

Book review

Children and Young People's Mental Health

Edited by Louise Theodosiou, Pooky Knightsmith, Paula Lavis and Sue Bailey
Shoreham by Sea
Pavilion
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It is rare for beginners, in any field of mental health, to have an introductory text written by experts. Over 50 authors, from a variety of disciplines and settings, have contributed to this outstanding book. Its editors have ensured it is both accessible and relevant to a broad spectrum of readers, across the *Children & Young People's Mental Health Coalition*.

This book addresses both specific clinical conditions (such as bipolar disorder, eating disorders or autism) and behavioural problems (such as self-harm, internet gaming or drug use) in eminently practical terms. An unusual strength is the way it covers both common childhood settings (like schools) and socially excluded children (like children in care or in the criminal justice system). The needs of both professionals who work in challenging environments and the needs of family carers are considered, alongside clinical issues in childhood. Developmental trajectories are considered (for example a young person's transition to adult services). I was particularly impressed that this book places the development of "children and young people mental health services in context" within wider policy developments, which is later on essential to engaging with "the legacy of different service histories" and the "physical health of children and young people with mental health problems".

That can underpin future *Equally Well* initiatives on inequalities (see: <https://betterhealthforall.org/2018/10/10/the-new-equally-well-collaboration/>).

With a Foreword by the Children's Commissioner for England (Anne Longfield and with the past Chair of the Academy of Medical Royal Colleges as an Editor (Sue Bailey) it is no surprise that the book's policy framework is so clear – meeting a longstanding priority for this Journal (Caan and Jenkins, 2008). There are clear *principles* behind their vision of commissioning and delivering children and young people's services to "build resilience, promote good mental health and wellbeing" alongside "prevention and early intervention".

I hope this book runs to further editions. These could address a weakness in its current content: the authors are all based in Britain (mainly England) and the evidence-base is rather insular. There are many lessons that could be learned from international studies, for example from WHO (Rimpela *et al*, 2013).

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References

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