



# Emerging Minds

## Network News: May 2022

Dear Heather,

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



### This month...

...we're focusing on the work of our [Special Interest Research Groups \(SIRGs\)](#) which were established in 2021. We have been supporting 19 cross-sector research collaborations on a wide range of topics relating to child and adolescent mental health.

Read on for news of a brand new self-stigma SIRG, reports, events, opportunities, and funding and award success. Many of our SIRGs will also be sharing their research at The Big Emerging Minds Summit in October and want to work with **you** to plan for the future.

"We've been so lucky to work with a fantastic group of SIRG's this last year – all really passionate about improving the lives of young people through their work - and it's really nice to celebrate their successes."

- Bea Shelley, Emerging Minds SIRG Coordinator

We also have other news from **Emerging Minds** and the **CoRay project**, and of course the usual **opportunities**, **events**, **vacancies**, and **research** from beyond the Network.



## The Big Emerging Minds Summit

### Children & young people's mental health: from research to action

Join us in beautiful Oxford (or online) for The Big Emerging Minds Summit on **October 17**. The Summit will bring together delegates from across sectors and disciplines with a range of experiences, skills, and perspectives, all with a passion for mental health research that will make a difference to children, young people, and families. The day will be filled with opportunities to exchange ideas and experiences so you can leave feeling inspired and motivated to turn research into action. It's free to attend, and Expressions of Interest are open now! [Head over to our website to find out more.](#)

## Special Interest Research Groups (SIRGs)



### New SIRG: Young People & Self-Stigma in Mental Health

We're excited to introduce you to [our newest SIRG](#) which will bring together young people, community organisations, and researchers to explore understandings of self-stigma in mental health. Led by Dr Nicola Cogan (University of Strathclyde), the group aims to explore how better research on self-stigma and young people's mental health could make a positive difference to mental health promotion and prevention. We would love you to get involved – [find out more on our website](#) or [follow @yp\\_MHstigma on Twitter](#).

You might also be interested in these recent pieces published by Dr Cogan in collaboration with young people: ['Is it "OK to not be OK" at school? Mental Illness Stigma' in Education Today](#), and the preprint report ['Mental Illness Self-Stigma in Young People: A Scoping Review Protocol'](#). Both have generated a lot of interest online on the topic of young people, self-stigma, and mental health, which the SIRG hopes to build upon.



## Event: Embracing Complexity

Date: 30 June, 6-7pm

### **Conversations not assumptions: presentations of mental ill-health in neurodivergent young people**

Neurodivergent young people are more likely to experience mental health difficulties - but face a range of barriers to support. In this online webinar researchers and lived-experience experts from the [Embracing Complexity SIRG](#) will discuss how mental ill-health can present differently in children and young people with neurodevelopmental conditions. You can [register to join the Zoom event via Eventbrite](#), or [watch on the day live via Facebook](#).



## Letter to the Editor: Adolescent Depression Network to Consolidate Expertise (ADvaNCE)

### **A multi-stakeholders perspective on how to improve psychological treatments for depression in young people**

The [ADvaNCE SIRG](#) is a multidisciplinary network of researchers, clinicians, young people, parents, and charity partners with a special interest in adolescent depression. In this Letter to the Editor, published in the Journal of European Child & Adolescent Psychiatry, coordinators Dr Faith Orchard and Dr Victoria Pile discuss the results of the group's priority-setting activities.

"Young people should be at the heart of the care pathway and should feel empowered to make evidence informed choices about their support." - Dr Victoria Pile et al.

[You can read the article via SpringerLink.](#)



## Report: Language, Communication & Mental Health SIRG

### **What is the future of research on language and communication needs and mental health?**

The [Language, Communications & Mental Health SIRG](#) have released their final report and supporting video. Through workshops and surveys the SIRG found two key questions people wanted research to answer: 1) what is the relationship between language and mental health? and 2) how can we develop clinical practice to improve outcomes for children and young people?

The group hopes the report will be used by researchers far and wide to provide a solid foundation to their bids for research funding in this area. [You can find the full report and video via our website.](#)



## Award: Rethinking Education (Lessons from Lockdown)

We are thrilled to share that the [Rethinking Education SIRG](#) has won a Collaborative Involvement prize from the Mental Health Research Incubator for demonstrating exemplary PPI (patient and public involvement). Established by a parent with lived experience, the SIRG has worked in a range of creative ways with young people and their families, including [collaboration on a recent research paper](#).

