



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)
In attendance	
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