



## Network News - Summer edition

Welcome to Network News, our update from the Emerging Minds Network.

Summer is here and we have a bumper edition of news from both within the network and beyond!

### The Big Question: Funding Call Launch



You can now find out more about our [third and final Emerging Minds network funding call](#).

We will be focusing on our '[Big Question](#)' research challenge and in particular:

- Why even when we know 'what works' isn't this necessarily implemented in policy and practice?
- How do we improve evidence-based decision making?



### Join us for a webinar on Monday 27 September 11am-1pm

This event will highlight existing research and evidence on this topic. We will also share priorities identified by policy makers and commissioners of services, as well as the priorities of parents, carers, and young people. We'll close by providing information around the upcoming Emerging Minds funding call and how you can get involved.

[Abi Thomson](#) from Emerging Minds will be presenting findings from a rapid scoping review of research exploring the barriers and facilitators of implementation within community and school settings. Araminta Peters-Corbett from Norfolk and Suffolk NHS Foundation Trust and coordinator of our [Emerging Minds BRIDGE special interest research group](#) will also be presenting the results of her review exploring barriers and facilitators for practitioners and clinicians.

You can book your free place at this event by signing up on the Zoom link below:

[https://us06web.zoom.us/webinar/register/WN\\_bmdZR0TgT7iHJNLUFOM6Ow](https://us06web.zoom.us/webinar/register/WN_bmdZR0TgT7iHJNLUFOM6Ow)

We will continue to share all the latest information about this funding call on our website here:

<https://emergingminds.org.uk/emerging-minds-third-funding-call/>

## Meet our interns!



We are delighted to introduce two new additions to the Emerging Minds team!

You may remember that we advertised recently for a Research Investigator to carry out a rapid scoping review for our Big Question Research Challenge and also a Design Research and Practice Investigator. We are very happy to introduce Abi Thomson and Keili Koppel and look forward to working with them over the next few months of their internship.

Here are a few words of introduction from them ...



### Abi Thomson

*Hi! I'm Abi, and I'm one of the new interns within the Emerging Minds Team. I will be working on The Big Question research challenge, carrying out a rapid scoping review in preparation for our upcoming funding call in this area. In my scoping review, I will explore the barriers and facilitators of community-based implementation of research for children and young people's mental health promotion, prevention, and treatment. I will also be helping to organise some exciting upcoming events for this funding call.*

*I have experience, and a particular interest in improving the implementation of research, and policy development for the prevention of mental health problems in children and young people. If you would like to get in touch, you can find me on twitter [@AbiThomson9](https://twitter.com/AbiThomson9) or you can email [Abigail.Thomson@psych.ox.ac.uk](mailto:Abigail.Thomson@psych.ox.ac.uk)*



### Keili Koppel

*I am a Design Research and Practice Investigator for the Emerging Minds Network, exploring how design-led approaches and methods can encourage new ways of thinking about working with children and young people to promote and support good mental health. In particular, I am looking at what and how resources have been developed through collaborative, design-led methods.*

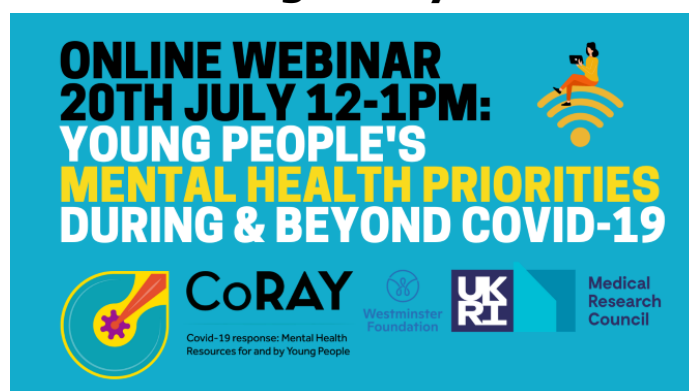
*I received a master's degree in design from the Glasgow School of Art in 2019 and have since worked with the public sector to encourage designerly ways of doing. I am interested in design as a form of inquiry, collaborative ways of working,*

*creative engagement and exploring how the wider public can shape conversations about matters that affect them now and in the future.*

You can contact me via my email [keili.koppel@psych.ox.ac.uk](mailto:keili.koppel@psych.ox.ac.uk) or via this [Jamboard](#) where you can let me know if and how you have collaborated with designers or any design-led mental health research projects you have found inspiring. Whatever's on your mind, leave a post-it on the Jamboard and I'll get back to you!

