



Emerging Minds

Network News: August 2022

Dear Friends,

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



This month...

We have so much to share with you, including:

- 5 **new funded projects** from our **GROW early career researchers**
- An invitation to the **LGBTQ+ Youth Mental Health Gathering** and a **call for submissions**
- A **survey, podcast, blog**, and news on **additional funding** relating to our funded research projects
- Updates on our **Big Emerging Minds Summit** including timings
- News from our **Special Interest Research Groups (SIRGs)**
- **Opportunities** and **events** from beyond the Network

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

Emerging Minds News

Researcher Development Fund: New Projects

In summer 2022 we held a funding call aimed at those who have been supported by the Network over the last four years. Applicants could apply for up to £3,000 to move their research forward. We were thrilled to offer funding to five new projects, all led by members of our [GROW early career researcher development programme](#). We will be sharing more details of these projects in the coming months, but for now here is a taster:

Cross-sector placement: **Understanding the mental health needs of children and young people with social care involvement** (Dr Eleanor Chatburn, University of East Anglia)

New study: **Supporting working parents caring for adolescents with mental health difficulties** (Dr Jackie Parsonage-Harrison, Oxford Brookes University, working with Dr Faith Martin, Coventry University)

Event: **LGBTQ+ Youth Mental Health Research Showcase & Partnership Building** (Dr Hazel Marzetti, University of Edinburgh and Dr Catt Turney, The Kite Trust/Off the Record Bristol)

Evidence review: **Exploring the associations between physiological and psychological stress in the context of youth mental health** (Dr Ola Demkowicz, University of Manchester and Dr Hannah Jones, University of Bristol)

Event: **Writing retreat for members of the GROW programme** to collaborate on a paper and develop a new ECR researcher network (coordinated by Dr Kimberly Peterson, University of Leeds)

Event: LGBTQ+ Youth Mental Health Gathering



Date: Tuesday 13 October

The upcoming [LGBTQ+ Youth Mental Health Gathering](#), run by Dr Hazel Marzetti (University of Edinburgh) and Dr Catt Turney (The Kite Trust / Off The Record Bristol) and funded by Emerging Minds, will bring together practitioners and researchers from across sectors to bridge the gap between research, policy, and practice relating to the mental health of LGBTQ+ young people. The event is online and free to attend. [Register to attend](#).

Call for Submissions

Deadline: Friday 2 September

Individuals and organisations are invited to propose a session for the event to showcase their own research in LGBTQ+ youth mental health, bring key questions in this area for roundtable discussion, or explore LGBTQ+ youth mental health in other creative ways. Submissions will be reviewed by event organisers and young people recruited through The Kite Trust. [Submit a session](#).

Researcher Development Fund: Additional Funding

As part of our recent funding call, we were also able to offer extension funding to five grant recipients and Special Interest Research Groups whose projects we have been supporting over the last few years including:

[Transmission of experiences of racism, anxiety and depression in families \(TRADE\)](#): to host interdisciplinary workshops with key stakeholders, and disseminate findings (Dr Yasmin Ahmadzadeh, King's College London)

[Young People & Self-Stigma in Mental Health SIRG](#): to continue their co-production research capturing young people's understandings and experiences of mental health self-stigma and help seeking behaviour (Dr Nicola Cogan, University of Strathclyde)

[Bridging the Gap - Optimising implementation of evidence in children & young people's mental health](#): to develop research questions, prepare academic papers and grant applications, and coordinate a toolkit for commissioners via a writing retreat (Dr Holly Bear, University of Oxford)

[Improved access to treatment choices for children & young people with multisensory hallucinations SIRG](#): to carry out an iterative co-design pilot trial for a new app to improve quality of life for young voice-hearers (Dr Sarah Parry, Manchester Metropolitan University)

[Improving wellbeing and mental health relating to racism in 10-11 year olds \(a Bristol case study\)](#): to develop a website to disseminate findings, convene a writing retreat to develop a large-scale bid, and launch the new book *If Racism Vanished for a Day* (Dr Verity Jones, University of the West of England)

The Big Emerging Minds Summit



Date: 17 October, 9am-4pm

Planning for the Big Emerging Minds Summit is coming on apace with six weeks to go, and we can't wait to share the day with you. We have an incredible 24 workshops for in-person attendees to choose from across the day spanning our [four Research Challenges](#). We are now running a waiting list for registrations as we are nearing the in-person venue capacity, so [please register as soon as possible](#) to be notified when a place becomes available. Please do also cancel as soon as possible if you are no longer able to attend.

We are also thrilled to announce that our online Summit will be hosted by André Tomlin, [otherwise known as The Mental Elf](#), and online delegates will be able to participate in both plenaries and four workshops through the day. Places for the online Summit are unlimited, [so do register today!](#)

The Mental Elf will also be guiding our Beyond the Room correspondents, who will be bringing as much Summit content as possible to social media for those not able to attend. Do keep an eye on the Summit hashtag **#EmergingMinds**.

