

Research on Improving the Specialization System of Mental Health Services for Children and Adolescents in Wuxi

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Abstract: The professional construction of children's and adolescents' mental health services will effectively promote and promote the improvement of children's and adolescents' mental health service system and ability in Wuxi. The mental health service team for children and adolescents is an important basis for improving and ensuring the mental health level of children and adolescents. Strengthening its professional construction is the key to improving the mental health service ability level and system construction of children and adolescents. It is also of great significance for improving the scientific, accurate and modern level of the mental health service system for children and adolescents. This study studies the difficulties and difficulties in the construction of the specialized system of children's and adolescents' mental health services in Wuxi and the further improvement direction of the specialized system, so as to further promote the establishment of the specialized system of children's and adolescents' mental health services in Wuxi.

1. Introduction

The 19th National Congress clearly put forward: "strengthen the construction of social psychological service system and cultivate a social mentality of self-esteem, self-confidence, rationality, peace and positive progress". Ten ministries and commissions, including the National Health Commission, the central political and Legal Commission and the Central Propaganda Department, jointly issued the notice on printing and distributing the pilot work plan for the construction of the national psychosocial service system, the notice requires: "the pilot areas should build a social psychological service model and working mechanism. By the end of 2021, the pilot areas should gradually establish and improve the social psychological service system, integrate mental health services into the social governance system, and integrate the construction of spiritual

civilization into the construction of safe China and healthy China." As the main force of social development, the mental health of children and adolescents is the key point of social ideological and cultural construction that can not be ignored.

2. Difficulties and Dilemmas in the Construction of Specialized System of Mental Health Services for Children and Adolescents

2.1. The Matching Degree of Professional and Academic Background is not High

There is a relative shortage of mental health service personnel specializing in children and adolescents in the city, with uneven educational levels, and most of them are part-time mental health services.

At the hospital level, most of them are medical personnel with professional backgrounds such as psychiatry and psychology. A total of 11 people in the city can provide services for children and adolescents, of which only 4 are full-time. Other personnel also need to carry out other clinical work (Table 1). On Macintosh, please choose font, Times. Except in special circumstances, such as program code.

Table 1: Age distribution of children and adolescents in Wuxi

Age group	2020	2021
0-14	1025200(14.9%)	901300(12.5%)
15-24	900180(13%)	904100(13%)
total	1925380(27.9%)	1805400(25.5%)

At the school level, although psychological counseling rooms are generally established, most of the psychological service personnel are head teachers or other teachers. Most of them have educational background or obtain psychological counselor certificate through training. However, the teachers of mental health services say that their professional knowledge, professional skills and life experience are still shallow, although they have the qualification for psychological counseling. However, there is no solid service ability and lack of up-to-date knowledge reserve, which makes me feel "unable to do what I want" when I carry out service [1].

At the social level, according to the psychological counseling qualification examination and training business on the market, most of the staff of many psychological counseling institutions engaged in mental health services in social institutions are psychological counselors, psychological guidance instructors and health managers. They only get the professional qualification after going through the review examination, and they can only provide the most basic psychological counseling services. Lack of deeper professional knowledge background, the non professional services of these service personnel will not only delay the treatment opportunity of the caller, but also cause secondary injury [2].

2.2. Lack of Business Skills and Experience

Due to the mismatch of professional background, many children and adolescents' mental health service providers lack professional skills and corresponding experience.

At the hospital level, it is mainly reflected in the fact that most doctors or psychotherapists master psychological counseling or psychotherapy skills for adults or the elderly. These skills are not fully applicable to children and adolescents. At the same time, due to the large volume of psychological counseling / treatment outpatient business in the hospital and the personnel factors of

the hospital, there are few opportunities to go out for further study, or the study time is short, The duration of further study on treatment and consultation methods related to mental health of children and adolescents is often only 3 months. Doctors can not fully master the professional service skills of mental health of children and adolescents, so the service quality is not high [3].

At the school level, many teachers engaged in mental health services for children and adolescents mostly focus on moral education. The shorter their working years are, the fewer relevant consultation hours are carried out every week. Most of the school's mental health service teachers are not supervised, and there are few opportunities for further study, resulting in the inability to improve their professional skills [4].

