



the institute of
mental health

Nottingham

Research and Education
Excellence **for Innovation**

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.

A YEAR IN REVIEW

With Covid-19 continuing to have an impact on our lives, clinical research has been centre stage. Our researchers have adapted to new ways of working, involving hundreds of people in vital research into mental and physical health during this challenging time.

In this edition of our newsletter we will look back at the year just gone, but also share with you news of exciting new projects and research aspirations that will see the Institute continuing to champion mental health research in the years to come.

Professor Martin Orrell
Director, The Institute of Mental Health



In this issue...

- New mental health and neurosciences doctoral training programme
- Psychiatry essay prize winners announced
- Special commendation in UK Trial Manager of the Year awards
- Review of 2021 MindTech Symposium





A YEAR IN REVIEW

JANUARY



Our Centre for Mental Health and Human Rights, in partnership with the Mental Diversity Law Network held an online panel discussion exploring the experience of black people in the psychiatric system. [Read more and watch the recording here.](#)

FEBRUARY



Colleagues from our Centre for Social Futures joined forces with Aardman, the award-winning independent animation studio. [Read more](#) on their campaign to encourage young people to become more aware of the factors affecting their mental wellbeing.

MARCH



One year on from the start of the pandemic, researchers from across the Institute joined the nation in a Day of Reflection. In [this blog post](#), they share their experiences of safely delivering research in unprecedented times.

APRIL



Dr Ahmed Hankir aka the Wounded Healer, became the Lead for Public Education and Engagement for our WHO Collaborating Centre for Mental Health, Disabilities and Human Rights. He brings with him [a wealth of research interests and lived experience.](#)

MAY



Professor Mike Slade was awarded funding to develop a citizen science and mental health study, [C-STACS](#), with the largest public engagement grant ever awarded by the [UKRI](#) (UK Research & Innovation).

JUNE



Researchers from the Institute have been awarded £4m to investigate building a safe and supportive online environment to protect and promote young people's mental health. [Read](#) how their research aims to tackle this major societal challenge.

JULY

Dr Charlotte Hall and Caitlin McKenzie were appointed to be responsible for evaluating a new intervention to support ADHD diagnosis. The Academic Health Science Network are tasked with building the evidence base for [Focus ADHD](#) to be used in ADHD services across the NHS.



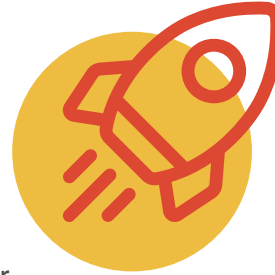
AUGUST

The PROWORK team launched a new campaign created by employers for employers to boost mental health and productivity in workplaces in the East Midlands. [Read more](#) about how the Mental Health and Productivity Pilot aims to give workplaces the help they need to encourage conversations about mental health.



SEPTEMBER

Findings from the [ORBIT](#) study were published in the Lancet Psychiatry. [Read](#) how this online therapy for tics offers new hope for young people with Tourette Syndrome.



OCTOBER

Throughout October, we teamed up with the National Institute of Health Research to talk about 'Your Path In Research', a nationwide campaign showcasing the research career journeys of our clinical colleagues and allied health professionals. [Read Rebecca's story here](#) and to read more, head to [our blog](#).



NOVEMBER

A regional Doctoral Training Programme (DTP) led by Professor Roshan das Nair was awarded over £7 million from Wellcome. [Read more](#) about the Midlands Mental Health and Neurosciences PhD Programme for Healthcare Professionals, which will commence in October 2022.



DECEMBER

The MindTech Symposium returned for a second virtual event, following the success of last year's. With sessions covering NHS staff wellbeing, public involvement and the ORBIT trial, it was a lively and engaging day, with plenty of discussion and debate. [View a selection of video recordings here](#).



...What will **2022** bring?

New doctoral training programme will train future healthcare professionals

Future healthcare professionals working in mental health and neurosciences will be trained on a new Doctoral Training Programme (DTP) thanks to a £7.24million award from Wellcome.

Led by the University of Nottingham, the new DTP is a collaboration between the Universities of Nottingham, Leicester, Birmingham and Warwick.

Wellcome awarded the funding to the University of Nottingham to establish the Midlands Mental Health and Neurosciences PhD Programme for Healthcare Professionals which will begin its training programme in October 2022. The unique partnership will lead the innovative multidisciplinary training centre that will develop the next generation of NHS research leaders across the workforce.