“The experiences of being heard & feeling valued by Emerging Minds empowered me to think a SIRG co-led by parents might be possible. The best outcomes happen when ALL stakeholders have a voice!”

- Nikki Chapman, co-lead

A further Emerging Minds-funded project, [TRADE](#), was also commended as a runner-up for the Incubator’s Underserved Areas award. Congratulations!

[Find out more about all the awards on the Incubator website.](#)

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## Join an Advisory Group: Language, Communication & Mental Health SIRG

In April the [Language, Communications & Mental Health SIRG](#) held an event where families and clinicians heard “pitches” from researchers planning new research projects. Two of these projects are now seeking advisory group members and would love you to get involved.

### **In-Session, Collaboration, Engagement (ICE)**

This project will investigate the language therapists use, join up speech and language therapists and mental health researchers, and engage young people over social media to better understand their research needs. Contact Professor Nikki Botting (Nicola.Botting.1@city.ac.uk) to find out more.

### **Camouflaging in DLD**

Camouflaging describes behaviours that young people might do (consciously or unconsciously) that disguise a communication need. The project will examine ways of measuring camouflaging and whether it predicts mental health problems. To get involved in developing this grant with Dr Hannah Hobson, [fill in this short Google form](#).

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## Funding Success: Parents' and Carers' Wellbeing and Support (PAWS)

The [PAWS SIRG](#) have secured funding from the National Institute for Health Research (NIHR) to collate and analyse existing research focused on the wellbeing and needs of parents and carers of young people with mental health problems. The project came about as a result of connections made through the work of the SIRG, and will include parents, carers, NHS staff, and charities at every stage. [Find out more in their recent newsletter.](#)

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

## Emerging Minds News



### Open Lab June: Engaging with Policy

**Date: 17 June, 10-11am**

#### **Responding to the call for evidence for the UK Government's new mental health plan**

The UK Government are developing a 10-year plan to improve mental health across the UK, from preventing onset of mental illness to improving the effectiveness of treatment and support. They want to hear from researchers, young people, those with lived experience expertise, and practitioners via a public call for evidence.

Hosted by Professor Cathy Creswell (University of Oxford), join us for this practical session to prepare your own submission, and develop your skills on sharing your knowledge, experience, and research findings with policy makers.

[Find out more about the call and sign up to the event on our website.](#)



## CoRAY Blog: Reflecting on Co-Production

In this fantastic blog Emily Bagnall, student at the Department of Typography & Graphic Communication at the University of Reading, reflects on her experiences working with the CoRay team to co-produce resources.

As a key production partner, the team at Reading (led by Professor Sue Walker) were involved from the outset in focus groups with young people to collaborate on the [identity of the overall CoRay project](#), as well as [specific infographic resources based on the project's priority areas](#). At the project's heart was the idea that "effective design is designed with the intended user instead of for the user".

[You can read the blog over on the University of Reading's website.](#)



## Youth in Mind Conference

Nikki Adebisi, Emerging Minds Advisor and Founder of [Bounce Black](#) gave a keynote address to over 400 attendees at [Youth in Mind](#) on May 16. Nikki shared her hopes for the future, what drives her work, and the priorities shared by young people for [research addressing racism and mental health](#) in the UK.

Emerging Minds Network Manager Emily Lloyd also showcased [the CoRAY Project](#), including a meet-the-cast video from the ['Its Not That Deep' drama series](#) co-produced by young people and Fully Focused Productions. The series was based on [our evidence-informed briefing](#) for supporting young people feeling lonely, isolated, and disconnected.



## CoRAY Resource 5 Top Tips on Facing Change and Uncertainty

We're excited to share these Five Top Tips from the CoRay Voices Podcast on managing change and uncertainty. The podcast was produced by a group of young people from the northeast of England alongside the CoRay team and Headliners (UK), and builds on our [evidence-informed briefing produced by researchers and clinicians](#). Head over to our website to hear Professor Jacqui Rodgers offering [five top tips to young people facing change and uncertainty](#).



## News from our Director

We are thrilled to share the news that Professor Cathy Creswell, Director of the Emerging Minds Network, has been elected Fellow of the [Academy of Medical Sciences](#). Fellows are recognised for their remarkable contributions to biomedical and health science and their ability to generate new knowledge and improve the health of people everywhere.

