



Emerging Minds

Network News: February 2022

Dear Heather,

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



This month...

We have so much to share with you, including:

- A chance to hear from **the CoRay project** on involving young people in research at our **February Open Lab meeting later today**
- **New infographics** and a **briefing on supporting young people feeling anxious about social situations** from the **CoRAY project**
- An introduction to the **Live Music & Mental Health Special Interest Research Group** and an invitation to hear their latest findings at our **March Open Lab meeting**
- **Opportunities, Vacancies** and **Further Reading** from beyond the Emerging Minds Network



Emerging Minds News



Open Lab Meeting
February 28, 1-2pm

Researchers from the [CoRAY project](#) and the [McPin Foundation](#) will discuss:

'Who benefits and how? Young people's involvement in mental health research.'

Register at emergingminds.org.uk/openlab-february22/

Monthly Zoom meetings to network, hear the latest research, and join the conversation.
More info: emergingminds.org.uk/openlab

Open Lab
Emerging Minds



Open Lab: February

!Today! Date: 28 February, 1-2pm

'Who benefits and how? Young people's involvement in mental health research.'

Join us at lunchtime today for our next Open Lab where [the CoRAY team](#) and co-researchers from [the McPin Foundation](#) will present findings from their qualitative study into the experiences of young people who have been involved in mental health research.

The team will discuss the implications of these findings for future studies, and will outline some brief guidelines for researchers seeking to involve young people in the research process. The co-researchers, who have played a pivotal role in conducting interviews and collaborating on thematic analysis, will also offer their reflections on their experiences of co-production throughout the study.

To register for this Zoom event, [visit our website](#).



CoRAY Project Updates

The [CoRay project](#) launched in late 2020 to understand how young people's mental health had been affected by the pandemic, and to support young people themselves to develop and share resources that would be helpful in response. Four key priority areas emerged out of the [original evidence synthesis](#) and [workshops](#) around:

- managing **Change & Uncertainty**
- feeling **Lonely, Isolated & Disconnected**
- feeling **Bored, Flat & Unmotivated**
- overcoming barriers to young people **Seeking Help** for their mental health.

New Briefing: Supporting Young People Feeling Anxious about Social Situations

In July 2021 the CoRay team had the opportunity to [check-in with young people](#) and [review the latest evidence](#), and identified a fifth priority: the need to support young people **feeling anxious about social situations**. They have produced a new briefing in collaboration with research and clinical experts, which provides evidence-informed guidance on how to support young people to manage feelings of anxiety around social situations, during the pandemic and beyond. You can [read the full briefing via our website](#) and it is [also available in summary form for young people](#).

New Resources: Infographics

Young people from the CoRAY advisory group have also been working with designers from the University of Reading to develop new infographics to provide support and advice to young people around the CoRay project's key priority areas.

These free infographics have been designed with a range of purposes in mind, including posting on social media and starting conversations in classrooms. [We would love you to download the resources from our website.](#)



The infographic features a white background with orange and blue decorative shapes. It includes the following text and logos:

Open Lab Meeting
March 23, 1-2pm

'Live music gigs and concerts: a "staged" approach to mental wellbeing for children and young people.'

Speakers:

- **Amy Woodhouse**, Children in Scotland
- **Dr Lynne Gilmour**, University of Stirling

Register at emergingminds.org.uk/openlab-march22/

Monthly Zoom meetings to network, hear the latest research, and join the conversation.
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Logos: UNIVERSITY OF STIRLING, scottish ensemble, The Scottish Government, Children in Scotland, and the Open Lab Emerging Minds logo.



Open Lab: March

Date: 23 March, 1-2pm

'Live music gigs and concerts: a "staged" approach to mental wellbeing for children and young people.'

Join Amy Woodhouse from [Children in Scotland](#) and Dr Lynne Gilmour from the University of Stirling as they share findings from the [Live Music Special Interest Research Group](#), and outline some of the questions and potential answers their investigations have raised.

To register for this Zoom event, [visit our website](#).

And find out more about the research group under our **'Spotlight on a SIRG'** feature below!

!Watch This Space!
The Big Emerging Minds Summit
Early July 2022



Special Interest Research Groups (SIRGs)



Spotlight on a SIRG

Live Music & Mental Health

The [Live Music & Mental Health SIRG](#) has brought together children, young people and practitioners to explore the impact of live music experiences on the mental health and wellbeing of children and young people.