**Watch this space and we will keep you updated with what Abi and Keili are up to over the next few months!**

## **Webinar Recording: Young People's Mental Health Priorities During & Beyond COVID-19**



Did you miss our recent webinar on young people's mental health priorities during and beyond the pandemic? Recordings are now available on our website and Youtube channel.

In this webinar, we shared an up-to-date summary of the evidence base on how the mental health and wellbeing of young people aged 11-16 has been affected by the pandemic and priorities for young people.

Check out this link for the full session: <https://emergingminds.org.uk/webinar-young-peoples-mental-health-priorities-during-and-beyond-covid-19/>

## **NSPCC Cross sector placement leads to virtual work experience**

Vanessa Bennett from the University of Oxford undertook an [Emerging Minds cross sector placement with NSPCC/Childline](#). One exciting spin off from this placement is a collaboration on a week of virtual work experience offered to young people in the NeurOX young people's advisory group.

As part of the week, advisory group members spent a day with the NSPCC's policy and funding team focusing on dissemination and impact of research.

You can find out more about the virtual work experience programme here: <https://oxfordhealthbrc.nihr.ac.uk/neurox-ypag-virtual-work-experience-week-26-30-july-2021/>

# Research Showcase

## **Kailo - a systemic approach to improving adolescent mental health**

*A multi-disciplinary team of leading scientists and practitioners, led by UCL, has been awarded £5.3 million to work alongside disadvantaged communities and help improve adolescent mental health.*



Evidence shows that people of lower socioeconomic status have a higher likelihood of developing and experiencing mental health problems. There is also evidence to suggest that young people who were struggling financially before the pandemic will be worse off, leading to more difficulties that will further impact their mental health.

A research team led by Professor Peter Fonagy OBE (UCL Psychology and Language Sciences) and involving mental health researchers from PenARC has been awarded a UK Prevention Research Partnership (UKPRP) Consortium award of £5.3 million for a project that aims to improve adolescent mental health in disadvantaged communities.

Named 'Kailo', from the Proto-Indo European word which means connected or whole, the project will bring together:

- Researchers will work with other leading mental health researchers, system modellers and evaluators from the NIHR ARC North Thames, the University of Exeter and UCL.
- Social researchers and designers from Dartington Service Design Lab and Shift; and
- Voluntary sector mental health practitioners from the Anna Freud National Centre for Children and Families and Redthread.
- An Expert Advisory Group co-chaired by Professor Sir Michael Marmot (Director of the UCL Institute of Health Equity) and Dame Rachel de Souza (Children's Commissioner for England).

For further information, visit this link: <https://ukprp.org/what-we-fund/kailo/>

# Opportunities

## Emerging Minds Special Interest Research Group News



Rethinking Education

### **Rethinking Education: Lessons from Lockdown SIRG - Launch & Relationship Building Event: Report**

*We began by sharing hopes for the future of education in groups, supported by wonderful facilitators. Attendees then collaborated on Padlets to record "What have you missed?" and "What would you keep?" from experiences of education during lockdowns. It was such a privilege to witness groups (incl. young people, parents, researchers, educators, mental health professionals) begin connecting over shared visions for the future of education. We're now looking forward with excitement to our 'Setting Research Priorities' event on 27 September 2021!*

Some examples of feedback from the event:

"Can't wait for the next one! Looking forward to taking further steps to realise a kinder education for all (and what that might look like in practice). Thanks for organising."

"Brilliant event – I feel change in the air!"

"Many thanks, really stimulating discussions and looking forward to the next one!"

"Really exciting and progressive. Fingers crossed we can really make a difference for the next generation of kids. Thank you for all you are doing."

Contact [info@rethinkingeducation.org.uk](mailto:info@rethinkingeducation.org.uk) for further details.

You can find out more about this Special Interest Research Group on our website:

<https://emergingminds.org.uk/special-interest-research-group-rethinking-education/>



## **ADvaNCE: Adolescent Depression - Network to Consolidate Expertise**

In case you missed out on their recent workshops, the ADvaNCE network have written some blogs about the events:

### **Workshop 1: How can we better identify depression in young people?:**

<https://codevelop2advance.wixsite.com/website/post/workshop-1-how-can-we-better-identify-depression-in-young-people-02-06-21>

### **Workshop 2: What are the best early interventions for depression in young people?**

<https://codevelop2advance.wixsite.com/website/post/workshop-2-what-are-the-best-early-interventions-for-depression-in-young-people>

You can also read more about them on their website:

<https://codevelop2advance.wixsite.com/website>



## **PAWS - Parent Wellbeing & Support: Priority Setting**

PAWS wants to know what research is needed to improve support for parents of young people with mental health difficulties.

