



Emerging Minds

Network News: March 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:

- An introduction to some of our **Big Question funding call recipients**, and an invitation to hear more about their projects at our **April Open Lab**
- A new **short-film series around loneliness** and **infographics on feeling anxious about social situations** from the **CoRAY project**
- **Upcoming events** from our Special Interest Research Groups, and a spotlight on the **Embracing Complexity SIRG**
- **Opportunities, Vacancies, Funding Calls, Events** and **Further Reading** from beyond the Emerging Minds Network

Emerging Minds News



Introducing... our 'Big Question' Funding Call Recipients

We are thrilled to introduce you to some of the successful funding recipients from our ['Big Question' Research Challenge](#) funding call, which focuses on how to best implement evidence into policy and practice. You can [find out more about both research projects via our website](#), and [at our April Open Lab](#) (see below).

Bridging the gap: optimising implementation of evidence in children and young people's mental health

"We are delighted to receive an Emerging Minds grant to investigate factors which optimise and hinder the implementation of research into practice. In collaboration with the McPin Foundation and young co-researchers, we will co-develop several outputs including a validated tool to measure barriers in practice and recommendations for how to develop a successful implementation strategy."

– Dr Holly Bear, University of Oxford

The implementation of evidence-based practice in Children and Young People's Mental Health Services: what can we learn from the Child Wellbeing Practitioner workforce?

"We are really excited to be commissioned by Emerging Minds to develop an understanding of what has facilitated and sustained the successful implementation of the Wellbeing Practitioner for Children and Young People initiative. We aim to develop an implementation tool kit, training and a summary of recommendations based on the findings of this qualitative study."

– Professor Jonathan Parker, University of Exeter



Open Lab: April

Date: 26 April, 1-2pm

Evidence Into Practice: Improving Implementation of Children and Young People's Mental Health Research

For our next Open Lab we are excited to be hosting some of our new funding recipients from our 'Big Question' Research Challenge funding call. Come and join [Dr Holly Bear](#) (University of Oxford) and [Professor Jonathan Parker](#) (University of Exeter) as they introduce their new research projects on how best to implement evidence from mental health research into policy and practice.

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



Webinar Recording: Who benefits and how? Young people's involvement in mental health research

At our February Open Lab, [the CoRAY team](#) and co-researchers from [the McPin Foundation](#) presented findings from their qualitative study into the experiences of young people who have been involved in mental health research. It was a fantastic event, with lots of reflections and advice for researchers seeking to involve young people in the research process. We really encourage you to [check out the recording on our website](#).



CoRAY Project Updates

Short Film Series: Its Not That Deep

We're excited to share the new drama short film series "Its Not That Deep". The three-part series was written and acted by a group of young people in just five weeks, in collaboration with Fully Focused Productions and our [CoRay team](#). The series draws on our [evidence-informed recommendations](#) for supporting young people feeling lonely, isolated and disconnected, as well as insights on cyberbullying from Swansea University. Head over to our website to [watch the films now!](#)

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 feeling anxious about social situations. The free infographics have been designed to post on social media or start conversations in classrooms. We would love you to [download the resources from our website](#).



TRADE Project Focus Groups

The [Transmission of experience of racism, anxiety and depression in families \(TRADE\) project](#) is one of the recipients of our [Voices, Power & Attitudes funding call](#). They are exploring how parents' experiences of racism might impact children's mental health and wellbeing.

Have you or your family experienced racism? You can sign up now for focus groups in April if you are either 1) a parent/carer of children 4-18 years old, or 2) a teenager 14-18 years old.

You can [sign up via the King's College London website](#), and keep up to date with the project [via their Twitter](#), @TRADEproject_UK. Please share this with your networks.

**!Watch This Space!
The Big Emerging Minds Summit
September 2022**

Special Interest Research Groups (SIRGs)



Spotlight on a SIRG

Embracing Complexity

Most people with neurodevelopmental conditions have more than one, but this group is often excluded from research. The [Embracing Complexity in Neurodevelopmental Conditions and Mental Health SIRG](#) is facilitated by the autism charity Autistica, and focuses on bringing together people with NDCs, carers, researchers and charities to address this gap and ensure that research really benefits those who think differently.

PhD researcher Suzi Sapiets (Universities of Warwick and Kent) co-leads the group, and also spent six months last year working with Embracing Complexity as part of her [Emerging Minds Cross-Sector Placement](#). You might like to [check out her new publication](#) *Embracing Complexity in Research on Neurodevelopmental Conditions and Mental Health*. Embracing Complexity will also be the focus of our Open Lab in May – watch this space.