At the social level, since the psychological counselor training of national brands no longer exists, and the gold content of psychological counselor training of various industry associations is low, most of the mental health service personnel of various psychological counseling institutions have not received professional psychological counseling training, and there are few special training for children and adolescents' mental health services, This has resulted in the lack of experience in various services of psychological counseling institutions and the uneven quality of services [4]. Because there are few professional practitioners or social workers engaged in mental health services for children and adolescents in the community, the community has little experience in mental health services for children and adolescents.

3. Strengthen the Further Improvement Direction of the Professional System of Mental Health Services for Children and Adolescents

3.1. To Determine the Goal of Mental Health Services for Children and Adolescents in Wuxi

By the end of 2022, we will achieve the phased objectives of the indicators related to the mental health of children and adolescents proposed in the healthy China action (2019-2030), basically build a social environment conducive to the mental health of children and adolescents with local characteristics in Wuxi, and form a mental health service model led by the government and linked by schools, communities, families, media and medical and health institutions, We will implement prevention and intervention measures for psychological and behavioral problems and mental disorders of children and adolescents, strengthen psychological counseling for key groups, and lay an important foundation for improving the health and well-being of children and adolescents and building a healthy China [5].

Schools at all levels and types should establish psychological service platforms or rely on school doctors, medical and health institutions and other personnel to carry out students' mental health services. Preschool education and special education institutions should be equipped with full-time and part-time mental health education teachers. Build a scientific, professional and modern mental health service system for children and adolescents in Wuxi, and 80% of parents' schools or family education guidance service stations carry out mental health education [6]. 80% of psychiatric hospitals above level II set up children and adolescents' psychological clinics, and 80% of children's specialized hospitals, maternal and child health centers and general hospitals above level II set up mental (psychological) clinics. The awareness rate of core knowledge of children and adolescents' mental health reached 90%. Further improve the mental health quality of children and adolescents in Wuxi and reduce the incidence of suicidal and self abandonment stress behaviors of children and adolescents in Wuxi. While preventing mental diseases or obstacles, it can reduce the incidence of mental disorders among children and adolescents, and children and adolescents with mental disorders can receive timely and effective treatment and rehabilitation [7].

3.2. Improve the Professional Level of Mental Health Services for Children and Adolescents

The professional construction of children's and adolescents' mental health services will effectively promote and promote the improvement of children's and adolescents' mental health service system and ability in Wuxi. The mental health service team for children and adolescents is an important basis for improving and ensuring the mental health level of children and adolescents. Strengthening its professional construction is the key to improve the mental health service ability level and system construction of children and adolescents, and it is also of great significance to improve the scientific, accurate and modern level of the mental health service system for children and adolescents [8].

3.2.1. Strengthen the Professional Ability at the Hospital Level

At the hospital level, most medical personnel with professional backgrounds such as psychiatry and psychology are engaged in mental health services. In the community health service center, some mental health service personnel are concurrently served by fine prevention doctors, and many doctors have no experience in mental health services for children and adolescents.

First, we should improve the employment mechanism and select doctors with service willingness and ability for training. Due to the difficulty and intensity of children's and adolescents' mental health services and high professional requirements, we should strengthen the exercise of practical ability and send professionals to medical institutions with advanced children's and adolescents' service ability at home and abroad for further study, Provide sufficient growth support and development space for professionals.

Second, through supporting professional child and adolescent psychotherapy centers, professionals will be inclined to the grass-roots level, and human resources investment in grass-roots mental health services will be increased. In combination with the existing "municipal juvenile growth guidance center (Youth happy growth center)", "youth mental health service center", "township (street) community psychological counseling Station" "School psychological counseling room" provides professional psychological counseling and treatment, psychological crisis prevention and mental disease diagnosis and treatment services for minors in the city, establishes psychological counseling stations in town (street) village (community) service centers, and regularly organizes activities such as mental health knowledge and family education lectures.

Third, carry out regular training for medical workers who pay attention to the mental health of children and adolescents, and continuously improve their mental health service level by standardizing management, formulating service standards, clarifying job requirements and regular evaluation.

Fourth, strengthen the ability to deal with psychological crisis events. The process and professional ability of professionals to deal with psychological crisis events should be a reassuring "professional" banner in the event of psychological crisis events of children and adolescents. Similarly, establish a crisis response linkage mechanism to ensure timely response and provide rescue, support and help at the first time, this is the guarantee of effective response after the occurrence of psychological crisis. Therefore, under the guidance of the government, mental health institutions should coordinate the participation of personnel from different levels of departments such as education department, public security department and media, coordinate all kinds of resources, and obtain various support.