They are seeking to understand how having a child or young people with a mental health problem within a family impacts parents or carers. They are seeking to understand how to support parents with this impact. This will be distinct from research about treatments for the child or young person, focusing on the parents themselves.

They are hosting a survey to find out stakeholder priorities for research in this area. No matter your background, they want to hear your thoughts and views.

To find out more and participate in this survey, visit the link below:

[https://coventryhls.eu.qualtrics.com/jfe/form/SV\\_00SCbHQxI FsUjSm](https://coventryhls.eu.qualtrics.com/jfe/form/SV_00SCbHQxI FsUjSm)

**For more information or to join in with one of our Emerging Minds Special Interest Research Groups, check out this page:**  
[emergingminds.org.uk/join-a-sirg](https://emergingminds.org.uk/join-a-sirg)

## **Opportunities**

# TRIUMPH Early Career Researcher Children & Young People's Mental Health Forum



TRIUMPH Network  
Transdisciplinary Research for the Improvement of Youth Mental Public Health

## Early Career Researcher Children & Young People's Mental Health Forum

23rd and 24th September 2021

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### CALL FOR ABSTRACTS

DEADLINE FRIDAY 3RD SEPTEMBER 2021

**Please submit abstracts using this form**



We are delighted to be working with TRIUMPH Network on a Children & Young People's mental health Early Career Researcher Forum on 23rd and 24th September 2021.

This event is intended to showcase the work of early career researchers working in the field of children and young people's mental health. The ECR Forum aims to provide an opportunity for researchers across all sectors at an early stage in their career to represent their latest research and projects in progress, to receive advice and guidance from more senior scientists in the field and create a supportive environment to meet other researchers and share experiences.

If you would like to share your current research, the call for abstracts is now open.  
**Deadline: 3 September 2021**

You can access the form to submit an abstract here:

[Submission form link](#)

For further information, visit the link below:

<http://triumph.sphsu.gla.ac.uk/2021/07/30/triumph-early-career-researcher-children-young-peoples-mental-health-forum/>



# Research methods: Practical Guide to Peer and Community Research



## Research Methods:

### A Practical Guide to Peer and Community Research

We believe that knowledge should be co-produced, and want community members to get involved in our work as researchers.

**That means removing barriers to participation.**

Sign up for our free 10-week online course introducing methods for peer and community research.

 [bit.ly/CSMHPeerResearch](https://bit.ly/CSMHPeerResearch)



The Centre for Society and Mental Health is running a free online course, 'Research Methods: a practical guide to Peer and Community Research' over 10 weeks.

The course is hosted on FutureLearn and is designed to introduce research methods anyone who wants to carry out peer or community research. Here is the link:

<https://bit.ly/CSMHPeerResearch>

## Tell us what you think about online therapy for mental health!



University of  
Nottingham  
UK | CHINA | MALAYSIA

**The University of Nottingham is inviting young people aged 11-19, parents and carers to tell them what you think about using online therapy to help with low mood or depression.**

If you are aged 11-19 years and are interested in sharing your thoughts about using online therapy for low mood and depression, please complete this short survey, or if you work with young people in this age range please do pass the survey on to them. It should take about 5 minutes and will help with understanding how to deliver online therapy for young people in the UK.

As a thank you there is a chance to win a £25 voucher. Please click this link for more information, or to take part: <https://nottingham.onlinesurveys.ac.uk/sparx-consent-form-ypc>



If you are a young person (aged 11-19 years) or a parent or carer of a young person, who has experience of low mood, depression or using digital therapies, then the University of Nottingham also want to speak with you! This will be to discuss a fantasy-style game called [SPARX](#) which aims to improve mood.

They want to know if SPARX is attractive to young people, and whether any changes should be made for its use in the UK. These conversations will be held in small online groups with other young people, or small online groups of parents and carers (one-to-one meetings can be organised if preferred). All those who take part will receive a £10 voucher for their time. If you're interested or want to know more, please email [Camilla.Babbage@nottingham.ac.uk](mailto:Camilla.Babbage@nottingham.ac.uk).