Workshop: Social Photography SIRG

Date: 4 April, 1.30-3.30pm

The [Social Photography SIRG](#) are hosting a free workshop in April to explore ideas around social media photography and young people's mental health and identity. The event is aimed at anyone with an interest in social photography, photography and identity, social media & youth mental health and wellbeing. [Sign up today via Eventbrite](#).



Event: Parents' and Carers' Wellbeing and Support SIRG (PAWS)

Date: 5 April, 11.30-1pm

The [PAWS SIRG](#) focuses on the wellbeing and support for parents and carers of young people with mental health problems. You are invited to their online meet-up event in April to hear about the SIRG's research priorities, discuss future research activities and explore potential collaborations. [Sign up today via Eventbrite](#).

Research Showcase

Therapist-supported online remote behavioural intervention for tics in children and adolescents in England (ORBIT)

This multicentre, parallel group, single-blind, randomised controlled trial was led by Professor Chris Hollis and Dr Charlotte Hall (University of Nottingham).

The team evaluated the effectiveness of internet-delivered, therapist-supported, and parent-assisted Exposure and Response Prevention (ERP) for treatment of tics in children and young people with Tourette syndrome or chronic tic disorder.

They found that online ERP with minimal therapist contact time represents an efficient public mental health approach to improve access to behavioural therapy for tics in children and adolescents. [You can read the full paper via ScienceDirect.](#)

News From Beyond The Network

Opportunities



GROW Researcher Development Programme

Deadline: 26 April

GROW is a fully-funded 6-month programme that supports a cohort of **early career researchers** in England to identify and work on professional goals, and develop the skills, experience and contacts to make a difference through mental health research.

Emerging Minds is hosting the current cohort, and we're excited to be passing on the baton to our friends at the [Mental Health Research Incubator](#) going forward. The next programme begins in summer 2022, and [you can apply now on the Incubator website!](#)



Call for Abstracts: Loneliness and Social Isolation Network Final Showcase Symposium

Deadline: 4 April

The Loneliness and Social Isolation Network is holding its Final Showcase Symposium on 15 June. They are inviting abstracts for 10-minute live presentations, or filmed 3-5 minute poster presentations to be hosted via The Mental Elf alongside the symposium. They would particularly welcome abstracts from **early career researchers** and lived experience researchers. [You can submit an abstract via UCL's website.](#)



Early Career Researcher Bursary Awards - VAMHN

Deadline: 21 April

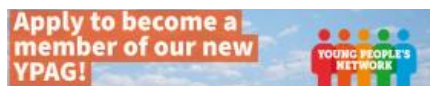
The Violence, Abuse & Mental Health Network (VAMHN) is offering bursaries of up to £250 to support early career researchers to attend training courses, research placements and conferences. You can [read about previous bursary winners](#) or [apply via the VAMHN website](#).

MENTAL HEALTH RESEARCH MATTERS

'Why Mental Health Research Matters' Steering Group

Deadline: 22 April

Mental Health Research Matters are currently recruiting people with a passion for mental health research to coordinate a new campaign this autumn. To apply, you should have some connection to any of the eight UKRI-funded Mental Health Networks, e.g.: Emerging Minds! (maybe as a researcher, someone with lived experience, a practitioner or policy maker, or even just a mailing-list subscriber...). [To find out more and apply visit their website](#).



Young People's Advisory Group – McPin Foundation

Deadline: 22 April

The McPin Young People's Network are looking for young people aged 16-26 to join a Young People's Advisory Group (YPAG) to help shape a new research project around Supporting Adolescents with Self-Harm (SASH). [To find out more and apply check out McPin's latest newsletter](#).



2x PhD Scholarships

Deadline: 20 May

Mental Health Research UK is holding a competition for UK Universities to apply for two PhD Scholarships focused on 'early intervention in psychosis' and 'health inequality and mental illness'. [To find out more, visit the Mental Health Research UK website](#).

2022 ACAMH Awards

Deadline: 30 May

Nominations are open for the 2022 Association for Child and Adolescent Mental Health Awards. Across the nine awards ACAMH aim to recognise high-quality work in evidence-based science, both in research and practice, in the field of child and adolescent mental health. It's your chance to celebrate researchers, clinicians, and students doing amazing things in the field! [Head to the ACAMH website to submit nominations now](#).



Study Participation: PIPA Trial – Warwick University

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 free to join and entirely online. Families can 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](#).



