

In the news...

The Institute of Mental Health seeks to help transform the understanding and treatment of mental illness.

We are a partnership between two highly respected organisations, Nottinghamshire Healthcare NHS Foundation Trust and The University of Nottingham.

Funding to support dementia research in East Midlands

A leading applied health research organisation is “on a mission” to improve and expand its research into the needs of people with dementia in under-served groups across the East Midlands.

The National Institute for Health and Care Research (NIHR) Applied Research Collaboration (ARC) East Midlands has been awarded funding for three new postdoctoral researcher posts to strengthen its work on dementia, especially young onset dementia and access to technologies. Working in collaboration with the Alzheimer’s Society, the NIHR has announced a new £11.8 million funding scheme dedicated to improving the organisation’s dementia research.

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- Double fellowship success for Institute researcher
- Youngest children in school year and ADHD – new research
- Workplace mental health project – funding extended
- Advances in treating tic disorders
- Forensic Research Symposium round up

Welcome

Our **September newsletter** shares updates and achievements from across the Institute of Mental Health and showcases the best in mental health research.

Professor Martin Orrell
Director, The Institute of Mental Health



The new NIHR investment announced for dementia research in the East Midlands highlights the important role our region plays in leading new discoveries and developing the next generation of dementia researchers. Our multi-disciplinary researchers from PhD students to internationally renowned academics, all working across different dementia research themes, contribute to our ever-growing reputation as a global centre of dementia expertise.

I'm delighted that in this issue we can celebrate the successes of some of our current early career researchers. Dr Fiona Ng (page 4) has been awarded two prestigious fellowship awards; Dr Blandine French (page 10) has been featured in a national campaign championing successful early career researchers and their path into research; and Dr Emma Broome (page 10) has received

a career development award on top of recent wins at the University of Nottingham's School of Medicine awards ceremony.

In August, Dr John Brewin retired from his role as Chief Executive of Nottinghamshire Healthcare NHS Foundation Trust. John was a strong supporter of the Institute and a member of our Board. He was also a former consultant psychiatrist within the Trust, working with many Institute colleagues over the years. Many thanks to John for his passionate support and commitment, and we all wish him a very happy retirement.

Stay safe and well.

Please visit our [website](https://www.institutemh.org.uk) or follow us on Twitter [@InstituteMH](https://twitter.com/InstituteMH) for all our latest news and updates.

Funding to support dementia research in East Midlands

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Professor Martin Orrell, academic lead for the new funding programme and Director of the Institute of Mental Health, highlighted the importance of supporting new research talent: "This is an excellent initiative from the NIHR and the Alzheimer's Society which will really help develop the next generation of researchers improving dementia care in the East Midlands and beyond. The award is recognition that the East Midlands is a region leading in dementia research expertise and that knowledge will be shared to further new and exciting discoveries."

NIHR ARC East Midlands funds vital work to tackle the region's health and care priorities by speeding up the adoption of research onto the frontline of health and social care. The organisation puts in place evidence-based innovations which seek to drive up standards of care and save time and money.

NIHR ARC East Midlands is hosted by Nottinghamshire Healthcare NHS Foundation

Trust and works in collaboration with the East Midlands Academic Health Science Network. It has bases at the University of Leicester and the Institute of Mental Health (University of Nottingham).



Read more at
www.nihr.ac.uk



City Arts – new online exhibition launch

The Institute of Mental Health has teamed up once again with Nottingham community arts City Arts to launch a series of four new online exhibitions: *Re-Imagine*, *Distorted Vision*, *Mirror* and *Embracing Growth*.

The Institute of Mental Health has teamed up once again with Nottingham charity City Arts to launch a new online exhibition, Re-Imagine.

Re-Imagine is the first in a series of four online exhibitions, each exploring young people's experience of mental health issues. The series showcases artwork by a mix of UK-based and international artists aged 13-25.

Young people face growing uncertainty and new pressures. These artworks variously express feelings of depression and anxiety. Some capture the experience of intrusive thoughts. Many of the exhibited works attempt to depict a safe place, real or imaginary, a refuge from dark thoughts.

