



Network News - March

Welcome to [Network News](#), our update from the Emerging Minds Network.

We have lots to tell you about this month including updates from our conference and important information about our forthcoming funding call

Second Funding Call

Our funding call is focusing particularly on our ['Voices, Power & Attitudes' research challenge](#) which was identified as a priority in our original consultation workshops with stakeholders.

There are a number of key dates in the diary including a virtual information session on **March 23 1-2pm.**

For more details check out this link:

<https://emergingminds.org.uk/funding-call-2/>



Co-RAY updates

EVIDENCE SYNTHESIS:

We are now updating our [evidence synthesis](#) on how the pandemic has affected the mental health and wellbeing of young people aged 11-16 living in the UK. Please share any relevant papers or reports to help us build a comprehensive picture of young people's experiences. This can be information from academic studies, charity or public sector reports. Please email coray@psych.ox.ac.uk



PRIORITY SETTING:

We will be running **another short priority setting activity in mid-May 2021**. This is a chance for young people (aged 11-16) to tell us what they think young people would like help and support with over the next few months. If you work with young people aged 11-16 and are interested in taking part, please email coray@psych.ox.ac.uk.

To find out more about the project so far, visit our link below

<https://emergingminds.org.uk/resources-for-young-people/>

Catch up: Conference on Youth Mental Health during COVID-19

Did you miss our free online conference on youth mental health during COVID-19?

Fear not! You can catch up with it all on our website - we have recordings, blogs from people who attended and some stunning images from the young artists from Fully Focused Productions.

Check out the link below to read all about it:

<https://emergingminds.org.uk/conference-youth-mental-health-covid-19-what-do-we-know-and-what-should-we-do/>



The mental health of children & families during the pandemic

We would also like to remind everyone that our [CO-SPACE study](#) is still going on. We are trying to understand how best to protect the mental health of children and families during the pandemic, and [our findings](#) are informing policy-makers and other organisations.

As an update for this month, we have a new report which is available here:

<https://cospaceoxford.org/findings/changes-in-parents-carers-ability-to-balance-childcare-and-work-march-2020-to-february-2021/>

Key findings:

- Children and young people's behavioural, emotional, and restless/attentional difficulties have increased again from January to February 2021. For emotional difficulties these have surpassed the level reported in the first lockdown
- Parent/carer anxiety, stress and depression have increased since November 2020 and have surpassed the level reported in the first lockdown
- From December 2020 to February 2021, there was a sharp increase in number of parents/carers who reported that they could not meet the needs of both their child and their work.

To find out more and take part, please visit our website cospaceoxford.org/about



Research Showcase

We are launching a monthly feature in our newsletter to showcase work which is relevant to [our 4 research challenges](#).

For our first feature, we are highlighting the work of the MICE trial, which aims to improve the treatment of mental health problems among young people with epilepsy.

Mental Health in Children with Epilepsy (MICE)

MICE is an NIHR funded research study (NIHR reference number: RP-PG-0616-20007) that is testing the efficacy of an evidence-based psychological treatment for young people with epilepsy and associated mental health problems. It began in October 2017 and is planned to take 5 years.

The MICE team have recently published data from the pilot stage of the project. The aim of this study was to determine the feasibility of telephone-delivered therapy for mental health difficulties embedded in paediatric epilepsy clinics delivered by people with limited training in psychological therapy.

To read the full paper (PDF), click on the link below:

<https://emergingminds.org.uk/wp-content/uploads/2021/03/Bennett-2021-MICE-Pilot.pdf>

Detailed information about the work and timeline of the study can be found here:

<https://uclpsychmed.wixsite.com/micestudy>

If you have a study that aligns with our Emerging Minds research challenges that you would like us to showcase in future newsletters, please get in touch at info@emergingminds.org.uk



MICE
Mental Health Intervention for Children with
Epilepsy

Opportunities

Emerging Minds Special Interest Research Group News



Unusual Sensory Experiences Discussion - Practitioners/ Researchers - Webinar

One of our [Emerging Minds Special Interest Research Groups](#), focusing on multi-sensory experiences in childhood, is holding a webinar with practitioners and researchers to inform the development of the group and to discuss ideas.