The group is led by Children in Scotland in collaboration with Scottish Ensemble, the Scottish Government, the University of Stirling and Children in Scotland's children and young people's advisory group, 'Changing our World'.

'It was a really powerful experience to bring together such a diverse range of perspectives to explore the impact of live music on the mental health of children and young people. While the existing evidence base on this topic was small, collectively we were able to identify common themes, barriers and opportunities for the future and ground this in children and young people's lived experience.'

- Amy Woodhouse, Children in Scotland & SIRG lead

Remember to sign up to [our Open Lab in March](#) to hear more about the group's findings.



Parents' and Carers' Wellbeing and Support (PAWS)

[PAWS](#) focuses on the wellbeing and support for parents and carers of young people with mental health problems.

You can help PAWS direct and plan their research by [taking this short survey](#) around the key priorities that will improve support for parents of young people with mental health difficulties.

You can also get involved in PAWS by joining their leadership team – email faith.martin@coventry.ac.uk to find out more.



Rethinking Education: Competition Results

[Rethinking Education](#) is working to ensure that wellbeing is an intrinsic part of all education provision. They recently held a competition asking children and young people to submit creative pieces on the theme: What have the pandemic and/or lockdown measures taught you about your education?

Voting is now closed, but all 30 entries for the #LessonsFromLockdown competition are [still available to view](#). The three winning pieces include a poem, an acrostic and a comedic take on Zoom meetings, and [can be seen on the Rethinking Education website](#).



Research Showcase

Happier During Lockdown

This new paper, co-produced by Emma Soneson and Nikki Chapman and inspired by the work of their [Rethinking Education Special Interest Group](#), overturns the common narrative that the pandemic has had overwhelmingly negative effects on the lives of children and young people.

Having carried out a descriptive analysis of the self-reported wellbeing of 17,000 UK school students captured by the 2020 OxWell Student Survey, the study found that a sizeable minority – 33% of participants – reported improved mental wellbeing during the first UK national lockdown.

‘While we absolutely do not want to ignore those whose mental health suffered during lockdown, it’s key that we learn why some young people had improved mental health and wellbeing so that we can create meaningful, positive change moving forward.’

- Emma Soneson

[You can read *Happier During Lockdown* in full via SpringerLink.](#)

You might also be interested in Emma’s [recently published Delphi study](#) on developing a mental health identification programme for schools, and her [Emerging Minds-funded project](#) investigating whether online teacher training programmes can improve identification of mental health difficulties in primary school children. Watch this space for that report later in the year.



News From Beyond The Network

Opportunities



Awards: Up to £1000 for mental health research from the Mental Health Research Incubator

! Last Chance! Deadline: 4 March, 5pm

What mental health research is making a difference in your field, profession, or organisation right now? Nominate the people, teams, or projects who are innovating through mental health research.

[Find out more and nominate over on the MHR Incubator website.](#)



Funding Opportunity: Digital Society Network Plus Project

! Last Chance! Deadline: 1 March, 4pm

The successful project will develop a research agenda that explores people's relationships with technology and how technologies influence relationships. Applications are encouraged to explore the themes around 'harnessing technology' and 'power and behaviour'.

[Find out more and apply via the UKRI website.](#)

Vacancy: Project Lead & Deputy Programme Lead, NIHR Applied Research Collaboration Mental Health Implementation Network

! Last Chance! Deadline: 3 March

Part-time (5-10%FTE) project lead and deputy lead positions available to help with the implementation of mental health interventions in a variety of contexts across England in relation to four projects:

- Improving Access to Psychological Therapies (IAPT)-style services for children and adolescents, especially in schools
- Physical health care for people with severe mental illnesses
- Community access and engagement for minority ethnic communities for mental healthcare
- Integrated care protocols for co-occurring mental illness and substance misuse

[Visit the ARC website for full details and to apply.](#)

Focus Groups: Enhancing CAMHS Referrals Project

Deadline: 15 March

Members of the public are invited to join focus groups to discuss the current challenges in making referrals to Child and Adolescent Mental Health Services (CAMHS) in England, and solutions to support more successful referrals.

You can help if you are at least 16 years old and have any of the following:

- experience of being referred to CAMHS
- experience of someone you care for being referred to CAMHS
- experience of trying to make a referral to CAMHS
- experience working as a professional referring someone to CAMHS.

Focus groups will run on Thursdays and Fridays from the end of January until the end of March. Fees and expenses paid.

