



Network News: June 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 **internship opportunity** with Emerging Minds
- Resources from our recent **Policy Engagement Week**, and to help you get involved in the **government's mental health plan for England**
- Session announcements for our **Big Emerging Minds Summit** in October
- A new **podcast** from the **CoRay project**, and updates from **our funded research projects** and **Special Interest Research Groups (SIRGs)**
- **Opportunities** and **further reading** from beyond the Network

We also regularly share resources, opportunities, and research over on our Twitter – do check out [@EmergingMindsUK](#).

Emerging Minds News



Internship Opportunity with Emerging Minds

Deadline: 4 July, 9am

We are excited to announce a new 3-month internship with Emerging Minds, taking place this autumn (Sept-Nov 2022). This role will focus on supporting with our Summit in October and sharing the research findings and progress made by the network. The opportunity is available full or part time (min. 2 days per week), and you are welcome to get in touch with Network Manager Emily Lloyd for an informal chat about the role. Further information including the job description and how to apply [is available on our website](#).



Policy Engagement Week

Earlier in June we held a Policy Engagement Week across the network. The overall aim was to encourage conversations around the best ways to engage with policy.

Twitter Campaign

We were thrilled to host guest tweet threads from a range of perspectives including public health specialist Claire Robson, Kadra Abdinasir from the Centre for Mental Health, and Professor Cathy Creswell. [We've collated the whole campaign over on our website](#), so do check it out for top tips on engaging with policy from leaders in research, policy, and the third sector.

Engaging with Government Call for Evidence

Another key aim of the week was to encourage network members to get involved in the government's call for evidence for the new 10-year mental health plan for England. Our collective body of evidence and experience could make a real difference. [Advice and resources from our Open Lab focused on the call is now available on our website](#). Note the deadline is 7 July.



The Big Emerging Minds Summit

Date: 17 October

We're very busy working behind the scenes to bring you The Big Emerging Minds Summit in Oxford this October. The Summit will be structured around our [four Research Challenges](#) – and we're excited to share a first sneak peak of some of the sessions here to give you an idea of what to expect:

The Big Question: *Implementation of Evidence in Children and Young People's Mental Health* with the [BRIDGE SIRG](#)

Embracing Complexity: *Finding the Words to Explore Unspoken Experiences* with the [Multisensory Hallucinations SIRG](#)

Voices, Power & Attitudes: *Bodymapping Racism* with Dr Verity Jones based on [her Emerging Mind's-funded project](#)

Supporting the Supporters: *Design your Dream School for Mental Health* with the [Rethinking Education](#) and [My Mind Is My Own](#) SIRGs

If you've not expressed interest yet – [head over to our website!](#)



CoRay Voices Podcast: Feeling Anxious about Social Situations

We're excited to share this new CoRay Voices Podcast where Tori, Eve, and Jenny from Headliners (UK) interview Dr Eleanor Leigh about supporting young people who feel anxious about social situations. The podcast was coproduced 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 from researchers and clinicians](#). Head over to our website [to listen to the podcast](#).



Big Question Funding Call Updates

At our [April Open Lab](#) we were pleased to host two of the grant recipients from our 'Big Question' Research Challenge funding call. [Dr Holly Bear](#) (University of Oxford) and [Professor Jonathan Parker](#) (University of Exeter) introduced their new research projects on how best to implement evidence from mental health research into policy and practice. Recordings of their presentations and details of their projects are [now available on our website](#).

"One of the foundational things that we're all here for is increasing choice and access for young people to effective support."

- Professor Jonathan Parker

We're also excited to announce a third recipient of our Big Question funding call – Dr James Duggan will lead on the project "Optimistic Minds: Re-imagining young people's agency in evidence-based decision making in mental health". Do look out for more details in a future newsletter.



'Scared, shamed, powerless' - research highlights need for teachers to be more aware of children's experiences of racism

"There is an urgent need for schools to develop greater racial literacy, to recognise that children's lived experiences are conditioned and textured by ethnicity"

- Dr Verity Jones

This is an early conclusion from a study funded through our [Voices, Power & Attitudes funding call](#). Dr Verity Jones (University of the West of England) has been leading a [Bristol-based study on improving mental health relating to racism in 10-11 year olds](#). You can find out more via recent articles published on [the UWE website](#) and in [the Bristol Post](#).

Special Interest Research Groups (SIRGs)



Event: Embracing Complexity

!Last Chance! 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 SIRC](#) 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 live via Facebook](#).



