

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.

Online therapy for tics has long-term benefits

In a new paper published in January, MindTech and Institute of Mental Health researchers demonstrate the clinical and cost effectiveness of online remote behaviour therapy for young people with tics, findings from the O.R.B.I.T trial.

Findings from a long-term follow-up study, testing an online therapist-supported treatment for children and adolescents with tic disorders, were published in the Journal of Child Psychology and Psychiatry. The results demonstrate the potential for online behaviour therapy to be an effective and durable treatment option for children and young people, many of whom currently struggle to access specialist services. Additionally, the study found online delivery of treatment was a cost-effective way to deliver therapy.

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In this issue...

- MP visits the Institute
- Senior investigators re-appointed
- Essay prize winners announced
- Researchers present at national self-harm conference
- Aardman transformed by collaborating on Institute project

Welcome

Our **March 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



Translating the findings of mental health research into real-life benefits and improvements for NHS services and patients is at the heart of what the Institute of Mental Health was created to do. So, I'm proud that we can share three examples of our researchers putting this into action in our March edition.

Opening with the O.R.B.I.T team's publication in the Journal of Child Psychology and Psychiatry, their latest paper demonstrated online behaviour therapy to be an effective and durable long-term treatment option for children and young people with tic disorders. This project has also been identified as an NIHR Alert owing to its clinical significance.

From the NIHR MindTech team, we have the recent announcement from NICE that the Lumi Nova app evaluated by the MindTech team (the first game-based digital therapeutic to treat anxiety disorders in children) has been recommended for use in the NHS.

And lastly, a publication in The Lancet Psychiatry for our Centre for Mood Disorders and NIHR ARC East Midlands project, Alpha Stim, reported its findings on the clinical effectiveness of active Alpha-Stim AID versus sham Alpha-Stim AID in major depression in primary care in England.

All three of these different projects will have a positive benefit on patients and enables NHS services to take the very best evidence-based research into their services. In my new dual role as Director of Research and Development at Nottinghamshire Healthcare NHS Foundation Trust, I will be looking to see how we can bring more research in to benefit the Trust and its patients.

Stay safe and well.

Please visit our [website](#) or follow us on Twitter [@InstituteMH](#) for all our latest news and updates.

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Online therapy for tics has long-term benefits

The Online Remote Behavioural Intervention for Tics (**ORBIT**) trial compared an online behavioural therapy with an online psychoeducation programme in 9-17 year olds with Tourette syndrome or chronic tic disorder. This paper builds on the study's previous findings that online, therapist-supported exposure and response prevention (ERP) is a safe and effective intervention, improving access to treatment for this under-served group of young people.

Dr Charlotte Hall, Principal Research Fellow and ORBIT Trial Manager commented, "These findings are really exciting. They are the first to show the long-term benefits of online delivered therapy for tics. We hear a lot from clinicians who want to be able to offer tic therapy but don't have the skills, money, or resources to offer it. Likewise, we know families who are desperate to access therapy. Given the importance of our findings in being able to bridge this gap in service provision, we are now working actively with various stakeholders to be able to offer ORBIT as a service within the NHS".



Read more on **MindTech's website** about the trial's findings and project's impact.



MP visits Institute to hear about research into young people's mental health

Lilian Greenwood MP visited researchers from the Institute of Mental Health, to learn more about our pioneering research into young people's mental health and wellbeing in a digital world.

On Friday 3 March the director of the Institute of Mental Health, Professor Martin Orrell, welcomed Ms Greenwood, Labour MP for Nottingham South, to a round-table discussion, along with Digital Youth co-leads Professor Chris Hollis and Professor Ellen Townsend. The visit came after a meeting in November at UK Parliament's 'Evidence Week', where Professor Hollis introduced Ms Greenwood to our work. Also in attendance were Digital Youth researchers and members of their young people's advisory group Sprouting Minds.

Dr Jo Lockwood led the session with a presentation about the impact of self harm on children and young adults, including her work on the CaTS-APP intervention. Dr Amy Jess Williams from Kings College London followed with an introduction to the Purrble project, with everyone given the opportunity

Prof Chris Hollis and Prof Ellen Townsend (from left, back row) welcome Lilian Greenwood MP (second from right) as she meets with members of the Sprouting Minds group.



to experience Purrble, a small furry robot used to aid emotion regulation in young people who self harm.

