

# **Using Life Chances Indicators and Measures to improve Children and Young People's Mental Health**

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# From boosting income...

The Child Poverty Act 2010 introduced four challenging and legally binding child poverty targets to be met by 2020/21, based on:

- ▶ relative low income;
- ▶ absolute low income;
- ▶ combined low income and material deprivation and;
- ▶ persistent low income.

# **...to boosting life chances**

Six parental indicators:

1. Parental worklessness

## **2. Parental conflict**

- ▶ **Proportion of children in couple-parent families living with parents who report relationship distress**
- ▶ **Proportion of children in separated families who see their non-resident parents regularly**

3. Poor parental mental health

4. Drug and alcohol dependency

5. Problem debt

6. Homelessness

# Recommendations I

1. Improve the Evidence Base
2. Invest in Interventions that Work
3. Extend the use of Couple Counselling in Children and Young People's Mental Health Services
4. Schools' role in relationship support

# Recommendations 2

5. Encourage the development of Family Hubs

6. Take a strategic national approach

7. Better provision of information

8. Education and training

**Any questions?**

**Thank you for having me!**

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