



CENTRE *for* ECONOMIC
P E R F O R M A N C E



EDUCATING FOR HAPPINESS

Wellbeing and Mental Health in Education Conference

Richard Layard

5 May 2017

THE BEST SOCIETY

**Has the most
happiness, and the
least misery**

**(The great C18
Enlightenment idea)**

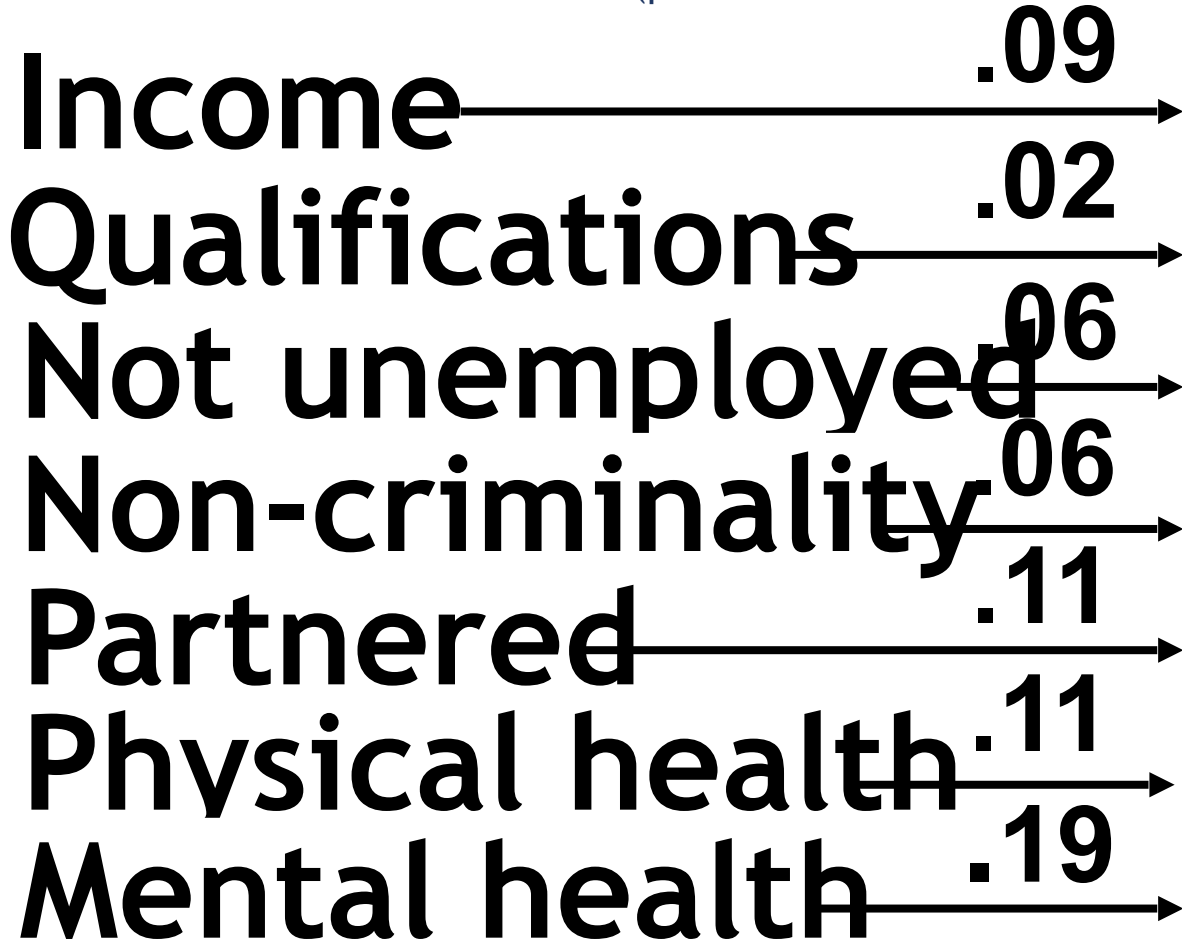
THE SOLE PURPOSE OF EDUCATION

To develop capacities that will increase

- the happiness of the pupil (as child and adult)**
- the happiness of the rest of society**

CAUSES OF ADULT HAPPINESS

(partial correlation coefficients)



ADULT
LIFE
SATIS-
FACTIO
N

CHILDHOOD ORIGINS OF HAPPINESS

(partial correlation coefficients)

**Highest
qualification** → **.07**

**Behaviour
at 16** → **.03**

**Emotional
health at 16** → **.10**

**ADULT
LIFE
SATIS-
FACTIO
N**

CHILDHOOD ORIGINS OF CRIME

(partial correlation coefficients)