Artwork was submitted in response to an open call which asked for work that responds creatively to the theme of mental health. The artwork was selected by a panel of young people.

The work in this exhibition was submitted in early 2020, before the full gravity of the COVID-19 pandemic had become apparent and before the war in Ukraine.

Re-Imagine opened on 1st August and *Distorted Vision*, the second exhibition in the series, will open in early September.



Read more at
www.city-arts.org.uk



Artwork top to bottom:

Detail from *Bunny Chronicles* by Olivia Boileau, 2020.

Detail from *Masyadong Mababa ang Silya* by Shara Francisco, 2020.

Detail from *Body Memories II* by Jeng Hang Kung, 2020

Double fellowship success for Institute researcher

IMH researcher, Dr Fiona Ng, has been recognised as a future leader within applied health research by being awarded a coveted National Institute for Health and Care Research (NIHR) Advanced Fellowship and a prestigious University of Nottingham Anne McLaren Research Fellowship.

Dr Fiona Ng, from the School of Health Sciences and Recovery Research Team, will lead a five-year research programme called Evaluation of Positive Changes (EPOCH).

During her fellowships, Fiona will work in partnership with people with experience of psychosis to investigate how positive change or post-traumatic growth occurs and develop a first-in-field digital intervention to support this.



Read Fiona's research plans **on the [Institute website](#)**.

"I am delighted to receive an Advanced Fellowship. This funding will allow me to build research capacity and provide invaluable training and mentoring opportunities I need to realise my vision of transforming mental health services internationally". *Dr Fiona Ng*

New paper shares findings from an IMH funded project

Colleagues from our Centre for Health and Justice have published findings based on the successful completion of an Institute funded Managed Innovation Network (MIN). 'Me thinking: learning a new outlook in life', designed, delivered and evaluated a bespoke philosophy course for women serving custodial sentences and at risk of re-offending. The paper is available to [read online now](#).



Youngest children within school year more likely to be treated for ADHD, says new study



New research, involving experts from the University of Nottingham and Institute of Mental Health, shows that younger children within the school year are more likely to be treated for Attention Deficit Hyperactivity Disorder (ADHD), suggesting immaturity may influence diagnosis.

The study, which is published in BMC Public Health, looked at the association between age and ADHD, with experts linking health and education data from over 1 million children in Scotland and Wales. The study was led by experts at Swansea University and the University of Glasgow, along with colleagues from the University of Nottingham.

Previous studies have found an association between age within school year and ADHD, particularly in countries where higher numbers of children are diagnosed with ADHD. This latest study aimed to look at whether this is also the case in the UK, where prescribing rates are relatively low. Another important aim was to look at whether allowing greater flexibility around school starting dates might reduce the impact of this so-called 'relative age effect' – whereby adults might benchmark the youngest children against their oldest peers in the same year group and misattribute immaturity for more serious difficulties.

Kapil Sayal, Professor of Child and Adolescent Psychiatry in the University of Nottingham's School of Medicine and the Centre for ADHD and Neurodevelopmental Disorders Across the Lifespan at the Institute of Mental Health, is a joint senior author of the study.

He said:

"Irrespective of the date of cut-off for school entry, your month of birth should not influence whether you get a diagnosis or are prescribed medication for ADHD. Parents and teachers as well as clinicians who are undertaking ADHD assessments should keep in mind the child's age within the school year."

[Read the story in full here.](#)

Professor Penny Standen

We are saddened to share the news that Professor Penny Standen passed away on Friday 8th July.

Penny was Emeritus Professor of Health Psychology and Learning Disabilities in the Centre for Rehabilitation and Ageing Research, School of Medicine, and was jointly employed by Nottinghamshire Healthcare NHS Foundation Trust until her retirement in 2019.

Penny led pioneering research into the use of artificial intelligence in children with learning disabilities, supervising and inspiring many PhD and MSc students. She was a strong advocate for equality, diversity and inclusion, particularly supporting woman in academia.

