



Anna Freud
National Centre for
Children and Families

PsychUP for Wellbeing Advisory Board

Tuesday 24 August, 11.00-12.30

Agenda

1	Welcome		TS	
2	Minutes of last meeting and matters arising	Meeting minutes	TS	Approval
3	Quarterly update	Quarterly activity summary	LG	Information
4	Co-production strategy	Co-production strategy	LG/ TS	Discussion
5	Working group updates - Research & Evidence - Prevention & Community - Services & Pathways		Working groups	Discussion
6	Professional meeting plan		TS	Discussion
7	Any other business		TS	

Advisory Board members

Thomas Steare (Chair), UCL
Srishti Agarwal, UCL
Andrea Carstensen, UCL
Sophie Churchill, Kings College London
Jordan Elliott, Imperial College London
Cate Goldwater Breheny, Imperial College London
Rachel Gu, UCL
Annie Hata, UCL
Nellia Kornilova, UCL
Ritvij Singh, Imperial College London

Secretariat

Dr Laura Gibbon, *PsychUP for Wellbeing* Coordinating Director



PsychUP for Wellbeing extra meeting: co-production

Tuesday 25 May, 15.00-16.30

Meeting minutes

Present	
Deborah Gill (Co-Chair), UCL (DG) John de Pury, Universities UK (JdP) Peter Fonagy, <i>PsychUP for Wellbeing</i> Director (PF) Sheila Gupta, QMUL (SG) Stephen Pilling, <i>PsychUP for Wellbeing</i> Director (SP) Alan Thompson, UCL (AT)	Andrea Carstensen (Co-Chair), UCL (AC) Srishti Agarwal, UCL (SA) Sophie Churchill, Kings College London (SC) Jordan Elliott, Imperial College London (JE) Cate Goldwater Breheny, Imperial College London (CGB) Rachel Gu, UCL (RG) Annie Hata, UCL (AH) Nellia Kornilova, UCL (NK) Ritvij Singh, Imperial College London (RS) Thomas Steare, UCL (TS)
<u>In attendance</u> Laura Gibbon (Minutes), <i>PsychUP for Wellbeing</i> (LG)	

Discussion

Item
<p>1. Welcome and introductions</p> <p>Co-chairs DG and AC welcomed the attendees to this extra meeting, focussed on co-production. Board business will be delayed until the August meeting.</p> <ul style="list-style-type: none"> - DG emphasised the importance of ensuring the student voice is central to discussions about student mental health and the strategy of our programme. - AC is the first of the student Board chairs: this role will rotate among the student group. - Setting the scene for the meeting, AC explained that the student Board have agreed to get more actively involved with programme activity in between quarterly meetings, and to this end have arranged themselves into the three working groups. - LG explained that the working groups have each been given a ‘brief’ by the programme team, for projects within their respective workstreams which we want to co-produce with them: the groups have had very little time to consider these projects but have come up with some initial ideas, which will be the subject of this meeting.
<p>2. Update on activity and co-production plans</p> <p>LG shared the quarterly update paper with the group to allow those present the opportunity to ask questions.</p>
<p>3. Prevention & Community working group preliminary plans</p> <p>AH presented on the P&C working group plans:</p> <p>During 2020-21, ‘top down’ Peer Link support has been planned to try and mitigate against the impact of the pandemic and to ensure students get linked in with services, and this is currently</p>



being piloted with Students' Union UCL. The P&C working group have been asked to start thinking about the 'bottom up' peer support proposed for the TRANSACT project.

- This will mean working with student groups who want to set up peer support initiatives, to give them the resources to do so. Tentative plans are that these resources might include a toolkit and 'train the trainer' modules, which can be adapted to create a bespoke package for different student groups' needs.
- AH explained that the working group want to learn from what is already going on and to link in with others providing similar functions at UCL.

SP outlined the current UCLPartners project to adapt the Health Education England Peer Link Worker competence framework for the student population and university context.

The group were strongly supportive of the initiative and the P&C working group's ideas, and discussed key issues for this initiative to take into account:

- Important to ensure adequate support for peer supporters
- Existing peer support networks at UCL to link in with include transition mentors and society welfare officers
- Potential future steps suggested: embedding these skills in a wider range of societies and clubs – e.g. sports clubs; and adding peer support training to Inkpath (postgraduate student training).

4. Services & Pathways working group preliminary plans

NK presented on the S&P working group's initial plans to consider support for students on the University Clinic waiting list. Aim is to ensure that students feel contained whilst they are waiting, but also to help encourage recovery, which often happens spontaneously without treatment.