Ms Greenwood had the opportunity to question researchers and engaged in a lively and thought-provoking debate, taking an interest particularly in the perspectives of the younger voices in the room. She offered to support the team in taking their work further in Parliament, and we look forward to working with her in future and raising the profile of this vital area of research.

[Read more about CaTS-APP](#)

[Read more about Purrble](#)

IMH Research Days 2023

Following the success of last year's two-day event, this year's IMH Research Days will be held on **Tuesday 23 and Wednesday 24 May**. [Call for abstracts for both oral and poster presentations is now open, and you can apply via our website](#) (closing date Tuesday 4 April).

This will be the 10th IMH Research Day event, highlighting the work of the Institute's doctoral candidates, Managed Innovation Networks (MINs), and all early-career researchers (including research assistants, research fellows, and research-active clinicians and service users). The event celebrates the breadth of ideas and research work currently taking place within the Institute of Mental Health. (We prioritise abstracts sent from those who are affiliated with the Institute of Mental Health, Nottinghamshire Healthcare

NHS Foundation Trust and the University of Nottingham when selecting presentations for this event but welcome submissions from other organisations.)

This year's event will again be hosted over two days so we can extend the networking and socialising opportunities. Each day will cover different topics and themes and registration will open in April once abstracts have been accepted and the two-day programme is announced.



Submit your oral or poster presentation via our website by 4th April 2023



“Being involved in dementia research gave us hope.”

We were extremely privileged to have Chris Roberts (Chair, European Working Group of People with Dementia) and Jayne Goodrick (on the Carers Advisory Group for ‘Dementia Carers Count’) teach our MSc Mental Health Research and Practice dementia module students and share their insights at an IMH public event in February.

Chris and Jayne are widely known for their extensive local, national and international public involvement work. They have been amazing advocates encouraging people living with dementia and their supporters to take part in dementia research, as well as educating researchers at all levels how they can involve people living with dementia to make a real-life difference through their research.

The members of the public at the event agreed with Chris and Jayne that sharing knowledge and timely information is extremely important, but also acknowledged that researchers need to get better at feeding back their research findings to their public contributors.

Chris shared an example of their useful local work in Wales, [“Knowledge is Power”](#) can be downloaded from the Bangor University's website.



Institute's NIHR Senior Investigators reappointed

Professor Richard Morriss has been reappointed as a Senior Investigator by the NIHR, having previously held the title for five years, alongside primary care leads Professor Tim Coleman and Professor Tony Avery. Professor Chris Hollis (Director of MindTech) has been awarded the lifetime status of Emeritus Senior Investigator, reflecting his research work in the field of child and adolescent psychiatry. Professor Martin Orrell, Director of the Institute of Mental Health, has also been appointed to the national selection panel.

Senior Investigators are among the most prominent and prestigious researchers funded by the NIHR (National Institute for Health and Care Research). As senior members of the NIHR Academy, they help guide research capacity development and enhance the career paths of NIHR researchers, including participating as mentors in the NIHR mentoring programme.

Professor Morriss is the Director of our Centre for Mood Disorders, Professor of Psychiatry and Community Mental Health at the University of Nottingham and an Honorary Consultant Psychiatrist at Nottinghamshire Healthcare NHS Trust. He is the ARC East Midlands Theme Lead for Mental Health and Well-being, which carries out research to improve the mental health and wellbeing of our population and to increase access to effective therapies and treatments.

He is also the Adult Mental Health Theme lead and Deputy Director of NIHR MindTech, and Deputy Theme Lead for the Nottingham NIHR Biomedical Research Centre's Mental Health and Technology Theme.

Speaking of his achievements, Professor Morriss said:

"I am grateful for this award from NIHR which is in recognition for research by myself and a team in the East Midlands into mental health over a number of years. The team working with me have focussed on a wider range of mental health problems from basic research into digital mental health and neuromodulation for mood disorders in the Nottingham NIHR BRC through to applied research in NIHR ARC East Midlands and MindTech MTC. Some of these have led to benefits for patients such as group psychoeducation for bipolar disorder, specialist depression services and transcranial magnetic stimulation for treatment resistant depression.

"Now we are also focussing on improving the well-being of NHS staff. The award will help us to continue all this work and to support the next generation of clinical academic and non-clinical academic staff interested in coproduction with people who might use these interventions, finding out their pros and cons, and also seeing them through to translation when they provide better or alternative solutions for the health services here and abroad."