Timings for the day are now confirmed with in-person registration (and the online Summit meet-and-greet) from **9am**, the opening plenary at 9.30, and the day ending at **4pm**. [More information over on our website](#).



Re-imagining young people's agency in evidence-based decision making in mental health through a State of the Youth

We recently announced a third recipient of our [Big Question funding call](#). The Optimistic Minds project led by Dr James Duggan will experiment with the processes, spaces, and cultures by which various stakeholders come together to improve evidence-based decision making by commissioners and policy makers to inform mental health support for young people.

It aims to understand how we can embed participatory spaces that ensure evidence is discussed, understood, and evaluated through engagement with youth and other key stakeholders working on youth mental health to strengthen implementation of research into practice. Rather than including young people in existing services and systems, the project is using arts-based and co-produced approaches, particularly legislative theatre, to reimagine new ways of nurturing and supporting young people. You can [find out more about the project over on our website](#), and [at our upcoming Summit](#).



Survey: Optimising implementation of evidence in children & young people's mental health

As part of [her Emerging Minds-funded project](#), Dr Holly Bear (University of Oxford) is gathering data alongside the McPin Foundation on implementing evidence-based approaches into "real world" practice in children and young people's mental health. If you are a practitioner, clinician, researcher, commissioner, or funder visit the Oxford university website to [find out more and participate in the online survey](#).



Podcast: Transmission of Experiences of Racism, Anxiety, and Depression in Families

In this podcast hosted by The Association for Child and Adolescent Mental Health (ACAMH), student researchers Carl Simela, Hannah Abdalla, and Malaika Okundi introduce the aims and key findings of the [Emerging Minds-funded TRADE project](#). The trio discuss what drew them personally to the project, and why there has been so little focus on the intersection of racism, generation, and mental health in the UK to date. [Listen now over on the ACAMH website](#).



The role of loneliness in self-injury: using the Integrated Motivational Volitional (IMV) model

In this debut blog for the Mental Elf website, Carolina Guzman Holst reviews the strengths, limitations, and implications for practice of a 2021 paper by McClellan, Evans & O'Connor that argues loneliness functions as a motivational moderator in the context of the Integrated Motivational Volitional model. Carolina wrote this blog as part of her recent cross-sector placement with SHOUT, which was funded by Emerging Minds. [You can read the blog on the Mental Elf website.](#)

Special Interest Research Groups (SIRGs)



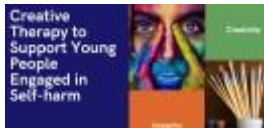
Embracing complexity in neurodivergence and mental health

Researchers and lived-experience experts from the [Embracing Complexity SIRG](#) have recently held two webinars exploring:

- why neurodivergent young people are more likely to experience mental health difficulties
- how mental ill-health can present differently in children and young people with neurodevelopmental conditions
- barriers to prevention, treatment, and support
- implications for research and practice.

You can hear more from the Embracing Complexity SIRG [at our Summit in October](#). In the meantime, a recording and reflections from the event '**Neurodivergence and mental health: how do we embrace complexity?**' are [now available on our website](#).

Whilst '**Conversations not assumptions: presentations of mental ill-health in neurodivergent young people**' is [available to listen to via the Embracing Complexity Coalition website](#).



Findings and call to join research team: art therapy to address self-harm in young people

In this article first published in *Newsbriefing* (British Association of Art Therapists, summer 2022) researcher Dr Vlad Kolodin and art therapist Julia Ruppert discuss the findings of their SIRG. In collaboration with [Collective Arts](#), a London-based community arts organisation, and young lived experience experts, the group have been [exploring the potential of art therapies to support young people engaged in self-harm](#).

The SIRG now intends to apply their findings to grant applications and more large-scale research. To that end, they are inviting art therapists, researchers, and people with lived experience interested in contributing to this research and intervention development to join the research team. You can find out more about the project, and contact details, [via the Newsbriefing article online](#).

A horizontal banner with a white background and a drop shadow, set against a colorful abstract background of red, purple, blue, and yellow shapes. The text "Research Showcase" is centered in a bold, dark blue font.

Research Showcase

Interventions using occupation to improve mental health or mental wellbeing in adolescent populations

In this paper, Dr Jackie Parsonage-Harrison (Oxford Brookes University) and her fellow authors present a scoping review of the academic literature to identify and describe key characteristics of intervention studies using occupation to improve the mental health and wellbeing of young people. The paper explores a broad range of interventions including occupational therapy-based interventions and other occupation-based studies focusing on e.g. physical or creative activities.

They conclude that robust development, testing, and reporting of occupation-based and occupation-focused intervention studies to promote and support mental health and wellbeing in adolescents and young people are needed. They emphasise the need for co-design and ensuring interventions are developmentally appropriate and scaffold the natural development process. The paper also highlights the need for more consensus around core outcomes measurement in this area.

