

JoinMQ.org
March 2015

MQ
Transforming
mental health

Introducing MQ

Introducing MQ

- Background
- Fundraising
- Research activities
- Grant-writing

MQ Transforming mental health

MQ Update 2

MQ: Transforming Mental Health

A major new UK-based charity focused on identifying and funding research key to solving issues in mental health...

Our vision is to create a world where:

- Mental health is as valued as physical health and mental illness is understood, diagnosed and treated like any other disorder;
- Research to improve the diagnosis, treatment and prevention is a global priority;
- Patients and families affected by mental illness know that the best science is being applied to improve their quality of life.

MQ stands for our goal to improve Mental Health & Quality of Life

MQ Transforming mental health

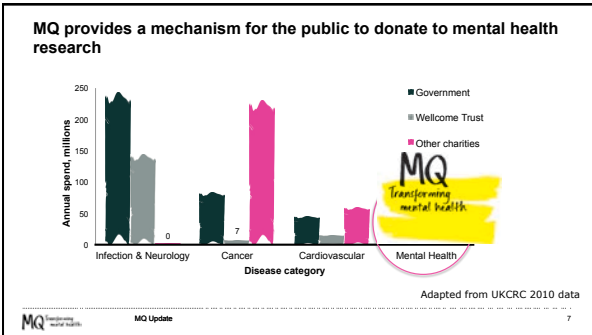
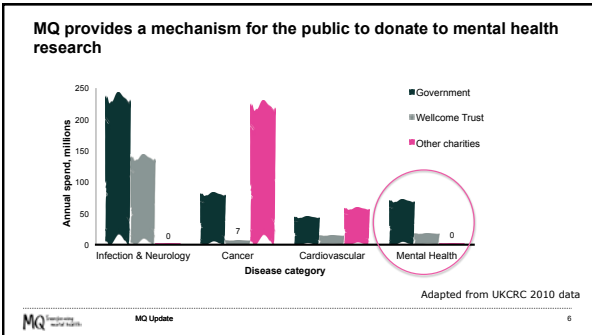
MQ Update 4

In the UK, mental health research is not a priority...

...accounting for only 5.5% of UK health research spend

MQ Transforming mental health


MQ Update



Fundraising Strategy: global fundraising reach

Paul Stein, Director of Fundraising and Engagement
A visionary with practical experience

- Generalist, with grass roots experience
- Major Donor fundraising experience
- Local and regional fundraising at Macmillan Cancer Support
- Moved to a leadership role at World Jewish Relief.



MQ Macmillan Cancer Support MQ Update 11

Fundraising Strategy: global fundraising reach

Initiate fundraising with those most able to give

- Explore opportunities to recruit committed donors
- Engage in continuing relationships
- Build public show of support for mission

...while a major and medium-to-long term priority will be our investment in mass market fundraising for income generation and shaping public opinion

- Build fundraising infrastructure to support mass-market appeals
- Engage a committed base of small-gift donors
- Shift public attitudes toward acceptance

The point is to make for contributions – unit now, people have simply never been asked.

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Research Programme


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MQ Research Programme will accelerate progress on the Translational Pathway to all interventions

T0	T1	T2	T3	T4
Basic and applied science research	Translation to humans	Translation to patients	Translation to practice	Translation to community
Preclinical and animal studies	Proof of concept Phase 1 clinical trials	Phase 2 clinical trials Phase 3 clinical trials	Phase 4 clinical trials and clinical outcome research	Population level outcome research
Defining mechanisms, targets and lead molecules	New methods of diagnosis, treatment and prevention	Controlled studies leading to effective care	Delivery of recommended and timely care to the right patient	True benefit to society

Blumberg, R. S., et al. (2012). Nature Medicine, 18(1), 35-41.

Great models from the best of the charity sector



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Greatest traction from interdisciplinarity and global collaboration



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MQ Research Strategy: three pillars of activity that capitalise on UK strengths.....



Human capital

Mechanisms and insights

Improving current treatments

Early investments established MQ presence amongst professionals and donors

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MQ Research Strategy: diverse and targeted

Human capacity... → MQ Fellows Award

- Future research leaders
- Awarded annually to the "best and brightest"
- Seven Fellows to date – over £1.5M in awards

Improving current treatments... → Psy-IMPACT

- Near-term results... Beginning with psychological treatments
- 2014 funding call led to 4 awards with a value of nearly £1.5M
- Focus on anxiety, depression and ADHD

Mechanisms... → Insights CYP in development

- Long term results
- 2015 CYP programme in development

Other sector research

- "Depression: Asking the Right Questions"
- Public survey for input into research process
- Partnering with James Lind Alliance and over 40 other organisations in the UK

76%
2014 grants UK

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**Improving human capital:
the MQ Fellows
Award**

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MQ Fellows Award: a unique programme

Goals

- Identify and equip thought leaders of the future
- Connect researchers around the world and across disciplines
- Translate "hope for the future" into tangible projects
- Build pool of talented young advisors as resource for MQ