Awards: Young People in Digital Mental Health

!Last Chance! Deadline for nominations: 1 July

Event: 8 July, 5.30-7.30pm, University of Nottingham

The [YPii SIRC](#) are inviting nominations to reward the incredible work being done to support and encourage young people's involvement in digital mental health across the UK. The categories are: **Involvement Team/Group of the Year, Best Use of Technology for Involvement Award, Best Use of Social Media for Involvement, Involvement Shining Star.**

YPii are also looking for people to share some of their experiences, either as young people or through involving young people in digital mental health, at the event.

Anyone interested in attending or nominating can contact YPii directly by 1 July at ypiidmh@nottingham.ac.uk.



Blog: Top 5 Research Priorities from Rethinking Education

How do we learn from children and young people's experiences of education during the pandemic?

The [Rethinking Education SIRG](#) has been bringing together young people, parents and carers, educators, mental health professionals, and researchers to come up with a list of research priorities. They have now refined these down to **five top research questions** which they hope can help inspire new research on children and young people's experiences of education and mental health during the pandemic. [Check out their blog over on our website.](#)



Final Report: Live Music & Mental Health

The [Live Music & Mental Health SIRG](#) has been exploring the impact of live music on the mental health and wellbeing of children and young people. Over summer 2021 they held priority-setting workshops with young people, policy makers, musicians, children's organisations and mental health organisations. This new report highlights recommendations to further generate research and action in this area. [Check out their report on our website.](#)

Research Showcase

Communication in youth mental health clinical encounters: introducing the agential stance

When young people seek support from mental health care practitioners, the encounters may affect the young people's sense of self and undermine their sense of agency. For this study, an interdisciplinary team analysed video-recorded encounters between young people presenting with self-harm or suicidal ideation and mental healthcare practitioners in emergency services. They identified five communication techniques practitioners can use to protect a young person's sense of agency in clinical encounters.

This is the first outcome of a collaboration involving two groups of researchers: **Interdisciplinary Academic Researchers** (six experts in philosophy, psychology, psychiatry, clinical communication, clinical practice, and public involvement in research) and **Youth Lived Experience Researchers** (five young people aged 17–25 from the McPin Foundation Young People's Network with experience of receiving mental healthcare).

[You can read the full article via Sage Journals online.](#)

News From Beyond The Network

Opportunities

NIHR | National Institute for
Health and Care Research



UNIVERSITY OF
BIRMINGHAM

Event: Virtual NIHR Doctoral Research Training Camp

Date: 5 July, 12.30-5.30pm

The National Institute for Health and Care Research (NIHR) are hosting a free virtual event aimed at **early career researchers** focused on attracting research funding. Talks include how to sell yourself and your project, effective patient and public involvement, and what funding panels are looking for in applications. [Find out more via the NIHR website.](#)

Vacancy: Research Associate – University of Birmingham

Deadline: 7 July

The SMART Schools Study are seeking a Data Collection Coordinator to coordinate school recruitment and manage data collection for this NIHR-PHR funded study evaluating the impact of school daytime restrictions on smartphone use on mental wellbeing in secondary schools. The post would particularly suit **early career researchers**. [Apply via Birmingham University.](#)



Government Mental Health Consultation for Young People

Deadline: 7 July

Young Minds and Mind are hosting opportunities for young people to have their say on the new 10-year mental health plan for England, where all answers will be collated and submitted to the government consultation as one block of evidence. If you are [aged 11-25 you can fill in the survey from Young Minds](#) whilst [over 25s can fill in a similar survey via Mind.](#)



Contract: Evidence Synthesis Programme – Wellcome Trust

Deadline: 15 July

The Wellcome Trust are looking for a supplier to run their new mental health evidence synthesis & research prioritisation programme. The first three years of funding will focus on anxiety, depression and psychosis and the supplier will produce living reviews in these areas and recommend research priorities. [Find out more information in the request for proposals \(PDF\).](#)



Funding Opportunity: Large Grants for Ambitious Research – UKRI

Deadline: 20 September

UK Research and Innovation (UKRI) have announced a £10million funding call offering £1-2.5million for ambitious social science-focused research projects with the potential to generate significant economic or societal impact. This opportunity also includes funding for one 'resilience in crises' grant in collaboration with the Arts and Humanities Research Council. [Find out more via UKRI.](#)

Workshop: Programming in Mental Health

Date: 27 September

DATAMIND and MQ Mental Health Research are hosting an in-person workshop day for **early career mental health researchers** & data scientists. The event will set you on your way to becoming a proficient programmer so that you can implement any methodology you desire to address your research questions. [Tickets are £15 and available via Eventbrite.](#)

Further Reading & Watching

Evidence Collection: Adverse childhood experiences: what support do young people need?