**Highest
qualification** → **-.06**

**Behaviour
at 10** → **-.13**

**Emotional
health at 10** → **-.07**

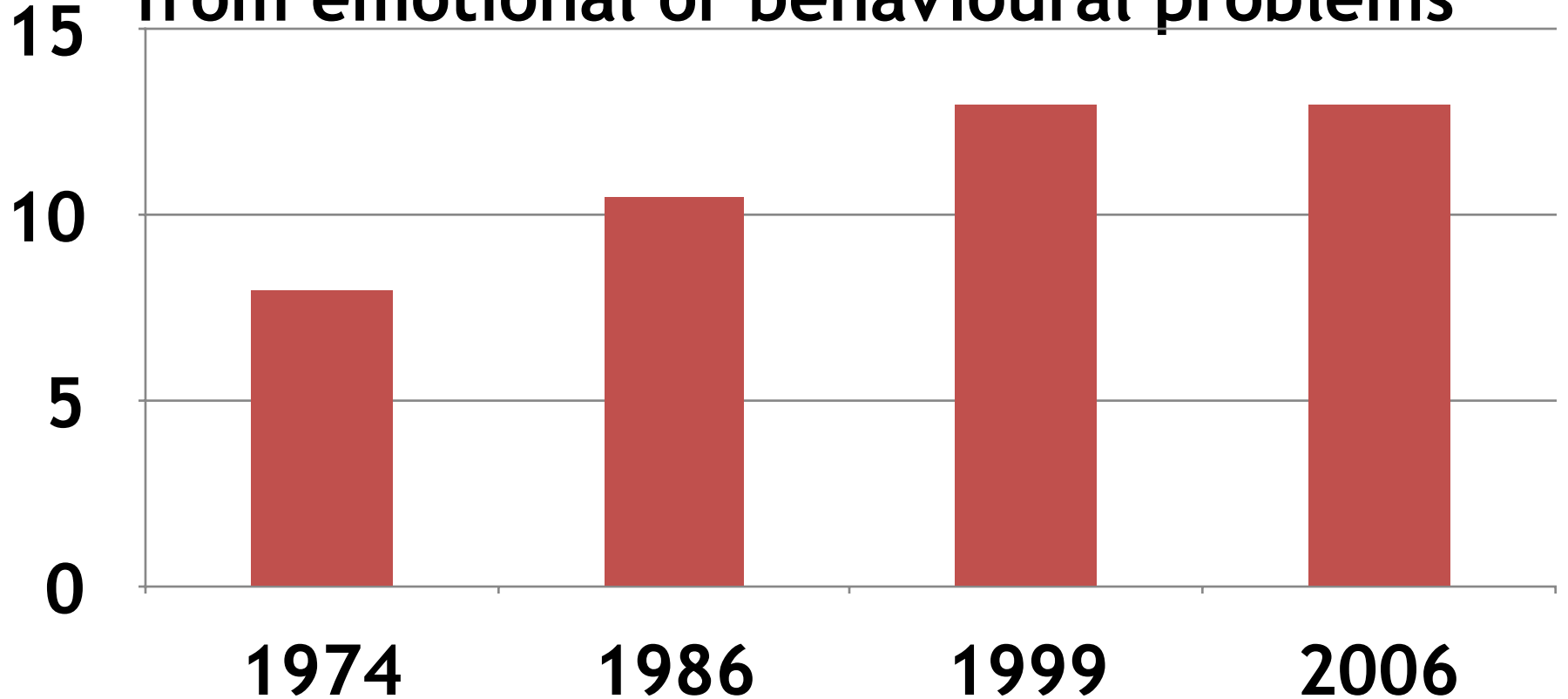
**CONVIC-
TIONS**

HOW MANY ARE SICK? (5-16)

	%
Anxiety disorders	3
Depression	1
Autistic spectrum disorder	1
Conduct disorder/ADHD	5
	10

IT'S GETTING WORSE

Percentage of 15 year olds in Britain suffering from emotional or behavioural problems



WHAT SCHOOLS CAN DO

- Promote mental health for all.
- Help those in difficulty.

PROMOTING MENTAL HEALTH

- 1. Have happiness of children as an explicit goal.**
- 2. Measure it.**
- 3. Have a Wellbeing Code for whole school.**
- 4. Teach life skills at least**

HEALTHY MINDS CURRICULUM (11-14)

Topic	Programme used
Resilience	Penn Resilience Program; MoodGym
Compassion	Relationship Smarts
Sexual relationships	SexEd Sorted
Drugs	Unplugged
Eating and alcohol	SHAHRP
Mental disorders	Science of Mental Illness
Parenting	Parents under Construction
Media awareness	Media Navigator
Life goals	Schools to Life
Mindfulness	.Breathe

**howtothrive.org/healthy-
minds/**

Email: info@howtothrive.org

EVEN I UALLY

- **PSHE will be a specialist subject in PGCE.**
- **All teachers will have basic MH training.**
- **A mass of e-materials will help.**
- **Every school will have a senior teacher in charge of mental health.**

HELPING CHILDREN IN DIFFICULTY

- A new school-based wing of CAMHS to help children with mild to moderate problems, and, where relevant, their parents.

(The main share of the extra £1.25b for child mental

- **We must demand parity for mental and physical health.**

This means equal access to NICE-recommended treatments.



Thrive

THE POWER OF EVIDENCE-BASED
PSYCHOLOGICAL THERAPIES

RICHARD LAYARD · DAVID M. CLARK

References

Slides 4-6 - Clark, A.E., Flèche, S., Layard, R., Powdthavee, N. and Ward, G. (forthcoming). *The Origins of Happiness: The Science of Wellbeing over the Life Course*: Princeton University Press.

Slide 7 - Green, H., McGinnity, A., Meltzer, H., Ford, T. and Goodman, R. (2005). *Mental health of children and young people in Great Britain, 2004*, Basingstoke: Palgrave Macmillan.

Slide 8 - Collishaw, S., Maughan, B., Goodman, R. and Pickles, A. (2004). 'Time trends in adolescent mental health', *Journal of Child Psychology and Psychiatry*, 45(8): 1350-1362; and Green, H., McGinnity, A., Meltzer, H., Ford, T. and Goodman, R. (2005). *Mental health of children and young people in Great Britain, 2004*, Basingstoke: Palgrave Macmillan.

Slide 11 - Bailey, L. (2014). *Healthy Minds - The Curriculum Journey*. How To Thrive. howtothrive.org/healthy-minds/

Slide 16 - Layard, R. and Clark, D.M. (2014). *Thrive: The power of evidence-based psychological therapies*, London: Penguin.