## Funding Opportunities

### Early Career Researcher Bursary Awards



The VAMHN is delighted to launch their fourth round of the Early Career Researcher (ECR) Training Bursary Scheme, which aims to support junior researchers to attend training courses, research placements at institutions other than their own, and conferences. Applicants will be assessed on their funding needs as well as their case for support. The maximum bursary value is £250.

This round is currently live with a **deadline of 1 November 2021: 5pm**

For further information and how to apply, visit this page

<http://www.vamhn.co.uk/ecr-bursaries.html>

### Closing the Gap - Collaboration Fund



The Closing the Gap network invites proposals for projects to support and encourage emerging collaborations around severe mental ill health. The objective of the fund is to support collaborations to develop new research proposals that could be funded through the Closing the Gap Network 'Plus' funds or through other funding bodies.

For further information and how to apply, visit this page

<https://www.york.ac.uk/healthsciences/closing-the-gap/funding-opportunities/>

## Events



Medical  
Research  
Council

## UKRI launch £24m investment into adolescent mental health research and workshop survey

Following on from work in November 2019 on a new initiative in [Adolescence, Mental Health and the Developing Mind](#), the UKRI have made a range of investments under this including a recent [major £24m investment](#) into seven ambitious research programmes aiming to generate new understanding of the developing mind to enable young people to flourish.

They will be holding an online launch event for these new research programmes 10-12pm GMT **Thursday 14<sup>th</sup> October**. This event will include:

- An Introduction to the wider UKRI initiative
- Presentations from each of the project leads that outline their aims and ambitions
- A Panel Q&A

If you would be interested in attending, please register your interest on Eventbrite:

[www.eventbrite.co.uk/e/adolescent-mental-health-research-programmes-launch-event-tickets-163486180567](http://www.eventbrite.co.uk/e/adolescent-mental-health-research-programmes-launch-event-tickets-163486180567)

Further background to the initiative can be found through this [short video](#).

**Closing schools, colleges and universities during COVID-19: What were the effects and how should they be addressed?**



Commissioned by the UK Department for Education on behalf of SAGE, the [International Public Policy Observatory \(IPPO\)](#) have produced four rapid evidence reviews which synthesise the research evidence on the harms and their potential mitigation strategies in these areas of education:

- **Primary and secondary schools** (Reception to Year 11) (separate reviews for **children and parents/carers**)
- **Further education colleges and sixth form**
- **Universities**

Effects include:

- Impact on **mental and physical health and wellbeing**
- **Increased risk of violence** in the home
- **Interruption to vocational courses** in both further and higher education
- **Disruption to initiatives** aimed at widening participation in universities
- **Effects of existing inequalities**, such as to access to technology for online learning and lack of access to childcare for parents.

They will focus on what existing research shows us about how these harms can best be mitigated.

At this event they will bring together policymakers, practitioners and researchers to hear the findings of the reviews and to discuss the way forward in particular: **How should education 'recover' and what's the best way to help those affected?**

**Spaces are limited, so reserve your place via Eventbrite here:**

<https://www.eventbrite.co.uk/e/covid-19-education-closures-the-effects-and-how-to-address-them-tickets-164839799277>

## Useful Resources

**Adolescent mental health: evidence review**



Last week, the Early Intervention Foundation (EIF) published a major evidence review on what works to support adolescent mental health and behaviour in secondary schools. This review draws on the evidence from 34 systematic reviews and 97 primary studies.

The EIF's mission is to ensure that effective early intervention is available and used to improve the lives of children and young people, in particular those at risk of experiencing poor outcomes. They believe that schools can play an important role in supporting young people's mental health and wellbeing but it is essential that this delivery is informed by the evidence base. This review examines the latest evidence on the effectiveness of school-based interventions.

You can download the reports here:

[Download full report \(PDF\)](#)

[Download report summary \(PDF\)](#)

[Download report appendices \(PDF\)](#)

This review seeks to understand what works, for whom and under what circumstances. The findings from this will form the basis of the EIF's ongoing programme of work to support young people's mental health.

## **Update from the other networks: Round-up**

**MENTAL HEALTH  
RESEARCH MATTERS**

Mental Health Research Matters have shared another round-up of recent events and opportunities within our partner mental health research networks.

You can read more about on-going funding calls and other opportunities here:

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<http://newsletters.psy.ox.ac.uk/u/1w5Ljqx2X27wkJMF6k>

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