This webinar will be held on Microsoft Teams and parts may be audio recorded and used to inform the development of the special interest research group, research priorities and subsequent activities.

Click on the Eventbrite link below to register for this free event:

<https://www.eventbrite.co.uk/e/unusual-sensory-experiences-discussion-practitionersresearchers-webinar-tickets-138140001463>

If you are not a researcher or practitioner but would still like to be involved in this group, please contact chuse@mmu.ac.uk

Launch meeting of the PArental Wellbeing and Support (PAWS) Special Interest Research Group.



This [Emerging Minds Special Interest Research group](#) focuses on the needs of parents and carers of young people with mental health problems.

They would welcome any parents, young people, clinicians, charity workers, service managers and researchers to come join the group.

Their first meeting is **10:00-11:30am** on **19 April 2021**.

They will explore current research projects and ideas, share interests, and plan for our priority setting workshop.

Please do come along and share your ideas.
<https://tinyurl.com/4ok4u3vv>

Training and development opportunities



Workshop: Preparing to write a research funding application

Are you planning to apply for research funding this year?

Would you like support and advice on the application process from the Research Design and Conduct Service?

If you work in health or social care and are applying to any call, including but not limited to those from Health and Care Research Wales, the RDCS team would be happy to offer support.

29 April 2021, 1-3pm

They are running a two hour workshop (via Teams) and will provide an overview of funding schemes, help you to decide what's a good research idea, how to develop a research question and how to include members of the public in your research (a key requirement of most funders).

The workshop is free to attend.

There will be mini breakout sessions to ask questions, in addition to short presentations, and therefore the number of attendees will be limited.

For more information and to register complete the online form found at this link:

<https://cardiff.onlinesurveys.ac.uk/preparing-to-write-a-research-funding-application>

Please email rdcs@cardiff.ac.uk if you book and are subsequently unable to attend so that your place can be offered to someone else.

CAMHS around the Campfire



As part of ACAMH's vision to share best evidence and improve practice, they are continuing 'CAMHS around the Campfire', a free live online journal club, run with André Tomlin, the [Mental Elf](#).

The next meeting on **29 March 2021** at **5pm** will be on **Predicting Complex PTSD in Foster Care**.

[Click here for more details and how to join](#)



Transforming
mental health
through research



Tickets are now available for the MQ Mental Health Science Summit, held in collaboration with the Wellcome trust, on the 12& 13 May 2021.

Now in its seventh year, the Summit is one of the largest international scientific meetings dedicated solely to mental health science – promoting multi-disciplinary collaboration and bringing together experts from around the world to tackle the biggest challenges in mental health.

Who is it for?

The Summit is for anyone with an interest in hearing about the latest world-leading mental health research.

Scientists, those with lived experience, funders, charity representatives, healthcare and education professionals, and researchers at all stages of their career spanning diverse disciplines from genetics to anthropology and everything in between.

The Summit provides a space to showcase ideas, have important conversations and seed collaborations between people of diverse perspectives that would not otherwise take place.

Early-bird tickets for this event are available now, although the number of early bird tickets are limited.

Tickets are available here:

<https://www.eventbrite.co.uk/e/mq-mental-health-summit-2021-in-collaboration-with-wellcome-tickets-135518271799?aff=MentalElf>



Public Health
England

New Psychological First Aid training for supporting children and young people affected by emergencies and crisis situations including the COVID-19 pandemic

PHE has launched [a new psychological first aid \(PFA\) online training course](#) to help support children and young people that have been affected by emergencies like the COVID-19 pandemic.

It is available for all frontline workers such as teachers, health and social workers, charity and community volunteers and anyone who cares for or is regularly in contact with children and young people aged up to 25, including parents and caregivers.