- DG: Experience as a GP is that waiting lists are a problematic time, so it is useful to focus on this area
- SP: access to, and outcomes from, digital interventions are improving, so it's a good time to take advantage of this

Student Board members pointed out that it is important students do not feel 'fobbed off' by being given very low intensity support, when they are seeking out therapy. Also, when students are struggling with their mental health, they may find the idea that they are 'in charge' difficult.

- All agreed that careful communication of the initiative is important.
- The group agreed it was important to conceptualise this in a positive way: as encouraging an often-natural process and helping people take the 'first step to recovery'.

The group discussed how this 'one stop shop' could be optimised and linked with peer support.

- 'Student case workers' could potentially take an active role
- Staff members could potentially provide 'mini-consultations', via text or occasional meetings

5. Research & Evidence working group preliminary plans

All members of the R&E working group (AS, AC, CGB) presented on their ideas for a 'truly' co-produced online survey. This would be run at UCL in the first instance, but would be a resource which other universities could use.



- JdP agreed there was a need for validated surveys which could be used widely, as has recently happened in Scotland.

Building on the *PsychUP for Wellbeing* team's experience of the SENSE survey, certain groups are more likely to do the survey than others. A key aim for the working group is to try to appeal to student groups less likely to do this survey; a related, more general issue, is survey fatigue. What would be important to students, to help them feel engaged? The R&E group suggested:

- Integration of technology (e.g. digital screens around campus)
- Promoting the message of contributing to science
- Not emphasizing the impact which research will have on services, because students don't see results quickly enough and so tend to get disillusioned

R&E group asked if there was anything the other Board members wanted to learn about student mental health, which they could consider adding to the survey.

- DG suggested asking the student body what matters to them, so the data can shape things in a more meaningful way

6. Any other business

None

Quarterly activity summary
(June –August 2021)



General programme news

Communications	<ul style="list-style-type: none"> PsychUP for Wellbeing website updated and blog is live
Funding	<ul style="list-style-type: none"> Our application for funding from the Office for Students for the TRANSACT project was successful. The project will start in September and run until June 2023.

Co-production¹

Co-production	<ul style="list-style-type: none"> Co-production strategy being developed over the coming months Research & Evidence working group are reviewing IMPACTS peer research dissertations, to develop the Steps Model Prevention & Community working group are working on a review and the updating of the Peer Link Worker training Services & Pathways working group are working on planning support for students from their first point of contact
Participation	<ul style="list-style-type: none"> Themes emerging from the SPEQS student focus groups are being reviewed with the student member of the research team, to inform the toolkit The Office for Students-funded Student Fellows' consultations are complete, with recommendations being drafted
Involvement	<ul style="list-style-type: none"> Student peer research underway (IMPACTS & Journeys) Peer Link Workers are providing sessions New Trainee Clinical Psychologist placements starting in September
Consultation	<ul style="list-style-type: none"> Ongoing student consultations about UNI-LINK

¹ Classification of types of student involvement taken from Piper, R & Emmanuel, T. (2014) Co-producing Mental Health Strategies with Students: A Guide for the Higher Education Sector. Leeds: Student Minds.



Research & evidence

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| Primary peer research | <ul style="list-style-type: none"> • IMPACTS: Wave 4 data collection and analysis complete • Journeys: Time 2 data collection almost complete |
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| Intervention evaluations | <ul style="list-style-type: none"> • Peer support evaluation underway |
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National best practice

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| Office for Students-funded SPEQS toolkit | <ul style="list-style-type: none"> • Emma Broglia (project lead; Sheffield) and Kirsty Nisbet are drafting articles about the site visits and student consultation, respectively. The toolkit is being drafted and an update will be given at the next Universities UK National Learning Collaborative meeting. |
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Prevention & community

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| Wellbeing workshops & online resources | <ul style="list-style-type: none"> • University Clinic student-adapted wellbeing workshops have been made available on Students' Union UCL website |
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| Peer Link Worker pilot with Students' Union UCL | <ul style="list-style-type: none"> • One-to-one peer support intervention has started. • Current plans are to extend the offer to group-based peer support for the next academic year, and to provide 'train the trainer' training to the current Peer Link Workers. Prevention & Community working group are contributing to the training development. |
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Steps Model

