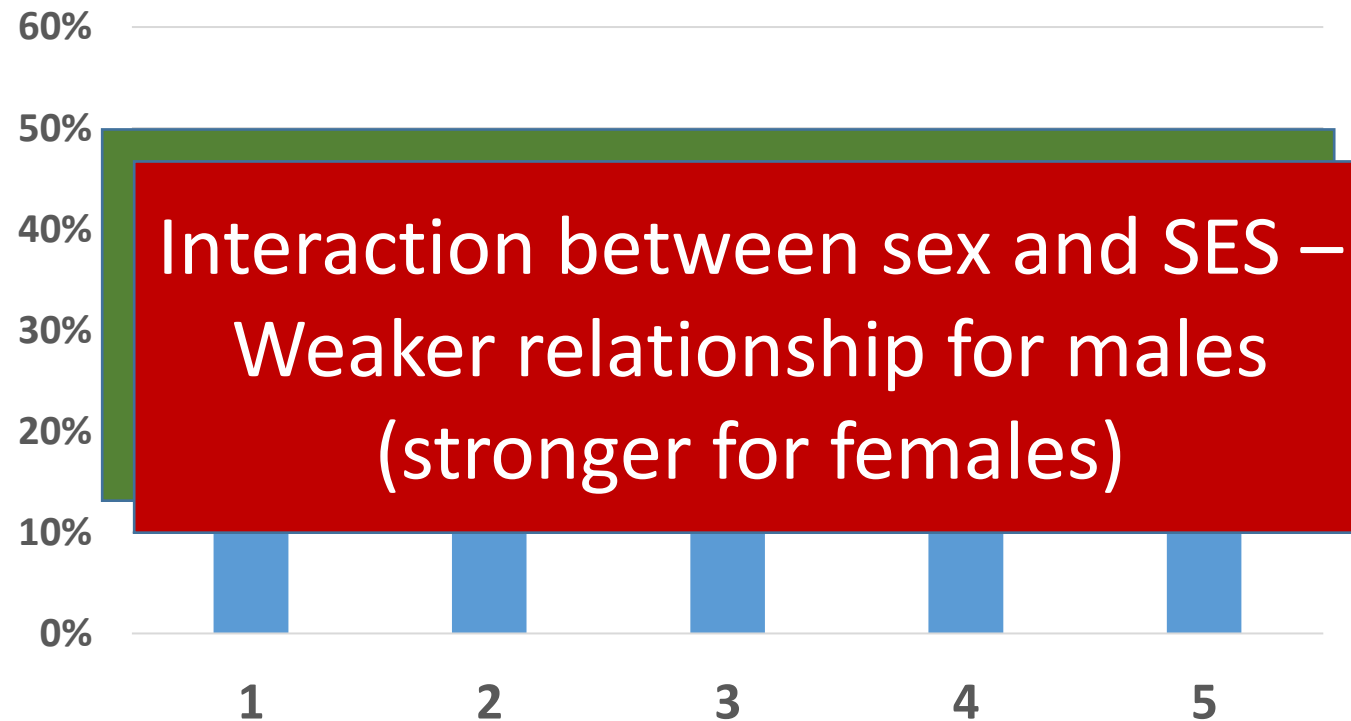
Equivalised household income (quintile)





Correlates of (any) participation

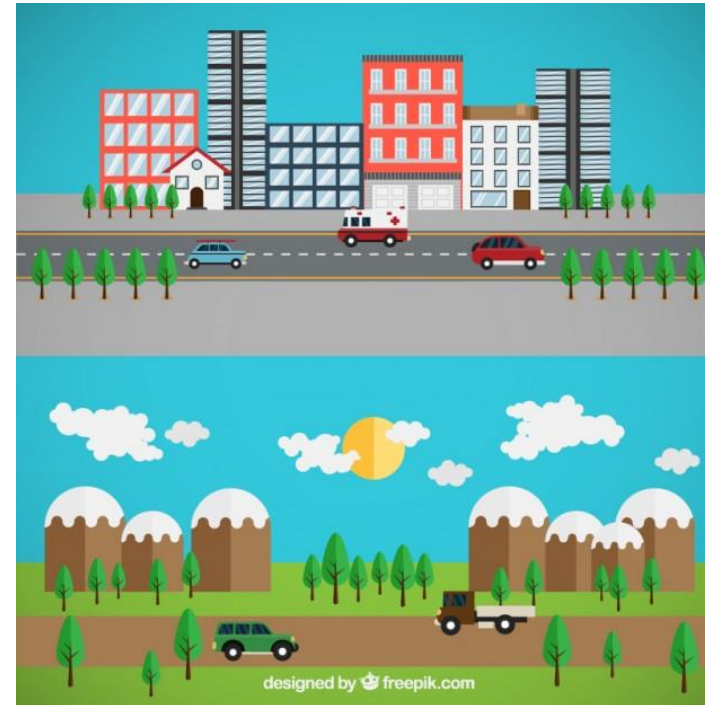
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Correlates of (any) participation

