



Emerging Minds

Network News: January 2023

Dear Friends,

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

Our funding from UKRI officially ended in November 2022, but we'd love you to stay with us as we still have so much to share over the next few months - including our plans for what comes next. For the time being we will also continue to share opportunities, resources, and research over on Twitter – do check out [@EmergingMindsUK](#).



This month...

We have so much to share with you, including:

- A brilliant array of **resources from the workshops & exhibition** at our **Big Emerging Minds Summit** in October, and **your reflections on the next steps** for children & young people's mental health research
- A huge showcase of **outputs from research projects, cross-sector placements, internships**, and **Special Interest Research Groups** funded and supported through Emerging Minds
- Our involvement in the **Mental Health Research Matters campaign**, and **legacy outputs from our fellow UKRI networks**.



Emerging Minds News

Relive: The Big Emerging Minds Summit

We were so delighted to host nearly 300 of you online and in person for our Summit in October. 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. A huge thank you to everyone involved. Whether or not you attended the Summit, we are thrilled to say you can now [relive the day over on our website](#) where you can find:

- an [overview of the day](#) including our research challenges, programme, opening plenary, and our reflections on running the event
- individual pages for [each of the 24 workshops](#), including slides, resources, tweet threads, videos, photographs, and artwork
- our [digital exhibition](#), featuring the posters and resources you showcased at the Summit
- the [Artists' Corner](#), full of artwork and photographs from the day
- and [Next Steps](#) for children and young people's mental health research, compiled from your footprints reflections at the end of the Summit.

We really hope it 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. (Image credit: [Tom Bailey Art](#) & [Oxford Atelier Photography](#))



Introducing: Two new interns

We're pleased [to introduce Rowan Streckfuss Davis & Felicity Hudson](#), who joined us as interns for autumn 2022. Starting a new job just before a major conference is no mean feat, and they both got stuck in coordinating workshops, bookings, resources, and videos. They also collated legacy outputs from the Summit and wider Network. Check out their blog [over on the Mental Health Research Incubator website](#), on why you should attend conferences as an early career researcher.



Event: LGBTQ+ Youth Mental Health Network

With support from Emerging Minds, Dr Hazel Marzetti (University of Edinburgh) and Dr Catt Turney (The Kite Trust / Off The Record Bristol) have been [developing a new network focused on LGBTQ+ youth mental health](#). Practitioners and researchers from across sectors are warmly invited to join new quarterly networking brunches - email lgbtqyouthmhnetwork@gmail.com for more information.



Book launch: *If Racism Vanished for a Day...*

The [Emerging Minds-funded RESPECT project](#) (Racialized Experiences Project: Education, Children & Trust) has recently [launched a new book](#) co-produced with 17 children aged 9-11 who share their experiences of racism and the impact this can have on their mental health, and explore what life would be like if racism vanished for a day. You are invited to [use the free digital book resource to start discussions in your own context](#).

Project lead Dr Verity Jones also spoke about RESPECT on a [recent 'Pedagogy in Practice' Association for Child and Adolescent Mental Health podcast](#) and in an [article for the Chartered College of Teaching](#).



Reflections: Emerging Minds interns

A key objective for Emerging Minds has been to provide opportunities for early career researchers to develop their skills and networks, and over the course of the Network we have hosted 5 brilliant interns. We've recently been back in touch and asked them to reflect on their time with us, and the impact it has had on their career journeys. [Have a read on our website!](#)

Report: Designing resources to support young people's mental health

Unfamiliar with how design-led research works, or unsure of how to engage with design researchers? This new briefing is for you. It is the outcome of a cross-disciplinary internship we hosted alongside the Department of Typography and Graphic Communication at the University of Reading in summer 2021. Authored by our design intern Keili Koppel, Professor Sue Walker, and Martha Barratt, the report explores the contribution that design-led research can make to understanding, explaining, and supporting young people's mental health. There's also an invaluable appendix listing examples of design research projects focused on this field.

[You can find out more about Keili's internship and read the full report over on our website.](#)



Reflections: Understanding intergenerational racial trauma

With support from our final funding call, [the TRADE Project](#) has recently hosted two interdisciplinary reflective workshops exploring the intergenerational transmission of racial trauma through science, poetry, storytelling, and illustration. You can find out more, read testimonials from guests, and view the artwork by Temujen Gunawardena via [a short summary report](#), or [their Twitter thread](#).