Features

- Only early career researcher award specifically for mental health
- Funding £75,000 per year for 3 years
 - Salary support
 - Research costs
- Open to all disciplines
- Open to any country
 - Mentor requirement
 - Stimulate interdisciplinary research and communication
 - Support consultative research practices

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MQ Fellows Award: best and brightest early career Researchers establishing independence

Applicant eligibility

- Early career researchers establishing their independence
- PhD, DPhil, DClinPsy, MBBS, MD or equivalent awarded before October 31st, 2013
- 2-6 years (whole-time-equivalent) research experience equivalent in nature to postdoctoral research
- Independent position on October 31st, 2015 and have held one for less than three years on that date
- First application
- ORCID identifier

Proposed research must:

- address a question relevant to mental health.
- demonstrate a commitment to interdisciplinary research

When could you make your very best application?

Statements of Intent due 16 April

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Stellar Fellows Committee epitomises inter-disciplinary approach to research

Emily Holmes - Chair
Experimental Psychology at the MRC Unit, Cambridge

Ed Bullmore, Cambridge
Neuroimaging, schizophrenia

Felicity Callard, Durham and Hubbud, Wellcome Collection
Medical Humanities

Guy Goodwin, Oxford
Neuroscience and treatments, Bipolar

Jeremy Hall, Cardiff
G + E risk factors, pre-clinical and clinical research, Schizophrenia, Autism

Matthew Hotopf, Kings College
Epidemiology, overlap between psychiatry and medicine

Rene Kahn, Utrecht
Neuroimaging, genes and complex traits, Schizophrenia

Elizabeth Kuipers, Kings College
Psychological treatments, Psychosis

Marcus Munafò, Bristol
Neurobiological pathways, epidemiology, reproducibility, addictions

Bernardo Sabatini, Harvard
Molecular biology and circuits

Carmen Sandi, Lausanne
Behavioural genetics, traumatic stress

Evaluation Criteria:

- Applicant
- Proposal
- Environment

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Fellows programme applicants – metrics confirm diversity


	2013			2014		
	Applications received	Finalists	Awardees	Applications received	Finalists	Awardees
Number of applications	105	14	3	271	18	4
Location	41% UK 23% USA 12% Australia 15% Other	21% UK 36% USA 21% Australia 21% Europe	66% USA 33% Australia	33% UK 23% USA 7% Australia 30% Europe 1% Other	28% UK 63% USA 11% Australia 5% Europe	50% UK 50% USA
Sex	66% female 34% male	71% female 29% male	66% female 33% male	43% female 51% male	33% female 67% male	50% female 50% male
Discipline	54% basic 38% clinical 10% social	57% basic 43% clinical	100% clinical	40% basic 30% clinical 17% translational 12% social	61% basic 22% clinical 11% translational 6% Social	50% basic 25% clinical 25% social

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MQ Fellows Awardees

7 outstanding investigators, 7 diverse projects







Epigenetic and psychological risks of psychotic experiences in childhood




Developing a 1-hour single-session treatment for anxiety




Schizophrenia brain spheres in a dish




Mapping the serotonin system



Search for mechanisms and targets in OCD



Optimising CBT amongst female patients



Can folic acid supplementation reduce risk of psychosis?

MQ Update MQ

Building research community: the inaugural MQ Annual Science Meeting

Strengthening UK based community

Our commitment to Fellows and Funders:

- Bring together investigators working on mental health
- Break down silos between disciplines
- Facilitate new ways of working together

First meeting in February 2015 was a smashing success

- Over 70 researchers from around the UK and MQ Fellows
- Full day of talks across disciplines
- Sessions for networking/mentoring/consultation
- Commitment and interest to come together on a regular basis

"It doesn't happen often that you go to a conference where everyone has the same goal and works towards it with so much dedication and motivation..."



MQ Update MQ FELLOWS

MQ sponsoring symposia







Suggestions?



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Improving current treatments: the PsyIMPACT Programme


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Psychological Treatments: seeking better outcomes for more people

PsyIMPACT Programme supports research toward this goal

- Developed with over 3 years of research by MQ leadership
- December 2013 meeting of key opinion leaders confirmed that similar research issues exist across disciplines:
 - leadership
 - commitment
 - communication
 - Funding
- MQ research confirms this field is woefully **underfunded**

Psychological treatments receive less than 1% of all UK mental health research funding
- Call for multidisciplinary approach to psychological treatments published in *Nature*, July 2014



A call for mental health science

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PsyIMPACT Programme Committee: thought-leaders from around the world supporting MQ aims

Terry Wilson (Chairman: Rutgers) Mood disorders, eating disorders; editor of Behavior Research and Therapy

Anke Ehlers (Vice-Chair: Oxford) Anxiety disorders and PTSD

Vikram Patel (London School of Hygiene and Tropical Medicine) Global mental health

