



Emerging Minds

Network News: Autumn 2023

Dear Friends,

It is with both a sense of sadness and celebration that we send you this final newsletter for the Emerging Minds Network.

Our funding from UK Research and Innovation has finished, and we have been wrapping up our Network activities – reflecting on what has been achieved and considering our impact. We have been constantly inspired by all our network members, awardees, advisors, partners, and collaborators - a huge thank you to all who have been involved.

We have so much to share with you including:

- A **report** on our **Research Challenges**, our progress towards them, and recommendations for our next steps as a research community
- Our **Impact Report** reflecting on the legacy of this Network
- News of our **CoRay Project** of resources created by and for young people, which we have handed over to the brilliant **Charlie Waller Trust**
- An **evaluation of our GROW Programme** for early career researchers, and its continuation through the **Mental Health Research Incubator**
- A **report compiling your Next Steps** from our **Big Emerging Minds Summit**, and other brilliant resources from the event.

The full story of Emerging Minds can be found on [our dedicated legacy website](#).

We'd love you to share these reports and resources in your own contexts, to inspire others with the power and impact that Networks such as this can have.

We will be closing the Emerging Minds mailing list soon, but will continue to post opportunities, research, and resources [over on our Twitter\(X\)](#) for now.

The journey doesn't end here though.

Our team and many Network members are involved in a brilliant new five-year project – **Mental Health in Development** – through the Oxford Health Biomedical Research Centre. The project builds on the vision of Emerging Minds: developing infrastructure, capacity, and partnerships across the country to facilitate research with the potential to reduce the prevalence of mental health difficulties experienced by children & young people.

Networks are at the heart of the new project, so we would love you to get involved: [please sign up to continue receiving communications from us](#).



The Foundations of our Network: Our 4 Research Challenges

[*Read our Research Challenges Report*](#)

At the start of the Network we worked with charity partners YoungMinds and the Centre for Mental Health to hold priority setting workshops with young people, parents and carers with lived experience of mental health difficulties, and practitioners and policymakers.

These workshops informed the [4 research challenges](#) at the heart of all our Network activities: 1) **Embracing Complexity**, 2) **Supporting the Supporters**, 3) **Voices, Power, and Attitudes**, and 4) **The Big Question**.

We have compiled a **dedicated report** on how we drew together these research challenges and the progress made towards them. We also share our perspective on the next steps we can take as a research community to develop the motivation, relationships and capacity to tackle these research challenges. [We would love you to read the report. It is also available as a poster summary.](#)



What We Have Achieved: Our Impact Report

[*Read our Impact Report*](#)

Across the life of the Network we have worked with young people, their families, and so many colleagues **across sectors and disciplines** to tackle our 4 research challenges. We have focused on **fostering research collaborations** and **supporting the development of early career researchers** through:

- 4 funding calls
- 19 Special Interest Research Groups
- 4 cross-sector placements
- 5 internships
- the pilot GROW Early Career Researcher Development Programme
- our Big Emerging Minds Summit
- this regular newsletter and Twitter(X)
- and many meetings, webinars, and workshops.

We are incredibly proud of what the Emerging Minds Network has achieved during its lifetime. It has been brilliant to reflect and recognise all the wonderful people that we have collaborated with, the positive connections that have been formed, and the ongoing legacy of the Network's activities and relationships.

[We would love you to read and share our Impact Report widely](#), as a testament to what you – the Network – have built, and as inspiration moving forwards.



Responding to the Pandemic: The CoRay Project

[*Access the CoRAY Resources*](#)

When the pandemic hit in 2020, we were aware of the significant additional challenges many children, young people, and families were facing as a direct result of the pandemic, and wanted to actively support them through this time.

Funded by the **Medical Research Council (MRC)**, between 2020 and 2022 we collaborated with young people and a wide variety of partners **to understand how the mental health of young people aged 11-16 in particular had been affected by the pandemic.**

We worked with young people, researchers, and creative partners to co-create evidence-informed resources addressing the issues that young people most wanted support with during and beyond the pandemic – **the CoRay Project.**

We shared these evidence-informed briefings and resources in this newsletter over the last few years, and [they are all still free to access from our website](#).

We are thrilled to announce that the CoRay Project will live on through the **Charlie Waller Trust** (CWT). Thanks to funding from the Westminster Foundation, CWT have expanded the project to offer resources on youth mental health wellbeing for teachers, parents, and carers including resource packs, guides, short films, and lesson plans. [The full bank of resources is available on the Charlie Waller website](#).