3.2.2. Strengthen Education Specialization at School Level

In the school's mental health service for children and adolescents, teachers engaged in children and adolescents' mental health should have the ability of mental health education, and integrate it with students' education and teaching, so as to fundamentally promote the psychological development of children and adolescents into students' daily life. In particular, the selection and employment of excellent teachers requires them to have the ability to carry out mental health education and consulting services for children and adolescents, and penetrate into the normal school education and teaching system.

The first is the prevention mode of full participation, which puts forward the prevention and crisis intervention mode based on the prevention and reduction of suicide rate. According to the model, in addition to the full-time children and adolescents' mental health service personnel in the school, teachers, school administrators in contact with students, and even security guards and dormitory managers should receive relevant knowledge training on psychological crisis intervention, so that they can detect the abnormal changes of students who may enter the crisis channel as soon as possible from the students' education, study and life, Thus, the campus crisis intervention program can be started in time and effectively [9] (Table 2).

Table 2: Adolescent psychological health counseling method

Scientific perspective	subject	content	Estimated class hours
Action cognition language development	New sensory integration training	Concept, performance, physiological basis, training skills	eight
Communicative behavior	Dysarthria, speech expression, speech communication	Build expression ability and teamwork ability	twelve
	Children's communication disorder	Alleviate selective silence and fear of looking at each other	twelve

Second, strengthen professional training. Although the school's mental health teachers have learned the principles and techniques of systematic psychological counseling, they are mostly restricted due to various reasons. They can only apply relevant technologies mechanically in mental health education and counseling services. Therefore, they need to cooperate with the professional health department to regularly implement full coverage among kindergarten, primary and secondary school teachers in the city Rolling rotation training can improve its basic theory, professional ability and operation skills through theoretical learning, skill guidance, teaching observation, communication and supervision and other forms.

Third, improve the evaluation and employment methods of primary and secondary school mental health education teachers' positions (professional titles), and formulate corresponding evaluation standards of professional and technical positions (professional titles). Ensure that mental health teachers enjoy the same treatment as head teachers, and full-time and part-time mental health teachers' mental health education and teaching activities and psychological counseling should be included in the workload.

Fourth, it is necessary to constantly improve the early screening intervention, establish the school psychological counseling room, strengthen the allocation of full-time personnel, and pay attention to the investment and updating of psychological evaluation and measurement tools. The so-called "if you want to be good at work, you must use your tools first" and provide mental health services. Teachers can better play their role by using more tools.

3.2.3. Strengthen Professional Supervision at the Social Level

At the social level, it is necessary to establish and improve the mental health service industry

association and the inter professional and inter departmental team of municipal children and adolescents' mental health service experts, and explore policies and measures to support, guide and cultivate social psychological service institutions to participate in mental health services.

First, drawing on the experience of the United States and Canada and based on the local actual situation in Wuxi, formulate standards for the mental health service industry, including qualification, ethics, effect evaluation, supervision system and a series of standards. It is necessary to guide the professional level and professional quality of mental health service personnel, and supervise the whole process of mental health service personnel before and after work.

Second, improve the service quality evaluation of institutions, unblock social feedback channels, reasonably standardize fees, incorporate the relevant management information of institutions into the enterprise credit information publicity system and the national unified credit information exchange platform, and gradually form a benign operation mechanism of survival of the fittest. Carry out continuing education for managers and employees of mental health service institutions, and strengthen academic exchanges, training and scientific research on mental health of children and adolescents.

4. 4. Create a "People-Oriented" Mental Health Service System for Children and Adolescents

Humanistic psychologists put forward the concept of "patient-centered" psychotherapy. From the construction of children's and adolescents' mental health service system, that is, it needs to be "people-oriented" and "children and adolescents oriented". By paying attention to their health mentality, they can realize their self value needs and help them achieve or achieve their best state [10] (Figure 1).

