

In the news...



the institute of
mental health

Nottingham

Research and Education
Excellence **for Innovation**

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

We have an established track record of success in pioneering and innovative inter-disciplinary research. We strive to have a positive impact within the health, social care and criminal justice sectors.

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

Happy New Year! Kicking off 2020 with our first newsletter of the year, we look back at the highlights from the past 12 months at the Institute of Mental Health.

The start of a new year is a time to focus on building a brighter future but also to reflect on the achievements and progress of the year just passed. In our first newsletter of 2020, we have picked out our highlights from 2019, from across the Institute, and bring you news of upcoming exciting new research. We have a lot to be proud of and to look forward to.

Don't forget – if you want to keep up to date with news from the Institute please remember to follow us on Twitter [@InstituteMH](https://twitter.com/InstituteMH) or visit our website institutemh.org.uk

Professor Martin Orrell
Director, The Institute
of Mental Health



Institute of Mental Health: 2019 highlights

As we start a new year, we thought we would reflect on achievements across the Institute in the past 12 months and some of our favourite highlights.



DISTINCT project: “Dementia: Intersectoral Strategy for Training and Innovation Network for Current Technology”

Dementia researchers from the Institute of Mental Health secured a prestigious European Commission funding award, committing over £3.5 million towards a new programme of dementia research over the next three years.



Visit from the President of the Royal College of Psychiatrists

Staff, from across the Institute, were delighted to welcome Professor Wendy Burn, President of The Royal College of Psychiatrists, and Dr Gareth Cuttle, from the Gatsby/Wellcome Neuroscience Project, on a visit to learn more about our current studies.

Our events programme for 2019 was the biggest and busiest yet

European Refresher Course for Old Age Psychiatrists



The institute hosted the second annual **European Refresher Course for Old Age Psychiatrists**, this two-day learning and networking event for consultant old age psychiatrists included invited speakers from across the UK and Europe.



Refocus on Recovery



There were four key themes of **Refocus on Recovery 2019**: ‘Mental health and human rights’, ‘Supporting recovery through services’, ‘Supporting recovery through communities’ and ‘Recovery and power’. More than 250 delegates attended, from all over the world, to share ideas and knowledge about recovery.



Art at the Institute

The Institute's programme of art exhibitions continued this year. There was a record number of submissions for the annual open exhibition "Uncertainty and the Unknown", which included artworks inspired by people's experience of mental health issues.



Click here to read more
www.institutemh.org.uk

Trent Study Day



The focus of Trent Study Day 2019 was: substance use and forensic mental health. There were keynote speeches from Professor Sir Robin Murray, Dr Derek Tracey and Dr Loretta Ford.



For a full programme visit
www.institutemh.org.uk

Aardman to partner in a new mental health project for young people

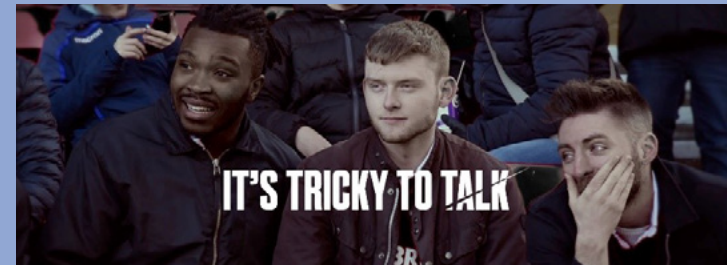
The Arts and Humanities Research Council (AHRC) will be funding a new collaborative study between award-winning Aardman, and the universities of Nottingham, Loughborough and LSE. The project, which will launch next year, will develop and evaluate the impact of a series of animated stories and a companion app which aim to increase young people's mental health literacy. Our **Centre for Social Futures** will lead this new and exciting project.

Discovery Lectures

The Institute launched a new series of free public "Discovery" lectures which saw leading experts sharing their ideas, research findings and theories with the people of Nottingham. The lectures are free to attend and open to all. There have been two since the launch was announced in June. Both lectures were well attended and proved very successful, the series will continue in 2020, so watch this space.



