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BRIDGE NEWSLETTER

Building Research Implementation to Develop and Grow Evidence-based practice in children and young people's mental health

What is BRIDGE and What do we do?

Welcome to BRIDGE's first newsletter! We are a Special Interest Research Group (SIRG) funded by Emerging Minds and BRIDGE stands for – Building Research Implementation to Develop and Grow Evidence-based practice in children and young people's mental health.

BRIDGE is comprised of three groups, a core steering group made up of experts by experience and academics and clinicians in the field of children and young people's mental health and implementation, a wider expert reference group which is formed of a diverse group of experts members such as academics, researchers, policy makers, individuals with lived experience, etc. and the wider distribution and interest group.

We have had a wonderful amount of interest in the BRIDGE Network and the diversity and expertise of all of our groups have helped us progress our aims and set our outputs. We have been able to access numerous relevant contacts, networks and groups.

The BRIDGE Aims

- Identify needs, best practice examples, solutions, potential strategies, consensus and recommendations for improving research implementation in CYP MH.
- Identify barriers to implementation and shared troubleshoot/practice-based examples to overcome these barriers
- Identify and liaise with influencers and devise a plan to support recommendations and progress actions
- Survey key stakeholders to inform future direction
- Advise other Emerging Minds SIRGs on Research Implementation

THIS ISSUES FEATURED NEWS

What the BRIDGE SIRG have done so far

CAMH Editorial

A Collective Call to Action

At the beginning of the BRIDGE Network Dr Tim Clarke published a collective call to action with Melanie Barwick. The editorial piece outlines the shortcomings in implementing evidence-based practice in children and young people mental health care as well as detailing clear areas for improvement and forward action for all stakeholders. You can read the editorial [here](#).

The top points from the editorial were:


- All those in CYP MH have an obligation to recognise and discuss the importance of implementing evidence based practice and be present and active in planning how to improve this across systems and networks.
- Change requires that we advocate and liaise with CYP MH research funders and policy makers to emphasize the importance of evidence based implementation as a crucial part of the research and practice structure.
- Professional competencies and roles for knowledge practitioners must be developed to be responsible for bridge and shortening the implementation gap.

Barriers& Facilitators Review

As part of our BRIDGE meetings we have begun to conduct a systematic review of the literature surrounding barriers and facilitators to implementation of evidence-based practice in children and young people's mental health services in order to gather all the relevant literature together and inform how best we as a group can tackle the barriers and utilise the facilitators.

This has been a crucial step for the SIRG in order to gather all available evidence inform our work going forward whilst not duplicating any work that has already been produced.

We also used the Expert Reference Group to set our priorities for outputs as a group based on the barriers and facilitators that were identified and voted on which were felt to be the most important to address.



BRIDGE prioritises patient and public involvement as a crucial part of our work as a Special Interest Research Group to ensure that the work we produce is relevant, informed by and made for those who use and access the research.

Priority Setting for SIRG Outputs

The Core steering Group and expert Reference Group have both been working to prioritise and set the priorities and output for the SIRG. This has been informed by meeting with clinicians, experts by experience, academics, funders, researchers etc.

Initially the groups introduced and offered their expertise and what they thought were the best opportunities for outputs that would progress BRIDGE's aims and from this main opportunities were themed and circulated to the group.

These themes were then used as starting points for thinking about solutions and actions that could become realistic and useful outputs for the SIRG. These were then voted on in order to prioritise which solutions and actions were most important and actionable for the SIRG.

After the prioritisation exercise the following were the top 3 outputs:

Case studies and sharing of best practice examples to illustrate successful implementation

Using lived experience and case studies to illustrate how research can be used in evidence-based practice.

Encouraging and empowering parents/carers/young people to ask the right questions of research and clinicians

Educating and empowering parents and carers to be able to ask the right questions about research and interventions of professionals and clinicians.

Producing a learning module and resources for professional training

Identifying current available training and producing a learning module/course which can be used to educate professionals about implementing research in practice.

Top Resources for Implementation

Implementation science researchers at NIHR Applied Research Collaborations (ARCs) South London and East of England have developed a free online repository to help anyone implementing new ways of delivering healthcare to better understand and measure the outcomes of these changes. you can access resources and information [here](#).

The Centre for Implementation Science at King College London is a team of expert implementation and improvement science researchers, including health economists and statisticians. They investigate how implement evidence-based practice and clinical research within health services in south London, nationally and internationally. You can access more information [here](#).

For a more general introduction to Implementation Research in Health click [here](#) for a practical guide from the World Health Organisation.

You can also access free online training modules by TIDRIC which cover basic introductions of implementation science, strategies, measures, adaptations and fidelity in interventions in implementation and more. Click [here](#) to access.

There are various models and frameworks that can be used to support your implementation efforts. Examples include: RE-AIM [here](#), which is designed to enhance the quality, speed, and public health impact of efforts to translate research into practice in five steps, and CFIR which can be used to evaluate an implementation or design an implementation study [here](#).

Contact and social media

If you would like to get in touch please email: timothy.clarke@nsft.nhs.uk or a.peterscorbett@nsft.nhs.uk

For updates on our work you can follow BRIDGE on Twitter at @BRIDGE_SIRG and Instagram at @bridge_sirg