Penny was an inspiration to many, including clinicians wishing to embark on a clinical-academic career. Following her retirement, she also worked as a patient and public involvement partner in the Centre for Evidence Based Dermatology and was Trustee of the Anne Craft Trust between November 2017 until her death. She will be sadly missed.



"Penny was my Tutor here when I was a medical student in 1980 and even supervised my BMedSci project and when only a few years ago as I was starting out as the new Director of the IMH, I dropped by her office in the Medical School. I was delighted to find she was just as bright, kind enthusiastic and energetic person as I remembered"

"I was so sorry to hear of her death recently and want to express my good wishes and condolences to her family and friends"

Professor Martin Orrell

"Penny always demonstrated a compassionate, intelligent and optimistic approach to her work and that of colleagues. Sharp in the best possible sense, ears open, eyes sparkling. She will be sadly missed."

Professor Paul Crawford

"Penny Standen was my dear friend and colleague for over 40 years. As a committed teacher and health psychologist, she was an inspiration and mentor to generations of medical students and PhD students, many of whom stayed in touch with her over the years. She was also an experienced, senior academic who was an absolute joy to work with: it was certainly no surprise that she proved to be such a caring and effective Head of Community Health Sciences. I miss her very much."

Cristine Glazebrook
Professor of Health Psychology

"Penny was a superb Head of School whose vision, leadership skills and tireless work ensured that the Division of Psychiatry and Applied Psychology went into the newly formed School of Medicine in a very strong position. She was a staunch advocate and ally of the IMH's developments and achievements and Penny also worked very closely with clinical colleagues in the Trust's IDD services. Through her innovative work, Penny leaves an amazing legacy that will live on, through the many children, young people and families whose lives and life chances she has helped through advancing knowledge and evidence-based practice about intellectual and developmental disabilities and best ways to help."

"At a personal level, Penny was incredibly generous with her time and support, always providing very wise and sound advice. I particularly miss bumping into her for a morning chat in the medical school car park, always a great place for an impromptu catch-up and putting the world to rights!"

Professor Kapil Sayal
Professor of Child and Adolescent Psychiatry

New blog post shines a light on public engagement

Institute researcher Tom Goddard recently presented his work at the popular [Pint of Science festival](#) in Nottingham. In this new blog post written for the IMH, Tom outlines his experience of public engagement and sharing his PhD research.



Read it [here](#).



Round up: Forensic Research Nottingham Summer Symposium 2022

Our Forensic Research Nottingham group hosted their second annual symposium this summer, focusing on the complexities of treatment-resistant schizophrenia in secure settings.

A leading panel of experts shared their insights with local and national delegates in relation to clozapine prescribing and the unique challenges this may present in medium and high secure hospitals, and prisons. Lively Q&A sessions enabled attendees to share their experience, in a stimulating and interactive afternoon of discussion.

Forensic Research Nottingham co-chair and event organiser Dr John Tully commented:

“The combination of high-quality speakers with command of the academic literature with an audience that includes dedicated clinicians usually makes for the best learning events and this was a good example. We were very pleased to host in person and there was a sense of people making up for lost time in catching up and sharing networking ideas”.

Dr Danny Whiting, Consultant Psychiatrist and group co-chair wrote [this blog](#) ahead of the event. To find out more about Forensic Research Nottingham, [visit our website](#).



Standing proud: Our Notts Healthcare LGBT+ allies

Following the publicity we developed last year with Notts Healthcare encouraging our staff to use and share their preferred pronouns at work, we are pleased to now offer all our Notts Healthcare colleagues the opportunity to wear a rainbow lanyard.

Wearing these lanyards symbolises that you stand proudly as an LGBT+ ally within Notts Healthcare and all recipients are asked to sign a pledge to demonstrate their commitment. Many of our staff have already come forward to pledge their commitment and we hope many more will in the future.



What's Up With Everyone

SoFU researchers have published their latest paper from the Aardman collaboration, What's Up With Everyone. In it, they explore co-created animation as a means of promoting mental health literacy in young people.