L-R: Lou Rudkin (IMH Head of Communications), Prof Martin Orrell (Director of the IMH), Prof Sheri Robb (November's Discovery lecture speaker) and Dr Orla McDermott (IMH Centre for Dementia)



It's Tricky to Talk

When Nottingham Forest Football Club and Community Trust decided to launch a local campaign, *It's Tricky to Talk*, aiming to open up discussion about mental health in Nottingham, they approached the Institute of Mental Health for advice and support. In his role as an adviser to the campaign, Dr Tim Carter helped develop the language used in mental health advice cards which were included in the latest renewals of Forest's 20,000 season tickets. Tim also helped Forest to run fortnightly support sessions for groups of fans. The campaign has also been recognised for an award for the Institute's Head of Communications, Lou Rudkin, who received the "Keystone award" from the University of Nottingham's Institute for Policy and Engagement.

MS Society Grant



Professor Roshan das Nair will be leading one of the projects selected as part of the MS Society's annual grant round, which this year is investing a total of £1.3million in research around the UK. Professor das Nair, speaking about the project, which will be investigating cognitive rehabilitation, said:

"Most people with MS aren't offered any cognitive rehabilitation, but we know it can be helpful – we just don't know who benefits most from it. That's why this work is needed. Our aim is to figure out how to identify people with MS who will benefit from cognitive rehabilitation and provide evidence to show its effectiveness, so it might one day be provided on the NHS."

Dementia Choir Vicky McClure

Justine Schneider, Professor of Mental Health and Social Care from our Centre for Dementia offered expert advice on the popular BBC One documentary "Our Dementia Choir with Vicky McClure". The series followed Nottingham-born actress Vicky McClure as she explored the transformative power of singing in people living with dementia.



gameChange: Improving lives through virtual reality therapy

The launch of gameChange in 2019 has been very successful, the study uses Virtual Reality (VR) to help people who have experienced psychosis feel more confident in everyday situations. gameChange provides a therapy based on CBT principles, where people can practice at their own pace, being in these environments using state-of-the-art immersive virtual reality technology.



BRIGHtMIND

BRIGHtMIND launched in 2019, recruiting volunteers for testing the effectiveness of a new approach to treat Treatment Resistant Depression (TRD) using magnetic stimulation applied via the scalp. The treatment is called Transcranial Magnetic Stimulation (TMS) and has been recommended for use in the NHS in the UK by the National Institute for Health and Care Excellence (NICE).



IMH Research day

A record number of entries were received for the Institute of Mental Health's annual publication awards and the winners were announced at the IMH Research Day. Celebrating the best of early career and PhD student research, the annual IMH Research Day was an opportunity to hear about the latest studies and ideas from emerging mental health researchers.





Are symptoms of ADHD associated with specific profiles of physiological arousal?

Alessio Bellato, has published a systematic review, in collaboration with: Iti Arora, Professor Chris Hollis and Dr Maddie Groom, to assess the hypothesis that functioning of the autonomic nervous system (ANS), one component of arousal, is atypical in ADHD.

Alessio and team carried out a literature review of 55 studies investigating electro-dermal, heart rate and pupillometry measures under different experimental conditions (resting-state, cognitive tasks and in response to reinforcers or socio-emotional stimuli).

In people with ADHD, difficulties in maintaining attention and concentration, together with impulsivity and hyperactivity, may be associated with a general difficulty in regulating physiological arousal and directing energetic resources to environmental demands. Although some studies, included in the review, reported findings in line with this idea, a clear difference between individuals with and without ADHD was not found.



Click here to read more
www.sciencedirect.com

'You, me and Autism too'

A new exhibition of photographs by Colin Potsig will be opening at the Institute of Mental Health in January 2020, in collaboration with City Arts Nottingham.

More than one in a hundred people, of all ages, abilities and backgrounds are living with autism and one of the central features of the condition is difficulty communicating and forming relationships with other people. Just meeting someone else's gaze causes many autistic people overwhelming anxiety.

For the last three years, artist Colin Potsig has been using the processes of portrait photography to challenge this aspect of his own autism. He has found that with the camera 'in between' he is able to engage people with a directness and intensity that would otherwise be utterly impossible. For the "You, me and Autism too" series he approached high-functioning autistic people who are carving out successful professional careers, both despite and because of their autism.

