

YOUTH MENTAL HEALTH AND WELL-BEING NEWSLETTER

A seminar series funded by the Economic and Social Research Council



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I would like to welcome you to the first issue of the **Youth Mental Health and Well-being Newsletter**. The University of Nottingham in collaboration with the University of Greenwich, Birmingham & Solihull Mental Health NHS Foundation Trust, Oxford Academic Health Science Network and our Irish collaborators from University College Dublin and National University of Ireland, Galway, has been funded by the Economic and Social Research Council (ESRC) to hold a series of seminars during 2015-2018 on youth mental health and well-being.

In order to keep our stakeholders informed of the activities of our group and most importantly of future ESRC seminars on youth mental health we have decided to circulate a newsletter triannually. We hope you find this Newsletter a valuable resource!

We welcome your suggestions and feedback on this Newsletter. Please send your comments via email at Maria.Michail@nottingham.ac.uk

Introducing the team!

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Dr Barbara Dooley, University College Dublin
Dr Caroline Heary, National University Ireland, Galway



NUI Galway
OÉ Gaillimh



Oxford Academic Health Science Network

Our first seminar!

Youth Mental Health and Stigma

Seventy five per cent of all mental health disorders have their onset in the years between 12 and 25. One in ten young people will experience a mental health problem, most commonly depression and anxiety, at some point in their lives.

Mental illness in youth is associated with significant physical, psychological and developmental consequences including obesity, low educational attainment, bullying and problematic peer relationships. Mental health stigma has a detrimental impact on young people in seeking help and accessing support and services.

The first of a series of nine ESRC seminars titled *“Youth Mental Health and Stigma”* was held in December 2014 at the University of Nottingham with the aim of raising awareness about and highlighting the need for public health initiatives and interventions to combat stigma associated with youth mental health.

Our speakers

Dr Keon West from Goldsmith University London kicked off the day by providing an eloquent account of the theoretical underpinnings of prejudice, discrimination and stigma.

Dr Kathy Greenwood from the University of Sussex presented a series of studies showing how stigma develops in children and young people highlighting the importance of early intervention in schools.

Sarah Brennan, CEO of Young Minds presented the findings of the Young Minds Survey “See beyond the Labels” and their implications for improving services.

Dr Helen Stain from the University of Durham in collaboration with **Kurt Atkins**, member of Youth Speak, presented their work on the impact of stigma on youth mental health and the importance of youth involvement in initiatives to address mental health stigma.

Following our lunch break, **Emily Francis**, member of New Youth, shared her own experiences of mental health services. Emily highlighted the importance of improving the quality of mental health services provided to young people. *“Early intervention is very important. If I had help early on I would not have ended up in hospital”*, Emily said.

Co-production workshops in the afternoon focused on delegates working in groups to design a study to reduce stigma and improve mental health literacy in schools. Recommendations for best practice on the design and implementation of research in schools were shared and delegates had the opportunity to network and exchange knowledge and good practice.

“It has been fantastic to have so many excellent speakers in one conference and have the opportunity to network with colleagues from across different areas of mental health” said one delegate.



Poster presentations

PhD students and early career researchers presented their projects and had the opportunity to showcase and discuss their work with delegates during lunch break. Projects reflected a variety of themes aligned with the main theme of the seminar including stigma and access to services, interventions to combat stigma, as well as the impact of stigma on young people's help-seeking behaviour.

Some of the projects presented include:

"Impact of stigma and discrimination on pathways to care: subjective experiences of young people at risk of developing psychiatric disorder" by Petra Gronhom, PhD student at the Institute of Psychiatry.

"The Gay-Straight Alliance: A School-Based Intervention for Improving the Mental Health of LGBT Youth by Combating Homophobic Stigma" by James Ravenhill, PhD student at the University of Sussex.

"Do Empathy and Peer Norms Predict Mental Health Stigma in Adolescents?" by Charlotte Silke, PhD student at the National University of Ireland, Galway

A panel of judges rated all posters and we were very pleased to announce that **Dr Clio Berry, Research Fellow at the University of Sussex** was awarded the prize for best presentation for the project *"Direct, indirect and age associations in the predictive effects of self-stigma for the social outcomes of young people with psychosis"*. **Congratulations to Clio!**



Youth Mental Health and Stigma: Poster presentations



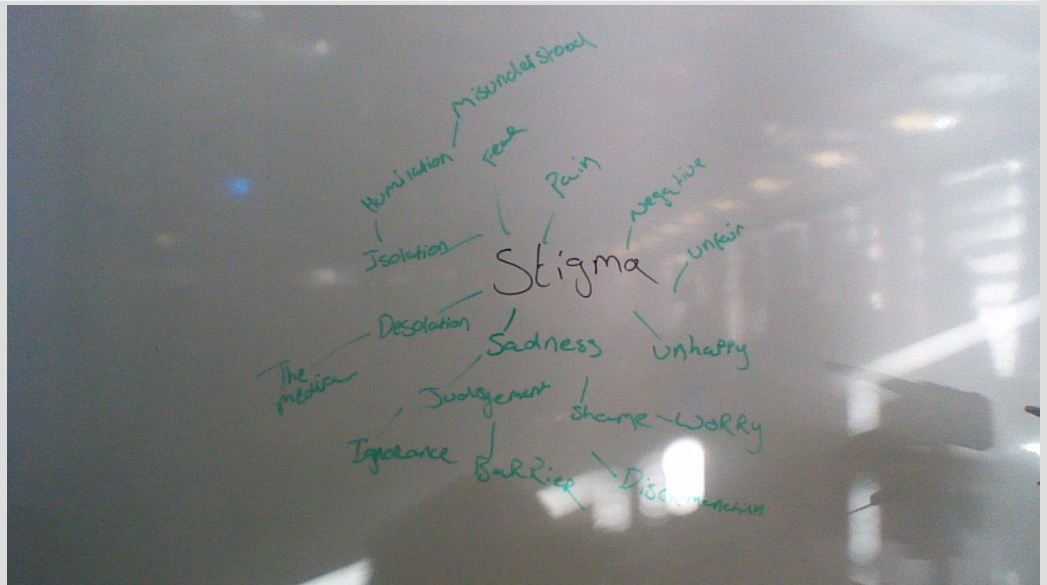
Dr Clio Berry, Winner of best poster presentation

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**Youth
involvement
and
participation**

We were delighted to be joined by representatives from two youth advisory groups, Kurt Atkins from Youth Speak (Durham) and Emily Francis from New Youth (Nottingham). Kurt's group activity "What comes into your mind when thinking of the word stigma" was described as "thought provoking" by our delegates. Emily spoke of her experiences of inpatient admission and the impact of stigma on young people's lives.

A big thank you to Kurt and Emily for sharing their views on how stigma can affect young people's lives and their for suggestions on improving mental health services so they less stigmatizing and more youth-friendly.



What comes into your mind when you hear the word stigma? by Kurt Atkins, Youth Speak

FUTURE SEMINARS

22 May 2015	<i>E-health and new technologies in youth mental health: What is happening and where are we heading?</i>	Brighton, UK
28 August 2015	<i>The development of youth friendly mental health services: Mapping out existing and new service models and systems of care for youth</i>	Dublin, Ireland

A special thank you to our event administrator, Cin Mond Kong, and PhD students Nashwa Ibrahim and Angie Tosangwarn for their valuation support in organising and setting up this seminar!

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