Cathy has a true passion for developing the mental health research field but ultimately is driven to make a difference for children, young people and their families.

- Emily Lloyd, Network Manager

Professors Sarah-Jayne Blakemore (University of Cambridge), Jonathan Green (Manchester), Helen Minnis (Glasgow), and Russell Viner (UCL) were also elected Fellow for their work in child and adolescent mental health, and it is fantastic to see such recognition in this area. [Find out more on the Oxford University website](#).

## Research Showcase

### Child's Play: Examining the Association Between Time Spent Playing and Child Mental Health

This study from Dr Helen Dodd and her team at Exeter, published in the *Journal of Child Psychiatry & Human Development*, investigates the impact of adventurous play on the mental health of children aged 5-11. Small but significant associations were found: children who spend more time playing adventurously had fewer internalising problems and more positive affect during the Covid-19 lockdown; these associations were stronger for children from lower income families. [You can read the full study via SpringerLink](#), and a [related article in The Guardian](#).

Helen also took part in [our 2020 webinar on the importance of play](#) for children's mental health and wellbeing, and co-authored [our briefing on supporting young children during COVID-19](#).

# News From Beyond The Network

## Opportunities



### Funding Call: Mental Health Data Prize – Wellcome

**Deadline: 5 June**

The Wellcome Data Prize in Mental Health supports collaborative approaches to research into anxiety and depression in young people and aims to generate tangible and scalable outputs. Multi-disciplinary teams from the UK and South Africa are eligible to apply to explore existing data to find new insights and build digital tools that enable future research. [Find out more and apply over on Wellcome's website.](#)



### Funding Call: Emotional Support for Young People – Health Foundation

**Deadline: 6 June**

The Health Foundation have launched a new research programme, Emotional Support for Young People, to develop the evidence base on factors that shape young people's experiences of emotional support from their families. Funding of up to £200,000 is available to four-six research teams based in the UK. [Find out more and apply on the Health Foundation website.](#)



### Call for Evidence: Behaviour and Mental Health in Schools - Children & Young People's Mental Health Coalition

**Deadline: 10 June**

The Children & Young People's Mental Health Coalition (CYPMHC) have launched a new inquiry to explore the relationship between behaviour and mental health in schools, and best practice. They are holding an open call for young people, parents and carers, and professionals to share their views and would love to hear from you. [Get involved over on CYPMHC's website.](#)



### Call for ECR Contributions: The Psychologist

**Deadline: 17 June**

Do you identify as an early career researcher (ECR) in psychology or a related discipline? *The Psychologist Magazine* are running an ECR Special Issue around current opportunities and challenges that ECRs face, ideas for addressing these challenges, and what the future for ECRs could look like. [Fill in their form to get involved.](#)





## Government Consultation: Mental Health and Wellbeing Plan

**Deadline: 7 July**

The UK government is developing a new cross-government, 10-year plan for mental health and wellbeing for England. They are holding an open call for evidence to seek views on what they can do to improve mental health and wellbeing across the UK. [You can take part via the government website.](#)



## Join the Beyond the Room Team – The Mental Elf

Do you tweet about mental health? The Mental Elf are looking for people to join the Beyond the Room team who report live from mental health conferences and events. Researchers, practitioners & lived experience experts can all apply for this paid opportunity. [Apply over on The National Elf Service website.](#)

## Events



## Final Showcase Symposium – Loneliness & Social Isolation Network

**Date: 15 June, 10-5pm**

Registrations are now open for the Loneliness and Social Isolation Network's Final Showcase Symposium to be held over Zoom on 15 June. You will hear results from the [Network's 12 funded plus projects](#) and join the conversation around interventions to reduce loneliness and social isolation. The event is free to attend and [you can register over the UCL's website.](#)



## Updates on Anxiety in Children and Adolescents – Jack Tizard International Conference, Association for Child & Adolescent Mental Health (ACAMH)

**Dates: 16-17 June**

Anxiety disorders are among the most common mental health conditions amongst children and young people, and yet many are overlooked or improperly managed. Speakers including Emerging Minds Director Professor Cathy Creswell will provide an up-to-date evidence-based overview on the presentation and management of anxiety disorders at this two-day online international conference. [You can book on the ACAMH website.](#)