Professor Roshan das Nair from the School of Medicine at the University of Nottingham and the Institute of Mental Health, is Director of the DTP. He said:

“We are absolutely delighted to have won this award, which is a huge achievement for our four universities and the NHS Trusts with whom we work, and is a testament to teamwork. Our Doctoral Training Programme will advance the mental health and neuroscience research we conduct here in the Midlands.”

The programme will also be supported by a number of NHS Trusts in the Midlands including – Birmingham and Solihull Mental Health NHS Foundation Trust; Birmingham Women’s and Children’s NHS Foundation Trust; Coventry and Warwickshire Partnership NHS Trust; University Hospitals of Leicester NHS Trust; Leicestershire

Partnership NHS Trust; Nottinghamshire Healthcare NHS Foundation Trust and Nottingham University Hospitals NHS Trust.

Through 25 PhD scholarships focused on mental health (MH) and neurosciences (N), students will have the opportunity to research a ‘theme’ representing the lifespan (children, young people and perinatal MH; common MH; severe MH; dementia; and physical health comorbidity with MH), using specific bio-psycho-social approaches.

Healthcare profession-specific mentors will ensure scholars remain connected to their primary professional groups. Scholars will leave the programme as well-rounded clinical-academics with high-levels of mental health and neuroscience research acumen, and enhanced communication and leadership skills.



Read more here:
www.institutemh.org.uk



2021 Duncan Macmillan Essay Prize Winners announced

The Institute runs an annual 1,000 word essay prize competition named after psychiatrist Duncan Macmillan who helped pioneer a community-centred approach to mental health. The competition is held in partnership with The Royal College of Psychiatrists and promotes the expertise and knowledge of psychiatry trainees nationwide.

The 2021 competition was held at the end of last year and we're delighted to announce this year's winner is **Leigh Townsend** (pictured right), an NIHR Academic Clinical Fellow at Newcastle University and a CT1 Psychiatry at Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust.

Leigh's winning entry answered the competition essay question "*What's the next big thing in psychiatry*" by exploring "*Network Biomarkers and Deep Brain Stimulation – a shock to the system*"

Second prize in the competition was awarded to **Natalie Kirby**, ST4 Child and Adolescent Psychiatry at Tees, Esk & Wear Valleys NHS Foundation Trust for her essay exploring "*A better understanding of trauma-informed care*".



Read both essays in full:
www.institutemh.org.uk



BBC news coverage for Trust cancer project

Institute colleague and Clinical Psychologist Sam Malins appeared on BBC East Midlands Today this week, discussing the recent funding allocated to Notts Healthcare to address common mental health problems in people living with cancer.

In addition, Sam was involved in a panel discussion about multiple long-term conditions at the recent NIHR Academy Conference – the only mental health professional involved, despite co-morbid physical and mental health probs being very common. Find out more about Sam's work in cancer services [here](#).

Past the storm, a rainbow awaits

Following his recent publication in **Aging & Mental Health**, our Centre for Dementia colleague, Dr Claudio Di Lorito has written a blog about the need for LGBTQIA+ voices to be heard in dementia research, and his personal commitment to improving service provision for this overlooked group. Here is a short excerpt from Claudio's blog, which can be [read in full on our website](#).

“ In my current work as a Research Fellow in the field of dementia at the University of Nottingham, it pains me to observe that, of all the hundreds of participants included in my research project, none seems to belong to the LGBTQIA+ community. Why is it that we are not visible in research, particularly when it comes to dementia and old age, when statistics on prevalence tell us that we do exist? If we are not represented in research, our voices are silenced and unheard in dementia service design and implementation.

Driven by an almost darwinist instinct of self-preservation, I started

to wonder what will become of me and my husband, if one day we are affected by dementia, and to explore what the state of dementia support services for our community is through contacting LGBTQIA+ voluntary organisations. The response was unequivocal: services still adopt a heteronormative approach, assuming that heterosexuality encompasses all human experience, and struggle to address the support needs of our community, which becomes hesitant to seek help in times of need. It soon became clear that staff need more effective equality and inclusion training, but also that a top-down agenda within organisations is required to promote a change in culture, perceptions and attitudes. I soon realised that something must be done and approached scientists who have pioneered research in this field to gauge their interest in a potential research project to promote culture sensitivity in dementia services.”