**Join us for the launch
of this new exhibition
on Wednesday 16th
January from 4pm.**

**The exhibition is open to the public from 16th January 2020
- 26 March 2020, Monday - Friday, 10am - 4pm at The Institute
of Mental Health, Triumph Road, Nottingham.**

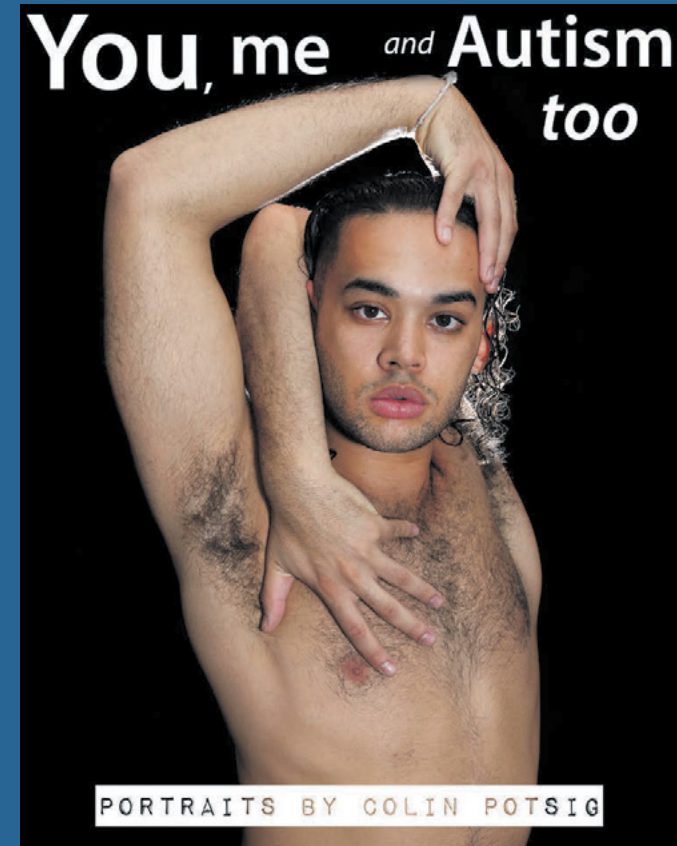


Image of Kaner Flex, professional dancer, taken by Colin Potsig



The MARCH network Podcast

Professor Paul Crawford has taken part in a podcast series called: 'The MARCH network: Mental Health and Communities', which is a series of interviews with researchers and practitioners focusing on assets for mental health within communities, the arts, and culture. Paul joined Henry Aughterson to talk about the value of health humanities and discuss mutual recovery; investigating how creative practices can improve the wellbeing of practitioners, carers and service users. Paul highlights the importance of the public as a resource and how vital family carers are, in addition to talking about specific creative practice projects that have already been successfully implemented within communities.

Listen to the [podcast here](#)



For more info visit
www.marchnetwork.org

World Health Organisation Health Evidence Network Synthesis Report

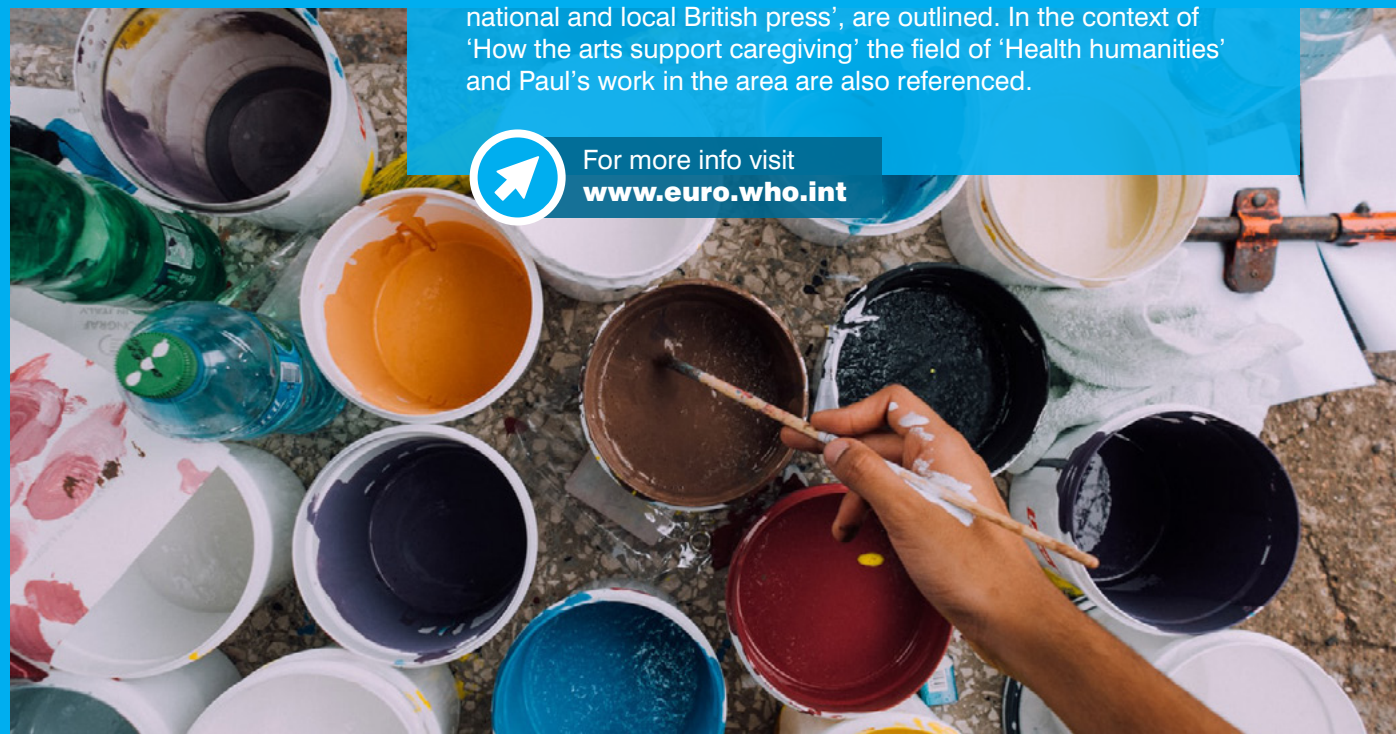
The World Health Organisation (WHO) Health Evidence Network (HEN) have published a paper: 'What is the evidence on the role of the arts in improving health and well-being? A scoping review.'