## Summer School in Youth Mental Health Research

**Deadline for Registering: 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.](#)



## Social Media Training for Mental Health Researchers

**Date: 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.](#)

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## Vacancies



### Future Leaders Fellowship Postdoc – King's College London

**Deadline: 5 June**

Dr Slovak's group is seeking a highly motivated 2-year postdoctoral research associate with a strong background in Mental Health or Human-Computer Interaction. The postholder will take a lead on developing innovative approaches to parenting intervention delivery. [Apply on KCL's website.](#)



THE UNIVERSITY  
of EDINBURGH

### Postdoctoral Research Assistant – University of Edinburgh

**Deadline: 7 June**

The University of Edinburgh are seeking a 5-year postdoctoral Research assistant to work as part of the COVID-19 Health Impact on Long-term Child Development in Scotland (CHILDS) study funded by the UK Economic and Social Research Council (ESRC). The role will explore the impact of the pandemic on the health & development of children born in Scotland. [Apply via Edinburgh University.](#)

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## Fellowship – Prudence Trust / King's College London

**Deadline: 12 June**

With support from the Prudence Trust, King's College London are offering a 3-year research fellowship focused on improving anxiety and depression in young people aged 8-25 through prevention or early intervention. [Apply on KCL's website.](#)



## Postdoctoral Research Associate – University of Cambridge

**Deadline: 16 June**

The University of Cambridge are looking for someone who loves analysing large datasets to join the [Orben Digital Mental Health Group](#) for a 3-year postdoc investigating digital tech/social media, teen development, and mental health. [Apply via Cambridge University.](#)



## Researcher Internship Scheme – Anna Freud Centre

**Deadline: 17 June**

Are you interested in a career in research? The Anna Freud National Centre for Children and Families are offering six individuals a three-month funded placement. Applications are open to individuals from minoritised ethnic groups, and/or those who have lived experience of mental health difficulties. [Apply on Anna Freud's website.](#)



## Professor of Psychology – University of Oxford

**Deadline: 27 June**

The University of Oxford are seeking a world-renowned academic who is a major research leader in their specialist area of experimental psychology. Key areas of research for the department include mental health and child development. [Apply via Oxford University.](#)

## Take Part in Research



### Study: Loneliness Toolkit – University of Bath

Secondary school teachers in the UK are invited to complete a short online survey exploring the experience of teachers using a loneliness toolkit. The research is being carried out by Helena Adam, a Masters student at the University of Bath. Participants could win a £25 voucher. [Find out more via the Bath Psychology website.](#)



### Study: Online Support for Self-Harm – University of Bristol

Dr Jennifer Ferrar is running a study to evaluate the impact of online support materials for individuals who self-harm. The team are looking for young people aged 16+ who have self-harmed in the last year and currently reside in the UK to take part. [Access the online study via Bristol University.](#)



### Study: The Insight Project – University of Manchester

The University of Manchester's Insight Project is looking for schools and colleges to help connect the project with young women in England aged 16-18 to share their views on what might cause low mood and anxiety for teenage girls, and what can be done to help. [Get involved by filling in this form](#) or email [insightproject@manchester.ac.uk](mailto:insightproject@manchester.ac.uk).



### My Story and Me – Anna Freud Centre

The Anna Freud Centre are developing 'My Story and Me', a tool to help young women, and anyone else this is relevant to, understand and talk about their mental health. They want to hear from young woman or girls aged 12-24 years with experience of mental health difficulties now or in the past, to help develop the tool. [Find out more on Anna Freud's website.](#)



### Join a Young People's Advisory Group – Anna Freud Centre

The Anna Freud Centre are looking for young people to join an advisory group to evaluate the London Your Choice programme. 'Your Choice' is a pilot study of a Cognitive Behavioural Therapy-informed programme, delivered by youth workers to work with young people to set and achieve their goals in life. [You can sign up using this form.](#)



### Join a Young People's Advisory Group – UCL

University College London are looking for young people aged 16-25 with experience of foster care to join an advisory group that will discuss mental health research around improving support for care-experienced young people. Get in touch with Rosie McGuire on [r.mcguire@ucl.ac.uk](mailto:r.mcguire@ucl.ac.uk) to get involved.

