

# Programme



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

# Welcome to the Big Emerging Minds Summit!



**Thank you so much for joining us today in person and online.**

We are so delighted to be able to bring together such a fantastic group of people with such a range of skills, talents, experience, and expertise.

When we began the Emerging Minds mental health research network in 2019, we aimed to promote research with potential to reduce the prevalence of mental health problems among children and young people. Since then, we are so proud to have worked with so many of you and to have supported cross-sector placements, new research projects with small grants, and new collaborations through our Special Interest Research Groups and the Grow Researcher Development Programme.

The purpose of our Big Emerging Minds Summit is to share, discuss and celebrate what has been done during the life of the network, but also to identify and plan the next steps for mental health research.

Today we want you to have a chance to talk to each other and make new connections that will be helpful to you. We hope that you are able to share your ideas and knowledge and finish the day feeling inspired and motivated to continue to lead research, get involved in research, and make use of research findings.

The funding for the Emerging Minds Network comes to a close in November 2022. We have been overwhelmed by the fantastic engagement in Emerging Minds over the last few years and would like to thank you all for getting involved. Having seen what you have achieved, we are really excited to see how the work you have started and connections and ideas that are sparked today will continue to bring benefits for children and families long into the future....

*Cathy Creswell*

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Our thank yous, and ideas for next steps you could take

In the spirit of the Summit and understanding that all our contributors bring such a wealth of different expertise and experience you may notice that we've chosen not to include academic titles in this Programme. If you want to find out more about the backgrounds of anyone at the Summit, do look at the [Delegate Profiles](#) book in your pack.

## SECTION 1

### The Story of Emerging Minds

In this section you will find:

- An introduction to Emerging Minds and what we set out to do
- A timeline of Emerging Minds showing the key work and outputs of the Network over the last four years
- A guide to our 4 research challenges, which underpin this Summit.

# Introduction to Emerging Minds

**We are a research network, funded by UK Research and Innovation (UKRI), that aims to facilitate research that has the potential to reduce the prevalence of mental health difficulties experienced by children and young people.**

We have encouraged and enabled research focused on preventing mental health difficulties, mental health promotion, and early treatment and support.

In early 2019, we worked with YoungMinds & the Centre for Mental Health to hold priority setting workshops with young people, family members, practitioners, and policy makers to inform 4 research challenges for the Emerging Minds Network to address.

Since then, we have worked with young people, their families, and so many colleagues across sectors and disciplines to tackle these 4 research challenges.

We have focused on fostering and encouraging research collaborations through our regular newsletter, cross-sector placements, supporting Special Interest Research Groups, a targeted grants programme, and support for early career researchers through training, internships, and development programmes.

Over the next few pages, you can follow the story of the Emerging Minds Network and learn more about the 4 research challenges which underpin this Summit.

# Timeline

## December 2018

Awarded funding from UK Research and Innovation.

## January 2019

Priority setting work to agree 4 research challenges.

## September 2019

13 kick-off events hosted across the UK, from Belfast to Newcastle.

## March 2020

UK begins first COVID lockdown – we support launch of the CoSpace study to understand the impact on children and families.

## September 2020

First of 4 cross-sector placements for early career researchers to spend up to 3 months with charities.

## May 2020

First funding call awards funding to 6 research projects.

## March 2020

New webinar series to share evidence-based advice for those supporting children and young people during the pandemic.

## October 2020

CoRAY project launches to co-create evidence-informed resources with and for young people during the pandemic.

## January 2021

The Voices, Power & Attitudes team work to identify priorities for racism and mental health funding call.

## Timeline continued

### January 2021

19 new Special Interest Research Groups launched.



### March 2021

Youth Mental Health and Covid-19 conference with the Centre for Society & Mental Health at King's College alongside the Mental Elf.

### September 2021

Second funding call, focusing on impact of racism on mental health of children and young people in the UK, awards funding to 3 research projects.



### July 2021

The Big Question research team identify priorities for funding call to improve evidence-based decision making.

### February 2022

Third funding call focusing on our Big Question research challenge awards funding to 3 research projects.



### January 2022

Grow Researcher Development programme pilot launches with 20 early career researchers across the UK.

### November 2022

Funding from UKRI officially ends – network members continue the great work!



### July 2022

Awarded 10 research projects funding through our fourth and final funding call.



### October 2022

The Big Emerging Minds Summit.



# The Four Research Challenges

## Embracing Complexity

How can we best meet the needs of children and young people who have intersecting needs and face complex situations?

For example:

- are not in school or at risk of being excluded from school
- have neurodevelopmental conditions
- have special educational needs
- experience communication challenges
- experience physical health conditions
- have behavioural difficulties.

**Projects seeking to address this research challenge include:**

- SOcial MEdia use among young people with Type 1 diabetes and the influence on MEntal wellbeing (So'ME T1ME). Project led by Emma Berry (Queen's University Belfast)
- Language and communication needs in mental health. Special Interest Research Group led by Hannah Hobson (University of York)
- Embracing complexity in neurodevelopmental conditions and mental health. Special Interest Research Group and cross-sector placement led by Georgia Harper (Autistica) and Suzi Sapiets (Universities of Kent and Warwick)



## The Big Question

How do we implement effective promotion of good mental health, prevention, and early treatment for mental health problems at scale amongst children and young people, and in ways that are accessible and continue to be effective? Our third funding call focused on:

- Why even when we know 'what works' isn't this necessarily implemented in policy and practice?
- How do we improve evidence-based decision making? E.g. How can we successfully inform commissioning and policy decisions, and how can we ultimately increase implementation of research into practice?

**Projects seeking to address this research challenge include:**

- Bridging the gap: optimising implementation of evidence in children and young people's mental health. Project led by Holly Bear (University of Oxford)
- The implementation of evidence-based practice in Children and Young People's Mental Health Services (CYMHS) across the UK: What can we learn from the Child Wellbeing Practitioner (CWP) workforce? Project led by Jonathan Parker (University of Exeter)
- Optimistic Minds: An innovative approach to evidence-based decision making in youth mental health through the performance of a State of the Youth. Project led by James Duggan (Manchester Met University)
- Building Research Implementation to Develop and Grow Evidence-based practice in children and young people's mental health (BRIDGE). Special Interest Research Group led by Tim Clarke (University of East Anglia)

## The Four Research Challenges continued

### Supporting the Supporters

**How can family members, friends, and settings, such as schools, be better enabled to promote good mental health and prevent and overcome emerging mental health problems?**

- How can young people be better enabled to help each other promote good mental health and prevent and overcome emerging mental health problems?
- How can family members be supported to help promote children's good mental health and overcome emerging mental health problems?
- How can settings and activities where young people do or could have regular interactions with adults (e.g. football club, GP surgery, school) support mental health promotion, prevention, and early treatment?

