



Anna Freud
National Centre for
Children and Families

PsychUP for Wellbeing Advisory Board

Extra meeting: co-production

Tuesday 25 May, 15.00-16.30

Agenda

1	Welcome and introductions		DG, AC	
2	Update on activity and co-production plans	Quarterly activity summary Co-production strategy (draft)	LG	Information
3	Prevention & Community working group preliminary plans	Prevention & Community	JE, RG, AH	Discussion
4	Services & Pathways working group preliminary plans	Services & Pathways	SC, NK, RS, TS	Discussion
5	Research & Evidence working group preliminary plans	Research & Evidence	AC, SA, CGB	Discussion
6	Any other business		DG, AC	

Advisory Board members

Prof Deborah Gill (Co-Chair), UCL
John de Pury, Universities UK
Prof Peter Fonagy, *PsychUP for Wellbeing*
Director
Sheila Gupta, QMUL
Prof Stephen Pilling, *PsychUP for Wellbeing*
Director
Prof Sasha Roseneil, UCL
Sir David Sloman, NHS London
Prof Alan Thompson, UCL

Andrea Carstensen (Co-Chair), UCL
Srishti Agarwal, UCL
Sophie Churchill, Kings College London
Jordan Elliott, Imperial College London
Cate Goldwater Breheny, Imperial College London
(*joining at 16.00*)
Rachel Gu, UCL
Annie Hata, UCL
Nellia Kornilova, UCL
Ritvij Singh, Imperial College London
Thomas Steare, UCL

Apologies:

Prof David Clark, University of Oxford & NHS
England
Prof Tim Kendall, NHS England
Dr Vincent Kirchner, Camden & Islington NHS
Louise Knowles, University of Sheffield
Prof Mike Roberts, UCLPartners
Fiona Ryland, UCL
Rosie Tressler, Student Minds

Secretariat

Dr Laura Gibbon, *PsychUP for Wellbeing*
Coordinating Director

Quarterly activity summary
(March – May 2021)



General programme news

Communications	<ul style="list-style-type: none"> Peter was interviewed for University Mental Health Day
Presentations	<ul style="list-style-type: none"> Laura presented on the programme at the UCL Faculty of Brain Sciences Town Hall with our new Provost, Dr Michael Spence Universities UK have been working with NHS England to ensure student services are part of local NHS transformation plans, culminating in NHS England organising a national learning webinar for local systems on improving mental health provision for students in higher education. Laura presented on the Steps Model and Niran Rehill (UCLPartners) on UNI-LINK. The webinar is available on the Adult Mental Health NHS Future Collaboration Platform. Laura presented to Department for Education policy team on Steps Model and UNI-LINK

Co-production¹

Co-production	<ul style="list-style-type: none"> Student Board members have started work on developing the co-production strategy
Participation	<ul style="list-style-type: none"> Journeys steering group have met several times Chinese student special interest group have met several times
Involvement	<ul style="list-style-type: none"> Student researchers currently collecting and analysing data (IMPACTS & Journeys)
Consultation	<ul style="list-style-type: none"> Student consultations held about UNI-LINK and the peer support evaluation

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 is underway • Journeys: T1 data collection complete – T2 due to start in June |
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| Secondary research | <ul style="list-style-type: none"> • Phoebe Barnett's systematic review of effectiveness of treatment adapted for students has been published |
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National best practice

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| Office for Students project toolkit | <ul style="list-style-type: none"> • Student Services Partnerships Evaluation & Quality Standards (SPEQS): Student focus groups are almost complete; Emma Broglia (project lead) is leading on a draft of a journal article about the project findings; Work on the toolkit will progress alongside the NCCMH Framework |
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| Competency frameworks | <ul style="list-style-type: none"> • UCLPartners peer support competency framework ongoing |
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Prevention & community

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| Wellbeing workshops & online resources | <ul style="list-style-type: none"> • Student-adapted wellbeing workshops have been recorded and will be made available to UCL students from June |
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| Peer support | <ul style="list-style-type: none"> • Recruitment and training of the peer link workers is complete and the intervention will start in June |
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Steps Model

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| Implementation toolkit | <ul style="list-style-type: none"> • Discussions with UCLPartners team to learn from iThrive implementation have started |
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University Clinics & supporting the system

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| UNI-LINK | <ul style="list-style-type: none"> • Student feedback sought through a series of consultation meetings • Partnerships established with Koa Health and Dr Care Anywhere |
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| UCL Clinic | <ul style="list-style-type: none"> • Operational Group: newly-convened group will meet monthly |
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| University Clinic model | <ul style="list-style-type: none"> • <i>PsychUP for Wellbeing</i> and University of Sheffield working with QMUL counselling service to set up new placements |
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| Supporting the system | <ul style="list-style-type: none"> • Work ongoing with Students' Union UCL and UCL Workplace Wellbeing |
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Co-production strategy (draft)