Read it [here](#)



ORBIT takes off in Sweden

MindTech colleagues working on the ORBIT trial have shared their expertise with researchers in Sweden investigating online remote therapy for people with Tourette Syndrome. Having successfully completed a similar trial, published in the Lancet recently, Dr Charlotte Hall, Dr Bethan Davies and Prof Chris Hollis collaborated with the Karolinska Institutet, the results of which have now been published online.



Funding extended for workplace mental health project

Colleagues working on the Mental Health and Productivity Pilot (MHPP) project have published details of a digital intervention being piloted in workplaces across the Midlands, having secured additional funding from the Department of Work and Pensions.

Twenty-four organisations across the Midlands are piloting Managing Minds at Work – a digital training intervention which aims to support line managers in preventing poor mental health and promoting good mental wellbeing in the workplace.

Managers or supervisors with responsibility for three or more staff were invited to take part in the study. Those who consented to take part were asked to complete a baseline questionnaire which assessed their confidence to create a mentally healthy workplace, their mental health knowledge, their workplace mental health literacy, their management competencies for work related stress and their mental wellbeing. Those in the intervention group were given access to the intervention and encouraged to complete one module per week. After three months, those in the control group completed the assessment questionnaire again and were given access to the intervention.

The recently published paper describes the intervention and how it was developed. The additional funding will be used to further refine the intervention and assess how it can be implemented into organisations alongside other interventions for mental health.



The paper can be read in full in the [International Journal of Environmental Research and Public Health](#).



Funding award success for Dr Emma Broome

The Centre for Dementia's Dr Emma Broome has been successful in her application for a National Institute for Health and Care Research (NIHR) Three Schools Dementia Career Development Award.

This is the latest in a string of success stories for Emma, who recently won in two categories in the University of Nottingham 'Celebrating Our People' awards. Emma is a Research Fellow in Hearing Sciences and will use the award to develop her career as a future Dementia Research Leader and apply for an NIHR fellowship.



Congratulations Emma!

A new opera about a carer

Highlights from the recent opera production "Take Care", based on research by Prof Justine Schneider from our Centre for Dementia, are now available to watch on the Lakeside Arts website, alongside a recorded Q&A session with the composer, director and cast of the show.



Watch online:
www.lakesidearts.org.uk

IMH researcher features in career case study



From restaurant manager to PhD using lived experience to inform GP practice. Following a life-changing diagnosis aged 30, MindTech and CANDAL researcher Dr Blandine French shares her inspirational career journey with the NIHR-supported Mental Health Incubator.



Read it [here](#).

Advances in treating tic disorders: MindTech researchers publish review of digital and remote interventions

MindTech researchers have published their latest review of key advances in the field of digitally delivered, remote therapy for tic disorders.

Tic disorders, such as Tourette syndrome (TS), affect around 1% of children and around 0.05% of adults and are associated with a range of co-occurring behavioural, motor, and emotional conditions which can have a profound impact on children's and adult's quality of life, school/work experience and peer relationships.

Although pharmacological interventions can be useful for people with tic disorders, behavioural

and educational approaches are generally recommended in guidelines as a first line intervention. However, access to evidence-based behavioural therapies is limited due to the small number of highly trained therapists based in a few specialist centres with an uneven geographical distribution of services relative to demand.

In this latest paper, MindTech researchers present a critical synthesis of the recent key advances in the field of digitally delivered, remote therapy for tics, outlining the research evidence for the clinical and cost-effectiveness and acceptability of digital or remotely delivered therapy.