Over the past two decades, there has been a major increase in research into the effects of the arts on health and well-being, alongside developments in practice and policy activities in different countries across the WHO European Region and further afield. This report synthesizes the global evidence on the role of the arts in improving health and well-being, with a specific focus on the WHO European Region.

Professor Paul Crawford's published research is referenced twice in the report. In a section about health-related stigma, ideas from, 'Representations of mental health and arts participation in the national and local British press', are outlined. In the context of 'How the arts support caregiving' the field of 'Health humanities' and Paul's work in the area are also referenced.



For more info visit
www.euro.who.int



Appointments & appearances

The Hand Detectives



Dr Simon Duff spoke on BBC Radio 4's 'The Hand Detectives' where the use of artificial intelligence (AI) in criminal cases was the topic of discussion.

Specifically, an AI being developed to quickly and accurately assess hands and link child abuse cases around the globe - protecting not just children, but the

investigators who put their own mental health at risk as they work to protect the most vulnerable. Listen to the programme here: www.bbc.co.uk

Dr Simon Duff also appeared as a forensic expert in the Channel 5 programme 'Robbing your relatives'.



Therapeutic Communities in Russia

Gary Winship gave evidence at the Russian Civic Common Room to the "Actual Russia Healthy and Sober" which was chaired by ministerial lead Sultan Sultanovich.

Russia are looking to develop a new network of Therapeutic Communities which will deliver detoxification and rehabilitation. Gary provided an overview of the governance and monitoring of standards of practice for addiction recovery services looking at models from the US, Australia and the UK. He also did a day workshop on the 'tuning into psychotic wavelength' at the Moscow Institute of Psychoanalysis.



For more info visit
www.tandfonline.com





Web-based interventions trialled

A paper produced by members of the MindTech team has been published in the Journal of Medical Internet Research. 'The effectiveness of web-based interventions delivered to children and young people with neurodevelopmental disorders: systematic review and meta-analysis' was written by Kareem Khan, Charlotte Hall, Bethan Davies, Chris Hollis and Cris Glazebrook.

The study aimed to review the effectiveness of randomized controlled trials (RCTs) of Web-based interventions delivered to children and young people with neurodevelopmental disorders.



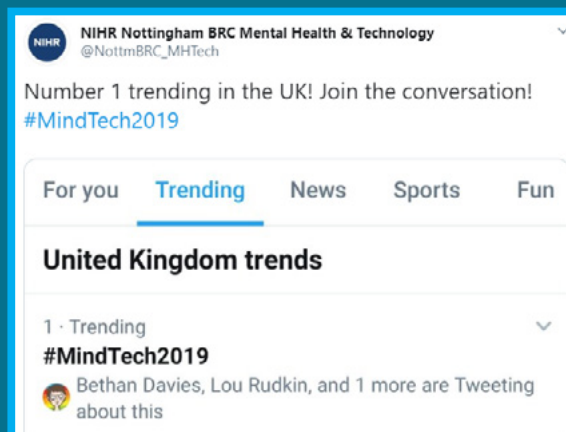
Click here to read more
www.JMRI.org

MindTech Symposium

On Thursday 5 December 2019, the seventh annual MindTech symposium took place, at the Royal College of Physicians.

