

YOUTH MENTAL HEALTH AND WELL-BEING NEWSLETTER

A seminar series funded by the Economic and Social Research Council



Welcome to the second issue of the Youth Mental Health and Well-being Newsletter.

Following the success of our first symposium in Nottingham last year, it was great to deliver in collaboration with the south east network of IRIS (Initiative for the Reduction of the Impact of Schizophrenia) an equally successful and thought-provoking symposium at the Sussex Education Centre in Hove on Friday 22 May 2015. The symposium highlighted the need for using digital technology to promote young people's physical and mental health. Please turn to page 3 for more information! We welcome your suggestions and feedback on this Newsletter. Please send your comments via email to Maria.Michail@nottingham.ac.uk

Introducing the UK team!



Maria Michail is a Senior Research Fellow in the School of Health Sciences, University of Nottingham. She holds a MSc in Psychology from the University of Essex and a PhD in Psychology from the University of Birmingham. Her area of expertise is that of youth mental health with a particular focus on early intervention and prevention of mental health problems including psychosis and associated co-morbidities in young people. Maria is the Principal Investigator of the ESRC-funded Youth Mental Health and Well-being project; a collaborative network of researchers, academics, clinicians and service users which has been developed in response to a global youth mental health movement acknowledging the importance of youth oriented, targeted services in the critical age group of 12-25 years.



"I am a mental health service user working as a Research Associate in the School of Health Sciences at the University of Nottingham. I was trained in Research Methods and Design as part of an NIHR programme development grant to equip service users and carers for involvement in research generally, and to work on a care planning programme of research in particular. I tend to be invited to work on research projects because of my lived experience."



Paul is the Public Health Research Programme Manager for the Youth Programme at Birmingham & Solihull Mental Health NHS Foundation Trust, Implementation Lead for Youth Mental Health at CLAHRC West Midlands and honorary Senior Research Fellow with the School of Psychology University of Birmingham UK. He has many years of experience in research and clinical service development for serious and emerging mental disorder in young people. Paul has been responsible for developing the Youthspace digital hub with the service-user led youth board, is a workstream lead for the Headstart Schools resilience programme and is co-ordinating the evaluation of the new Birmingham 0-25 youth model. See



Dr Sofia Stathi is a Senior Lecturer in Psychology at the University of Greenwich. She obtained a BSc in Psychology from the University of Crete, Greece, and a PhD from the University of Birmingham, before moving to the University of Kent as a post-doctoral researcher and then a Lecturer. Sofia is a social psychologist, exploring processes that relate to intergroup relations. Sofia's research focuses on prejudice and prejudice-reduction among majority and minority groups, primarily via direct and indirect intergroup contact. Furthermore, Sofia's research examines social categorisation and social identity; stigma and stigma-reduction; social ostracism. Her work has been published in numerous, high-impact factor journals and her research has been funded by internal and external funding bodies. In 2012 Sofia was awarded the University of Greenwich Early Career Research Excellence Award.



Sarah Amani is the Senior Program Manager of the South Region Early Intervention in Psychosis Programme, which is hosted by Oxford Academic Health Science Network (AHSN). Sarah joined Oxford AHSN in September 2014, having previously worked as a Chief Clinical Information Officer of a South East Provider Trust and Youth Mental Health Lead for the then Strategic Health Authority. Her previous roles include managing an Early Intervention in Psychosis Service where several of the teams' projects were highly commended by HSJ '*Innovation in Mental Health*' award, E-Health Insider's '*Excellence in Mobile Health Technology*' and '*Mary Seacole*' award. Sarah is a qualified mental health nurse and is the author of a number of papers on the use of digital technologies and co-production in mental healthcare.