Urban/Rurality

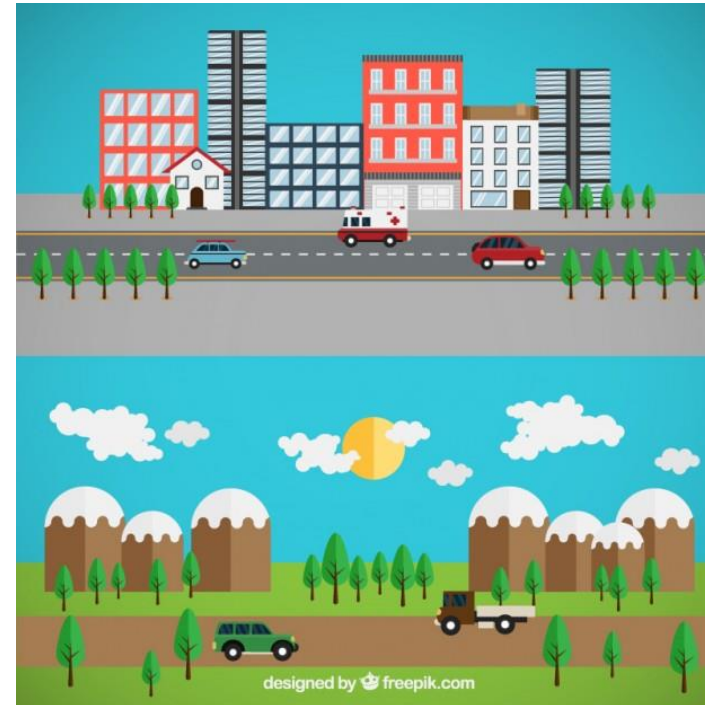
- Non rural
- Rural



Correlates of (any) participation

Urban/Rurality

- Non rural – 37%
- Rural – 41%





Correlates of (any) participation

Youth wellbeing (SDQ)

- Overall
- Emotional symptoms
- Conduct problems
- Hyper-activity
- Peer problems

- Pro-social



Correlates of (any) participation

Youth wellbeing (SDQ)

- Overall
- Emotional symptoms
- Conduct problems
- Hyper-activity
- Peer problems

No significant association

- Pro-social

Positively associated with (any) participation



Correlates of (any) participation

Youth wellbeing (SDQ)

- Overall
- Emo
- Conc
- Hype
- Peer

Not evidence that youthwork has no effect on these outcomes!

- Pro-social _____ Positively associated with (any) participation



Correlates of (any) participation

Youth wellbeing (SDQ)

- Overall
- Emotional
- Conduct
- Hyperactivity
- Peer

Those that DO participate have similar outcomes to those that don't.

- Pro-social ————— Positively associated with (any) participation



Caregiver's perception of impact...

Access to info/advice can't get from friends/teachers

Makes them happy

Makes them feel safe

Gives them confidence

Helps them learn

Helps them understand others

Helps them get on with others

Helps them make friends

Helps them feel included

Helps them deal with problems

Helps them express themselves

None of these

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Helps them deal with problems

Helps them express themselves

None of these

These recorded for
each type of participation
(% agreeing)



% Agreeing	Uniform	Youth Democracy	Youth Club	Local area / Online	Award
Advice/info	41	67	29	58	39
Happy	91	76	94	67	78
Safe	46	36	44	47	32
Confidence	90	93	82	77	91
Learning	70	62	39	53	65
Understand	62	67	51	52	50
Get on	81	66	77	52	63
Friends	86	66	87	53	63
Included	69	59	65	59	60
Deal problems	33	42	28	39	30
Express self	58	75	43	43	55
None	1	1	2	3	4



% Agreeing

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Barriers to participation

- For the 62% that report engagement in none of activities....
- Why not?



Barriers to participation

YP doesn't want to	69
YP too young	3
YP needs not accommodated	1
YP too busy	25
YP too tired	4
Not available in area	11
Caregiver doesn't want them to	1
Too expensive (correl with SES/SIMD)	4
Too difficult (time/transport)	6
YP not confident enough	7
YP does too many activities	16
YP doesn't feel welcome	2
YP doesn't feel safe	1
Cultural / religious reasons	1
Other	7



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Longitudinal analyses to come...

- SW9 plus SW10 data
- 4 permutations between SW9 & SW10
 - Maintains participation
 - Begins participation
 - Ceases participation
 - Never participated
- How have outcomes *changed* in each of these groups?