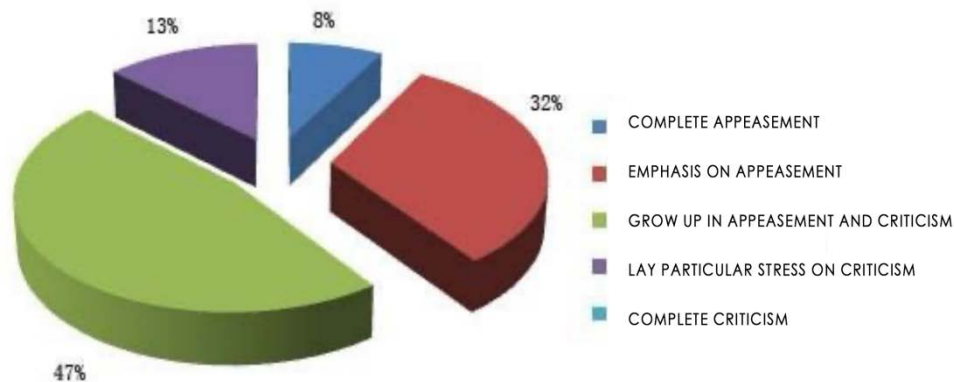


Figure 1: Analysis of psychological endurance of children and adolescents

4.1. Build a professional, efficient and high-quality mental health institution for children and adolescents

At the hospital level, we should build a "people-oriented" professional, efficient and high-quality mental health institution for children and adolescents.

First, in combination with the situation of medical institutions in Wuxi, children and adolescents' psychological clinics are set up in psychiatric hospitals above the second level, and psychiatric (psychological) clinics are set up in Municipal Children's hospitals, maternal and child health centers and general hospitals above the second level, so as to reduce the differences in quantity and

quality between mental health institutions in counties and districts, At the same time, the qualified hospital children and adolescents' psychological clinic can carry out warm layout and decoration, and be equipped with complete and professional children and adolescents' mental health evaluation equipment. While improving the service quality, we should pay more attention to the feelings of the helpers and alleviate the pressure of their treatment. [① Tan Dingliang. Teachers of mental health education, teaching and effectiveness [J] Jiangsu education, 2019 (64): 4.]

The second is to continue to provide free and convenient hotline consultation and offline reservation services for children and adolescents in combination with the functions of Wuxi 96111 minors' mental health service hotline, 12320 and 88000999 mental health assistance hotline and 12355 teenagers' comprehensive service hotline.

Third, professional medical institutions with mental health services for children and adolescents can extend the service time and set up weekend clinics according to the medical needs. At the same time, combined with the development of Internet hospitals, they can provide 24-hour convenient on-line and opposite medical services for children and adolescents to facilitate the medical treatment of children and adolescents.

Fourth, medical institutions should maintain close cooperation with schools, educational television stations, communities and other institutions, regularly carry out life education, frustration education, self-awareness education and stress response education, cultivate children's and adolescents' sunshine psychology, and build a protection and support system for schools, families and professional health institutions.

Fifth, we should strengthen the supervision of the market and online circulation of psychotropic drugs in Wuxi, strengthen the audit of the purchase of such drugs by children and adolescents, formulate purchase registration and trace the use, and prevent the mental and psychological harm and extreme risk of drug abuse to children and adolescents.

4.2. Create a Caring, Democratic and Equal Campus Culture for Children and Adolescents' Mental Health

Mental health services in schools need to be student-centered in combination with students' psychological development level.

First, the mental health education curriculum reduces the didactic "cramming" teaching, increases the sense of curriculum experience, and can use the technology of psychological counseling and group counseling to organize students to carry out various forms of experience activities, so that students can fully present and clarify their problems in class, not just let students simply express whether they are happy, happy These relatively shallow emotional experiences and feelings, such as happiness, need to let students have a deep-seated experience, so that students' psychological potential can be effectively brought into play, and the mental health management technology learned in school can be applied to daily life and learning, which is the ultimate goal of mental health education ①.

Second, the school's mental health counselors must maintain value neutrality for the problems or tendencies shown by the visitors. In the consultation process, they need to make the helpers feel love and equality. By helping them analyze their own advantages and disadvantages, they can help the helpers sort out, compare and identify, and let them make their own choices, not based on traditional values or "condescending" guidance. [① Lu Lin. we are taking action to protect the mental health of children and adolescents [J] Science and technology Herald, 2021, 39 (18): 1.]

Third, in the daily curriculum, students should be guided by the value of positive energy, guide

students to establish a correct outlook on life and values, schools should be able to provide students with a supportive, inclusive and safe environment, take the initiative to care for and care for students with mental health problems, communicate closely and effectively with their parents, strengthen peer education, and guide normal communication between peers and peers Healthy communication and care. If students cannot deal with the situation on campus, they should discuss with their parents in time, open up a green channel with the health department, and professional institutions can effectively solve all kinds of problems.