Loneliness & Social Isolation in Mental Health
Research Network

Study Participation: Loneliness Interventions for Young People

Have you experienced loneliness? Are you aged 16-24? Do you identify as male or non-binary? The Loneliness & Social Isolation Network are looking for young people to participate in one-on-one interviews over Zoom, to explore their opinions on strategies to help reduce loneliness in this age group. [Find out more and get involved via UCL's website.](#)



Study Participation: Purrble Toy Trial – King's College London

Researchers at KCL are looking for parents of children aged 6-10 years to try a small interactive plush toy designed to help children calm down and relax (Purrble) and to take part in a series of online co-design activities to help the team develop a set of resources around it that further support the development of children's emotional skills. To find out more [visit the KCL website.](#)

Vacancies



Research Fellow – University of Coventry

Deadline: 5 April

Dr Faith Martin (who also leads our [Parent Support and Wellbeing Special Interest Research Group](#)), is advertising for a research fellow for her NIHR-funded systematic review exploring the needs of parents and carers of young people with mental health problems and interventions to support them. [Check out the job description](#), or [apply via the University of Coventry jobs portal](#).



Research Assistant x2 – University of Oxford

Deadline: 12 April

Applications are invited for two research assistants to work in The Oxford Psychological Interventions in Childhood and adolescence (TOPIC) research group, on an exciting project which aims to transform the lives of children with anxiety disorders and their families by developing and evaluating a route for seamless identification and online intervention via primary schools. [Apply via the Oxford University jobs portal](#) by searching for Vacancy ID 157074.



Research Fellow – University of Oxford

Deadline: 13 April

Applications are invited for a 3-4 year research fellowship funded by [the Prudence Trust](#). The research focus will be on improving the mental health of children and young people through prevention or early intervention. [Apply via the Oxford University jobs portal](#) by searching for Vacancy ID 156637.



Prudence Trust/Elizabeth Blackwell Institute Fellow – University of Bristol

Deadline: 26 April

This 3-year fellowship is available to a researcher from any discipline with substantial experience in the area of mental health in young people. Research should be focused on improving the mental health of children and young people (primarily ages 8-25) through prevention or early intervention. [Find out more and apply via the Bristol University website](#).

Funding Opportunities



2022 MQ Fellows Award

Deadline: 29 April

MQ Mental Health Research are offering 3 years of funding for early career researchers whose projects are focused on suicide, comorbidities and premature mortality for people with serious mental illness. The 2022 MQ Fellows Award, themed "Gone too Soon", is open for applications now. [To find out more and apply visit the MQ website](#).



Partner with the police to tackle violence against women and girls – UKRI

Deadline: 3 May

An opportunity for UK-based academics to work in partnership with local UK police constabularies, agencies and stakeholders to tackle Violence against Women and Girls. Funding is available to establish new or grow existing multi-agency local partnerships and to support networking, knowledge exchange and research co-design activities. [Find out more and apply via the UKRI website](#).



Improving outcomes in people experiencing or at risk of psychosis – Wellcome

Deadline: 5 May

The PIPA Up to £3million over 5 years is available from Wellcome for projects developing interventions to improve cognitive and functional outcomes for people experiencing, or at risk of, psychosis. And up to £1million over 3 years is available for studies testing markers of cognitive functioning. You can [find out more over on Wellcome's website](#), or [join their information webinar](#) on **20 April 1.30-2.30pm**.



Looking Backwards, Moving Forwards – Wellcome

Deadline: 24 May

Wellcome has launched a new £50million funding call, 'Looking Backwards, Moving Forward'. Projects from any discipline can apply for up to £5million to investigate the causal mechanisms, from the cellular to the societal, that underpin effective interventions for anxiety, depression, and psychosis, and to inform the development of new and improved early interventions. [You can find out more over on Wellcome's website](#).



Evaluating implementation of the 'Transforming Children & Young People's Mental Health Provision' green paper - NIHR

Deadline: 25 May

Stage 1 applications are now open for the National Institute for Health Research's funding call to evaluate the implementation of the 'Transforming Children and Young People's Mental Health Provision' Green Paper. [Find out more and apply via the NIHR website](#).