#### **Projects seeking to address this research challenge include:**

- Developing web-based support for parents of children who self-harm. Project led by Faith Martin (Coventry University)
- Developing social prescribing to improve mental health and wellbeing for children and young people. Project led by Emily Stapley & Daniel Hayes (University College London)
- Can an online teacher training programme improve identification of mental health difficulties in primary school children? Project led by Emma Soneson (University of Oxford)
- Understanding online help seeking of young people via the Childline moderated online peer-peer message boards. Cross-sector placement hosted by the NSPCC and led by Vanessa Bennett (Co-production Collective)
- Supporting working parents caring for adolescents with mental health difficulties. Project led by Jackie Parsonage-Harrison (Oxford Brookes University)

### Voices, Power & Attitudes

**How can we amplify young people's voices and change societal attitudes in ways that positively impact on mental health?**

- How can young people's voices and power be amplified and heard in ways that have a positive impact on their and others' mental health and wellbeing?
- How can societal values, attitudes, and behaviours be changed in ways that have a positive impact on children and young people's mental health and wellbeing?

#### **Projects seeking to address this research challenge include:**

- Transmission of Experiences of Racism, Anxiety and DEpression in families (TRADE). Project led by Yasmin Ahmadzadeh (King's College London) in partnership with Centre for Mental Health
- Young people & self-stigma in mental health. Special Interest Research Group led by Nicola Cogan (Strathclyde University)
- Understanding young people's experiences of racially motivated appearance-focused (RMAF) bullying. Project led by Shioma-Lei Craythorne (Aston University)
- LGBTQ+ youth mental health research showcase & partnership building event. Project led by Hazel Marzetti (University of Edinburgh) and Catt Turney (The Kite Trust/Off the Record Bristol)
- Improving wellbeing and mental health relating to racism in 10-11 year olds: a Bristol case study. Project led by Verity Jones (University of the West of England)



# SECTION 2

## Your User Guide to the Summit

**In this section you will find:**

- The timetable of the day
- Our guide to looking after yourself and your fellow delegates
- Some practicalities including venue maps, and information on how to access the Wifi, toilets, and refreshments
- Information on fringe activities you can get involved in throughout the day.

## Timetable of the Day

The Exhibition will run in the Bernard Sunley Centre Lecture Theatre during registration, both coffee breaks, and lunchtime (see p45-53).

Workshop sessions are 50 minutes, with movement time built into the programme. Please try to arrive at your sessions promptly.

9am	Registration & arrival coffee <i>Bernard Sunley Centre Foyer</i>
9.30am	Opening plenary <i>Bernard Sunley Centre Lecture Theatre</i>
10am	Move to first session
10.10am	Session 1
11am	Morning coffee <i>Bernard Sunley Centre Foyer</i>
11.30am	Session 2
12.20pm	Buffet lunch <i>Bernard Sunley Centre Foyer</i>
1.20pm	Session 3
2.10pm	Afternoon coffee <i>Bernard Sunley Centre Foyer</i>
2.35pm	Session 4
3.25pm	Move to closing plenary
3.35pm	Closing plenary <i>Bernard Sunley Centre Lecture Theatre</i>
4pm	Summit ends

## Looking After Ourselves & Each Other

We would like to ask that all participants keep in mind throughout the day that we will often be discussing potentially difficult topics where many delegates have their own lived experience. Please ensure you join each conversation today respectfully and aware of your potential impact on others. We ask you to be conscious and open to learning from the many different perspectives and experiences your fellow delegates bring. Racism, sexism, homophobia, transphobia, and/or ableism will not be tolerated.

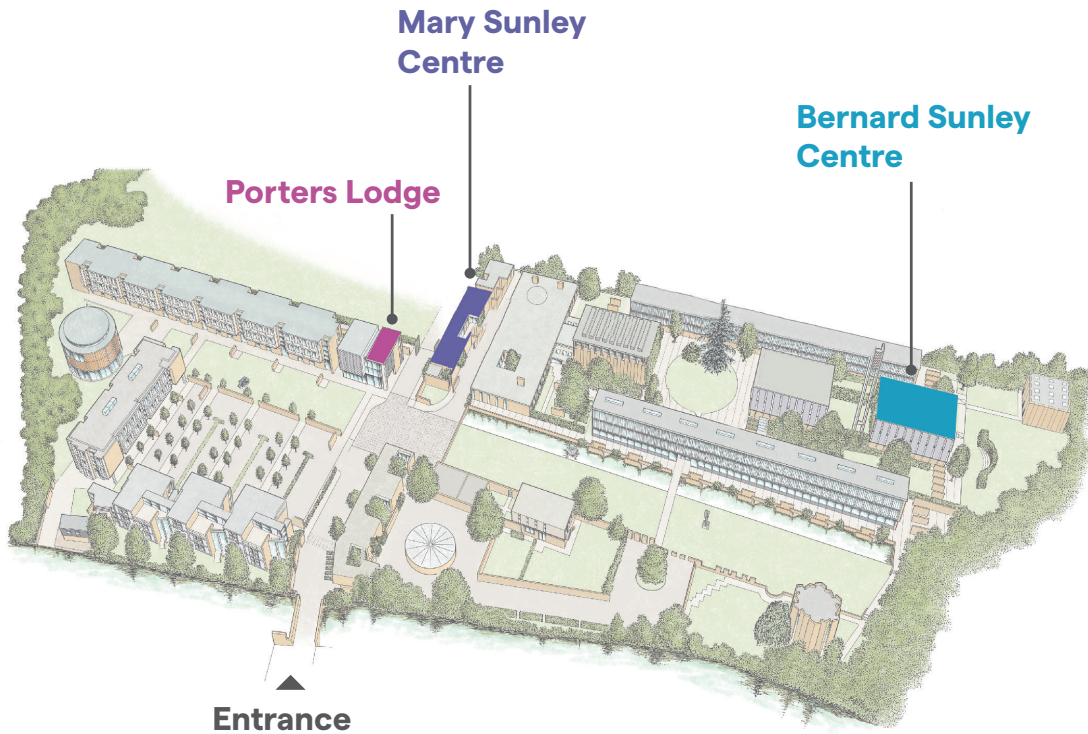
Many of today's workshops focus on mental health experiences that might be distressing to hear, remember, or think about. Please feel free to take a break, step away, or talk to someone at any time. You are welcome to step away from the discussions and leave workshops at any time and re-join the workshop if you would like later. The college has beautiful gardens which you are very welcome to walk and sit in. The MCR room in the Bernard Sunley Centre is also available as a quieter space whilst workshops are taking place.