Those completing the training will be equipped to better identify those children that are in distress and provide support to help them feel safe, connected and able to take steps to help themselves during the pandemic or other crisis situations. The course is free, takes up to three hours to complete (that the learner can complete at their own pace) and no previous qualifications are required.

PFA is a globally recognised training programme for emergency situations and PHE has developed this new course with input and advice from a range of experts, government and charitable organisations via an advisory group which includes NHS England, the Department for Education, British Red Cross and in partnership with FutureLearn.

Resources



UNIVERSITY OF
BATH

Loneliness and Reconnection guide

These guidelines, developed by [Dr Maria Loades](#) at the [University of Bath](#), are aimed at those who support young people, including parents/caregivers and teachers:

- summarise the signs of loneliness
- the impact of Covid-19 related lockdowns
- things that can help

To download the guide and for other information, visit the link below:

<https://www.bath.ac.uk/publications/loneliness-and-reconnection-guide/>

E-learning package about evidence-based treatments for adolescent depression



UNIVERSITY OF
BATH

This e-learning package is aimed at those working therapeutically with children and adolescents as Continuing Professional Development (CPD) and it includes videos, links to resources and self-reflective tasks.

It is available for free via this link:

https://bathpsychology.eu.qualtrics.com/jfe/form/SV_es_W3RFJCg11zLTf

It takes about 2-3 hours to complete. Those who complete the training can download a certificate of completion.



Anna Freud
National Centre for
Children and Families



MindEd
for Families

Wellbeing for Education Return - resources for education staff

Wellbeing for Education Return is an £8million package of training and resources intended to support education staff to promote the mental wellbeing of children and young people, their colleagues, themselves and parents and carers during the pandemic.

More information about the resources can be found on the downloadable PDF below:

<https://emergingminds.org.uk/wp-content/uploads/2021/03/WER-Information-Sheet-and-FAQs-for-Education-Staff.pdf>

'What's Up With Everyone?'



The filmmakers at Aardman have partnered with the universities of Nottingham, Loughborough and LSE, on this campaign - which is funded by the Arts and Humanities Research Council (AHRC).

The team have worked with young people to produce five films that show how we all struggle sometimes. With helpful ideas for keeping it all in perspective.

The campaign is part of a study, which develops and evaluates the impact of a series of animated stories and a companion website - co-produced with and for young people - to increase mental health literacy.

Find out more over on www.whatsupwitheveryone.com

Follow them on [@WhatsUpWithEveryone](https://www.instagram.com/WhatsUpWithEveryone) on Instagram and [Facebook](https://www.facebook.com/WhatsUpWithEveryone), and [@ WhatsUpWith](https://twitter.com/WhatsUpWithEveryone) on Twitter.
#WhatsUpWithEveryone

Centre for
Mental Health



VCS and the pandemic project - request from Centre for Mental health

Centre for Mental Health is working as an independent partner alongside **Mind, THRIVE LDN** and the **Greater London Authority** to explore how the mental health voluntary sector in London has experienced and responded to Covid-19.

Do you represent a voluntary or community sector organisation which provides services in London? The Centre for Mental Health invite you to share your experiences in a short survey [here](#).

You can help them understand the changes that have taken place in communities, the lessons that have been learned, promising innovation, and what has helped (or not helped) organisations adapt to changing circumstances. They are particularly interested in whether relationships and collaboration with statutory bodies (local councils, Government, NHS) has been different since the beginning of the pandemic.

The survey should take around 10 minutes to complete.

It also includes an ask to give a short interview (30 mins) to Centre for Mental Health's project lead. You may share your details through the survey or contact louis.allwood@centreformentalhealth.org.uk.

It is important that they hear real voices from the voluntary and community sector; they appreciate any time you spend responding. If you are not sure if your services are relevant for this project, please contact Louis directly.

Emerging Minds is part of the Cross-Disciplinary Mental Health Network Plus initiative supported by UK Research and Innovation.

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