Events



Parenting in Emergencies – Evidence and innovation to support children and their caregivers

Date: 26 April, 2pm

The Wolfson Centre for Young People's Mental Health are beginning a new public lecture series, and in their first event Professor Lucie Cluver (Universities of Oxford and Cape Town) will be presenting the best evidence-based support for families in emergencies. [You can register for this event via Zoom.](#)



Public Mental Health Virtual Symposium 2022

Date: 27 April

The [NIHR SPHR Public Mental Health programme](#) is hosting its second virtual symposium for anyone interested in public mental health. This free one-day event will showcase the latest research conducted within the programme. [Find out more and register on the NIHR SPHR website.](#)



Social Media Training for Mental Health Researchers

Dates: 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.](#)



Summer School in Youth Mental Health Research

Deadline: 27 June

The Wolfson Centre for Young People's Mental Health are hosting a free virtual summer school in July. It is aimed at early career research scientists and clinical trainees who are interested in moving into youth mental health research, or those who want an introduction to the field. [Find out more and apply via Cardiff University's website.](#)

Further Reading & Resources

Webinar: Non-academic career pathways for early career researchers

Last month the Violence, Abuse & Mental Health Network (VAMHN) held an event for **early career researchers** where Speakers shared their advice on alternative career pathways for researchers including transitioning from a PhD or postdoc into the private or charity sectors. You can catch up with this webinar, and others on topics like grant applications and policy engagement, [via recordings on the VAMHN website](#).

Podcast: My Family, Mental Illness, and Me

Around 3 million young people in the UK live with or care for a parent with mental illness. Dr Pamela Jenkins, from the TRIUMPH Network, has produced a new series in which she interviews others who grew up as the child of a parent with mental illness. The podcast is facilitated by the charity Our Time and supported by the Mental Health Foundation. [Check out the podcast](#).

Covid-19, social restrictions, and mental distress among young people – a UK longitudinal, population-based study

The Resilience, Ethnicity, and Adolescent Mental Health (REACH) team have published a new paper in the *Journal of Child Psychology and Psychiatry* on how the COVID-19 pandemic has affected the mental health of young people across South London. [Visit the Kings College London website to read the full paper, and three complementary reports](#).

School-based interventions to improve mental health literacy and reduce mental health stigma

This systematic review, published in the *Journal of Child and Adolescent Mental Health*, identified and synthesised evidence on the effectiveness of school-based interventions designed to improve mental health literacy and reduce mental health stigma. [Read the review on the CAMH website](#).

Barriers to remission from child and adolescent anxiety disorders following extensive treatment – an exploratory study

Barriers to treatment responsiveness among chronically anxious children is not well studied. This new paper published in the *Journal of Behavioral and Cognitive Therapy* evaluated barriers and predictors of poor treatment response in the hope that tailored intervention will improve outcomes. [You can read the paper via Science Direct](#).

Commentary: 'Shall We Send a Panda?' A practical guide to engaging schools in research – learning from large-scale mental health intervention trials

The substantial time that children and young people spend in schools makes them important sites to trial and embed prevention and early intervention programmes. However, schools are complex settings, and it can be difficult to maintain school engagement in research trials. This commentary presents learning from two large-scale, mixed-methods mental health intervention trials in English schools. [You can read this commentary piece via MDPI.](#)

Exposure quality in Cognitive Behavioural Treatment for youth anxiety disorders—predictors and associations with outcomes

Exposure to feared situations is an effective CBT component, however, there is little observation-based empirical research on how exposure relates to outcomes and other clinical variables. This study from the Journal of Child and Family Studies found that enhancing parent contribution to exposure during CBT treatment could improve long-term outcomes for youth anxiety disorders. [Read the paper via SpringerLink.](#)

Co-SPACE Study data now available

Data from the Co-SPACE study is now available online for academic purposes. The Co-SPACE project aimed to track children and young people's mental health throughout the COVID-19 crisis, identify what protects children and young people from deteriorating mental health and determine how this varies according to child, family and environmental characteristics. The dataset covers parent/carer reported data from March 2020 to July 2021 and is [available from the UK Data Service website.](#)

Update on funding boost from NIHR in mental health research

In 2021 the National Institute for Health Research [announced a £30million investment in mental health research](#), particularly for areas of unmet need such as children and young people, ethnic minorities and people with pre-existing physical health conditions. This update gives a taste of NIHR's current investments and priorities including over 100 new mental health projects since June 2021, and a number of fellowships, funding calls and research collaborations. [Find out more on the NIHR website.](#)

UKRI Healthcare Technologies Theme

You might be interested in this initiative from the Engineering and Physical Sciences Research Council (EPSRC). Together with UKRI more broadly they are supporting multi-disciplinary research into healthcare technologies, including new therapies, physical devices and support, helping people manage their own health and wellbeing at home, and predicting and diagnosing disease. [To find out more about the initiative and to apply for an EPSRC open research grant visit the UKRI website.](#)



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