For further details or to apply, [contact the team](#) by 15th March 2022.



Funding Opportunity: The Kavli Trust

Deadline: 15 March

The Kavli Trust is offering 20million Norwegian Kroner for research projects [addressing ten evidence gaps in child and adolescent mental health](#). In the first stage of the process, eligible applicants submit short pre-proposals (appr. 8.000 characters) and after review, around 10 applicants will be invited to submit full proposals.

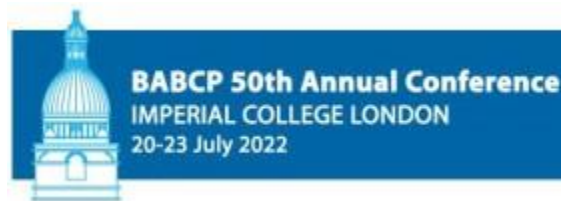
[Find out more and apply via the Kavli Trust website.](#)



Participation: PIPA Trial

The PIPA trial is exploring the effectiveness of an online resource for parents/carers to help prevent depression and anxiety in young people. The trial is being coordinated by the University of Warwick, is completely free to join and conducted entirely online. Families can either sign up to the trial through their child's school or directly via the trial's website.

To find out more and sign up [visit the PIPA website](#) or email PIPA@warwick.ac.uk.



Opportunity: Beyond the Room Correspondents

For this year's British Association for Behavioural & Cognitive Psychotherapies (BABCP) Conference, [The Mental Elf](#) is convening a "Beyond the Room" team of correspondents who will be live tweeting, interviewing speakers and attendees, and sharing podcasts and videos throughout the event. The aim is to bring a bigger and more diverse online audience to the conference via social media.

[Find out more on the BABCP website.](#)

Call for Submissions: BABCP Conference 2022

Deadline: 21 March

Submissions are open for **open papers** and **posters** for this year's British Association for Behavioural & Cognitive Psychotherapies (BABCP) Conference in July. Submissions are welcomed from anyone at any stage of their clinical or research career. Those not accepted as open papers due to capacity will be considered for poster sessions instead.

[Find out more on how to apply on the BABCP conference website.](#)

[Registration for the event is now open too.](#)

Event: Public Mental Health Virtual Symposium 2022

Date: 27 April

The [NIHR SPHR Public Mental Health programme](#) is hosting its second virtual symposium. This one-day event will showcase the latest research conducted within the programme from early career researchers, PhD students, pre- and post-doctoral fellows, academic and peer researchers and practitioners. The online event is free to anyone interested in public mental health.

[Find out more and register on the NIHR website.](#)



Course: Social Media Training for Mental Health

**Dates: 3 March, 30 March, 29
April, 26 May, 29 June**

Spend half a day with **The Mental Elf** founder André Tomlin and give your social media skills a huge boost! These practical training sessions in digital public engagement and research dissemination skills are for anyone interested in communicating mental health science.

[You can book onto one of the upcoming course dates via Eventbrite.](#)



Funding Opportunity: Partner with the police to tackle violence against women and girls (UKRI)

Deadline: 3 May

This exciting opportunity offers UK-based academics the opportunity to work in partnership with local UK police constabularies, agencies and stakeholders to tackle Violence against Women and Girls (VAWG) in specific locations.

Funding is available to establish new or grow existing multi-agency local partnerships and is designed to support partnerships in undertaking networking, knowledge exchange and research co-design activities to tackle key themes relating to Violence against Women and Girls.

[Find out more and apply via the UKRI website.](#)



Course: Psychological First Aid – Supporting Children and Young People

In this 3-week FutureLearn online course participants will explore the techniques of psychological first aid (PFA), focusing on children and young people's mental health, and what can be done to help them cope and access the support they need during and after emergencies and crisis situations.

The course has been produced by Public Health England, working with a wide range of experts and organisations. It is based on international guidance from the World Health Organisation, United Nations and partners.