Read more here:
www.institutemh.org.uk

European presentation for Young Onset Dementia project

On the 1st of December Esther Gerritzen, a PhD student at the Institute of Mental Health supervised by Prof Martin Orrell and Dr Orii McDermott, presented at the online Alzheimer Europe conference. During an oral presentation Esther presented the findings of online focus groups she did with people with Young Onset Dementia to learn more about their experiences of having peer support meetings online.

Esther is also part of a European training network called DISTINCT, consisting of 15 Early Career Researchers all working in the field of dementia and technology. During the conference Esther and one of the other DISTINCT researchers managed the DISTINCT Twitter account. At the end of the conference DISTINCT was awarded the prize for most influential Twitter account. For this accomplishment five DISTINCT researchers are invited to provide a special symposium at the Alzheimer Europe conference next year, covering travel, accommodation and conference registration costs.



New project will determine East Midlands dementia and hearing loss research strategy

Prof Tom Denning and Dr Helen Henshaw (as joint Principal Investigators) alongside Dr Emma Broome (Co-investigator) have successfully obtained a grant of £52,377.45 from the NIHR Clinical Research Network East Midlands for a project to develop a strategic direction in the region for research needed in the field of dementia and hearing loss. The new project will commence in early 2022.



Opera shines a light on dementia care

Research by Professor Justine Schneider of the Institute's Centre for Dementia has led to the development of a new opera, 'Take Care' which will showcase at the Lakeside Arts Theatre in April. Using opera to elevate the status of dementia care, the cast will be joined by a chorus of 12 local dementia carers and award-winning soprano, Donna Bateman (pictured right). To buy tickets, visit the [Lakeside website](https://www.lakesidearts.co.uk).



Read more here:
www.institutemh.org.uk



Vote for Florence!

'Florence Nightingale at Home' written by Centre for Social Futures Director Paul Crawford and the team behind last year's *"Florence Nightingale comes home"* project, has been nominated for the People's Book Prize 2021/2022 non-fiction collection.

[Cast your vote now.](#)



SoFU Director edits first ever encyclopedia of health humanities

The director of our Centre for Social Futures, Professor Paul Crawford is behind a new encyclopedia of health humanities, the first of its kind in the field, with several chapters available to download for free.

[The Palgrave Encyclopedia of Health Humanities](#) is the first encyclopedia for a fast-developing and international field which advances arts and humanities in healthcare, health and wellbeing.

Editors-in-Chief are [Dr Paul Kadetz](#) of the University of Global Health Equity, and the Institute of Mental Health's [Paul Crawford](#), Professor of Health Humanities in the School of Health Sciences at The University of Nottingham.

To read more and to access free chapters, visit the [Institute website](#).

Reference

LIVE 

Palgrave
Encyclopedia of
the Health
Humanities

palgrave
macmillan



Centre part of £1.5m Ministry of Justice project to support offenders with 'health vulnerabilities'

The Centre for Health and Justice, led by Professor Eddie Kane and based at the Institute of Mental Health, is part of a new research collaboration awarded £1.5m from the UK's Ministry of Justice.

Together with RAND Europe, Skills for Health and Justice, and Get the Data, the Centre will be investigating the use of 'Out of Court Disposals' (OOC) in adults with health vulnerabilities.

The term 'Out of Court Disposals' (OOC) refers to a range of options available to the police to use in certain cases as an alternative to a prosecution, including Community Resolutions and Conditional Cautions.

This project will examine how police use OOCs with people who have health vulnerabilities, including mental health issues, female offenders, young offenders, and people with neurodiverse needs. It will identify any gaps in service provision and support police in identifying local specialist services for specific groups. In addition, the research team will improve data capture methods, enabling the police to use it to improve management of offenders with vulnerabilities.

Work on the project commenced in October 2021, and is expected to end in June 2023.

UK Trial Manager of the Year Awards



A huge congratulations to Stefan Rennick-Eggleson, Programme Co-ordinator for the NEON trial, for his special commendation in the [UK Trial Manager Awards](#).

Stefan's outstanding contribution to his role within trial management reflects his ongoing work co-ordinating the NEON trials and research programmes.

Congratulations to Stefan!

