



# Emerging Minds

## Network News: September

Dear Sonia

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



### **This month ...**

As we head into autumn, we are launching a number of new projects

- Our third and final funding call
- Our new monthly Emerging Minds Open Lab series
- A new Emerging Minds Early Career Researcher Development Programme for 2022



## Emerging Minds News



### Reminder: The Big Question funding call launch

There's still time to sign up for our webinar, where you can 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 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 for children and young people, as well as the priorities of parents, carers, and young people themselves. We'll close by providing information around the upcoming 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.

We will also be joined by Dr Holly Bear, a postdoctoral researcher at the University of Oxford, who will be presenting findings from her systematic review, which explores how evidence-based mental health apps for young people are sustained and implemented in real-world settings.

You can book your **free place** at this event by signing up here:

[https://us06web.zoom.us/webinar/register/WN\\_bmdZR0TgT7iHJNLUfOM6](https://us06web.zoom.us/webinar/register/WN_bmdZR0TgT7iHJNLUfOM6)



## Launch: Open Lab meeting series

We are excited to introduce our new [Emerging Minds Open Lab](#)! As the name suggests, this meeting series will be 'open' to all network members. Anyone with an interest in research focused on children and young people's mental health is very welcome to attend.

We will host monthly Zoom meetings on Thursdays 1-2pm to provide a friendly and informal space for networking and building useful connections.

Sessions will include:

- presentations on practical topics (e.g. securing grants, communications etc)
- breakout sessions to allow participants to discuss topics raised and meet each other

Our first session is on **October 7 2021 - 1-2pm**

You can find more details including how to register here:

[emergingminds.org.uk/openlab](https://emergingminds.org.uk/openlab)

A flyer for a meeting. It features a white background with large, abstract shapes in orange, teal, and purple. The text is centered and includes the title, date, speakers, and a call to action. The Open Lab Emerging Minds logo is in the bottom right corner.

**Perinatal & Infant  
Mental Health**  
October 7 2021 – 1-2pm

**Speakers: Professor Pasco  
Fearon and Rachael Loftus**

Join us for our first Open Lab meeting  
to meet other network members and for  
informal discussions

More info: [emergingminds.org.uk/openlab](https://emergingminds.org.uk/openlab)

Monthly  
Zoom  
Meetings on  
Thursdays  
1-2pm.

The logo for Open Lab Emerging Minds, featuring a stylized blue and purple square icon to the left of the text 'Open Lab' in a bold, sans-serif font, with 'Emerging Minds' in a smaller font below it.



## Emerging Minds researcher development programme

Watch this space!

We will shortly be launching a new Emerging Minds Researcher Development programme to run between January and July 2022.

Our new development programme for Early Career Researchers based in the UK will:

- Develop a cohort of researchers, focused on children & young people's mental health, who can support each other in 2022 and beyond the life of the network.
- Support the professional development of researchers taking part so they can work towards and achieve professional goals they set themselves.
- Support participating researchers to develop the networks, skills and experience to work across sectors and disciplines to make a difference to children & young people's mental health.

Closing date for applications will be **18 November 2021** - more details to follow!



## Triumph Network: Early Career Researcher - Children & Young People's Mental Health Forum

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

The 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 present 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.

For more information and to register for this event, please visit the Eventbrite link:

<https://www.eventbrite.co.uk/e/early-career-researcher-children-young-peoples-mental-health-forum-tickets-165392815363>

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**PLANET  
DIV  
OC  
91**

## Planet Divoc-91

We are delighted to have been able to work with the team behind [Planet Divoc-91](#) on their ninth and final issue.

Planet Divoc-91 is a web-comic collaboration between comic book creators, academics and young people around the world. It is an allegorical sci-fi story featuring the experiences of young people during the pandemic and was kick-started with funding from the University of Manchester.

This reflects the goals of our own [Co-RAY project](#) which seeks to provide easily-accessible resources to help young people manage their mental health during the global pandemic.

We were able to offer advice from our own [Managing Change and Uncertainty evidence briefing](#) which was incorporated into the ninth issue of the story.

For more information about our collaboration, visit this link:

<https://emergingminds.org.uk/planet-divoc-91/>

You can also visit the Planet Divoc-91 homepage here:

<https://planetdivoc91.com/>

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## Special Interest Research Groups (SIRG) News



### PAWS research

PAWS research have recently shared their [September newsletter](#) which is packed full of exciting updates from their recent work.