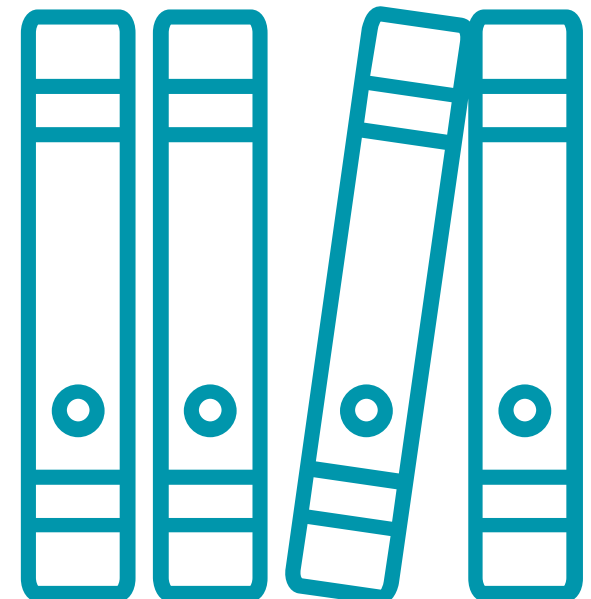
Read more on the
[MindTech website](https://www.institutemh.org.uk).

New paper

Our Centre for Dementia colleagues have completed a review of evidence examining online peer support for people living with Parkinson Disease.



Read their paper [here](#), which shines a light on the under-researched psychosocial impact of the condition.



Wendy's charity skydive

Wendy Wheat, a member of the Institute's reception team and one of our staff Wellbeing Champions, tells us about the charity sky dive she undertook recently to raise money for the Mental Health Foundation.



“Sadly, my close friends who live next door to me shared the sad news that their only grandson, Nyle who was just 21, had taken his own life in November 2021. I just wanted to take this pain away, ‘How can I do this?’ I asked myself and found myself signing up to do a sponsored skydive. This pain will never go away, but I just wanted to do something positive for the family. Flying and heights scare me, but I knew this was something Nyle always wanted to do, so why not!

“The week before was an emotional rollercoaster mostly packed with fear. On Sunday 14th August I jumped out of a plane at 14,000.00 feet and on leaving the plane shouted “Lola!”, Professor Paul Crawford asked me to do this as his wife was expecting their baby girl Lola around the same time. It was great to have so many supporters there including Angela Holland from the Research Delivery Team, IMH. If anyone is considering doing a skydive it is the most wonderful experience ever.”

“Thank you to everyone who sponsored me, I am still raising funds for the Mental Health Foundation, you can [find out more on my fundraising page.](#)”



Unveiling of The Tree of Cherished Memories

Centre for Social Futures director Professor Paul Crawford joined guests at the unveiling of The Tree of Cherished Memories recently, created by London-based sculptor Jill Berelowitz. The tree has a special place at the National Memorial Arboretum, Staffordshire, and provides a wonderful resource where people can add their memories of loved ones and key life events on the sculpture.



For more on the story, [visit our website](#).



Professor Paul Crawford and Jill Berelowitz

Share your views on citizen science and mental health

The Recovery Research Group have launched a new study bringing together members of the public – ‘citizen scientists’ – with researchers and mental health professionals. Citizen Science To Achieve Co-production At Scale (C-STACS) aims to generate new knowledge which may transform the mental health system.

If you have experience of citizen science projects, are a mental health professional, person with lived experience of mental health problems or you're a carer for someone who is, then you may be eligible to take part. Participants will be invited to a one-hour interview, which can be face-to-face or online.

Visit the C-STACS website to find out more or email [Olamide Todowede](#).

Latest findings from the PrAISED study

Dr Claudio Di Lorito and colleagues working on the PrAISED study investigated changes in physical exercise levels of participants in the intervention arm of the Promoting Activity, Independence and Stability in Early Dementia (PrAISED) Randomised Controlled Trial during the first COVID-19 national lockdown.



Read the paper in full in [BMC Geriatrics](#).

PrAISED
Promoting Activity, Independence
and Stability in Early Dementia



Neurobiology of Schizophrenia and Psychosis

***Cost: Full price: £45.00**

Psychiatric trainees: £35.00

**Students: (PhD, MSc, undergraduate):
£25.00**

*Ticket price also includes access to the video recording of the event which will only be available to registered delegates

Speakers include:

- **Professor Rachel Upthegrove (University of Birmingham, UK)**
- **Professor Joel Kleinman D., Ph.D. (Lieber Institute for Brain Development, USA)**
- **Professor William Carpenter (University of Maryland School of Medicine, USA)**
- **Professor Anissa Abi-Dargham M.D (Stony Brook University, USA)**
- **Professor Peter Liddle (University of Nottingham, UK)**

Schizophrenia and Psychotic Disorders constitute one of the most pressing enigmas of the current age. Although several advances have been made in recent years, no unifying theory of the neurobiological underpinnings currently exists. Advances in classification, neurotransmitter abnormalities, brain genetics, predictive coding and inflammatory theories remain to be reconciled.