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

News From Beyond The Network

Opportunities



Parliamentary Consultation: "My Science Inquiry"

Deadline: 9 September

The House of Commons Science and Technology Committee is currently running an open call for suggestions for the topic of their next inquiry. It is an exciting opportunity to influence the agenda of the Committee, responsible for scrutinising Government science policy and ensuring Government decision-making is evidence-based. To find out more about the "My Science Inquiry" and get involved [head over to the Committee website](#). To help with your submission, check out [our recent advice on engaging policy makers](#).



Funding Opportunity: Large Grants for Ambitious Research in Social Sciences – 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](#).



Funding Opportunity: Embedding methodological development in social science research – ESRC

Deadline: 25 October

The Economic and Social Research Council (ESRC) are offering up to £1million for projects to refine methodological approaches developed since 2021 so they can be fully embedded in social science research practice. Many of the adaptations and innovations that occurred across a range of methodologies during the Pandemic could offer long-term benefits to the community. [To find out more and apply, visit the UKRI website](#).



Funding Opportunity: Future Leaders Fellowships – UKRI

Date: 6 December

The Future Leaders Fellowship scheme from UK Research and Innovation (UKRI) is for early career researchers and innovators who are either looking to establish or transition to independence or developing their own original and ambitious plans within a commercial setting. [You can find out more and apply via the UKRI website](#).



Focus Groups: Implementing evidence-based research

MSc student Sian Wright (University College London) is seeking a range of professionals (nurses, psychologists, therapists, support workers, occupational therapists etc) to take part in online focus groups sharing experiences of accessing and implementing evidence-based research into practice as a mental health professional. Contact sian.wright.20@ucl.ac.uk to get involved.

Events



Coproducing research to improve young people's mental health – TRIUMPH

Date: 5 September, 1-3.30pm

The Transdisciplinary Research for the Improvement of Youth Mental Public Health Network (TRIUMPH) are hosting a free online symposium to hear findings from their plus-funded projects and youth-led research, discuss coproduction experiences with researchers and young people, and celebrate the Network's achievements. [You can register via Zoom.](#)



PRIDE Dissemination Meeting

Date: 9 September, 12-2pm GMT

This hybrid event is to disseminate findings and discuss implications of the PRIDE research programme; a seven-year Wellcome Trust-funded project led by Vikram Patel, with international collaborators from the Universities of Sussex and Oxford, London School of Hygiene and Tropical Medicine, UCLA and NIMHANS. PRIDE has developed and evaluated a suite of scalable, school-based interventions for common mental health problems in adolescents in India. [You can register via Zoom to attend online.](#)



Conference: Assessing and enhancing emotional competence for well-being using a mobile-health approach

Date: 12 September

The [Assessing and Enhancing Emotional Competence for Well-Being in the young \(ECoWeB\) project](#) is coming to an end in September 2022. The team used a mobile app (MyMoodCoach) and web assessments to track emotions, alongside providing tools and exercises to support young people's mental health. This free one-day hybrid conference held in Barcelona and online will discuss project findings and implications. Email ecoweb@exeter.ac.uk to book your place.



Young Smiles

Date: 15-16 September

This in-person event from The Centre for Women's Mental Health and University of Manchester will bring together children and young people, academics, policymakers, charities, health professionals, and parents to understand what makes young people resilient or vulnerable to mental health problems. Tickets are free for young people and otherwise start at £100. [You can register via Eventbrite.](#)



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.](#)



TRIUMPH Fest

Date: 7-8 October

Registration closes: 16 September

The Transdisciplinary Research for the Improvement of Youth Mental Public Health Network (TRIUMPH) are hosting a two-day conference in Edinburgh bringing together young people, researchers, policymakers, and practitioners with a passion for improving young people's mental health. TRIUMPH Fest will showcase the amazing contributions young people are making to mental health research and activism, and highlight the need to ensure youth voices continue to be heard. [Find out more via the TRIUMPH website.](#)

Fellowship Application Day – NIHR

Date: 12 October

Applying for a fellowship is becoming increasingly competitive. This free online one-day event from the National Institute for Health and Care Research (NIHR) is aimed at anyone thinking about preparing a fellowship application. Experts including previous successful applicants and current funding panel members will advise on how to improve the quality of applications and what reviewers are looking for. [Register via EventBrite.](#)

MQ Mental Health Science Festival

Date: 24-28 October

MQ Mental Health is hosting a free fully virtual international science festival bringing together researchers, practitioners, people with lived experience, and policy-makers from across the mental health spectrum to discuss the greatest challenges that we face in research. Speakers include the Director of Emerging Minds, Professor Cathy Creswell, who will discuss career paths in mental health research. [Find out more and register via MQ's Zoom platform.](#)



Conference: Promoting Evidence-Based Policies to Support Families and Children – the Rudd Centre

Date: 9 November

The University of Cambridge's inaugural Rudd Centre conference will bring together world-leading researchers, together with the Centre for Science and Policy's (CSaP) network of policy professionals, to highlight the challenges, opportunities, and real-world impacts when promoting evidence-based research and influencing policy to support families and children. [You can find out more and register via Eventbrite.](#)



Unsubscribe

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