Full details of all NIHR Senior Investigators are available in the NIHR Senior Investigators Directory, which is updated in April each year.

Professor
Richard Morriss



Professor
Chris Hollis



Professor
Martin Orrell



Patient journey features on NIHRtv

A local research participant has shared her journey through a clinical trial, along with members of the Nottinghamshire Healthcare NHS Foundation Trust's Research Delivery Team.

Notts Healthcare is supporting the methylphenidate versus placebo for fatigue in advanced cancer (MePFAC) trial, led by Research Nurses Lorna Brown and Mel Hands at the John Eastwood Hospice.

Sandra, a trial participant, shared her story along with Mel and Lorna, for the National Institute for Health and Care Research (NIHR) YouTube channel, NIHRtv.



Watch 'Sandra's Story; taking part in a palliative care research study in the East Midlands' on YouTube.

Citizen Science – take part

Have you taken part in any form of crowdsourcing project such as the Big Garden Birdwatch or ZOE Health Study? If yes, could you spare an hour to share your experience with us? Your views could help us shape a new community science study on mental health and wellbeing. The study team would also like to hear from people working in mental health, to hear their thoughts on citizen science.



Visit C-STACS online to find out more.

PhD opportunity

An exciting opportunity has arisen within the University of Nottingham School of Medicine to study for a fully funded PhD. You'll be working with our CANDAL and MindTech colleagues, Dr Charlotte Hall, Dr Maddie Groom, and Dr Blandine French, designing an online intervention to improve GPs knowledge of tic disorders, via an exploratory investigation and feasibility randomised control trial.

View Project 2 on the [PhD vacancy page](#), or email [Charlotte Hall](#)

Closing date: 13 April 2023



Lewis Capaldi tests Tourettes device developed by Nottingham team

Singer-songwriter Lewis Capaldi road tested the new wrist device for treating Tourette Syndrome developed by Prof Stephen Jackson and his team from the University of Nottingham spin-off company, Neopulse, when he visited the university before a Nottingham gig performance in January. The smartwatch-like device aims to reduce tics by intercepting signals to the brain. The Scottish singer, who has talked publicly about his Tourette's diagnosis, said the results for him were "remarkable".



Read more about the device and the team's latest success raising £1m in future development funding.

PsychStart mentoring evening

On Wednesday 8th February, the Institute of Mental health hosted a networking event run by the University of Nottingham's PsychStart Scheme, a programme which pairs up medical students interested in Psychiatry with Consultant Psychiatrists.

Groups of students rotated around eight tables each of which was led by a Consultant, specialising in a different area of Psychiatry, providing the opportunity to ask questions, learn about career subspecialties and discuss potential projects to get involved in.

The night was a great success, with students praising the Consultant's passion and approachability. Medical students receive just six weeks of Psychiatry placements over the duration of medical school, and it is a rarity that time is allocated to talk to Consultants in such detail about their careers and experiences. Entry level research opportunities were also advertised which is a fantastic foot in the door for medical students and stands them in good stead for future endeavours.

The opportunity was greatly appreciated and valued by the student members, who found it both informative and inspiring.

The PsychStart committee extended their thanks to the Institute:

"The venue provided, and food sponsored by the IMH were second to none and copious amounts of pizza were consumed all round. We, the PsychStart Committee, would like to extend a very big thank you to the IMH for their generosity and to the Consultant's themselves for their time, openness and enthusiasm. We hope to be back next year!"

New interim Director for Centre for Dementia



Dr Jen Yates has taken up the role of interim Director of the Institute of Mental Health's Centre for Dementia.

Dr Yates takes on this new role having previously been the centre's Deputy Director and is conducting research into the lived experience of dementia, health service use, and retirement. The Centre for Dementia aims to improve the lives of people with dementia and their carers, through high quality, useful research looking at how people with dementia spend their time and what helps them to get quality from life. The Centre includes colleagues from across the University and local clinical services and represents a diverse range of disciplines and topics relevant to dementia research.

Since its formation in 2014, the centre has been at the heart of pioneering research into music and singing in dementia, hearing loss in dementia, improving the communication skills of healthcare professionals working with patients living with dementia, theatrical projects based on Centre for Dementia research outputs, and leading European-wide training programmes to develop the dementia researchers of the future.

Going forwards, the Centre will continue to develop as a platform for multidisciplinary research through championing research from the bench to the community and back again. It will build research capacity locally, work with regional partners, and create national impact with high quality outputs.