These understandings are supported by various lines of evidence, however we are yet to come to a unified understanding of psychosis and schizophrenia. This seminar, held by the Institute of Mental Health, will bring together key leaders in the field to discuss the current state of the art understanding and what remains to be discovered.

This seminar will be of interest to psychiatrists, psychologists, neuroscientists and researchers in the field.



[Book online now.](#)



Trent Study Day: Working with prison mental health services

Registration and call for poster abstracts now open!



Venue: DoubleTree Hilton, Nuthall Road, Nottingham NG8 6AZ

Please note that this conference will not be available to watch live online on the day and it will not be recorded.

Cost:

Nottinghamshire Healthcare NHS Foundation Trust employed staff: there are LIMITED funded/free places available for Nottinghamshire Healthcare NHS Foundation Trust employed staff on a first come first served basis. This is a popular event and so we encourage you to book early!

For all non-Notts Healthcare Trust staff: £130.00pp

The Trent Study Day is an annual conference which is hosted by the Forensic Services Division of Nottinghamshire Healthcare NHS Foundation Trust and the Institute of Mental Health.

The conference is aimed at professionals working in the field of forensic mental health and the criminal justice system including clinicians, managers, commissioners and others.

Confirmed speakers so far include:

- **Dr Adarsh Kaul, Consultant Forensic Psychiatrist and Clinical Director at Nottinghamshire Healthcare NHS Foundation Trust**
- **Dr Daniel Whiting, Clinical Associate Professor in Forensic Psychiatry at University of Nottingham**
- **Professor Najat Khalifa, Associate professor in Forensic Psychiatry at the Department of Psychiatry, Queen's University, Canada.**
- **Dr Sarah Leonard, University of Manchester**

Full programme, biography and abstract details to follow, visit www.institutemh.org.uk for registration details and the latest updates for this event.



Save the date!



Refocus on Recovery 2023: “Changing Conversations, Fostering Connections, Building Communities”



**Crowne Plaza, Wollaton
Street, Nottingham,
NG1 5RH**

Registration and abstract
submission coming soon!

The Refocus on Recovery international conference will be returning in 2023 with “Changing Conversations, Fostering Connections, Building Communities”.

Keynote speakers confirmed:

- **Professor Pim Cuijpers**, Professor of Clinical Psychology at the Vrije Universiteit Amsterdam, The Netherlands and Director of the WHO Collaborating Centre for Research and Dissemination of Psychological Interventions, Amsterdam.
- **Dr Jijian Voronka**, Associate Professor and current program coordinator for the Disability Studies Program, University of Windsor, Ontario, Canada

- **Dr Michelle Funk**, Unit Head of the Policy, Law and Human Rights team, World Health Organization.
- **Professor Mike Slade**, Professor of Mental Health Recovery and Social Inclusion, University of Nottingham

Join us in-person on 6th and 7th September 2023 in Nottingham, UK, as we reconnect with our international community and share the latest advances in the field of recovery research. The conference will bring together leading researchers and people who use mental health services, their carers and informal supporters, mental health workers and professionals, and policy-makers and other stakeholders from across mental health services and wider systems.

Follow [@institutemh](https://twitter.com/institutemh) on Twitter for the latest Refocus on Recovery announcements or visit www.institutemh.org.uk/events

NIHR MindTech MIC National Symposium 2022



**Theme: New Frontiers for
Digital Mental Health**

**Royal College of
Physicians, London**



Details can be found on the MindTech website: <https://www.mindtech.org.uk/news-events/events/upcoming-events>