Some highlights include:

- First workshop to design research to support parents/ carers of children and young people with anxiety and/ or depression
- You can register for this free event here: <https://www.eventbrite.co.uk/e/workshop-research-to-support-parentscarers-of-cyp-anxiety-depression-tickets-168289465321>
- They are also still seeking participants for their priority-setting exercise to understand what researchers should be looking at to understand parent/carer needs when a child has a mental health difficulty. You can complete this survey here: [https://coventryhls.eu.qualtrics.com/jfe/form/SV\\_00SCbHQxIFsUjSm](https://coventryhls.eu.qualtrics.com/jfe/form/SV_00SCbHQxIFsUjSm)



### Rethinking Education

Rethinking Education have been sharing the findings of their first event about people's thoughts about education during the pandemic.

You can find details of their discussions on their Twitter page here:

[https://twitter.com/rethink\\_ed\\_sirg](https://twitter.com/rethink_ed_sirg)

You can still participate in the discussion if you would like to do so here:

<https://padlet.com/RethinkingEducationSIRG/keep>





## Research Showcase

### **The Effectiveness of Psychological Therapies for Anxiety Disorders in Adolescents: A Meta-Analysis**

Anxiety disorders are common in adolescence but outcomes are unclear and it is uncertain what factors moderate treatment outcome for this age group.

In this article, meta-analyses were conducted to establish the effectiveness of psychological therapies for adolescent anxiety disorders in a) reducing anxiety disorder symptoms and b) remission from the primary anxiety disorder.

Post-treatment, those receiving treatment were significantly more likely to experience reduced symptom severity and remission from the primary anxiety disorder than controls. Psychological therapies targeting anxiety disorders in adolescents are more effective than controls. However, with only just over a third in remission post-treatment, there is a clear need to develop more effective treatments.

For more information and to read the full article, please visit this link: <https://link.springer.com/content/pdf/10.1007/s10567-021-00364-2.pdf>



## News from beyond the Network



### Opportunities

**NIHR** | National Institute  
for Health Research

#### **Mental health in the North of England**

Research for Social Care (RfSC) is running an additional call focusing on important social care questions around mental health in Northern England.

This additional call is an important part of the Department of Health and Social Care's ongoing interest in strengthening mental health research in less well supported areas.

For more information including dates and how to apply, visit the link below:

<https://www.nihr.ac.uk/documents/research-for-social-care-research-specification-for-mental-health-in-northern-england-call/28219>

**NIHR** | National Institute  
for Health Research

#### **Digital health technologies for children & young people's mental health**

The i4i programme is also inviting proposals on the research and development of digital health technologies aimed at improving children and young people's mental health across England, with an emphasis on communities or regions with a high burden of common mental health conditions relative to ongoing research activity. The call encourages proposals addressing a range of mental health conditions.

Funding of £50,000 to £150,000 is available for projects 6 to 12 months in duration.

i4i Connect launched on 17 August 2021. For more information including dates and how to apply, please visit this link:

<https://www.nihr.ac.uk/documents/i4i-connect-expression-of-interest-guidance-for-applicants/21508>





## **Dance Connect: Call for participants**

**Are you interested in joining new research exploring if online dance classes can support young people?**

University College London and Dance Base (Scotland's National Centre for Dance) would like to hear from young people aged 16-24 who are living in the UK and currently experiencing anxiety who would like to join us for 8 weeks of free online dance.

The dance classes will be tailored for beginners and draw upon contemporary dance techniques.

The sessions will take place on Thursday evenings online, starting from Thursday 23rd September and be led by Dance Base. For more information or to apply, visit: <https://www.dance-connect.co.uk/join-us>



## Resources



### Evidence briefs

The Parent-Infant foundation have produced a series of six evidence briefs to tell the story of why the first 1001 days are so important and which factors are necessary to secure the well-being of babies and young children.

To read the full briefs, visit this link:

<https://parentinfantfoundation.org.uk/1001-days/resources/evidence-briefs/>



### Emerging Minds Parent/Carer Resource

With children and teenagers returning to school, we wanted to share a reminder about our evidence-based parent and carer resource which we published in early 2020.

It has lots of helpful advice on supporting children and young people with their worries and anxiety around the COVID-19 pandemic. It is available in multiple languages and there is also an edition available for parents of younger children.

To take a look, visit this link:

<https://emergingminds.org.uk/parent-carer-advice-covid-19>

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## Back to school podcast

Another resource which may be helpful with the back to school transition is our podcast around school reintegration anxiety.

You can find it here on our website:

<https://emergingminds.org.uk/podcast-back-to-school-after-lockdown-school-reintegration-and-youth-mental-health/>



Contact us: [info@emergingminds.org.uk](mailto:info@emergingminds.org.uk)

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