You can find useful resources at Every Mind Matters, to support your mental health and wellbeing: [www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)

**For example: Want to talk to someone? Text SHOUT to 85258.**

# Maps

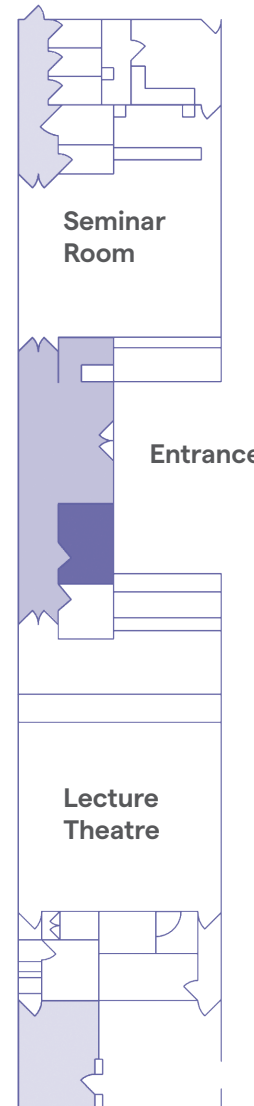
## St Catherine's College



## Building floorplans

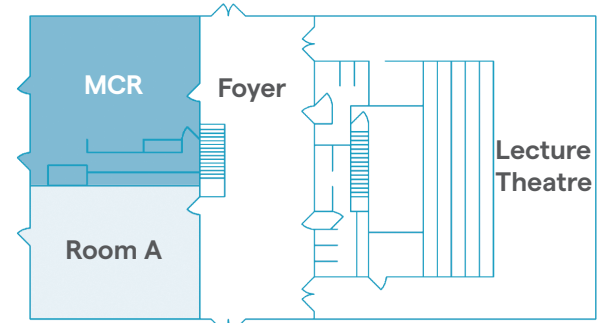
### Mary Sunley Centre

Ground floor

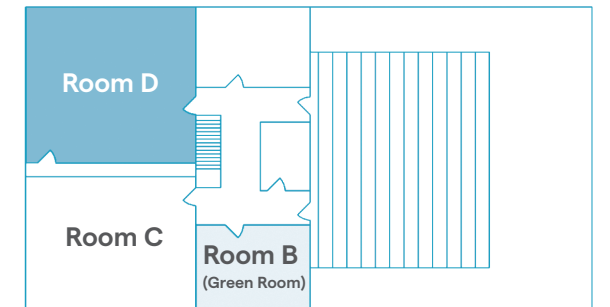


### Bernard Sunley Centre

Ground floor



First floor



# The Venue

We are using two venues within St Catherine's for the Summit. You can find external and internal building maps on p20-21.

The main building is the Bernard Sunley Centre. This is where registration, plenaries, lunch and coffee breaks, the exhibition, and the majority of the workshops will take place.

We will also be using the Mary Sunley Centre for workshops, which contains a theatre and a seminar room.

There will be signage pointing you between the two buildings, and the Emerging Minds team will be on hand to assist with directions.

## Breathing Space

You are welcome to use the gardens throughout the college, and the MCR within the Bernard Sunley Centre, at any time as a place for an informal chat or a time out. The MCR will be in general use during breaktimes but has nothing scheduled in it during the main programme, so is available as a quieter space for those who need it.

## Toilets

All toilets are gender-neutral. There is an accessible toilet located on the ground floor of the Porters Lodge (not a main venue for the Summit, but usable by delegates). There is an accessible toilet located on the ground floor of the Bernard Sunley Centre from the main foyer. There are two semi-accessible toilets located on the ground floor of the Mary Sunley Centre (one at the back of the lecture theatre, via a portable ramp, and one through the seminar room – which will have sessions in it).

## Accessibility

Detailed accessibility guidance for the venue including descriptions and images of session rooms can be found at [emergingminds.org.uk/summit-accessibility-guide](https://emergingminds.org.uk/summit-accessibility-guide). Please do speak to a team member if you have any accessibility concerns or queries.

## College Procedures

We are very grateful to be able to use the beautiful St Catherine's College for our Summit. Please familiarise yourself with the information below on how to keep yourself and the College safe.

There is a firm "no smoking indoors" policy. If you wish to smoke, you may smoke in the designated smoking area on the end of the Bernard Sunley Centre, or other designated areas across the site (please check with the Porters Lodge where these are).

Fire procedures and a map showing fire assembly points are located on the backs of room doors. All delegates must follow the instructions of the Lodge Porters in the event of a fire or emergency.

If you come across an emergency or something suspicious, please contact the Lodge immediately on **01865 271 700**.

## Practical Information

### Assistance

If you need any help, Emerging Minds team members will be wearing distinctly coloured lanyards. There will always be a team member on hand near all sessions across both buildings throughout the day. If you cannot find a member of the team and need to get in touch with us urgently, you can also phone or text **07767 291137** and one of the team will respond.

### Refreshments

Refreshments will be served in the foyer of the Bernard Sunley Centre. Once you have collected your refreshments, you can enjoy them anywhere on the ground floor of the Bernard Sunley Centre (MCR, Theatre, Room A) or in the gardens. Please do not take any food or drink upstairs, or over to the Mary Sunley Centre.

At the end of all breaktimes, and in particular lunchtime, please return your plates/cups etc to the foyer. This means all rooms are clear and ready for the next workshop, and the St Catherine's team do not need to search the building for washing up!

### Internet Access

St Catherine's offers "The Cloud Wifi" for delegates. To access this open an internet session on your chosen device and navigate to **www.ox.ac.uk**. You will be asked if you wish to join 'the Cloud' at St Catherine's, and to provide some information to set up an account. Once you have created an account (or signed-in if you have previously set up "The Cloud Wifi" elsewhere) you will be connected to the Cloud Wifi system at St Catherine's. Please note: this is an external system powered by Sky and so the College is not responsible for its overall speed or coverage.

## Fringe

### Next Steps Footprints

**You will notice you have 2 footprints in your Summit pack. At the end of the day in the final plenary we will be asking you to use these postcards to reflect on your experiences of the day and the next steps for children and young people's mental health research.**

The idea is for you to take your "My next steps" footprint home, as a tangible reminder to follow up on any connections or ideas sparked today. And we would love you to leave your "Our next steps" footprint behind with us. As you head home, take a moment to look at the collective impact all our ideas together can achieve.