E-health and new technologies in youth mental health:

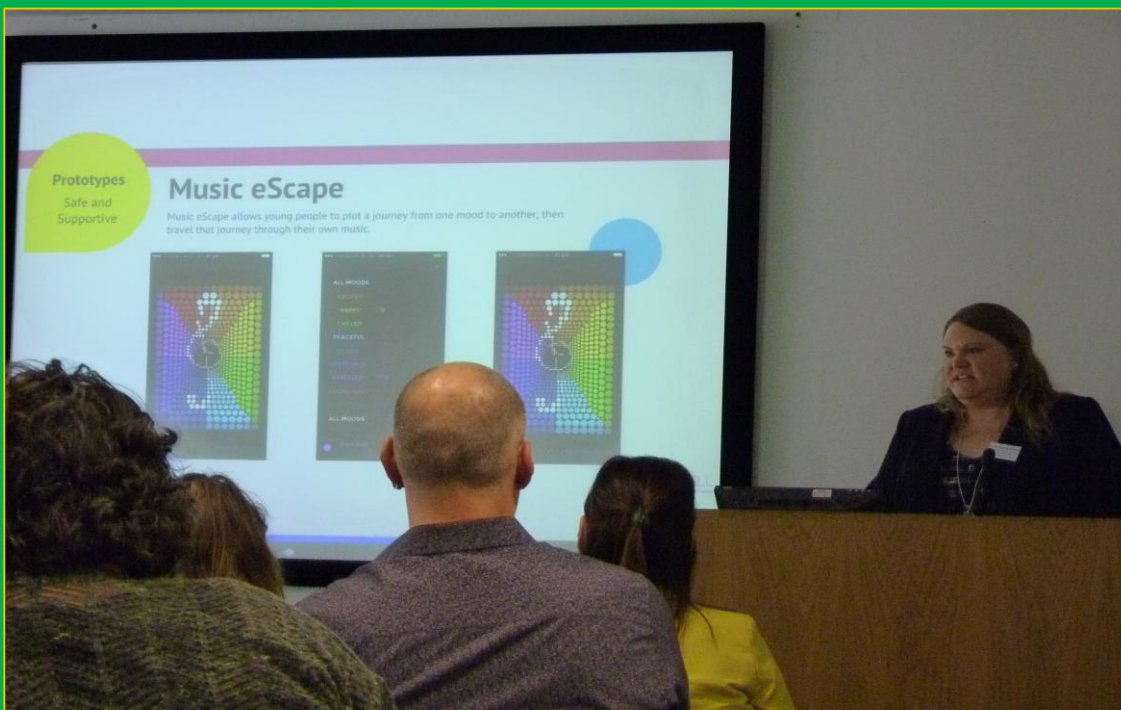
What is happening and where are we heading?

Technology plays an integral part in young people's lives. Ninety-five per cent of young people use the internet on a daily basis and communicate with peers primarily through the use of social media and smartphones. Technology-based interventions and online resources such as KOOH in the UK and ReachOut.com in Australia have been developed for promoting youth mental health and well-being and there are now over 1 million applications available with many targeting physical and mental health.



To highlight the need for using digital technology to promote young people's physical and mental health, the University of Nottingham in collaboration with IRIS Early Intervention in Psychosis (EIP) held a symposium at the Sussex Education Centre on Friday 22 May 2015.

The symposium was funded by the Economic and Social Research Council (ESRC) as part of an international project led by UK and Irish collaborators including academics, mental health practitioners, researchers and service users who share the same vision of improving mental health outcomes for young people. The symposium in Hove consisted of presentations by academics, mental health practitioners and a policy strategist; as well as a co-production workshop on how technology might help with the delivery of treatment to people presenting with an 'at risk mental state'.



Poster presentations

Poster presentations by PhD students and early career researchers took place during lunch break. Projects focused on the development, implementation and/or evaluation of online interventions to promote the mental and/or physical health and well-being of young people.

Some of the projects presented included:

“Development and usability of website-based depression literacy intervention for university students in Nottingham” by Dr Bethan Davies, University of Nottingham.