Outputs: Co-researching online help-seeking and peer-support

As part of her [Emerging Minds cross-sector placement](#) Vanessa Bennett worked with the NeurOX Young People's Advisory Group to explore online help-seeking by children & young people. Recent outputs including a [co-produced methodology to explore real-world online help-seeking](#) and a [practical case study and evaluation of this methodology](#) (both published papers), and 'In their own words' (a pre-print paper). You can also find out more about the project through the co-produced [project report](#) and [summary](#), a [reflective blog](#) and [podcasts](#), and their [exhibit at our Summit](#).



New Project: Exploring 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) met through the GROW Researcher Development Programme and discovered a shared interest in the role that stress may play in the development of mental health difficulties. Funded through our Research Development Fund, [find out more about their evidence review to identify research priorities](#).



Evaluation: 'Always there for us' - Project Future at Bruce Grove youth club

As part of her [Emerging Minds cross-sector placement](#) with the Centre for Mental Health in 2021, Dr Yasmin Ahmadzadeh supported an independent evaluation of an early intervention pilot where mental health professionals from Project Future were embedded in a youth club in Haringey. [You can read the report and its recommendations on the Centre for Mental Health website](#).



New Project: Understanding the mental health needs of children and young people with social care involvement

Funded through our Research Development Fund, Dr Eleanor Chatburn (University of East Anglia) is [undertaking a cross-sector placement](#) to understand how services currently meet the complex needs of children who have been exposed to social care involvement. Look out for Eleanor's blog with the Mental Elf over the coming months, and check out her recent article in *The Psychologist* on [how to become more research active as a clinician](#).



Papers: Social prescribing in youth mental health

For their [Emerging Minds funded research project](#), Dr Daniel Hayes and Dr Emily Stapley have been exploring barriers and facilitators to social prescribing in child and youth mental health. Their new paper, '[Perspectives from the Frontline](#)', is now in pre-print via ResearchSquare. Daniel has also recently published [a comment paper on social prescribing \(paywall\)](#) through his role as Research Fellow for the [INSPYRE Project at University College London](#) (Increasing Social Prescribing Youth Referrals).



New Project: Supporting working parents caring for adolescents with mental health difficulties

Funded through our Research Development Fund, Dr Jackie Parsonage-Harrison (Oxford Brookes University) is studying determinants encountered by working parents that affect the emotional support experienced by their children who have mental health difficulties. [Find out more on our website](#).



Article: Understanding suicide prevention in a text-based crisis support service

In 2022 PhD student Carolina Guzman Holst undertook an Emerging Minds cross-sector placement with Mental Health Innovations to investigate factors contributing to suicide de-escalation in young people at imminent risk who reached out to the SHOUT text-based support service. [Find out more on the Mental Health Innovations website](#), and look out for Carolina's full blog on the placement soon.

Special Interest Research Groups (SIRGs)



Spotlight: Improving treatment choices for young people with multisensory hallucinations

The [Uniting Senses and Experiences Network SIRG](#) have written a brilliant blog reflecting on priorities identified by young people and families with lived experience, and the ways in which the group have been responding. Most exciting is [the new LIVV App](#), a resource to improve quality of life for young voice-hearers, developed in partnership with young people. [Check out the blog to find out more.](#)

Get involved! To help make sure participating in the research process is a positive experience for young people, the SIRG are inviting anyone over the age of 18 who have taken part in mental health research during childhood and adolescence to share their experiences. [The online survey is open until February 2023.](#)



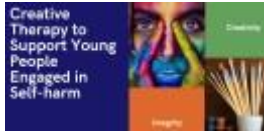
Awards: Involving young people in digital mental health

In summer 2022, the [Young People's Involvement in Digital Mental Health SIRG \(YPii DMH\)](#) hosted the inaugural YPii DMH awards to celebrate the involvement of young people and teams in digital mental health research and development. Awards included best use of technology and social media for involvement, and involvement team and shining star. [You can find out more about all the fantastic winning and runner up projects, teams, and individuals over on our website.](#)



Funding: Live Music and Mental Health

The [Live Music and Mental Health SIRG](#) partners have been successful in obtaining [funding from Creative Scotland](#) to continue the work of their Emerging Minds funded SIRG, exploring the impact of live music on children and young people's mental health. In 2023 Children in Scotland, Scottish Ensemble, and the University of Stirling will be working with children and young people across three localities (Glasgow, Inverness, & Stirling) to co-produce ideas to open up live music opportunities.



Reflective Videos: Creative therapies as a response to self-harm

In preparation for [their workshop at our Summit](#), two young co-ordinators from the [Creative Therapies SIRG](#) – Naomi and Sim – made films reflecting on their experiences of being part of the SIRG, and the potential of creative therapies to address self-harm. Check out the films [via the Collective Arts website](#), or [Naomi's Twitter thread](#).