This exciting and innovative event brought together leaders in clinical practice, patient experience, academic research, industry and technology development to address the key challenges in building a stronger evidence-base to support implementation of new technologies in mental healthcare.

The symposium also brought in a wider audience, on social media, with #MindTech2019 being the number one trending hashtag on Twitter, in the UK, for most of the day and the well-respected mental health blogger and social media influencer, the Mental Elf, covering the event. 373 people from 18 countries sent more than 1,700 tweets about the event, demonstrating tangible engagement with this year's focus of New Frontiers for Digital Mental Health: Implementation & Impact.



If you want to find out more about the day, there is also a podcast available from the Mental Elf, listen here: [MindTech Symposium Podcast 2019](#)



Volunteer Awards 2019

The University of Nottingham's annual Volunteer Awards celebrate the outstanding contributions that alumni, staff and community volunteers make to the University and the wider world.

We'd like to say congratulations to Dave Waldram, who won a volunteer award for being an Involvement Volunteer, for over eight years, with the Institute of Mental Health. He generously provides technical expertise and shares his lived experience to improve important research from design to implementation. He has been a key part of the CLAHRC-NDL & EM Enhancing Mental Health Themes and MindTech teams, contributing insights and encouraging other patients to get involved in shaping studies. Dave has been a fantastic ambassador for the REBOOT study in particular, tirelessly using his links grassroots networks across the East Midlands to raise awareness and help find participants.

He continues to assist the Nottingham Biomedical Research Centre's work developing technology to support Mental Health and as an advisor to the new Applied Research Collaboration projects on mood disorders. Dave also offers informal mentoring on Patient and Public Involvement to PhD students, helping them understand good practice, navigate stakeholder structures and connect them to useful resources.



For further info visit
www.nottingham.ac.uk

Prof Kevin Browne - 'International overview of the harm to Young Children caused by the Residential Care Institutions (RCIs)'

At the 'Deinstitutionalisation of Childcare: Investing in Change' conference in November Professor Kevin Browne led a session about, 'the case for ending institutional care and transforming child care systems' called: 'The impact and harmful effects of institutional care'. Whilst attending the conference in Bulgaria, Professor Browne was interviewed on Darik Radio.

[Click here to listen](#)



Child refugees experience more psychiatric illnesses

Dr Pallab Majumber's has published a book about unaccompanied refugee children experiencing more psychiatric illnesses than the general population.

Despite availability of some treatments, there have been widespread concerns about their poor access and use of

treatment for mental illness. Very limited research is available on their own experiences of such treatments and service.

Dr Majumber's book aims to explore their experiences of mental health, illness, treatment and service they received, the contributing factors and the ways to improve these services. To gather data, refugee children, and their carers, were interviewed, from specialist children and adolescent mental health service in the UK. The children's limited understanding of mental health services; lack of trust; and fear of stigma, appear to be some of the main factors affecting their engagement in

treatment. Dr Majumber's findings will be useful to physical and mental health clinicians, as well as other professionals who work with refugee children such as: social workers, teachers, youth workers, support workers, volunteers and carers.

"Unaccompanied refugee minors experiences of mental health services: Perceptions and beliefs of unaccompanied refugee children of mental health, illness, treatment & mental health service"

is available to [buy online](#).

Call for participants:

What do you think about dementia?
How does this relate to what you
read and see in the media?



Emma is a second year PhD student researching how our experiences and attitudes towards dementia relate to the media content we're surrounded by.

Is it representative?

How does it make you feel?

How can we improve presentations?

Emma is looking to do focus groups and/or interviews about this subject with a range of people, to build up a comprehensive picture which includes various perspectives. If you have dementia, or support/know someone with dementia, she would love to hear from you!

Couples and friends are welcome to attend focus groups/interviews together, and Emma is more than happy to visit groups (e.g. carer groups, choirs) if you'd like to take part together before/during/after your usual meeting.

If you're interested, please email:
emma.putland@nottingham.ac.uk for more
information or please share this with anyone
you think may be interested in taking part.