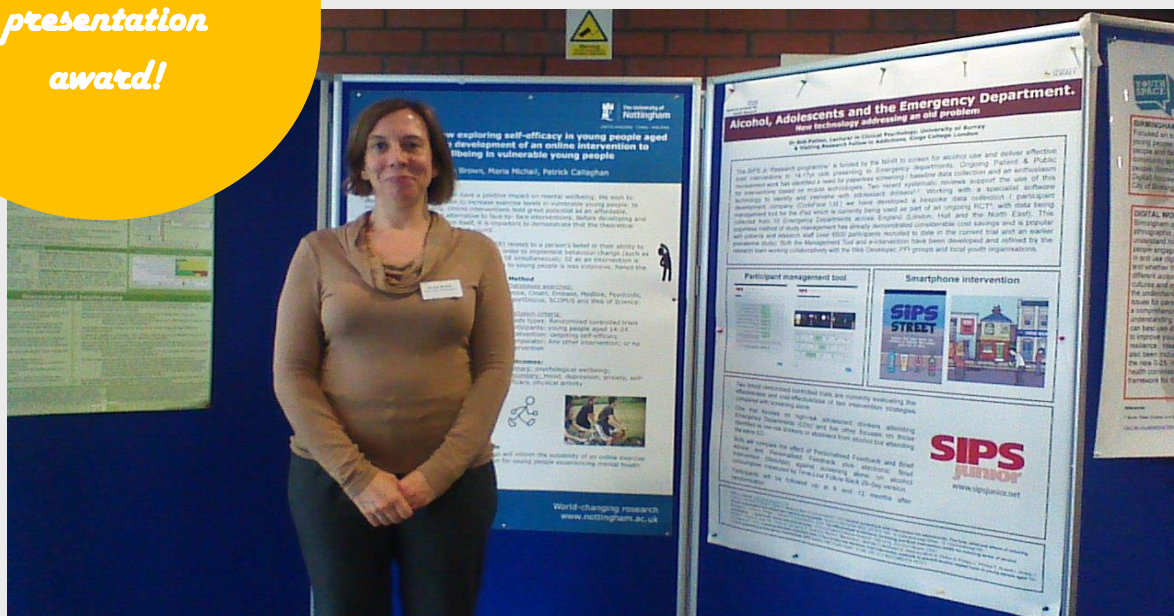
“Improving emotional resilience and understanding the digital world of young people” by Michelle Spicer, Birmingham & Solihull Mental Health Foundation Trust.

“Alcohol, Adolescents and the Emergency Department. New technology addressing an old problem” by Dr Bob Patton, University of Surrey.

We are delighted to announce that **Dr Sue Brown, Research Fellow at the University of Nottingham** was awarded the prize for best poster presentation for the project *“A systematic review exploring self-efficacy in young people aged 14-24 to inform the development of an online intervention to promote mental wellbeing in vulnerable young people.”*

Congratulations to Sue!

*Best
presentation
award!*



Dr Sue Brown said: “The seminar was a great opportunity to explore the topic from multiple perspectives, and to find out about cutting edge research. Hearing first-hand about the use of technology in Australia (for example), and being able to ask questions about it, was invaluable.”

Co-production workshops

Can Digital Technologies be Harnessed to Support Young People with At Risk Mental States?

TASK

Delegates worked collaboratively to develop, design and think of effective ways to evaluate a novel type of digital technology (e.g. web-based resource, app, online social network etc) as part of service provision to young people within Early Intervention in Psychosis. The digital service could be used to facilitate access of young people to the service; provide online counselling; provide peer support and facilitate peer communication; facilitate self-management/self-help.

How would you design such a resource so that it is fully integrated into routine care (e.g. face-to-face contact)?

What type of digital service would you design and how would it be used to support the delivery of effective mental health services to young people?



How would you pilot and evaluate its utility, acceptability, uptake and satisfaction?

FUTURE SEMINARS

4 December 2015	<i>Youth Mental Health & Self-stigma: Theory, Research & Practice.</i>	NUI Galway, Ireland
May 2016 (TBC)	<i>E-health and new technologies for youth mental health and well-being.</i>	Nottingham, UK



The ESRC team and speakers at the symposium in Hove, May2015


What did young people say about the symposium?

“TODAY HAS MADE ME REALISE THAT TECHNOLOGY IS THE WAY FORWARD IN TACKLING YOUTH MENTAL HEALTH AS IT HAS BECOME A NECESSITY IN YOUNG PEOPLE’S DAILY LIFE AND IS NOW THE EASIEST WAY TO REACH OUT TO THEM.”

Rochelle

CONTACT US

If you have any questions about this newsletter or would like to know more about our ESRC seminar series please contact Dr Maria Michail maria.michail@nottingham.ac.uk

 @YouthMHres