## Further Reading

### What's up with everyone?

A qualitative study from the Institute of Mental Health Centre for Social Futures evaluating young people's perceptions of co-created animations to promote mental health literacy in young people. [Read over on WileyOnline.](#)

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### 'It opened my eyes': parents' experiences of their child receiving an anxiety disorder diagnosis

In this qualitative study from Emily Davey (University College London), parents often reported finding diagnosis of anxiety disorders helpful when delivered compassionately and in the context of treatment. [Read via the \*Journal of Clinical Child Psychology and Psychiatry\*.](#)

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### Learning from HeadStart: changes in perceived social support during early adolescence

This HeadStart evidence briefing from the Evidence Based Practice Unit explores how young people perceive the social support they can access in four areas of their lives, and how this changes as they move through early adolescence. [Read the full briefing via UCL's website.](#)

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### The impact of parent-only interventions on child anxiety: a systematic review and meta-analysis

This study found that Parent-only interventions for childhood anxiety may be an important alternative to resource and time intensive child-focused cognitive behavioural therapy (CBT). [Read via ScienceDirect.](#)

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### Barriers and facilitators to sustaining school-based mental health and wellbeing interventions

Despite an increasing focus on schools to deliver support and education around mental health and wellbeing, interventions are often not sustained beyond initial funding and research. In this systematic review, barriers and facilitators to sustaining interventions in schools are explored. [Read on MDPI.](#)

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### Two qualitative studies from Co-SPACE

The [Co-SPACE study](#) have published two qualitative studies on young people and parent/carers' experiences during the pandemic that are now available in pre-print: 1) [An Exploration of Parents' Experiences of Supporting their Children During the Covid-19 Pandemic](#), and 2) [How the COVID-19 pandemic affected young people's mental health and wellbeing in the UK.](#)

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## **Online Support and Intervention (OSI) for child anxiety: a case series within routine clinical practice**

This is an early evaluation of the [OSI tool](#) in routine practice. OSI is a co-designed online brief, therapist-supported, parent-led CBT treatment for pre-adolescent children with anxiety problems. [Read via Cambridge University Press.](#)

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## **From a child who IS a problem to a child who HAS a problem: fixed period school exclusions and mental health outcomes**

This study from Place2Be and the University of Cambridge explores the relationship between mental health and school exclusion for a cohort of children and young people receiving one to one counselling. Read via the [Child and Adolescent Mental Health Journal.](#)

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## **Charlie Waller Trust evaluation of 'Rollercoaster'**

This report evaluates Rollercoaster, an innovative support group for parents and carers of children and young people with mental health difficulties, and found it was a successful intervention. [Read via The Charlie Waller Trust.](#)

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## **Do antibullying interventions reduce internalizing symptoms?**

In this research review, Carolina Guzman-Holst (University of Oxford) assesses the impact of school-based anti-bullying interventions on internalising symptoms in children & adolescents. [Read via the Journal of Child Psychology & Psychiatry.](#)

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## **Rapid responses to understand and address children and young people's mental health in the context of COVID-19**

In this editorial perspective Professor Cathy Creswell (University of Oxford) explores the expanding research-base on the impact of the pandemic on the mental health of young people. [Read via the Journal of Child Psychology and Psychiatry.](#)

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## **Podcasts & Resources**

### **Self-Harm in LGBTQIA+ Young People – Research Zone Podcast**

Guest Amy Jess chats about why self-harm is thought to be more prevalent in LGBTQIA+ young people, what research is being done, and what still needs to be done in this area. [Listen over on Apple Podcasts.](#)

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## Resources for young people from Mind

Former Emerging Minds Advisor Georgia has been creating resources for young people in her new role at Mind, including guides on [understanding my feelings](#), [finding support](#), and [exam stress](#). Please do share far and wide.

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## Children's mental health and wellbeing and Covid-19 – Generation Pandemic Podcast

Panellists Professor Cathy Creswell and Dr Jennifer McMahon from the [Co-SPACE study](#), Professor Birgitta Rabe from the [Institute of Social and Economic Research](#), and Laura, a mother of two primary school aged children, discuss the mental health and wellbeing of children before, during, and after the pandemic. [Listen via the Generation Pandemic Podcast](#).

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## Play Therapy & Trauma – Research Zone Podcast

The Research Zone podcast aims to make sense of youth mental health research. Guest Sydney Conroy chats about her therapeutic work on play therapy, trauma, and the lack of children's voices in research. [Listen over on Apple Podcasts](#).

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

### **Unsubscribe**

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