Refreshments
will be provided,
as will a payment
of £5 to thank you
for your time.

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Dr Tom Hewson - Foundation Doctor of the Year in the 2019 RCPsych Awards

Dr Tom Hewson co-founded PsychStart with Dr. Nikki Thomas. PsychStart is a career-based mentoring scheme providing tailored support for medical students interested in psychiatry.

Dr Hewson won Foundation Doctor of the Year in the 2019 RCPsych Awards. One of the main comments made by the judges was about the set-up and development of PsychStart, which was supported by the Institute of Mental Health.

PsychStart has now expanded to Manchester and Cambridge with schemes set-up and running in these regions and it will potentially be introduced at University College London and the University of Liverpool in the near future. All of these schemes make reference to the original scheme in Nottingham and the Royal College Psychiatry continue to encourage the growth and expansion of the scheme.

Dr Hewson and Dr Thomas are currently collecting data from students on the scheme in Nottingham to evaluate progress and the different mentoring relationships. We are also including questions about whether their involvement has influenced their likelihood of pursuing psychiatry.

Behavioural activation therapy for post-stroke depression

The BEADS feasibility RCT final report published by the NIHR. Roshan das Nair is a co applicant for this study.

There is currently insufficient evidence for the clinical effectiveness and cost-effectiveness of psychological therapies for post-stroke depression.

[Click here to read the full report](#)



Personality traits of drug users

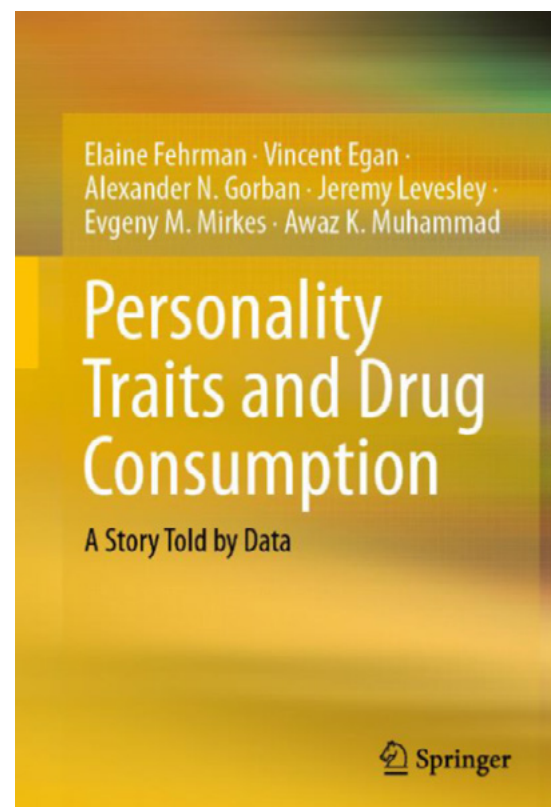
Elaine Fehrman, an Advanced Practitioner at Rampton Hospital, has been involved in research into the key personality traits that lead to drug use.

The social environment is an influential factor with regards to drug addiction. However, some people living in the same environment become drug users, whilst others resist. Is this difference just random or are there key personality traits that help people to avoid drug addiction? Is it possible to evaluate the risk of drug consumption for different personality profiles? Is this risk different for different drugs?

These questions are important for society including law enforcement, public welfare, education, healthcare professionals, and families. How can we evaluate the psychological component of risk? How can we construct social and psychological training to decrease that risk and prevent drug addiction?

Elaine Fehrman, Advanced Practitioner, commented on the research:

“The study is one of the most comprehensive of its type ever undertaken, analysing the data of 1,885 respondents with regards to the use of 18 different psychoactive substances across a range of time durations. It’s interesting to look at the personality traits of persons who have used drugs to consider whether there are underlying causes that may lead to this behaviour. We found that there is a significant difference in the psychological profiles of drug-users and non-users; hence, a psychological predisposition to drug use exists. These findings can help healthcare and other professionals to decrease the risk of and prevent addiction, along with improve the efficacy of future interventions.”



The book “Personality Traits and Drug Consumption. A Story Told by Data” by Fehrman, E., Egan, V., Gorban, A.N., Levesley, J., Mirkes, E.M., Muhammad, A.K. was published recently by Springer.



Click here to purchase
www.springer.com

£325k invested in Nottingham MS research

Nottingham scientists have been awarded £325,000 (£324,279) to investigate ways to help people with cognition problems caused by multiple sclerosis (MS).