[Find out more and sign up on the FutureLearn website.](#)



Vacancy: Co-Lead for Children, Young People, Parent and Public Involvement

The National Institute for Health Research (NIHR) Children and Families Policy Research Unit (CPRU) are looking for a public engagement professional (1 day/week) with experience of working in research and with children, young people or parents. [Direct message CPRU on Twitter for further details.](#)

Further Reading & Resources



DECIPHER

Collecting Genetic & Mental Health Data in Schools

This paper is a result of a feasibility study into the collecting of genetic samples and linked mental health data from young people in schools. **DECIPHER** and the **Wolfson Centre for Young People's Mental Health** conducted the pilot in three mainstream schools in Wales. They found that undertaking research like this in schools is viewed as acceptable and feasible in principle, but that there are important procedural barriers to be overcome. [You can read the paper via BMJ Open](#)



The Association
for Child and Adolescent
Mental Health

Anxiety – Cues, Clues & Support for Young People in School

In this **Association for Child and Adolescent Mental Health (ACAMH)** webinar recording **Professor Cathy Creswell** (Director of the Emerging Minds Network) and Oxford DPhil student **Helen Manley** discuss the latest evidence-base on anxiety in children and young people and provide an overview of principles and resources to support children and young people who have difficulties with anxiety. [Listen to the recording on the ACAMH website.](#)



School and researchers – strange pairing or recipe for success?

To celebrate Children's Mental Health Week, The **McPin Foundation** in collaboration with [the Resilience, Ethnicity & Adolescent Mental Health project \(REACH\)](#) have published a new podcast and supporting guide about how to do great research in schools.

In the podcast researchers, school staff and students share their experiences of doing research in schools, and why they feel the benefits outweigh the costs. The guide then offers a more comprehensive look at the REACH study, and advice for getting involved. [Take a look on the McPin website.](#)

Centre for
Mental Health



Student Space: An evaluation of web-based intervention supporting student mental wellbeing over the pandemic

This new report is based on the **Centre for Mental Health's** independent evaluation of [Student Space](#), which was launched in August 2020 to support the mental wellbeing of students during the pandemic. The report highlights the platform was a valuable resource, offering a high quality, rapid response to the crisis and that it should continue to be funded to give students additional support for their mental health as the need for accessible mental health advice and signposting will last well beyond the pandemic. [Read more on the Centre for Mental Health website.](#)



National Gallery Audio Tour Evaluation

In 2019 the **McPin Young People's Network** worked with the **National Gallery** and **Professor Helen Fisher** to co-produce a [mental health themed audio tour](#). This new report explores how the project impacted public attitudes towards mental health and calls for further arts-based anti-stigma projects aimed at more diverse audiences. [Read the report in Wiley Online](#).



Tackling Racism and Mental Health in Schools

Across five episodes, this new podcast series from the **Anna Freud Centre** brings together experts in mental health, education and anti-racism to explore how experiencing racism impacts young people's mental health and self-esteem, and practical steps schools can take to become anti-racist. [You can listen to the podcasts on the Anna Freud website](#).



Measuring Wellbeing in the Student Population

This new report from the [Student Mental Health Research Network \(SMaRteN\)](#) is the result of a sector-wide consultation that included students, academics and researchers, and colleagues working in student services and higher education management and policy. It is intended to be a practical tool to help universities and relevant organisations make informed decisions about how they measure well-being and implement positive changes to support students. [Read the report on the SMaRteN website](#).



Improving Access to Psychological Therapies (IAPT) for Children and Adolescents

This project from the **Mental Health Implementation Network (MHIN)** will build on the approach developed by the [NHS's IAPT programme](#) which has transformed the treatment of adult anxiety disorders and depression in England. The aim of the MHIN project is to expand access to mental health care for children and young people using IAPT-style services, especially by increasing available support in schools. The hope is that IAPT-style interventions could help to meet the needs of children experiencing adverse childhood experiences and mental health difficulties.

[Find out more via the NIHR website](#).



Knowledge Mobilisation

A helpful resource from **Closing the Gap** for anyone working in research on how to do, and how to research, knowledge mobilisation. This introduction to the topic encompasses thought-provoking questions and signposting to further reading on ways to approach knowledge mobilisation. [Access the resource on the CTG website.](#)



Age of Wonder

This ground-breaking study will capture the journeys of 30,000 Bradford schoolchildren from adolescence to adulthood over the next 7 years. Researchers from **Hull York Medical School (HYMS)**, **University of York**, and the **Bradford Institute for Health Research** have secured £7m in funding from the Wellcome Trust. [Watch the trailer](#), or [find out more on HYMS's website.](#)



Contact us: info@emergingminds.org.uk

[Unsubscribe](#)

Emerging Minds is part of the Cross-Disciplinary Mental Health Network Plus initiative supported by UK Research and Innovation.