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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 second newsletter! For our new members 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 ISSUE'S FEATURED NEWS

An update on the BRIDGE SIRG's outputs and progress and opportunities to get involved in case studies

Call for Expression of Interest: Case Studies on Implementation

As part of our BRIDGE Outputs we are working on a project to collect case studies on implementation experiences in UK clinical CYP MH care. We are taking this output to inform a funding application, below are the details of the project so far and how you can get involved:

- **Rationale:** this priority was set by the BRIDGE expert reference group as one of the SIRG's top 3 outputs. there is currently a lack of evidence and case studies around implementation efforts, and whether the outcome is successful/unsuccessful.
- **Aims:** This project aims to develop in depth case studies informed by a theoretically driven survey to illustrate how research can be used practically and sustained to improve outcomes and services.
- **What we have done to inform the application:** to inform the application we have already completed a systematic review on the barriers and facilitators to implementing evidence based practice and in CYP mental health care.

- This has provided a strong base of evidence onto which we can map any specific real life experiences from the case studies.
- **Funding:** we are working towards applying for the Emerging Minds Big Question funding for this project (see page below for details).
- **Research Questions:** What makes implementation successful in CYP MH contexts? Do the barriers and facilitators share commonalities with those documented in the literature? What can we learn from in depth case studies and how can we share this knowledge for other CYP MH stakeholders?
- **Method:** we have begun to draft a case study survey/template based on the PAHRiS Framework (Promoting Action on Research Implementation in Health Services (PARIHS). This framework was developed two decades ago and conceptualizes successful implementation. We also used this theoretical framework to help map our systematic review and it focuses strongly on practicality and facilitation of implementation and therefore is an appropriate framework for this project and aligns with BRIDGE's aims and ethos.

Pilot Phase for Case Studies:

We are looking to pilot this survey with between 6-8 individuals/teams with relevant experience and want to know if you would be interested!

- *Have you got experience of working on a funded research project implementing innovation, research, and evidence into CYP MH?*
- *Or do you have direct experience in implementing a specific intervention in a CYP MH setting that we could learn from?*

If so, please get in touch with Ari and Tim at:

a.peterscorbett@nsft.nhs.uk

and timothy.clarke@nsft.nhs.uk

Emerging Minds Funding Call Launch: the Big Question

We have also recently presented our main findings from the systematic review on barriers and facilitators in CYP Mental health Care at the Emerging Minds Funding Call Launch for the Big Question. We presented our findings alongside Abi Thomson from Emerging Minds and Holly Bear from the University of Oxford who are also conducting reviews which compliment our own work. Abi's rapid scoping review has focussed on the barriers and facilitators found in community based settings within the UK and Holly's systematic review focussed on the barrier and facilitators around implementing specific evidence based digital intervention for children and young people.

Below you can find information on the Big Question Funding Call:

How do we implement effective promotion of good mental health, prevention and early treatment for mental health problems at scale amongst children and young people?

1. How do we target known protective, risk and/or maintenance factors in order to ultimately implement effective promotion, prevention and treatment?
2. How do we deliver models and/or interventions that have already been shown to be effective, at scale (and in ways that are accessible and continue to be effective)?

Our stakeholder engagement work particularly emphasised the need to include children and young people whose situations and/or characteristics place them at particular risk and/or children & young people with unmet needs.

BRIDGE are also preparing to apply for the Emerging Minds Big Question Funding for our Output on producing Case Studies around implementing evidence based care in children and young people's mental health. This aims to produce in depth case studies at service level and compare this to the commonalities found in our review. You can find more information about this project on the page above.

PLACE Network Meeting: Empowering Parents and Carers

As part of our parents and carers empowerment output Ari and Expert BRIDGE Member Rachel Ricketts attending the September meeting of the PLACE Network in order to present the findings from the survey we have created for parents and carers so far and to discuss the resource with the network members.

We discussed the current findings from the survey which included:

100% of respondents saying they would like a resource about information and questions to ask about research when their child/young person sees a mental health professional.

Respondents stated that in the moment, they often didn't think about asking questions about research or evidence, didn't know how or felt they did not know enough. The Network members also engaged in discussion around the best way to disseminate this resource and how important it will be to define what we mean by 'evidence' to make sure the resource is accessible.

In our discussion with the PLACE Network members these findings were echoed and confirmed and we had a meaningful discussion around how the resource can be made most accessible and when and where it would be distributed. The point that clinicians and practitioners can also perceive parents and carers who ask a lot of questions as 'pestering' and 'annoying' and this can burn bridges and affect the relationship between the parent/carer and the clinicians as well as that of the child/young person and clinician. This was also noted and that we must take this into consideration when producing our resource.

We are still collecting responses to this survey, so if you know of any parents carer networks or support groups or interested parents and carers please do circulate this to them. You can access the survey [here](#).

Contact & 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