Briefing: Transdiagnostic approaches to researching mental health and neurodevelopment

Clinical services and research are predominantly organised around a set of separate diagnostic categories. However, this structure does not reflect the fact that meeting criteria for multiple diagnoses is more common than a single diagnosis. The [Embracing Complexity SIRG](#) and [Language and Communication SIRG](#) have published a joint briefing which you can [read over on the Embracing Complexity Coalition website](#).



Outputs: Young People & Self-Stigma in Mental Health

The [Self-Stigma SIRG](#) have been exploring young people's and experiences of mental health self-stigma and help seeking behaviour. They have co-produced some brilliant [blogs](#), [social media resources](#), and [videos](#) demystifying self- and social- stigma and discussing its consequences. The SIRG also recently published an [article in Education Today Australia](#) on engaging young people in mental health research around this topic, which was the [topic of their workshop at our Summit](#).

Research Showcase

Strategies for enhancing the implementation of universal mental health prevention programs in schools

A number of school-based mental health prevention programmes have been found to be effective in research trials. In this systematic review Rachel Baffsky and colleagues explore the evidence base for how best to support implementation in real-life settings. The strategies found to have the strongest positive evidence base included: monitoring and provision of feedback, engaging school heads as programme leads, improving the buy-in of teachers, and hosting implementation meetings with school staff. [Read the full article from Prevention Science over on SpringerLink](#).

News From Beyond The Network

Mental Health Research Matters Campaign

The [Mental Health Research Matters campaign](#) launched in October to start a conversation and showcase excellence in research practice through online events, Twitter conversations, animations, blogs, and infographics.

The campaign, led by the [McPin Foundation](#) and the [Mental Elf](#), has generated an incredible bank of resources around inclusive research, multidisciplinary working, centering lived experience expertise, and creating partnerships with organisations outside of academia.

Do check out the co-produced animations on [why mental health research matters](#), and [what good mental health research looks like](#), and please share widely.

Alongside our 7 sister networks, members of Emerging Minds have been supporting the campaign:

Our manager Emily, and participants from our cross-sector placement programme Dr Suzi Sapiets, Georgia Harper, and Carolina Guzman Holst shared insights in a [webinar around partnership working](#).

Our lived experience advisor G wrote a brilliant [blog on what they gained though getting involved in mental health research](#).

Dr Yasmin Ahmadzadeh (funded through our Voices, Power & Attitudes call) joined the panel for a [webinar on inclusivity and tackling inequalities](#).

Dr Ruth Knight, a member of our GROW early career researcher development programme, co-authored a [blog exploring the unique viewpoint of being academic researchers with lived experience of the subject they study](#).

Find out more via the [campaign website](#), join the conversation by following [#MentalHealthResearchMatters on Twitter](#), or [catch up with webinars and animations](#).

Sharing the legacy of the UK Research & Innovation (UKRI) mental health research networks

The funding for the 8 UKRI mental health research networks is gradually coming to a close. As with our own Summit, many of our fellow networks are taking the opportunity to showcase findings and consider next steps.

!Upcoming in February!: the **Violence, Abuse & Mental Health Network (VAMHN)** final showcase webinar series focusing on their key themes – measurement, understanding, and interventions. [Book via Eventbrite](#).

!Later in 2023!: Look out for showcase events from the **eNurture Network** all about [children & young people's mental health in a digital world](#), and the **Closing the Gap Network** which has been working to [reduce physical health inequalities for those with severe mental illness](#).

The **Student Mental Health Research Network (SMaRteN)** held [a digital showcase week](#) in November including webinars, blogs, and resources, culminating in an in-person conference in London. [A live stream of the event is available via the Mental Elf Youtube channel](#). They also developed a fantastic [digital poster exhibition](#).

The **Transdisciplinary Research for the Improvement of Youth Mental Public Health Network (TRIUMPH)** held a two-day Fest in October, celebrating the involvement of young people in mental health research and activism. Speakers included co-researchers from our CoRay project. [Find out more and read reflective blogs via this recent newsletter](#). **TRIUMPH** also held an online symposium in September [showcasing findings from projects they have funded](#).

The **Loneliness and Social Isolation Research Network** held a showcase symposium in June and captured video abstracts of research conducted by network members. [The full playlist is available via the Mental Elf Youtube channel](#).

Finally, the **Making Social, Cultural, and Community Engagement Central to Mental Health Network (MARCH)** have produced a [brilliant legacy website sharing key achievements and resources](#).



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.