Lifetime Achievement Award for Tom Denning

Professor Tom Denning, former Director of the Institute's Centre for Dementia, has been presented with a lifetime achievement award from the Royal College of Psychiatrists.

The Old Age Faculty of the Royal College of Psychiatrists awarded Tom their 'Lifetime Achievement Award in Older People's Mental Health for 2023'. It is their sixteenth award since 2005, usually but not always, given to old age psychiatrists.

Tom was delighted to accept the award and commented:

"Obviously it is a great honour to be recognised by my national peer group, so I am delighted. I have been a doctor for nearly 43 years, psychiatrist for 40 and old age psychiatrist for 32, but if I have achieved anything, it is due to the many wonderful people I have worked with. These include numerous colleagues, but also all the patients and families who have taught me so much."

Tom recently stood down from his role as Director of our Centre for Dementia but remains an influential member of the centre and retains his clinical role as Honorary Consultant in Old Age Psychiatry within Nottinghamshire Healthcare NHS Foundation Trust.



CANDAL

STADIA trial additional funding success

The STADIA (STANDARDISED Diagnostic Assessment for children and adolescents with emotional difficulties) study is testing whether the use of a standardised diagnostic assessment tool (the DAWBA – Development and Wellbeing Assessment) improves the detection and treatment outcomes of emotional disorders in children and young people referred to Child and Adolescent Mental Health Services (CAMHS). The study is led by Professor Kapil Sayal, Professor of Child and Adolescent Psychiatry and coordinated by the Nottingham Clinical Trials Unit at the University of Nottingham. The study team has recently been awarded an additional £200,000 from the National Institute for Health and Care Research (NIHR) as clinical service delivery was impacted by the Covid-19 pandemic.

Recruitment opened in September 2019 and trial activities were able to continue throughout the Covid-19 pandemic due to the online nature of the study. However, recruitment was significantly reduced over the lockdown periods due to the reduction in routine referrals to CAMHS when schools were closed and the reallocation of research nurses/staff to clinical duties and urgent public health trials.

Professor Kapil Sayal commented on the importance of the project's extension:

"This additional funding for STADIA underlines the importance of this work to enhance the clinical care of children and young people with mental health difficulties and is a testament to the hard work and commitment of the whole study team. The COVID-19 pandemic has had a huge impact on the lives of children and young people, particularly those needing help and support from CAMHS. By extending our follow-up period to 18 months from the point of referral into CAMHS, STADIA is uniquely placed to provide an up-to-date national picture of care and interventions received through CAMHS across the whole pandemic period."

Despite these challenges the study team were successfully able to recruit 1225 families (children, young people and their parents/carers), over a two-year period, from eight sites across England - smashing the original recruitment target of 1210!

The STADIA trial is still ongoing, and data collection will finish this summer, with results expected early 2024.

This study is funded by the National Institute for Health and Care Research (NIHR) Health Technology Assessment programme (Grant Reference Number 16/96/09).

CANDAL team up with Tourettes Action to address gaps in service provision

CANDAL members, led by Dr Maddie Groom, and in collaboration with the charity Tourettes Action, are leading a steering group to campaign for better services and NICE guidelines for Tourette Syndrome.

The steering group includes academics from the University of Nottingham, clinical experts, charities and those with lived experience or parent/carers. The group is campaigning to raise awareness of the challenges faced by people with this complex condition.

In February 2023, they released a co-produced video to share with the public, dedicated to those with tics who have lost their lives to suicide. The group are working on a published piece of research to accompany the video, aiming to persuade policy makers to support them in making changes to healthcare guidelines for Tourette Syndrome.



Read more about their work and view the video.

Trigger warning: references to self-harm and suicide.

MindTech share research at national self-harm conference

Self-Harm Awareness Day takes place around the world on 1st March every year to raise awareness and dispel myths around this often-misunderstood issue. To mark the event this year, researchers Dr Jo Lockwood and Dr Camilla Babbage from the Institute of Mental Health and MindTech joined other experts in the field presenting at the self-harm and suicide prevention charity Harmless' 8th annual conference, 'From Harm To Hope'.

Self-harm ('any act of self-poisoning or self-injury irrespective of motivation or intention' NICE guidance, 2022) is a prevalent and serious mental health problem affecting around 1 in 5 young people and a particular concern among adolescent girls. Jo and Camilla presented their current research around co-developing digital resources and approaches to support young people affected by self-harm and suicide, and those working with and caring for them.