The two University of Nottingham projects were selected as part of the MS Society's annual grant round, which this year is investing a total of £1.3million in research around the UK. Professor Roshan das Nair from the Institute of Mental Health will be leading one the projects investigating cognitive rehabilitation.

MS damages nerves in your body and makes it harder to do everyday things like walk, talk, eat and think. Cognitive problems are experienced by up to 80% of people with MS, and include issues with learning, concentrating, problem-solving and memory.

Currently there are no effective treatments for cognitive problems in MS. Professors Robert Dineen and Roshan das Nair will be leading the new research projects from Nottingham. Professor das Nair and his team hope to determine who benefits most from cognitive rehabilitation – a type of therapy that helps retrain cognitive skills and teach people ways to cope with this common symptom of MS.



Click here to read more
www.institutemh.org.uk

Nottingham research team publication leads international JAMA “most read” list

New research published earlier this year linking regular use of certain types of commonly-prescribed drugs with a significant increase in the risk of dementia, has been announced as the second most viewed paper on the Journal of the American Medical Association (JAMA) between 1st September 2018 and 31st August 2019.

The study, led by Professor Carol Coupland from the University's Division of Primary Care alongside Prof Tom Denning and Prof Richard Morriss from the Institute of Mental Health, funded by the NIHR, found that up to 10% cases of dementia might be delayed by reducing some types of anticholinergic drug use in people who are aged 55 and over, and who had used the medication daily for three years or more.

“These findings are definitely practice-changing and could lead doctors to dramatically curtail use of anticholinergic drugs.” said Rita F. Redberg, MD, editor of JAMA Internal Medicine.

The research has also been quoted by over 114 national and international news outlets including the New York Times.



Click here to read more
www.institutemh.org.uk

Events



'You, Me and Autism too' Exhibition Launch

Join us for the launch of this new exhibition on Wednesday 16th January from 4pm. For the "You, me and Autism too" series artist, Colin Potsig, approached high-functioning autistic people who are carving out successful professional careers, both despite and because of their autism. Colin uses the processes of portrait photography to challenge aspects of his own autism.

The exhibition is open to the public from 16th January 2020 – 26 March 2020, Monday – Friday, 10am - 4pm at

**The Institute of Mental Health,
Triumph Road, Nottingham.**



The Poetry of Therapy and Recovery

In this experimental seminar we will examine the way in which poetry can reach for ways of expression beyond other forms of communication. The seminar will reflect on poetry workshops and will examine the possibilities of a new perspective on poetry and psychotic experience, and the way in which poetry might lead to new praxis for clients and staff in the field of mental health. The seminar will provide case study reflection on Lucy Cameron's poetry as a reaction to her experience of psychotherapy. There will also be invited readings from people with lived experience and also practitioners who draw on poetry. Finally, a new research network, funded by the Institute of Mental Health, will be introduced outlining plans for future development.

6.00pm - 7.30pm

BLT1 Lecture Theatre, Exchange Building - Jubilee Campus



Register here:
www.istore.nottingham.ac.uk



Knife Crime and Youth Violence: Prevalence, Prediction and Prevention

The aim of the one day 'International Conference on Knife Crime and Youth Violence' is to review the evidence on the prevalence, prediction and prevention of knife crime in England and Wales and to learn from other countries experiences of working to reduce youth violence. The conference is aimed at policy makers and professionals involved with knife crime and youth violence. These would include, police, social workers, psychologists, sociologists, teachers and educationalists, local governments and politicians.

**East Midlands Conference Centre,
Nottingham, NG7 2RJ**



Register here:
www.istore.nottingham.ac.uk



IMH Research Day

Further information to follow.
If you'd like to know more about our annual IMH Research Day, you can read about last year's on our website:

www.institutemh.org.uk



CANDAL Conference

Further information to follow,
until then keep up to date with **[CANDAL news](#)** on our website.



Mental Diversity Law Conference

Further information to follow.
If you'd like to know more about the Mental Diversity Law Conference, you can read about the last one on our website:
www.institutemh.org.uk



International Health Humanities Conference

The 9th International Health Humanities Conference will be held 23-26 October 2020 at St Luke's International University in Tokyo, Japan. The conference theme is: "All in One Boat: Putting the Health Humanities to Work for Individual and Public Health".



For more info visit
www.institutemh.org.uk