

Collaboration for leadership
in applied health research
and care
East of England

NHS
**National Institute for
Health Research**

CLAHRC Children and Young People's Mental Health Research: Generating Impact

SUMMARY REPORT
AN EVENT HOSTED BY CLAHRC EOE

AUTHORS
[Maris Vainre](#)
[Lorna Jacobs](#)

September 2017

1. BACKGROUND

This report summarises the outcomes of the CLAHRC Children and Young People's Mental Health Research: Generating Impact event on 5th May 2017 in Cambridge. Children and young people's mental health (CYP MH) is a work stream that emerged from Child Health, a cross-CLAHRC theme, in November 2016.

The Child Health day in London on 11th November 2016 provided the opportunity to share knowledge and expertise, to network as well as to plan future collaborations in the field. Each CLAHRC presented their research in the area, noting key outcomes and impacts where applicable, and highlighting potential opportunities for collaborative working. Parallel interactive sessions within special interest groups were then held to identify common themes and potential opportunities for cross-CLAHRC collaborations. Researchers in the respective fields facilitated the workgroups.

One of the special interest groups focussed on children and young people's mental health and attracted 18 people (33% of the total attendees) to the discussion. At the close of the session, there was overall agreement for further meetings to be held to capitalise on the themes and collaboration possibilities identified. Broad areas of interest for future meetings included 'Ethics', to explore the hurdles and solutions people have found to them, and 'Impact', looking at what this means to CLAHRCs and how to demonstrate it. CLAHRC EoE lead researchers in the group agreed to host the next event, proposing to focus on Impact (with CLAHRC Oxford having highlighted a plan to host an event on Ethics).

Attendees of the CYP MH session, who had expressed a particular interest in the impact event, were invited to join a steering group in early 2017. The established group comprised CYP MH lead researchers from five CLAHRCs, with oversight from CLAHRC EoE core staff and administration support from CLAHRC partnership programme (CPP).

2. AIM

The aim of the event was to:

1. offer a space for researchers and stakeholders in CYP MH to network;
2. explore barriers, solutions and successes for implementing CYP MH research into practice; and
3. identify opportunities for collaborative working.

3. SET UP

Forty-five researchers and stakeholders from nine CLAHRCs took part in the event. The keynote talk proposed research priorities for research and practice within CYP MH. These included widening the concept of mental health difficulties as well as the idea of intervention; building consensus regarding important outcomes and focussing on the management of relapsing and remitting. The importance of understanding the natural course of improvement, impact of new technologies, and behaviour change were also emphasised.

Following the keynote, the facilitators from [Oliver & Company](#) introduced several rounds of table discussions. The first task was to identify the main contributions and impacts of CLAHRCs within CYP MH to date, followed by an exercise to agree on priorities. After this, each CLAHRC gave a brief overview of the ongoing research before forming working groups to develop future collaborations.

4. DISCUSSIONS

4.1. Impact of CLAHRCs

The achievements that attendees most frequently mentioned were:

1. Better liaison and understanding between stakeholders and researchers
2. Improving service design
3. Informing commissioning
4. Involving service users in research
5. Offering a more systematic approach for understanding risks and solving problems

4.2. Priorities for evidence-based practice CYP MH research

The priorities that were identified through voting by attendees were:

1. developing evidence and processes
2. understanding how to promote resilience
3. understanding early intervention
4. access to services and treatment in non-clinical settings
5. how to collaborate as CLAHRCs effectively
6. how to enable translating evidence into practice

4.3. CYP MH research in CLAHRCs

Each CLAHRC gave a brief introduction of their CYP MH research. This supported preliminary identification of shared interests to form collaborations (see below). Additionally, the attendees highlighted the need for a compendium that would summarise ongoing CYP MH research in CLAHRCs. This document could help finding research partners across CLAHRCs.

4.4. Forming cross-CLAHRC collaborations

The following areas of collaboration opportunities were explored:

1. Knowledge mobilisation
2. Parenting support in early years
3. Online help-seeking
4. Early identification in schools
5. Outcome measures

Several discussions on the above topics lead to commitments to future partnerships (see below).

5. KEY OUTPUTS OF THE DAY

1. Identification of priorities for CYP MH research impact, and improving evidence based practice
2. Commitment to produce a compendium of CYP MH research in CLAHRCs
3. Identification of opportunities and plans for pursuing research collaborations
4. Capturing next steps and ideas for future events
5. CLAHRC North Thames agreed to organise a follow-up event

6. OUTCOMES SINCE THE EVENT

Twenty people (out of 45 that attended) completed in the feedback form that was e-mailed after the event. Eighteen of respondents reported to have some ideas for future collaboration, of these four described agreements made to collaborate on specific projects. The writers of the report are aware of at least two of these collaborations to have continued since. A CLAHRC EoE researcher was included in a bid that CLAHRC North Thames is currently preparing. Another CLAHRC EoE researcher is also collaborating with CLAHRC North Thames on a different project and is also included in their grant application. Additionally, researchers from CLAHRC Yorkshire and Humber, North Thames and CLAHRC EoE are currently exploring ideas for a study together.