



PsychUP for Wellbeing Advisory Board (student members)

Wednesday 24 November, 14.00-15.30

Agenda

1	Welcome		TS	
2	Minutes of last meeting & matters arising	Meeting minutes	TS	Approval
3	Chair for next quarter		TS	Information
4	Plan for professional meeting		LG	Discussion
5	Quarterly update	Quarterly activity summary	LG	Discussion
6	TRANSACT peer support project		LG	Discussion
7	SPEQS co-production domain (TBC)		KN	Discussion
8	Mind Your Mood pilot		GG	Information
9	Workplace Wellbeing project		DS	Information
10	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

In attendance

George Garrad, Head of Mental Health and Behaviour Change, UCLPartners
 Laura Gibbon, *PsychUP for Wellbeing* Coordinating Director
 Kirsty Nisbet, *PsychUP for Wellbeing* Programme Coordinator
 Daisy Sunderalingam, Trainee Clinical Psychologist, UCL



PsychUP for Wellbeing Advisory Board (student members)

Tuesday 24 August, 11.00-12.30

Meeting minutes

<p>Present Thomas Steare (Chair), UCL (TS) Andrea Carstensen, UCL (AC) Jordan Elliott, Imperial College London (JE) Cate Goldwater Breheny, Imperial College London (CGB) Annie Hata, UCL (AH) Nellia Kornilova, UCL (NK) Ritvij Singh, Imperial College London (RS)</p>	<p>Apologies Srishti Agarwal, UCL (SA) Sophie Churchill, Kings College London (SC) Rachel Gu, UCL (RG)</p> <p>In attendance Laura Gibbon (Minutes), <i>PsychUP for Wellbeing</i> (LG)</p>
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Action summary

Action	Owner	Timeframe
Start co-production strategy document by setting out headline decisions made to date	CGB	September
Add comments to strategy document	All	Ongoing
Ask Hanna to set up additional meeting(s) to plan Services & Pathways consultation	LG	August
Start a thread on Teams, setting out what feedback each group would like from the wider Board.	Working groups	Ongoing
All to look out for threads and comment between meetings.	All	Ongoing

Discussion

Item
<p>1. Welcome</p> <p>Tom welcomed the group. Apologies were received from SA, SC and RG.</p>
<p>1. Minutes of extra meeting on co-production, held on 25 May 2021</p> <p>Approved.</p>
<p>2. Quarterly update</p> <p>LG updated the group on programme activity since the May meeting, particularly highlighting two points:</p> <ul style="list-style-type: none"> - The overview of student involvement section, including the fact a new DClInPsy student (Trainee Clinical Psychologist) will be starting a joint placement with <i>PsychUP for Wellbeing</i> and the UCL Workplace Wellbeing team in September.



- *PsychUP for Wellbeing* has been awarded funding from the Office for Students for the 'TRANSACT' project. We will support student-led peer initiatives, in collaboration with Students' Union UCL, Camden Local Authority, UCLPartners and London Higher.

3. Co-production strategy

LG recapped where discussions about the co-production strategy have got to during the various team meetings since May. We have agreed three roles for the student Board:

- Input into programme strategic direction, alongside the professional group.
- A leading role in overseeing how *PsychUP for Wellbeing* works with students (e.g., the different student roles; how we support student colleagues; how we engage student communities).
- Input into the programme workstreams through the three working groups (Research & Evidence; Prevention & Community; Services & Pathways), channelling various types of student involvement to ensure work is genuinely co-produced.

The Board agreed:

- Development of the strategy would continue to be a focus during the monthly team meetings, with the intention of drafting a strategy document over the coming months. This will be a 'living document' which will be updated as co-production on the programme develops, but the first draft will be a useful starting point, setting out our collective intentions and providing a framework for us to evaluate activities.
- The Board will work as a group on developing each of the three elements of their role, and then will consider how these roles are aligned.

ACTIONS:

- CGB offered to start the document by setting out the headline decisions made so far.
- All to add to this document with comments.

4. Working group update

Services & Pathways

The project to scope out the 'support for students from the first step' project is underway, with two student consultation meetings scheduled for September and being advertised through Students' Union UCL. The working group discussed with the wider Board whether group meetings would be sufficient, or whether they should also offer the option for individual meetings for students who would prefer this. Feedback from the Board was to make both available, given the sensitive nature of the topic.

The working group have met with members of the *PsychUP* team to plan the sessions but would appreciate more support with how they approach the topics.

ACTION: LG to ask Hanna to set up another meeting.

Research & Evidence

The working group is reviewing the IMPACTS dissertations, which look at barriers to different student groups accessing support and their experience of care, in order to update the UCL Steps Model. A number of additions to the model have been agreed so far, including an emphasis on the importance of transparency to build student trust; links between different parts of the university (taking a 'whole university approach'); ensuring the student support workforce is culturally



competent and able to work with students with different identities; and the role of the university in identifying population need.

The Board discussed the fact that identity, or a student's experiences at university, may be more or less salient for different students. Something to balance will be how to allow choice around identity-based issues where this matters to a student, whilst ensuring there is no compromise to the quality of care (e.g., where there is no evidence such adjustments help, or where they may even be detrimental to outcomes).

Prevention & Community

The working group are updating the training for peer supporters, drawing on the Peer Link Worker pilot which will run into the Autumn term. The aim is to consult with stakeholders and run some consultation groups, with a view to identifying what may need to be changed and to come up with recommendations for the training to be available partly online, by the end of December.