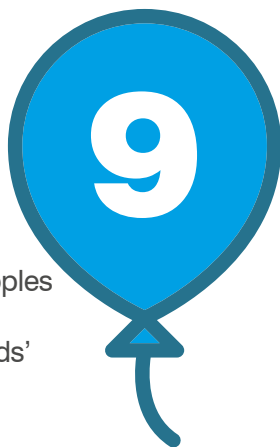


MindTech Symposium in its 9th year

On December 9th, the MindTech team hosted their 9th annual symposium. Following the success of last year, the event was once again held online, enabling presenters and guests to join us from far and wide.

The day was split into three sessions, beginning with a morning dedicated to the wellbeing of the NHS workforce during the pandemic. Chaired by Professor Richard Morris, speakers shared research from the NHS CHECK study, covering topics including inequalities and discrimination, game-based therapy for NHS staff and the potential benefits of online Mindfulness Based Cognitive Therapy.

Our lunchtime session was chaired by Professor Mike Slade and delivered by our Patient and Public Involvement (PPI) advisory groups, discussing hearing loss and mental health, online co-production, and a great presentation by our Young Peoples Advisory Group (YPAG) who discussed their 'Sprouting Minds' Initiative.



Corrine Hendy, Involvement Team Leader for MindTech and the Mental Health and Technology Theme of the Biomedical Research Centre was delighted to see PPI feature prominently in the symposium, thanking those who invested time and effort into delivering the sessions:

"Having the opportunity to showcase 'best practice' examples of PPI in research from different themes demonstrated the many areas of overlap we have, and enabled members of the public to network with researchers and PPI contributors. I'm looking forward to the follow-up meetings with our local community that have arisen from the event."

Our [ORBIT](#) Trial was the focus of the afternoon session, chaired by MindTech director and ORBIT lead investigator Professor Chris Hollis. Bringing together researchers and experts in the field of tics and Tourette Syndrome, the team shared the development of the online intervention, recently [published in the Lancet Psychiatry](#), which may greatly improve treatment options for families who currently struggle to access services. Speaking of the public involvement in the study, CEO of [Neuro-Diverse](#) (formerly Tourettes Action) Seonaid Anderson praised the ORBIT team, remarking they

"actively listened to my expertise in terms of how to reach potential participants."

Once again, we encouraged participation on twitter, with #MindTech2021 having a potential reach of over 100,000. Our tweets and interactions generated almost 30,000 impressions (number of times tweets were seen), making it a truly virtual event.

Poster presentations were submitted ahead of the day, with our expert panel judging the winners. We're delighted to award Rowena Piers 1st prize for her video poster: Investigating digital inequalities and mental health help-seeking approaches among young people in the UK in the digital age of Covid-19, with our colleague Jo Lockwood 'Highly Commended' for her submission. Congratulations to you both.

Professor Chris Hollis, MindTech Director commented, *"It was another hugely successful and enjoyable MindTech National Symposium, showcasing cutting-edge digital mental health research and the outstanding work of our patient and public involvement team"*.

A selection of recordings from the day are now available online [here](#), in addition, our online poster presentations can be viewed [here](#).

See you all again next year!



Publication Awards 2021

Now open for submissions

We are now accepting entries for our annual Publication Awards, highlighting the best publications of 2021.

The Awards aim to celebrate and promote the work of people within Nottinghamshire Healthcare NHS Foundation Trust or at the University of Nottingham working in the fields of mental health or learning disability.

The award categories are as follows:

- A. Best overall publication**
- B. Best publication when the author has published no more than six previous publications**
- C. Best publication flowing from work during doctoral studies or as part of a doctoral dissertation**
- D. Best publication by an employee of Nottinghamshire Healthcare NHS Foundation Trust who does not have a substantive contract with a university**
- E. Best publication by an employee of the Nottinghamshire Healthcare NHS Foundation Trust or the University of**

Nottingham, co-authored with a person with lived experience of mental distress or a current or former user of mental health services

F. Best publication by a member of the Institute of Mental Health who is a person with lived experience of mental distress or a current or former user of mental health services

Each award carries a prize value of £100. All winners will be announced during the spring 2022.

Nominations can be submitted by the author or by others (professors are not eligible for prizes). A publication may be submitted for more than one category but can only win one prize.

Please submit your paper (in PDF format) and entry form to darren.wright@nottshc.nhs.uk by 28th February 2022.