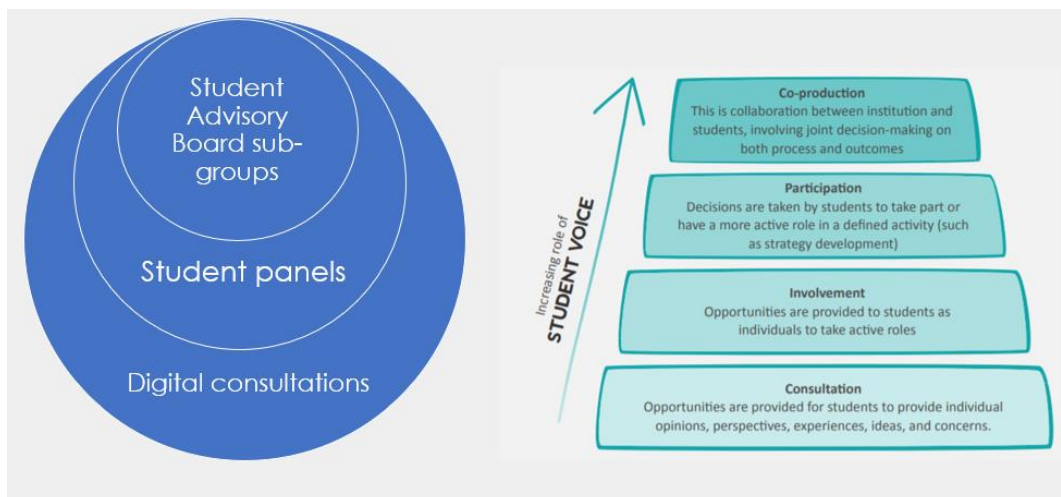
Background

Before the recruitment of the student Board members, students were involved in all *PsychUP for Wellbeing* work at the project level, largely using ‘traditional’ approaches such as student steering groups and one-off consultation meetings. However, issues with this approach include:

- A lack of student input into the strategic direction of the programme.
- A lack of broad student input; for example, from students who do not have an interest in our work or mental health more generally.
- Practical limitations with traditional approaches: for example, projects have slow periods, leading to gaps between steering group meetings and the potential for disengagement.

A new approach

Since being recruited the student members of the Board have met three times, during which they have started planning a new approach to co-production. They have divided themselves into three working groups aligned with our workstreams: Research & Evidence; Prevention & Community; Services & Pathways. The students in each of these groups will collaborate actively with the team on workstream direction and specific projects (replacing project steering groups). The working groups will take a leading role in communicating with students who register an interest in these topics via our website (e.g., through newsletters) and running digital consultations aimed at a wider range of students. These levels of engagement fit alongside the Student Minds model, as shown here:



Special interest groups

There are certain circumstances where smaller ‘special interest groups’ will be appropriate for specific projects. For example, it has been important for the Journeys project to work with students with a history of self-harm, and group discussions needs to be handled carefully and sensitively, with trained researchers. The Chinese student mental health special interest group meets for small group discussions, to help identify potential new directions for work in this area, and what is gained through these intimate meetings would be lost if attempted on a larger scale.



Item 3 paper

Prevention & Community working group briefing

Working group members

Jordan Elliott, Imperial College London
Rachel Gu, UCL
Annie Hata, UCL

PsychUP for Wellbeing team briefing for the student working group:

We recently made an application to the Office for Students for funding for a peer support 'accelerator' initiative, which would build on our current peer support pilot at UCL. Unfortunately, we were not successful in being awarded the funding, although we are in contention for additional funding if this becomes available over the coming months.

Irrespective of whether we manage to get this particular project funded this time round, we want to continue to develop our peer support model and to seek funding from elsewhere to implement it. ***Our first priority is to work with the Prevention & Community working group to develop our plans for the 'accelerator'***; for example, testing the peer support training with different student groups and planning 'train the trainer' training for students leading peer support initiatives.



Services & Pathways working group briefing

Working group members

Sophie Churchill, Kings College London
Nellia Kornilova, UCL
Ritvij Singh, Imperial College London
Thomas Steare, UCL

PsychUP for Wellbeing team briefing for the student working group:

University Clinics are mental health services attached to university clinical psychology departments. Within these clinics, evidence-based treatment is provided by clinical academic staff and trainee practitioners under close supervision, and new cutting-edge treatments are developed and tested. There are a number of advantages to the University Clinic model. Evidence-based treatment for certain issues may not be available through university or standard NHS services, but specialist University Clinics can provide a broader range of treatments (e.g., for people on the autism spectrum). A number of students will fall between the gaps of NHS primary and secondary care, and University Clinics can help bridge that gap (e.g., for students with eating disorders, or emotional dysregulation).

An NHS University Clinic has recently been set up at UCL. The advice and governance structure for the clinic is currently being established, and will comprise an Advisory Group, Operational Group and Service User Group. However, as the clinic is so young, there have not been enough students treated within the clinic for the Service User Group to be set up yet.

Our first priority is to work with the Services & Pathways working group to ensure the service is designed for students from the start. In particular we would like to consider how useful it would be to incorporate low-intensity interventions with minimal therapist input (e.g. access to pure self-help resources, making recordings of self-help workshops available online, giving access codes to self-help apps such as 'Sleepio' or access to online computerised CBT platforms such as 'Silvercloud' or 'Minddistrict') to students on the waiting list for treatment for anxiety and depression.

Research & Evidence working group briefing**Working group members**

Andrea Carstensen, UCL
Srishti Agarwal, UCL
Cate Goldwater Breheny, Imperial College London

PsychUP for Wellbeing team briefing for the student working group:

Over the last two years we have led or been involved in two survey projects ('SENSE' and 'Improving Student Life'), and two peer research projects ('IMPACTS' and 'Journeys'). Information about these projects is on our website [here](#). We worked with student steering groups and student researchers to develop these projects and we also held a number of additional consultation meetings to ensure the studies were as acceptable to students as possible.

From next academic year onwards, we want to build on what we have learned and streamline these research projects, resulting in an online survey with embedded peer research interview studies. ***Our first priority is to work with the Research & Evidence working group to develop a fully co-produced online survey***, to ensure we cover all the key topics which are important to students, we make the survey as attractive to as many students as possible, to ensure a representative sample, and we promote a sense of ownership over the survey on the part of the student body.