Three types of consultation groups are planned for the end of September:

- Consulting with staff in services
- Two types of student consultation:
 - o Students who would like to be peer supporters
 - o What students would like from a peer support system (e.g. how long a term relationship they would like)

The Board discussed what the best services for the working group to approach would be; for example, transition support teams; UCL Student Support and Wellbeing; residential halls. As the working group approach these consultations, they would appreciate feedback from the wider Board on what the important questions for them to ask are.

ACTIONS:

- Each working group to start a thread on the Teams channel, linking to relevant documents and setting out what feedback they would like from the wider Board.
- All to keep a look out for other groups' threads and to comment.

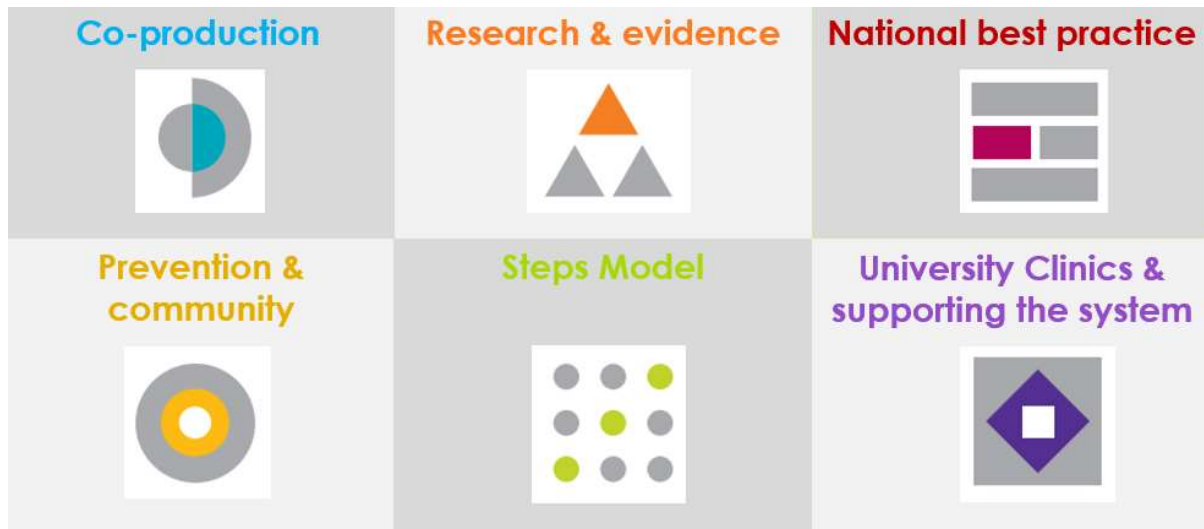
5. Professional meetings

TS and AH to attend the professional meeting next week, to update them on the co-production strategy and to give a brief overview of each working group's projects.

6. Any other business

None

Quarterly activity summary
(September – November 2021)



Co-production¹

Co-production	<ul style="list-style-type: none"> • Co-production strategy development ongoing. • Research & Evidence: IMPACTS peer research dissertations have been reviewed for Steps Model update. • Prevention & Community: consultation meetings have been held to feed into peer support e-learning project. • Services & Pathways: consultation meetings have been held to feed into project scoping support for students on service waiting list. • SPEQS co-production domain has been developed with the SPEQS student research group.
Involvement	<ul style="list-style-type: none"> • Student peer research underway (IMPACTS & Journeys). • Peer Link Workers providing sessions. • Trainee Clinical Psychologist leadership and clinical placements underway.
Consultation	<ul style="list-style-type: none"> • Student consultations held by Prevention & Community and Services & Pathways working groups.

Research & evidence

Primary peer research	<ul style="list-style-type: none"> • IMPACTS: Wave 4 projects complete. • Journeys: Time 2 data being transcribed.
Intervention evaluations	<ul style="list-style-type: none"> • Peer support evaluation underway.

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.

National best practice

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| Office for Students-funded SPEQS toolkit | <ul style="list-style-type: none"> • Toolkit has been drafted and is currently out for consultation with selected critical friends. |
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Prevention & community

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| Peer Link Worker pilot with Students' Union UCL | <ul style="list-style-type: none"> • Second wave of pilot underway and will continue until the end of term: new Peer Support Workers have been recruited and trained. |
| Cultural Connections | <ul style="list-style-type: none"> • Buddy scheme is being offered again this year, with evaluation planned. |

Steps Model

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| Overview paper | <ul style="list-style-type: none"> • Steps Model overview paper 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 contributing to plans for support for students on the clinic waiting list. • Clinic space has been built. • CUBe, the Club Drug Clinic satellite service, has started and will be seeing student clients face-to-face. |
| Supporting the system: Workplace Wellbeing | <ul style="list-style-type: none"> • Daisy Sunderlingam (Trainee Clinical Psychologist) is doing a 6-month placement across <i>PsychUP for Wellbeing</i> and Workplace Wellbeing, focussing on improving support for disabled staff and doctoral students. • Special Interest Group for staff mental health has been set up, started meeting and will feed into the Staff Mental Health and Wellbeing Steering Group (Co-Chaired by Peter Fonagy). • MSc dissertation research (co-supervised by Karen Smith and Steve Pilling) is being disseminated, and has informed the focus on Daisy's project on disabled staff. |