Refugee mental health systematic review published

Dr Pallab Majumder (Honorary Consultant, Assistant Professor at the University of Nottingham and Consultant Child and Adolescent Psychiatrist at Nottinghamshire Healthcare NHS Foundation Trust) has had a systematic review published in the International Journal of Social Psychiatry.

The paper is titled "[*How effective is group intervention in the treatment for unaccompanied and accompanied refugee minors with mental health difficulties: A systematic review*](#)" and it looks into the available evidence to date on effectiveness of group therapy treatments in refugee children who are experiencing mental health difficulties.

Patient and public advisory group publish constitution

Our Patient and Public Advisory Group was established to oversee public involvement within the Institute of Mental Health, with current members recruited in 2019. After lengthy conversations within the group and with Institute leaders they have produced, agreed, and published the group Constitution. This has been written as a collaboration, based on the group purpose and plans, the values of the Institute, the principles of the group members and their shared experiences of involvement in research. [Read it here.](#)

If you would like to know more about the Advisory Group membership, or enquire about future terms, please contact the Institute Public Involvement Coordinator, [Kate Horton](#) to be included in Involvement at the Institute updates.

New paper from the SAAND research team

In [this paper](#) recently published in the Journal of Autism and Developmental, the SAAND research group investigated physiological arousal in children with autism, ADHD and co-occurring autism & ADHD, during different activities. They found hypo-arousal at rest and during a passive task in ADHD, and increased physiological arousal during an active task in autism. In the clinical sample, increased arousal was associated with higher parent-reported social and communication difficulties, increased anxiety and reduced global functioning. Further research is needed to clarify how, irrespective of diagnosis, neuro-cognitive differences are associated with clinical, global and adaptive functioning.

The SAAND study is now completed. We would like to thank our funders, all families and children who have been involved in the SAAND study. A summary of the main findings can be found [here](#).



Read the summary here:
www.institutemh.org.uk

News in brief

Call for papers

Institute colleagues are guest-editing a special issue of the journal *Perspectives in Public Health* and are now welcoming expressions of interest from potential contributors.

Dr Stefan Rennick-Egglestone and Dr Theo Stickley will co-edit the issue, "Recovery outside of mental health services: what can public health contribute?" and would like to hear about practice and research that focuses on increasing wellbeing as it relates to mental health, and which is not necessarily situated in statutory mental health services.

They welcome contributions covering the entire age-span from childhood through to end-of-life, both national and international. They can include articles that draw on the author's experience of mental health problems to make recommendations for public health policy and practice.

To find out more, including suggested topics and timeframe, visit the [Institute website](#). Or email stefan.egglestone@nottingham.ac.uk



Professor Jon Arcelus retires

After more than five years at the University of Nottingham and over 10 years with Nottinghamshire Healthcare NHS Foundation Trust, Professor Jon Arcelus retired from his post in December 2021.

Thanks to the vision of Dr Walter Bouman back in 2016, the University of Nottingham and Nottinghamshire Healthcare NHS Foundation Trust agreed to create a Chair in Transgender Health. This was the first Chair in Transgender Health in the United Kingdom and in Europe, created the main clinical academic centre in Trans Health in the country and brought Professor Arcelus' skills and knowledge into the Institute of Mental Health.

Throughout his time spent working at the Institute, Professor Arcelus worked collaboratively with colleagues, supervising PhD students and securing funding to investigate new areas of research in the mental health of the LGBTQ+ community.

He established the [Gender identity, Sexuality and Wellbeing integrated research group](#) for clinical and non-clinical academics from different departments and schools of thought to work together towards developing research projects that aim to improve the life of the LGBTQ+ community.

Professor Arcelus has also continued his research work in eating disorders, collaborating with colleagues at the Institute of Psychiatry, London. Professor Arcelus has over 130 publications, including books and chapters. He is an Associate Editor of the [International Journal of Transgenderism](#) and part of the editorial board of the European Eating Disorders Review. He works closely with international collaborators, primarily in Spain, Belgium, the Netherlands and Sweden.

In his retirement, Professor Arcelus will become Emeritus Professor of Mental Health and Wellbeing, continuing his research in the fields of both eating disorders and the mental health and wellbeing of vulnerable populations, particularly the LGBTQ+ community.

We wish Professor Arcelus a very happy and fulfilled retirement, where we hope he has the opportunity to continue his important research work and to find more time to devote to the other important causes and charities that are close to his heart.

