



young people taking responsibility
for their own mental health

Newsletter

Emerging Minds (SIRG) Newsletter Number 2. April 2021

Young People's Consultation

We had our first meeting with a group of young people where the following questions that are the focus of our work were discussed and explored:

1. What do young people need in order to take responsibility for their own mental health?
2. What does society need to do to support young people to take responsibility for their own mental health?

Abi Thomson, (a psychology undergraduate from the University of Sussex), has joined the steering group and introduced me to a group of young people with lived experience of mental health in her role as NHS Youth PPI Session Coordinator and Community Outreach. The discussion with the group was a challenging and wide ranging one that started a conversation that will continue through this year.

This is the first of many meetings that we are hoping to conduct. The young people involved will be invited to play a leading role in the analysis of findings. We also aim to set up meetings where representatives from each group can also share and discuss their findings.

Ethics

It has been agreed that this group will be the recipient of research from other groups and as such it is incumbent upon the 'feeder' groups to conduct their own ethics' approval process.

Network Membership

The network continues to grow in membership. A number of individuals/organisations have signed up giving the group a diverse range of perspectives that will prove to be invaluable as the project gathers pace. The group is made up of professionals with a wide range of experience in social justice, children's rights, school mental health, lived experience of mental health and school leadership. Within the group there is vast research experience, particularly in relation to young people, social justice and mental health.

It is especially exciting that various members of group are also leading on a number of ongoing projects that we are hoping will feed in to our work. The 'Voices' project lead by Clare Woolhouse from Edge Hill University is looking at mental health in schools and Felicity Bennett from the HeadStart Project also joins us.

Catherine El Zerbi has also joined the group having recently started her new role as a research fellow for Supporting Children and Families with NIHR ARC for the North East and North Cumbria.

Collaborative Partners to date:

University of Cumbria	- Dave McPartlan (Coordinator)
University of Cumbria	- Professor Kaz Stuart
University of London	- Dr Victoria Pile
Edge Hill University, Liverpool	- Professor Carol Robinson, Professor Jonathan Glazzard & Dr Clare Woolhouse
University of Bristol	- Dr Judi Kidger
Edukit	- Nathalie Richards
N.E. of England & N. Cumbria child health & wellbeing network	- Heather Corlett & Emilia Soulsby
Young Asian Voice	- Mahnur Roushan and Ram
Children North East	- Luke Bramhall
Street Games (North East)	- John Downes
Leeds Playhouse	- Lily Craig and Shreena Gobey
Bellbrooke Surgery Leeds	- Dr Tom Blakeman
National Youth Agency (Blackpool)	- Debbie Terras
Sussex Partnership Trust	- Abi Thompson
McPin Foundation	- Nkem Naeche
Psychology Student	- Steph Palterman
Headstart Project	- Felicity Bennett
Supporting Children & Families	- Dr Catherine El-Zerbi
NIHR ARC	

If you would like to be involved in this project, please contact Dave on davemcpartlan@me.com