Supporting Early Career Researchers: Our GROW Programme Evaluation

[*Read our GROW Evaluation Report*](#)

A key aim of the Emerging Minds Network has been to encourage and **support the professional development of early career researchers**.

In 2022 we held the pilot GROW Researcher Development Programme for 19 early career researchers working in the field of children and young people's mental health across the UK.

The cohort came together for monthly workshops with contributions from peers and senior colleagues on a range of topics from establishing research collaborations to funding. Participants could also undertake four individual sessions with a qualified coach.

We carried out an evaluation to understand the impact of the programme on our participants, our progress towards our Network aims, and how we might improve it for future cohorts. We had really encouraging results, [which you can read about in our full GROW Programme Evaluation Report](#).

We were delighted to hand over the GROW Programme to our friends at the [Mental Health Research Incubator](#), who focus on increasing capacity in mental health research. They [received funding for two further cohorts](#) in late 2022 and 2023, supporting a further 37 early career researchers in this field. Do keep an eye on the Incubator [website](#), [newsletter](#), and [Twitter\(X\)](#) for news of further opportunities going forwards.



Our Collective Next Steps: The Big Emerging Minds Summit

[*Read our Next Steps Report*](#)

As the Network came to a close, we were privileged to host nearly 300 of you online and in person for our Summit in October 2022. It was a fantastic day, filled with opportunities to share and discuss findings, and explore the next steps for children and young people's mental health research together.

The collective outputs from the Summit from our [workshop](#) leaders, [exhibitors](#), delegates, [artists](#), and Beyond the Room live tweeting team are incredible – and [all available on our website](#). We really hope this will be a valuable resource for you to find out more about projects of interest, follow up on connections, and be inspired by the amazing research, collective energy, and possibility in this field.

During the Summit's closing plenary, delegates shared their reflections, hopes, and ideas for children's and young people's mental health research, building a wall of 'next steps' footprints. We have analysed these to identify the main themes that came up when thinking about what we, as researchers, young people, families, clinicians, practitioners, commissioners, and policy-makers can do for the future. [We'd love you to read and consider our Next Steps Report](#).



Our Next Steps: Mental Health in Development Project

[*Sign Up for news about Mental Health in Development*](#)

We are thrilled to announce that a number of our Emerging Minds team members are leading a new theme as part of the [National Institute for Health and Care Research Oxford Health Biomedical Research Centre](#) (BRC).

The [Mental Health in Development theme](#) focuses on developing **infrastructure**, **capacity**, and **partnerships** across disciplines and institutions to develop more **targeted**, **effective**, and **accessible** mental health **preventions** and **interventions** to meet the needs of children and young people from a diverse range of contexts across England.

We are working on an exciting range of activities including:

- Developing **research networks** for **schools, early years** practitioners and services, and **children, young people, and their families** – to connect researchers with stakeholders, participants, and advisors.
- Establishing a **new research clinic** in Oxford embedded in the local health service, modelled on the [AnDY research clinic in Reading](#).
- Co-developing **innovative research methods** and **co-designing digital tools to help identify and modify mechanisms** that underpin common mental health problems that can be used at scale and across ages.
- Collaborating with the Universities of York & Liverpool to **analyse data from their major birth cohort studies** (Born in Bradford, Wirral Study, C-GULL Liverpool) to identify mechanisms and develop interventions, particularly in relation to populations that experience marked inequalities.

You can [find out more about our plans and current opportunities over on the Oxford Health BRC website](#).

Your Next Steps: Join Mental Health in Development

[*Sign Up for news about Mental Health in Development*](#)

Emerging Minds has involved, at its heart, a huge network of people from a vast range of disciplines, experiences, and sectors – sharing ideas, building collaborations, and developing research.

We would love you to be part of our new project, to continue our work together to reduce the prevalence of mental health problems experienced by children and young people.

To receive news about the Mental Health in Development project [please share your details using this form](#). You can indicate specific topics of interest (e.g. the clinic, or schools network) that you would like to receive communications about as part of the form.

We will be closing our Emerging Minds mailing list shortly, but will send out a final reminder before we do. Thank you again for all you have given to the Emerging Minds Network, and we hope you will join us over at Mental Health in Development.



Contact us: info@emergingminds.org.uk

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