Fourth, improve the response efficiency when the crisis occurs. School psychological crisis intervention events generally include psychological trauma caused by suicide, violent conflict, accidents, schizophrenia and natural disasters. These events usually have a great impact on students' study and life, making them in a state of psychological crisis. Therefore, it is particularly important for school mental health service personnel to effectively help students deal with crisis practice.

4.3. Create a Social Atmosphere and Environment that is Concerned by the Whole People, Rational and Harmonious for the Mental Health of Children and Adolescents

At the social level, a social atmosphere in which the whole people care about and care for children and adolescents, a positive and healthy network environment and a rational and fair guidance of public opinion are very necessary for the mental health development of children and adolescents.

First, we should strengthen the positive publicity and guidance of caring for the mental health of children and adolescents. Health departments, education departments and professional associations should cooperate with each other. We need to combine the festivals and time nodes related to mental health, such as World Mental Health Day, and make full use of traditional media such as radio, television, books, magazines, film and television through various channels before the college entrance examination WeChat official account and other new media role, widely carry out the mental health promotion of children and adolescents, so that the public can understand the contents of the mental health service system for children and adolescents in Wuxi, strengthen the public's attention to the mental health of children and adolescents, and spread the self-esteem, self-reliance, positive and optimistic modern civilization concepts and mental health knowledge to the public. Help the public to identify the mental health needs and problems of children and adolescents around them, change the stereotype of the public on mental health problems and mental diseases in the past, and constantly guide the public to pay active attention, cooperate rationally and work together to build the mental health service system of children and adolescents in Wuxi ①.

Second, we should strengthen network supervision and public opinion guidance, and take improving the mental health literacy of children and adolescents as an important part of the construction of spiritual civilization. By purifying the Internet environment, monitoring the Internet addiction and addiction of children and adolescents through the Internet, give full play to the positive role of China's excellent traditional culture in promoting the mental health of children and adolescents in the network and urban cultural publicity, establish a correct direction of public opinion, and pay attention to scientificity, moderation and stability in the dissemination of children and adolescents' mental health knowledge and the reporting of related events, Standardize the release of information about examination results, enrollment rate, employment difficulties and other information in various media, prevent anxiety transmission, do a good job in the control of suicide reports, avoid imitating suicidal behavior, and create a healthy and upward social and network psychological atmosphere. In public places where children and adolescents gather, the electronic

display screen plays excellent courses and public service advertisements of mental health education, and sets up columns of happy growth of adolescents and parent-child growth in radio and television stations, so as to create a social atmosphere and environment of universal concern, rationality and harmonious mental health of children and adolescents at all levels.

4.4. Create Standardized and Mature Social Services for Children and Adolescents' Mental Health

The establishment of standardized psychosocial service institutions through the system and the mature community mental health service network are the powerful guarantee for the mental health development of children and adolescents.

First, we should explore policies and measures to support, guide and cultivate social psychological service institutions to participate in mental health services. On the basis of improving the mental health of children and adolescents, we should study and formulate measures to manage, standardize, supervise and evaluate social psychological service institutions. Social psychological service institutions need to clarify the service purpose, direction and scope, and study their own characteristics, Build a standardized and mature institutional operation system.

Second, we should strengthen the professional ethics construction of social psychological service institutions, establish an information protection mechanism, strictly abide by the principle of confidentiality, do not disclose the information of child and adolescent counselors at will, and transfer children and adolescents with serious mental health problems in time without delaying their professional treatment.

Third, we should explore the establishment of a mechanism for social workers for youth affairs to enter schools and communities, find out early, anticipate early and normalize in an all-round way, carry out life education, frustration education, self-awareness education and stress response education, and cultivate the sunshine psychology of children and adolescents.

5. Conclusions

On the premise of conforming to the regional development, build a social environment conducive to and suitable for the mental health of children and adolescents in Wuxi, and form a mental health service model dominated by the government and linked by schools, communities, families, media and medical and health institutions. This is an important measure to implement the prevention and intervention of psychological and behavioral problems and mental disorders of children and adolescents in Wuxi, This move can not only strengthen the psychological counseling of key groups, but also improve the health and well-being of children and adolescents. Therefore, to solve the difficulties and difficulties in the construction of the professional system of children and adolescents' mental health services in Wuxi, we can know that this move will further promote the establishment of the professional system of children and adolescents' mental health services in Wuxi.

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