## Fringe continued

### Mental Health Research Matters Campaign

As part of their campaign, **Daisy Armitage** from Mental Health Research Matters is inviting Summit participants to share why mental health research matters to them. Look out for Daisy and her whiteboard!

<https://mentalhealthresearchmatters.org.uk>

### Artists

**Tom Bailey** will be busy sketching throughout the Summit, aiming to illustrate some of the key points discussed today. You can see his work in progress in the MCR. Come and talk to Tom and share what you think deserves a sketch.

**Ronni** and **Conor**, artists and associates with Fully Focused Productions will be joining us and responding visually to the Summit themes and discussions.

**Maciek**, our photographer from Oxford Atelier Photography, will be taking informal photos through the day of those who are happy to be featured.

### Beyond the Room

We have assembled a small team of **Beyond the Room** correspondents from your fellow Summit delegates. They have kindly agreed to work with the Mental Elf to share the discussions taking place at the Summit on social media today and in the weeks to come. By following the hashtag **#EmergingMinds** on Twitter you can connect with and follow our Beyond the Room team, and join the discussions taking place in other workshops.

### Photo Boards

**We'd love to capture and share photos of our delegates using our big Emerging Minds photo frames.**

We encourage you to take individual or group photos using the photo frames and share your thoughts about "Emerging Minds and Me" and "What's next for children & young people's mental health research". Please share your photos and thoughts on Twitter using the hashtag **#EmergingMinds**.



# SECTION 3

## Workshops

### In this section you will find:

- A timetable of all the Summit workshops including their timings and rooms. Each workshop is colour coded by its research challenge.
- Descriptions of all the workshops, listed by research challenge. You can find out which research challenge a workshop is associated with using the workshop timetable and key.



# Workshops Timetable

	<b>Bernard Sunley Centre Centre Main Theatre</b>	<b>Bernard Sunley Centre Centre Room A</b>	<b>Bernard Sunley Centre Centre Room C</b>	<b>Bernard Sunley Centre Centre Room D</b>	<b>Mary Sunley Centre Seminar Room</b>	<b>Mary Sunley Centre Theatre</b>
<b>10.10-11.00 Session 1</b>	How can we embrace complexity in neurodivergence and mental health amongst children and young people?	From interns and advisors to setting research priorities and producing journal publications: the importance and impact of co-production	Creative therapies as a response to self-harm in young people	Won't somebody please think of the parents?	Language, communication, and mental health	Young people as peer researchers in mental health research
<b>11.30-12.20 Session 2</b>	Why working with parents makes your research better (and how to do it well)	New ideas to improve young people's mental health	Implementation, impact, and sustainability: what are we learning from the CWP programme?	Children and young people's mental health research in the real-world: how to overcome the practical challenges	Finding the words to explore unspoken experiences	Experiences of Black researchers: engaging with anti-racism in research
<b>13.20-14.10 Session 3</b>	Implementation of evidence and research in children and young people's mental health	Practitioners' and young people's views on social prescribing	Live music and mental health	Young people's involvement in digital mental health	Exploring an arts-based practice to help children talk about experiences of racism	Let's Make It Happen: early help for adolescent depression
<b>14.35-15.25 Session 4</b>	We are the ones we've been waiting for	Meeting of minds: imagining the future of children and young people's mental health research	LGBTQ+ youth mental health: sharing knowledge and exploring emerging questions	Parent and teenager perspectives on the intergenerational transmission of racial trauma	Navigating social media as young people living with chronic physical conditions	Design your dream school for good mental health

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# Workshops

## Embracing Complexity

### How can we embrace complexity in neurodivergence and mental health amongst children and young people?

#### Embracing Complexity: Neurodevelopmental Conditions & Mental Health Special Interest Research Group

Led by: Georgia Harper, Suzi Sapiets, Laurene Fontan, Giorgia Michelini, Kate Higney, Elizabeth Corcoran, Saffron Baldoza, and Felicity Sedgewick

In this workshop, the panel (researchers and experts by experience) and attendees will consider how to embrace complexity across overlapping neurodivergence and mental health, including how to improve ways to identify and support the needs of neurodivergent children and young people experiencing poor mental health.

 <https://embracingcomplexity.org.uk>

Hybrid  
Session

### Navigating social media as young people living with chronic physical conditions

#### Social Media Use Among Young People with Type 1 Diabetes and the Influence on Mental Wellbeing Project

Led by: Emma Berry

This workshop aims to stimulate conversations about the impact of social media on mental wellbeing in young people living with Type 1 diabetes, and to consider how this extends to other chronic health condition contexts. We will collate ideas about the implications of current and future research directions surrounding social media and mental wellbeing in young people living with a chronic physical condition.

 <https://pure.qub.ac.uk/en/persons/emma-berry>

### Language, communication, and mental health

#### Language and Communication Needs in Mental Health Special Interest Research Group

Led by: Melanie Cross

This workshop is for anyone working with young people experiencing mental health challenges, as they may also have additional language and communication needs that are unrecognised and unsupported. Participants will be able to share their views and experiences, as well as discuss current research and potential next steps.

 [melanie.forster@york.ac.uk](mailto:melanie.forster@york.ac.uk) • [melaniespeechie@gmail.com](mailto:melaniespeechie@gmail.com)

## Workshops continued

## The Big Question

**Implementation of evidence and research in children and young people's mental health****BRIDGE: Building Research Implementation to Develop and Grow Evidence-Based Practice Project**

Led by: Tim Clarke, Holly Bear, Georgia Naughton, Tia-Sha Richards, Kate Reeve, and Sarah Shenow

This workshop introduces delegates to key concepts and models relating to implementation science. Facilitators will share learning and tips from their programme of work in children and young people's mental health. We'll encourage reflection on the importance of implementation factors, barriers and facilitators. Delegates will then have the opportunity to reflect on their own implementation experiences in real-world settings.

✉ [timothy.Clarke@nsft.nhs.uk](mailto:timothy.Clarke@nsft.nhs.uk)

**Meeting of minds: imagining the future of children and young people's mental health research****GROW Early Career Researcher Development Programme Cohort**

Led by: Eva Sprecher, Jackie Parsonage-Harrison, Kimberley Peterson, Vilas Sawrikar, Buket Kara, Hazel Marzetti, Josefien Breedvelt, Jeanne Wolstencroft, Ola Demkowicz, and Hannah White

What does the future of children and young people's mental health research look like? Join this interactive workshop to be part of a meeting of minds where we imagine how we can build a future where mental health research is meaningful, inclusive, and makes a difference.