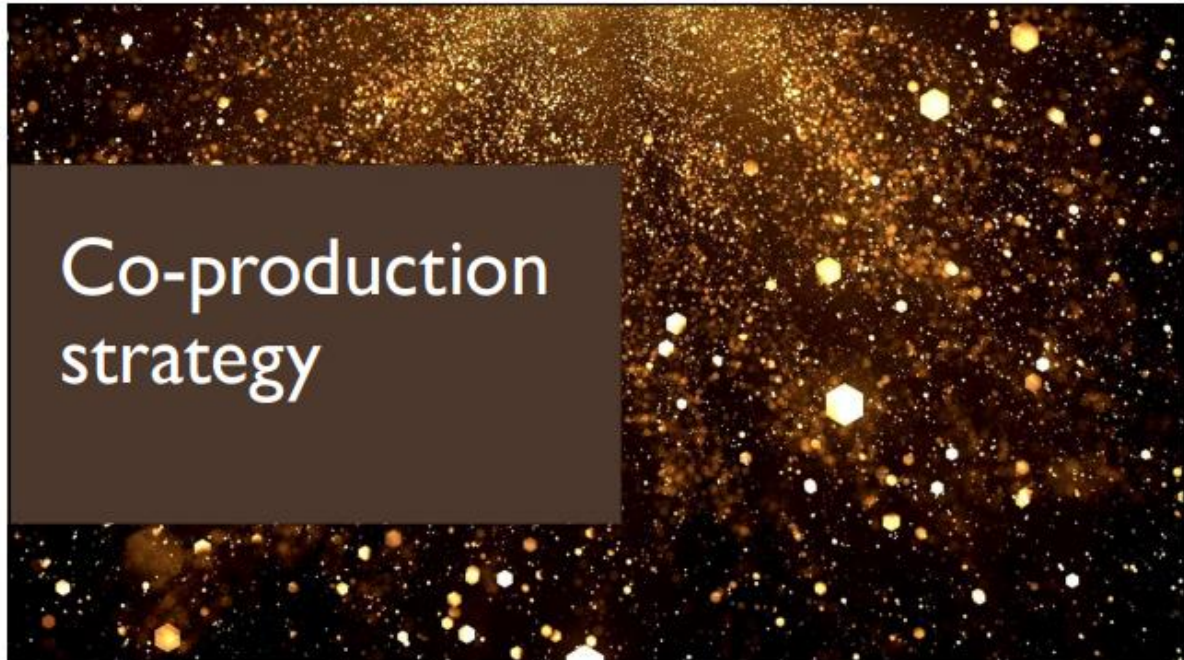
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| Overview paper | <ul style="list-style-type: none"> • Research & Evidence working group are contributing to the Steps Model, currently being written up. |
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University Clinics & supporting the system

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| UCL Clinic | <ul style="list-style-type: none"> • Services & Pathways working group are contributing to plans for 'step 1 support from the first step' (first contact with the Clinic) • Recruitment for a Clinical Psychologist for the addiction clinic is underway • A Trainee Clinical Psychologist placement will start in the addiction clinic in September |
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| Supporting the system: Workplace Wellbeing | <ul style="list-style-type: none"> • PF is Co-Chair of the Staff Mental Health and Wellbeing Steering Group • MSc dissertation project research (co-supervised by Karen Smith and Steve Pilling) is complete, and the teams are planning how to put the findings into practice over the next 6 months • Trainee Clinical Psychologist in split placement to start in Sept • Special Interest Group for staff mental health to be set up, with members from Workplace Wellbeing, <i>PsychUP for Wellbeing</i> and the Division of Psychiatry. |
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Co-production strategy



1

Aim

- Aim for draft document for around the start of the 2021/22 academic year/ term 1
 - A starting point only – a ‘living document’ which is updated on an ongoing basis

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Student Board member role: 3 components

Programme strategic direction

Work alongside professional AB members ~ Sit on appointment panels ~
Other committees/ working groups ~ Steering groups

How we work with students

E.g. our commitment to students we work with/ student communities

Shaping programme workstreams

Working group input into workstream projects ~ Mailing lists/ consultations

3

Meetings

Programme strategic direction: Quarterly Advisory Board meetings

How we work with students: Monthly team meetings (student Board members)

Shaping programme workstreams: Working group meetings decided by the group

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1. Programme strategic direction

- Work alongside professional AB members – feed into strategy at quarterly meetings
- Feed into other committees/ working groups (e.g. NHS-IOG)
- Sit on appointment panels (e.g. Associate Prof job interview)

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1. Programme strategic direction

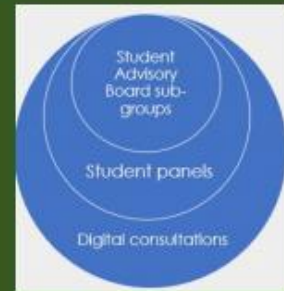
- Individual/ joint meetings
- Feedback loops



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3. Shaping programme workstreams

1. Working groups are part of the decision-making process, consulting with the rest of the student Board
2. Gathering input from different groups
 - Some instances where specific student expertise is needed
3. Channelling student involvement, to ensure that, where relevant, work is genuinely co-produced



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Discussion



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