(L-R:) Dr Jo Lockwood and Dr Camilla Babbage presenting at the recent Harmless conference.



Read more about the MindTech team's involvement in this national event.

Aardman transformed by young people's mental health project

Aardman, the creators of many iconic animated films, consider themselves transformed by their engagement on the What's Up With Everyone? project. In a letter to Centre for Social Futures director, Professor Paul Crawford, Aardman Executive Producer Lorna Probert said: "This project has given the whole team here a much better understanding of the public mental health challenges we face and the current infrastructure that supports it, as well as the needs and concerns of young people in this area."

Professor Paul Crawford reflects on this feedback in a new blog post for the University of Nottingham.



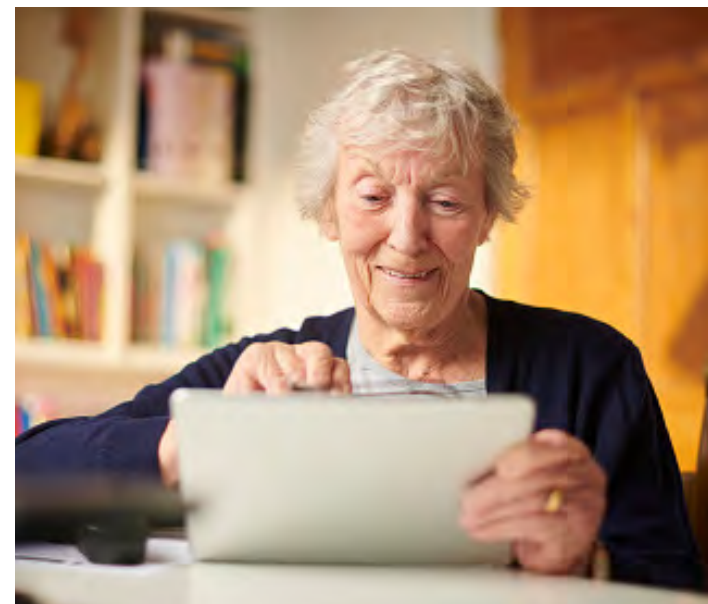
WHAT'S UP WITH EVERYONE?_

Lancet Psychiatry publication for Alpha Stim team

The findings from the Alpha-Stim-D trial have now been published in The Lancet Psychiatry. The long-running study led by Prof Richard Morriss, funded by NIHR ARC East Midlands, and including several colleagues and volunteers from across the Institute, reported its findings on the clinical effectiveness of active Alpha-Stim AID versus sham Alpha-Stim AID in major depression in primary care in England.



Dementia and technology: rapid review published



In a rapid review published recently, researchers, including MindTech's Dr Mike Craven, examined existing studies to find out how people with dementia and their supporters have been using technology since the pandemic began in 2020.



**Read the paper in full
in Aging & Mental Health**

Eight digital therapies conditionally recommended by NICE

A NICE-led consultation has begun on the decision to conditionally recommend eight digitally enabled therapies which address depression and anxiety disorders, including PTSD and body dysmorphia.

Each of the digital technologies includes the support and involvement of an NHS Talking Therapies clinician and all use CBT techniques. The eight therapies are conditionally recommended while further evidence is being generated. Dr Jake Andrews and Prof Chris Hollis have reviewed the NICE announcement and [published their response to the adoption of these new digital therapy tools](#).

These [Early value assessments](#) (EVAs) are a relatively new way for NICE to rapidly assess and identify promising medical technology for rapid deployment into the NHS. In their first EVA guidance which focused on digital mental health tech for children and young people, NICE recommended LumiNova: Tales of Courage, a studio quality mobile game app for childhood anxiety in children aged 7-12 years, developed by BfB Labs, and evaluated by MindTech's Dr Jo Lockwood.

Multiple publication success for Dr Yasuhiro Kotera

Yasu Kotera of the [Recovery Research Team](#) has had his findings published in a number of international journals recently, covering a range of topics.

In the [Asian Journal of Psychiatry](#), Yasu, along with Elaina Taylor, explores Taijin Kyofusho Syndrome (TKS), a condition largely affecting people in East Asian cultures and included in the DSM-V.

In a study aiming to examine online self-compassion focused psychotherapy for bereaved informal caregivers, the COMPACT feasibility trial protocol was published in [BMJ Open](#).