✉ [vilas.sawrikar@ed.ac.uk](mailto:vilas.sawrikar@ed.ac.uk)

Hybrid  
Session

**Let's make it happen: early help for adolescent depression****Adolescent Depression – Network to Consolidate Expertise (ADvaNCE) Special Interest Research Group**

Led by: Maria Loades, Georgia Herring, and Amelia Talbot

Together we'll think about how proposed solutions from ADVANCE network workshops could be realised in practice. After summarising our work to date, we'll work together to generate enthusiasm in this research area and pragmatic real-world solutions.

✉ [mel26@bath.ac.uk](mailto:mel26@bath.ac.uk)

**Implementation, Impact, and Sustainability: what are we learning from the CWP programme?****The Implementation of Evidence-Based Practice in Children and Young People's Mental Health Services Across the UK Project**

Led by: Jonathan Parker and Hollie Gay

This workshop gives participants the opportunity to engage with an evaluation project taking place across the Wellbeing Practitioner for Children and Young People (CWP) programme. Participants are encouraged to share lived experiences and engage in a review of current findings and a discussion of contributing factors to the programme development.

**Children and young people's mental health research in the real-world: how to overcome the practical challenges**

Led by: Francesca Weber, Alex Brown, Brioney Gee, Jonathan Wilson, and Tim Clarke

This workshop will explore the challenges of carrying out children and young people's mental health research in diverse community settings, and offer some potential solutions too. The facilitators will share some of their own experiences, but the focus will be on learning from each other and working together to identify possible solutions to shared frustrations.

✉ [brioney.Gee@nsft.nhs.uk](mailto:brioney.Gee@nsft.nhs.uk)

## Workshops continued

### New ideas to improve young people's mental health

#### GROW Early Career Researcher Development Programme Cohort

Led by: Josefien Breedvelt, Vilas Sawrikar, and Kimberley Peterson

In this workshop we'll share the results and key messages coming from our research on community connection and urban mental health. We'll invite you to think about building a new model for mental health, consider the barriers and facilitators in implementing our work, and the practical next steps to take.

✉ [Josefien.Breedvelt@natcen.ac.uk](mailto:Josefien.Breedvelt@natcen.ac.uk) • [@josefienUMH](https://twitter.com/josefienUMH)

### Why working with parents makes your research better (and how to do it well)

Led by: Kirstin Eccles, Rachael Loftus, Nikki Chapman, Yasmeen Zaman, and Cathy Creswell

You know the importance of working with parents, but what next? Hear our panel's personal experiences of working with researchers and practitioners; what it feels like when it's done badly and what good practice looks like. Go away with top tips from the inside to give your project maximum impact.

### We are the ones we've been waiting for

#### Optimistic Minds: An Innovative Approach to Evidence-based Decision Making in Youth Mental Health Project

Led by: James Duggan, Katy Rubin, Niamh Carroll, and young lived experience experts

The Optimistic Minds project has sought to create a dialogue between young people's experiences and empirical evidence of 'what works' in youth mental health provision. This workshop includes legislative theatre methods to explore tensions and productive possibilities. It's for anyone vested in working with young people to navigate translating mental health evidence into practice.

✉ [J.Duggan@mmu.ac.uk](mailto:J.Duggan@mmu.ac.uk)

## Supporting the Supporters

### Design your dream school for good mental health

#### Rethinking Education and My Mind is My Own Special Interest Research Groups

Led by: Nikki Chapman, Emma Soneson, Dave McPartlan, Wendy Minhinnett, Leanne Walker, and young lived experience experts

What does the 'dream school' for mental health look like? We will discuss key research findings surrounding mental health in schools. Participants will be able to collaborate and discuss ideas for schools that can promote good mental health, with an illustrator on-hand to develop visual representations of these schools.

✉ [info@rethinkingeducation.org.uk](mailto:info@rethinkingeducation.org.uk) • [@Rethink\\_Ed\\_SIRG](https://twitter.com/Rethink_Ed_SIRG)

### Live music and mental health

#### Live Music and Mental Health Special Interest Research Group

Led by: Dana Vreeswijk

The aim of this workshop is to share findings from our Live Music and Mental Health SIRG, which explored how live music opportunities can be mental health promoting for children and young people. Exercises and discussion will be used to explore the role of live music in mental health interventions.

✉ [awoodhouse@childreninscotland.org.uk](mailto:awoodhouse@childreninscotland.org.uk)

Hybrid  
Session

## Workshops continued

### Won't somebody please think of the parents?

#### Parent Wellbeing and Support (PAWS) Special Interest Research Group

Led by: Faith Martin and Dania Dahmash

The specific needs of parents and carers are tragically overlooked in most intervention development for child and adolescent mental health. Dr Faith Martin will offer an overview of the current state of affairs and lead a workshop on what we need to know about supporting parents and carers.

✉ [aa6530@coventry.ac.uk](mailto:aa6530@coventry.ac.uk)

### Finding the words to explore unspoken experiences

#### Improved Access to Treatment Choices for Children & Young People with Multisensory Hallucinations Special Interest Research Group

Led by: Sarah Parry, Zarah Eve, Sarah Morgan, and Victoria Patten

This workshop aims to raise awareness of the challenges faced by children and young people with sensory experiences. We aim to create a safe space to discuss research with young people with lived experiences, and explore experiences that are seldom talked about to advance our understanding and options for support.

🐦 [@USENResearch](https://twitter.com/USENResearch) • ✉ [USEN@mmu.ac.uk](mailto:USEN@mmu.ac.uk)

### Creative therapies as a response to self-harm in young people

#### Creative Therapy to Support Young People Engaged in Self-harm Special Interest Research Group

Led by: Julia Ruppert, Vlad Kolodin, and young lived experience experts

This workshop explores insights on the potential of creative therapies to address self-harm in young people. We'll discuss research and experiences with creative therapy interventions and invite discussion surrounding current and potential future treatments for self-harm, future research directions, and thoughts on the viability of introducing these therapies more widely.

✉ [julia@collective-arts.org](mailto:julia@collective-arts.org) • [v.kolodin@ucl.ac.uk](mailto:v.kolodin@ucl.ac.uk)

### Practitioners' and young people's views on social prescribing

#### Developing Social Prescribing to Improve Mental Health and Wellbeing for Children & Young People Project

Led by: Daniel Hayes and Emily Stapley

This workshop will share findings from research on practitioners' and young people's views on social prescribing, develop future research questions, and discuss actions to further the field of social prescribing with young people. It is an opportunity to hear about new findings and discuss their future implementation.