This evidence collection from the National Institute for Health and Care Research (NIHR) demonstrates how adverse childhood experiences such as abuse or neglect can have long-lasting effects, and that early intervention can make a crucial difference. The piece features examples of NIHR's ongoing and published work, and [can be read over on the NIHR website.](#)

Paper: School-based screening for childhood anxiety problems and intervention delivery – a codesign approach

This is a process-based account of a codesign approach to develop a primary school-based screening and intervention programme for child anxiety problems. The paper describes how the programme was perceived and adapted based on user feedback from parents, children, school staff, and mental health practitioners. [Read over on BMJ Open.](#)

Scoping Review: Investigating the use of exposure for the treatment and targeted prevention of anxiety and related disorders in young people

This scoping review, informed by three stakeholder groups and a scientific advisory group, aimed to identify the nature and extent of the available research literature on the efficacy of exposure to feared stimuli, moderators of effectiveness in young people aged 14–24 years. [Read the paper via JCCP Advances.](#)

Blog: Developing the 'social cure approach' - the Dance/Connect project

The Dance/Connect project is funded by our sister UKRI Network, Loneliness in Mental Health, and explores whether online group dance can support the wellbeing of young people living with anxiety. In this blog, Katey Warran explains how the team are having to develop the 'social cure approach' to better integrate language that participating young people felt aligned with their experiences of the classes. [Read the blog via UCL's website.](#)

Webinar Recordings: JCPP Advances First Year Anniversary

At their one-year anniversary event, JCPP Advances hosted leading academics and practitioners in the field of child and adolescent mental health for a series of 10-minute lectures. Topics included neurodiversity, integrated care, pandemic reflections, the use of existing data, and gender inequalities. [Recordings of all the presentations are available on the ACAMH website.](#)

Rapid Review: The effects of neighbourhood social cohesion on preventing depression and anxiety among adolescents

Research suggests that increasing neighbourhood social cohesion can prevent mental health problems, including depression and anxiety. However, it is unknown whether this is the case for adolescents and young adults. This study undertook a narrative review and conducted workshops with young people. [Find out more via Cambridge University Press.](#)

Film: Being a peer researcher

The Mental Health Research Incubator is hosting a series on patient and public involvement (PPI). In their latest film, two peer researchers talk about their experience working on mental health studies through the UKRI Loneliness and Social Isolation in Mental Health network. [Watch the film via the Incubator website.](#)

Systematic Review: The impact of working in academia on researchers' mental health and well-being

The McPin Foundation recently partnered with the University of London to carry out a review of published qualitative data to get a comprehensive overview of what's currently known about academic researchers' mental health and wellbeing. [Read the paper via PlosOne](#) and [a summary via McPin's Twitter.](#)

Films: Loneliness and Social Isolation Research Network Symposium

The Loneliness and Social Isolation Research network held their showcase symposium earlier in June, and captured video abstracts of the research that has been conducted by members of the network. Topics include youth and postgraduate loneliness, and 'young people's experiences of place and belonging'. [The full playlist is available via the Mental Elf Youtube channel.](#)

Book: *Understanding youth mental health – perspectives from theory and practice*

This new book, available online and edited by Professor Ellis Hennessy, Dr Caroline Heary & Dr Maria Michail, offers a comprehensive introduction to the key elements of a new approach to youth mental health that has led to the redesign of mental health services for adolescents across the world. [Purchase the book via McGraw Hill's website.](#)

New Research: 'Launchpad Grants in Mental Health' awardees

The Medical Research Foundation have recently announced the recipients of their Launchpad Grants in Mental Health funding. You may be interested to follow-along with: Dr Aja Murray (University of Edinburgh) as she investigates the use of smartphones to address challenges faced by adolescents with ADHD; Dr Faith Martin (Coventry University) who is working to tackle suicide in young people in Rwanda; Dr Michael Fleming (University of Glasgow) as he develops a tool to predict co-existing neurodevelopmental conditions in children. [Find out more via the Medical Research Foundation website.](#)

Take Part in Research



**THE UNIVERSITY
of EDINBURGH**

US University
of Sussex

The Digital Wellbeing Project – University of Edinburgh

The Digital Wellbeing Project, led by PhD student Rowena Piers, is exploring young people's experiences and preferences for seeking support in the digital world through an online survey. The survey is open to those aged 16-24, and [more information is available on the University of Edinburgh's website.](#)

Mental Images of the Self – University of Sussex

Doctoral researcher, Becca Dean, is running a study exploring mental images of the self in young people with lived experience of depression. The study will take 2-3 hours over one week and is open to those aged 14-21. [Find out more via the University of Sussex website.](#)



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.](#)



My Story and Me – Anna Freud Centre

The Anna Freud Centre are developing 'My Story and Me', an online tool to help young women and girls understand and talk about 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.](#)



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.



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.](#)



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.