Along with Recovery Research Team colleagues, Yasu builds on their existing work, arguing for the need to assess diversity and inclusivity in mental health recovery narratives. Pre-print available now at [JMIR Mental Health](#).



Finally, the Attitudes Towards Mental Health Problems Scale was the focus of investigation in [Mental Health, Religion and Culture](#). A useful but lengthy tool for measuring shame and negative attitudes towards mental health, the study team developed and tested a shortened version, finding it to be user-friendly and reliable.



View Dr Yasuhiro
Kotera's staff profile

Dr Kareem Khan
and Dr Amy
Jess Williams



Taking research into the community

Institute researchers took science into the community during February half-term, as part of the Festival of Science and Curiosity.

Dr Kareem Khan and Dr Amy Jess Williams from the Digital Youth team visited Strelley Library in Nottingham, showcasing the SPARX study, with Amy Jess also taking a Purrble robot into Nottingham College.

SPARX is an online game for adolescents with low mood, based on cognitive behavioural therapy. By having the game loaded onto a laptop at the event, young people could play the game while engaging in conversation about research and mental health. Despite being aimed at 11–19-year-olds, younger children also enjoyed it.

“Events like the Festival of Science and Curiosity are extremely useful for researchers like me. They help to bridge the gap between academia and the general public and make research more accessible and understandable. Most importantly I find these events inspirational. Seeing how children interacted with SPARX throughout the day showed me the potential impact of my work on the public. This makes me more motivated to ensure that the SPARX-UK trial succeeds, and it enables me to stay connected to the broader purpose and significance of my research.”

Dr Kareem Khan

New paper focuses on Adverse Events in digital mental health research

In a new paper from Dr Aislinn Gomez Bergin and colleagues from the Institute of Mental Health, the issue of Adverse Event (AE) reporting in digital mental health research is examined. AEs are an essential aspect of safety reporting in clinical trials but may be difficult in trials of digital mental health interventions, where delivery may be remote and the mechanisms of actions less understood.

The team found significant variation in the reporting of AEs in trials of digital mental health interventions, highlighting the need to develop guidelines specifically for these studies to improve future reporting.



Listen to 'Is Psychiatry Working? Healing and Recovery' on BBC Sounds.

Professor Mike Slade on Radio 4 podcast

Professor Mike Slade talks to Horatio Clare on BBC Radio 4's 'Healing and Recovery' series about the question: "Is psychiatry working?"

In this episode, Horatio and retired psychiatrist Professor Femi Oyebo focus on healing and recovery. Professor Slade was invited to contribute to the programme, following his extensive research into recovery in mental health.

"I was delighted to be asked about our research into what people with their own lived experience of mental health issues identify as important in their recovery journey. The key message I wanted to get across was that psychiatry, and the wider mental health system, is hugely helpful for some people, but not helpful or even damaging for others. We need to move towards a rights-based system in which choice and control by the individual, not the system, are the default setting. This means clinicians being open to the reality that, for some people, their recovery journey takes place partly or wholly outside of mental health services. Investigating what helps different people at different points in their life is a key focus of our citizen science mental health research programme – see researchintorecovery.com for more on this exciting innovation."

Professor Mike Slade

Connecting our local community with research



The Institute hosted its first post-lockdown public event in March to discuss bringing lived experiences to research and all things Involvement.

The event was a huge success with around 35 people coming to introduce themselves to the IMH team and listen, learn and participate in research conversations. As part of the event, we hosted talks from the STADIA, MindTech and Research Delivery teams and we invited our guests to help answer important questions about Involvement at the Institute.

The event has so far evaluated well, and we look forward to this being the start of new connections and extending our involvement plans to benefit both our communities and our research. We're very grateful to our advisory group and everyone involved in planning, preparing and delivering such a well-received event.



Keep up to date with our **Involvement activities**

2022 Duncan Macmillan Essay Prize: Winners announced



We're delighted to announce that the 2022 Duncan Macmillan Essay Prize competition winner is Dr Simon Williamson, Academic Clinical Fellow at the University of Warwick and core psychiatry trainee with Coventry and Warwickshire Partnership NHS Trust.

The Institute runs the 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.

Simon's winning entry answered the competition essay question "What's the next big thing in psychiatry?" by exploring "*Digital Phenotyping*".