✉ [d.hayes@ucl.ac.uk](mailto:d.hayes@ucl.ac.uk)

## Workshops continued

### Voices, Power & Attitudes

#### Experiences of Black researchers: engaging with anti-racism in research

##### Transmission of Experiences of Racism, Anxiety and DEpression in families (TRADE) Project

Led by: Tolúwalàse Fayese, Hannah Abdalla, Malaika Okundi, Carl Simela, and Ziada Ayorech

In this panel discussion you will hear from a diverse team of early career researchers who have been working on the TRADE project. They will discuss experiences from the perspective of a team striving to be anti-racist in mental health research.

✉ [toluwalase.fayese@kcl.ac.uk](mailto:toluwalase.fayese@kcl.ac.uk) • [ziada.ayorech@psykologi.uio.no](mailto:ziada.ayorech@psykologi.uio.no)

#### Young people as peer researchers in mental health research

##### Young People and Self-Stigma Special Interest Research Group

Led by: Nicola Cogan, Molly Murray, and Tom Sharpe

This workshop aims to raise awareness of best practice for engaging young people with lived experiences as co-partners in the mental health research process. It will be an opportunity to learn about participatory research methods and transferable insights that can be applied across a range of contexts.

✉ [nicola.cogan@strath.ac.uk](mailto:nicola.cogan@strath.ac.uk)

Hybrid  
Session

#### Young people's involvement in digital mental health

##### Young People's Involvement in Digital Mental Health Special Interest Research Group

Led by: Aislinn Gomez Bergin, Camilla Babbage, Kareem Khan, Rebecca Woodcock, and young lived experience experts

The aim of this workshop is to share with attendees what we have learnt from our online and hybrid events: how they've worked for young people and our own experiences organising and facilitating them. Through this discussion we want to help others planning digital involvement to feel more prepared.

#### Exploring an arts-based practice to help children talk about experiences of racism

##### Improving wellbeing and mental health relating to racism in 10-11 year olds: a Bristol case study Project

Led by: Verity Jones, Malcolm Richards, Sarah Whitehouse, Tessa Podpadec, Luci Gorell Barnes, Chris Pawson, and Justin Vafadari

This workshop will discuss how body mapping has been used to support 9-11 year olds to talk about experiences of racism and how it affects them. The team will share their methodology and monitoring tools in this hands-on workshop to discuss how and reflect on how these strategies might be drawn on in research.

✉ [Verity6.Jones@uwe.ac.uk](mailto:Verity6.Jones@uwe.ac.uk)

## Workshops continued

### Parent and teenager perspectives on the intergenerational transmission of racial trauma

#### Transmission of Experiences of Racism, Anxiety and DEpression in families (TRADE) Project

Led by: Yasmin Ahmadzadeh, Tolúwalàse Fayese, Hannah Abdalla, Malaika Okundi, and Carl Simela

In this workshop we'll share the key messages coming from our research with racialised families and invite you to reflect on what implications they have for you in your profession. Join the discussion in which you can consider what we can do to improve support for families.

✉ [yasmin.ahmadzadeh@kcl.ac.uk](mailto:yasmin.ahmadzadeh@kcl.ac.uk)

### From interns and advisors to setting research priorities and producing journal publications: the importance and impact of co-production

Led by: Fiyory T Ghezae, Adenike A. M. O. Adebisi, and Jawward Mustafa

This workshop aims to highlight learnings from the Emerging Minds Network approach to co-producing mental health research with young people. All who are interested in youth involvement in research are welcome to join. The workshop will be led by Emerging Minds interns and advisors, Fiyory, Jawwad, and Nikki, who played a central role in the funding of research projects on the impact of racism on youth mental health in the UK.

✉ [fiyory.ghezae@gmail.com](mailto:fiyory.ghezae@gmail.com)

### LGBTQ+ youth mental health: sharing knowledge and exploring emerging questions

#### GROW Early Career Researcher Development Programme Cohort

Led by: Catt Turney and Hazel Marzetti

This cross-sectoral workshop will explore recent research, questions, challenges, and gaps in LGBTQ+ youth mental health research. Participants will be invited to share best practice, consider future goals and new questions, and identify support or resources needed to address key questions in LGBTQ+ youth mental health.

✉ [LGBTQYouthMHNetwork@gmail.com](mailto:LGBTQYouthMHNetwork@gmail.com)

# SECTION 4

## Exhibition

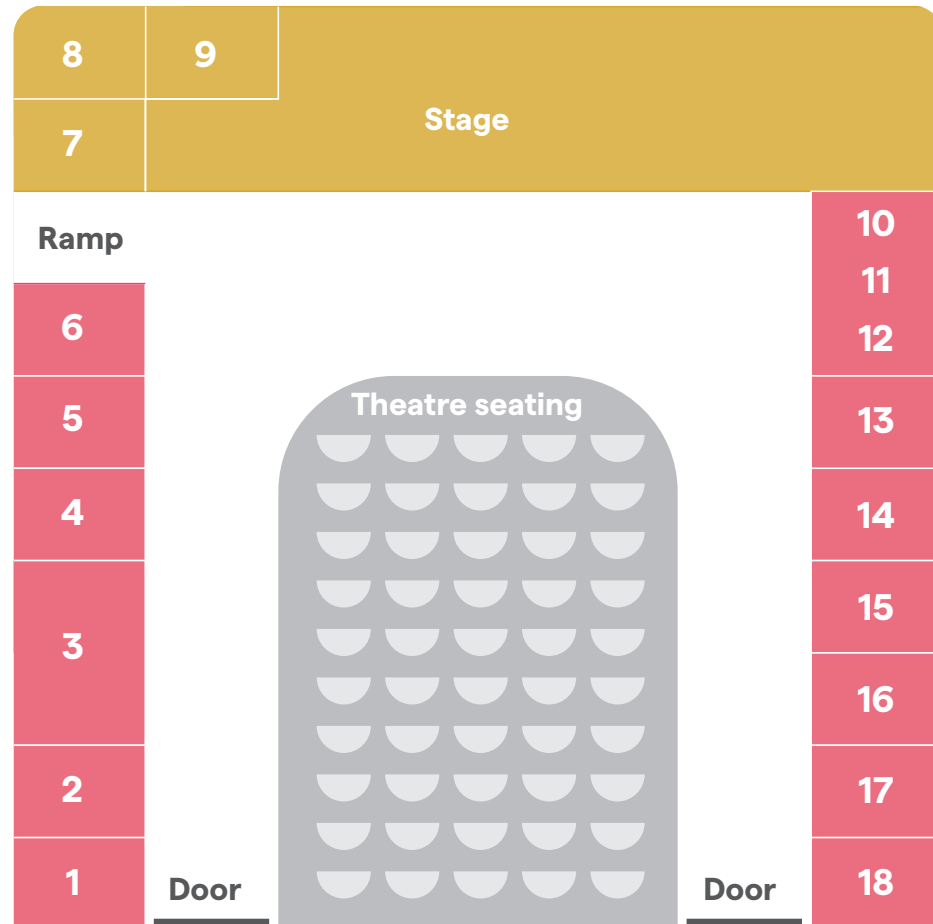
**In this section you will find:**

- A map of the Summit Exhibition
- Descriptions of all the exhibits, listed in numerical order for you to easily cross-reference with the Exhibition map.