Lars Van Ost (University of Stockholm) CBT, e-therapy

Michelle Craske (UCLA) Anxiety disorders and phobias

Ed Watkins (Exeter) Depression and anxiety

Paul Fletcher (Cambridge) Imaging and neural substrates

Iliina Singh (Kings) Social science and biology

Chris Fairburn (Oxford) *in office*

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PsyIMPACT Programme: Goal-focused funding

Goals

- Fund only theory-driven, **rigorous** research projects
- Identify the **best researchers** to get the job done
- Ensure **research that is focused on near-term results**

Features

- Only UK programme built specifically for psychological treatments
- 2014 Call provided for over £1 M in funding for three focused areas of interest
 - Theory-driven new treatment strategies
 - Need for rigorous evaluation of eTherapies and implications for public mental health
 - Understanding how treatments work and for whom
- **Open to all disciplines**
- **Open to any country**

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Overwhelming response to PsyIMPACT Programme: confirms need for more activity in this area

Outcome of the 2014 PsyIMPACT Funding Call

- Over 225 applications received
- 25 applications were shortlisted and invited to submit full proposals
- Four proposals were awarded nearly £1.5 M in funding*

Developing more accessible evidence-based treatments for worry and rumination
Catech Hirsch, Kings College London

Attention control training for infants at risk of ADHD
Mark Johnson, Birkbeck, University of London

Effectiveness and cost-effectiveness of self-directed internet-based therapy for social anxiety symptoms. *Saba Powell, Oxford University*

The Personalised Advantage Index (a new tool for treatment selection).
Rob DeRubeis, University of Pennsylvania

*Results expected by 2018

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2015/2016 PsyIMPACT Activities

Next steps in the development of PsyIMPACT:

- Induct **Professor Roz Shafran (UCL)** as **PsyIMPACT Strategic Advisor**
- Planning a call for the end year
- Ideas?

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Children & Young People

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Focusing on Children and Young People

MQ will explore research gaps and opportunities to:

- Improve outcomes for children with mental health problems
- Identify risk factors and opportunities for prevention
- Explore new holistic approaches to mental health
 - Biological
 - Psychological
 - Social
 - Environmental

In 2015, programme development will involve:

- Thought-leader consultations
- Literature reviews
- Expert panel meetings
- Staff recruitment
- Strategy development and planning

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Other sector research projects and support

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Depression: asking the right questions giving patients and carers a voice in the research process

Public survey to identify research priorities from patient perspective

- Unaided search for research questions
- Results validated against literature
- Consensus-driven forums used to rank "Top Ten" list of priorities
- Process codified and facilitated by James Lind Alliance (NIHR)

Depression Partnership Project will deliver in Q2/3 2015

- Over 40 Partner Organisations recruited from profession societies, charities and interest groups
- Funding partners include: Welsh Government, Mental Health Foundation...
- Over 2,500 survey participants
- Nearly 10,000 questions are in process now
- Ranking exercises will take place May-August



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Grant-writing

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Success at grant-writing takes strategy

- Be strategic
- Follow the guidelines!
- Start early
- Diligence
- Language
- Tailor the application to the funder
 - Requirements specified
 - Who will be assessing it?

MQ Medical Quality MQ Update

Which funder?

T0	T1	T2	T3	T4
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MQ Medical Quality MQ Update

Get a 2nd opinion... or 3rd, 4th, 5th

- Senior leadership
- Critical friends
- Internal review
- Mock interviews
- Practice, practice, practice

Demonstrate that you are a future leader... our hope for transformed mental health


Good luck!

MQ Medical Quality MQ Update

With thanks to our supporters:

Institute for Social Psychiatry
(formerly a charity associated with the Institute of Psychiatry at Kings College)

wellcometrust



MQ Medical Quality MQ Update 41

2015 MQ Fellows Programme

Finding 'future leaders in mental health research'

MQ is seeking applications from the best and brightest researchers, who are exploring new ways to understand, treat or prevent mental illness. The MQ Fellows Award, which is in its third year, provides £225,000 over 3 years to support early-career scientists establishing their independence.

MQ's remit is to focus on the big challenges in mental health – including depression, anxiety, bipolar disorder, and schizophrenia. The Fellows programme is open to applicants from all disciplines, ranging from stem-cells to psychotherapy to medical humanities.

- Applicants must be early career researchers with a PhD, DPhil, DClinPsy, MBBS, MD or equivalent, and establishing their independence.
- Proposed research must:
 - address a question relevant to mental health.
 - demonstrate a commitment to interdisciplinary research.

2015 Statement of Intent Deadline: April 16th

To find out more about this opportunity and how to apply, visit www.joinmq.org or contact grants@joinmq.org

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MQ Update

MQ seeks to become the CRUK of mental health

MQ aims to develop an equivalent brand, with:

- High level of recognition
- Effective funder of research
- Proven results, deserving of support
- Credible source of information

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