# Exhibition

The Summit Exhibition is open during breaktimes in the Bernard Sunley Lecture Theatre. You can use the map below, alongside the exhibit blurbs over the next few pages, to locate a stand of interest.

The Exhibition showcases academic posters, artwork, and multimedia focused on children & young people's mental health research. It is intended to be another avenue in addition to the workshops to exchange ideas and build collaborations. Exhibitors will generally be available to chat for at least one of the breaktimes.



## 1. 'What' matters to 'Who' in mental health research with young people

Vanessa Bennett (UCL; Co-production Collective), NeuroOX Young People's Advisory Group, Alexandra Almeida (Oxford Health Biomedical Research Centre)

Co-produced with the NeuroOX YPAG, we will share experiences and voices of young people (and researchers) relating to their involvement across a range of research projects with case studies linking to different media: animation, storytelling, blogs, podcasts and co-authored papers.

[www.neuroxypag.org](http://www.neuroxypag.org)

## 2. From Westminster to North West Wales: lessons learned in translating a digital social prescribing solution for young people with mental health problems

HD Labs, HealthPlace & Betsi Cadwaladr University Health Board CAMHS Targeted Improvement Programme Innovation Pilot: Digital Health Assistant Service for Young People's Mental Health

It's not about the tech, it's about local ownership. Hear about the lessons we've learned working with NHS staff in North West Wales to adapt and implement a digital social prescribing solution codesigned in a very different context!

<https://healthplace.io> • [www.hdlabs.co.uk](http://www.hdlabs.co.uk)

<https://tinyurl.com/4373u8jt>



## Exhibition continued

### 3. Diabetes Cyberspace

Emma Berry & Jim Lavery, Queen's University Belfast

This comic was co-designed by researchers, an artist, and a Youth Advisory Panel of young people living with Type 1 diabetes. It was inspired by themes developed from qualitative research undertaken with young people living with Type 1 diabetes and their caregivers.

 Full comic: <https://tinyurl.com/yrsrh4mz>

Project blog: <https://tinyurl.com/3nays7m4>

Pre-print of qualitative research: <https://psyarxiv.com/b5nku>

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### 4. The Mental Health Toolkit for Young People

Kindred and University of Sydney/Growing Minds Australia

The Mental Health Toolkit for Young People helps children and young people navigate their wellbeing. The toolkit has been co-designed by young people, clinicians, and researchers to help young people easily finding mental health support and improve their wellbeing.

 [www.kindredminds.org](http://www.kindredminds.org)

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### 5. Youth & parent involvement in the Bridging the Gap project

Bridging the Gap: Optimising the implementation of evidence in children & young people's mental health, University of Oxford

Recommendations in youth mental health care should never be made without considering the perspectives of young people and their families. Young co-researchers from the 'Bridging the Gap' project present perspectives from peers with lived experience on their role in implementation.

### 6. Mind Wandering and ADHD

Natali Bozhilova, King's College London

My poster will introduce my research on excessive and spontaneous mind wandering in young adults with ADHD. My research has been inspired by the lived experiences of people with ADHD across the lifespan and mind wandering as a cognitive phenomenon.

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### 7. Do no harm: Are school interventions making some young people feel worse?

Lucy Foulkes, University College London

Some adolescents experience an increase in distress or clinical symptoms as a result of school-based mental health interventions (i.e. 'iatrogenic harm'). The aim of this poster is to enable connections and research collaborations with others interested in this topic.

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### 8. Online Parent Training for the Initial Management of ADHD Referrals (OPTIMA): Usability of the STEPS app

OPTIMA programme (King's College London, University of Nottingham, and University of Southampton)

STEPS is a new digital parenting intervention for parents of children awaiting specialist assessment for ADHD-related difficulties and is currently being evaluated in a randomised controlled trial (OPTIMA). We will present an overview of the app and information about its usability.

 <https://optimastudy.co.uk>

 [www.isrctn.com/ISRCTN16523503](http://www.isrctn.com/ISRCTN16523503)

## Exhibition continued

### 9. Accessing the mental health of Widening Participation students across their journeys into and through elite higher education institutions

Michelle O'Toole & Mary Brennan, University of Edinburgh

Researchers from the University of Edinburgh, supported by the SMARTEN Research Network, used a qualitative method to explore the relationships, institutions, and experiences which shape the mental health and well-being of Widening Participation students at school.

✉ [Michelle.OToole@ed.ac.uk](mailto:Michelle.OToole@ed.ac.uk) • [Susan.Dunnett@ed.ac.uk](mailto:Susan.Dunnett@ed.ac.uk)  
[Mary.Brennan@ed.ac.uk](mailto:Mary.Brennan@ed.ac.uk)

### 10. ESO: a free, validated tool for collecting traditional parent-child interactions online

Bonamy Oliver, University College London

Etch-a-Sketch Online (ESO) is a research tool that affords online observation of parent-child interactions in the family home. ESO is freely available and independent of language constraints, facilitating research and practice within Emerging Mind's specific priorities around families and scale-up.

🌐 <https://thenurturelab.itchaskitch.com>

📄 <https://discovery.ucl.ac.uk/id/eprint/10104216>

### 11. LGBTQ+ young people's mental health: findings from a participatory action research project

Catt Turney, The Kite Trust

Find out more about research undertaken at The Kite Trust, an LGBTQ+ youth charity in Cambridgeshire, exploring the barriers and facilitators for LGBTQ+ young people accessing mental health support. Copies of the research and summaries will be available, along with creative outputs from the young people who participated in the project. The lead researcher will also be present to discuss the research findings, methodology and recommendations, and to potential future collaborations in this area.

📄 <https://resources.thekitetrust.org.uk/resources/report-lgbtq-youth-and-mental-health>

### 12. Mental health crisis care for children and young people aged 5 to 25 years: an evidence synthesis

Nicola Evans, Cardiff University

Presented as a short video, this is a summary of the international evidence of models of mental crisis care for children and young people (CYP): what models or approaches work well; views of acceptability from CYP, their families and practitioners.

### 13. People with Experience of Racial Inequalities (PERI) in Bipolar At Risk Trials (BART)

Greater Manchester Mental Health NHS Foundation Trust

People with Experience of Racial Inequalities (PERI) in Bipolar At Risk Trials (BART) aims to improve access to research trials and treatment options for underrepresented groups, with a particular focus on young people considered at risk for developing bipolar disorder.

✉ [Sophie.Parker@gmmh.nhs.uk](mailto:Sophie.Parker@gmmh.nhs.uk)

## Exhibition continued

### 14. Co-creating resources: evidence-informed advice for dealing with difficult thoughts and feelings

Charlie Waller Trust and CoRAY project

Find out more about the work of the Charlie Waller Trust with the CoRAY project, developing evidence-informed and co-produced resources to support young people dealing with difficult thoughts and feelings such as feeling isolated or facing change and uncertainty.

 <https://charliewaller.org>

 <https://emergingminds.org.uk/coray-resources>

### 15. Supporting working parents who care for adolescents with mental health difficulties

Jackie Parsonage-Harrison, MORES, Oxford Brookes University

We are developing a project to explore how we can better support working parents who care for a young person with mental health difficulties. Please come share your thoughts and find out about ways to get involved or support this project.

### 16. Beating the odds whilst also changing the odds

Boingboing and the Centre of Resilience for Social Justice

We model and promote resilience research and practice that challenges social inequalities. Come and find out about our evidence-based Resilience Framework and how this has been used by young people and families in schools, communities and in a Whole Town Approach across Blackpool.

 BoingBoing: <https://www.boingboing.org.uk>

CRSJ: <https://www.brighton.ac.uk/crsj/index.aspx>

### 17. From a child who IS a problem to a child who HAS a problem: school exclusions and mental health outcomes among children and young people attending school counselling

Hannah Wilkinson, Research Partnerships Manager, Place2Be

We examine the relationship between school exclusion and mental health for students receiving school-based counselling delivered by UK charity Place2Be. Students who experienced exclusion prior to counselling demonstrated a significant reduction in exclusions and mental health symptoms following 1:1 counselling.

 [www.place2be.org.uk](http://www.place2be.org.uk)

 <https://acamh.onlinelibrary.wiley.com/doi/full/10.1111/camh.12564>

### 18. Child Anxiety Treatment in the Context of COVID-19 (Co-CAT): reflections on conducting research in CAMHS

Co-CAT (Child Anxiety Treatment in the context of COVID-19)

Come and speak to us about our experiences of conducting research and supporting the delivery of a novel online intervention in routine child and adolescent mental health services as part of the Co-CAT study.

 <https://osiresearch.org.uk/co-cat>

## SECTION 5

### Acknowledgements & Next Steps

#### In this section you will find:

- Some ideas for next steps you could take after the Summit to continue building connections and developing research that will help reduce the prevalence of mental health problems amongst children and young people
- Our thanks to those who have created this Summit, and more widely to those who have supported us over the last four years.

## Next Steps

The funding for the Emerging Minds Network comes to a close in November 2022. You will be able to find links to the artwork, presentations, and any recordings from the Summit as they are ready on our website: [emergingminds.org.uk](https://emergingminds.org.uk).

We have been overwhelmed by the fantastic engagement in Emerging Minds over the last few years and would like to thank you all again for getting involved today, and over the years.

Having seen what you have achieved and the energy at the Summit today, we are really excited to see how the work you have started and the connections and ideas you have sparked will continue to bring benefits for children and families long into the future....

Don't forget to use your footprints to note down any actions you will take following the Summit, and your ideas for what we need to do as a community going forward.

Here are a few suggestions of networks and organisations to connect with:

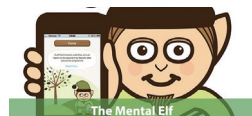
### The McPin Foundation

The McPin Foundation is focused on ensuring the lived experience of people affected by mental health difficulties is at the heart of research and the research agenda: <https://mcpin.org>



### The Mental Elf

Follow the Mental Elf to keep up to date with the latest mental health research through their website [www.nationalelfservice.net/mental-health](https://www.nationalelfservice.net/mental-health) and on Twitter via [@Mental\\_Elf](https://twitter.com/Mental_Elf).



### The Mental Health Research Incubator

Are you curious about career opportunities in mental health research? The Mental Health Research Incubator inspires and offers practical advice to current and aspiring researchers. Whether you're undertaking research now, wish to use your lived experience in research, and/or are working or studying in a related field – clinical or non-clinical – there are lots of resources to support you.



Access career advice for your professional background via [www.mentalhealthresearch.org.uk](https://www.mentalhealthresearch.org.uk). And follow [@MHRIncubator](https://twitter.com/MHRIncubator) on Twitter to hear about funding opportunities, and connect and collaborate with a diverse community of mental health researchers.

## Mental Health Research Matters

10th October - 1st December

We're sparking a conversation about:

- why mental health research matters
- what good mental health research looks like; and
- how we can all get involved and make a difference

Follow  
**#MentalHealthResearchMatters**  
to join the conversation



**MENTAL HEALTH  
RESEARCH MATTERS**



# Acknowledgements

We would like to say a huge thank you to everyone who has made today possible.

Firstly, to all of you – our delegates – for taking part and sharing your ideas and expertise. To our brilliant workshop facilitators, and all those who have shared their work in our exhibition today. To our organising team, particularly Heather Dyer, Bea Shelley, Rowan Davis, Felicity Hudson, and Emily Lloyd. To André Tomlin and Douglas Badenoch from the Mental Elf for hosting our online Summit participants and sharing the day on Twitter. And to our artistic team including Ronni Winter, Leanne Walker, Conor Powell, and Tom Bailey for bringing to life the Summit so powerfully in their sketches and artwork.

We would also like to say a massive thank you to those who have supported Emerging Minds throughout the last four years. We are so grateful to our fantastic leadership team and supportive advisory group, particularly our incredible family members and young advisors. And more widely to all the brilliant colleagues and organisations we have partnered with. Our final thank you goes to our funders, UK Research and Innovation, for all their support since 2018.





**@EmergingMindsUK**  
**#EmergingMinds**

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