Second prize in the competition was awarded to Dr Martindale, trainee psychiatrist at Devonshire Partnership NHS Trust, for her essay exploring "*Teletherapy*".



Read both of the winning entries on **our Awards page**

New paper examines domestic violence intervention

Researchers, including the Centre for Health and Justice director Professor Eddie Kane, have published their findings on an intervention to reduce domestic violence and abuse (DVA).

The intervention, Cautioning and Relationship Abuse (CARA), is an awareness-raising program that promotes behaviour change for male and female individuals who are first-time DVA offenders. The intervention comprises two five-hour workshops that offenders attend as the core conditions of the Caution.

The research team found that CARA not only reduced re-offending, but its economic benefit is also considerable saving between £2.75 and £11.1 for every pound spent.



View 'Impact Evaluation and Economic Benefit Analysis of a Domestic Violence and Abuse UK Police Intervention' in Frontiers in Psychology.

Centre director is 'academic rapporteur' for Interpol project

Professor Eddie Kane, director of our Centre for Health and Justice, is 'academic rapporteur' at a global [International Criminal Police Organisation \(Interpol\)](#) workshop.

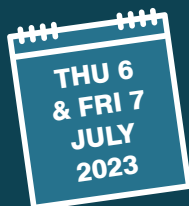
The workshop, held at the World Trade Centre in The Hague, Netherlands, included invited delegates from police forces worldwide. The aim of the event was to begin the development of a 'playbook' for forces to develop their strategies and operational tactics to counteract criminal usage of emerging technologies and identify where they could benefit from the positive use of such technology.

"We are working with Interpol on assessing future crime threats. Many of these involve Organised Crime Groups and target vulnerable people, trafficking and exploiting them. The Hague meeting focused on the threats and opportunities from emerging technologies including well publicised ones like Artificial Intelligence in all its forms, but also a complex mix of technologies used to enable and potentially prevent crime. This is great opportunity to be involved at the leading edge of this work"

Professor Eddie Kane

Professor Kane's role included positively challenging approaches and conclusions, and to summarise sessions and the event overall. There is a follow up meeting in late March 2023 to finalise the playbook, after which it will be issued to 192 member countries forces.

Third UK and Ireland Mental Diversity Law Conference



Registration and call for papers now open
University of Nottingham campus, NG7 2RD

Cost (includes lunch and refreshments for both days and conference dinner on the first evening, does not include accommodation)

£295.00 (full price)

£145.00 (students)

£145.00 (concessionary - for local, voluntary and community interest groups, small charities, self-help groups, IMCAs, IMHAs, service users & carers)

Hosted by the Mental Diversity Law Network and supported by the Institute of Mental Health and Wellcome, the Third UK and Ireland Mental Diversity Law Conference will take place in July this year, preceded on 5th July with a pre-conference for research students and early career researchers.

Conference themes will include

- Mental health law and the digital society
- Healing houses: How can we ensure therapeutic settings beyond hospital are available to people experiencing acute mental distress?
- Why haven't we transformed care yet?

Confirmed speakers

- Dr Piers Gooding, University of Melbourne
- Dr Stefan Rennick Egglestone, Institute of Mental Health, Nottingham
- Dr Caroline Fox, School of the Built Environment, University of Nottingham
- Pesach Lichtenstein, Soteria Israel
- Alexis Quinn, Reducing Restraint Network
- Simone Aspis, Inclusion London
- Professor Jill Stavert, Edinburgh Napier University



Book tickets and find out more on the IMH Events web page





Refocus on Recovery 2023:

“Changing Conversations, Fostering Connections, Building Communities”



Register now
for your in-person
tickets or your
online tickets.

Crowne Plaza Hotel, Wollaton Street, Nottingham, NG1 5RH, UK

Cost to attend in person for both days including conference dinner (does not include accommodation):

Full price: £280.00

Concessionary: £140.00 (for local, voluntary and community interest groups, small charities, self-help groups, and people who use and/or provide unpaid care for people using mental health services)

Cost to watch live online for both days: £60.00 (includes access to watch all talks and keynote presentations on the programme). You will also receive immediate access to videos of the conference and keynote presentations after Refocus on Recovery 2023.

Join us for our sixth international recovery research conference and join our international community of influence. Reconnect with the latest in recovery research as we explore our key themes:

- Cross-cultural learning
- Digital approaches
- Re-imaging services

Keynote speakers include:

- 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

Abstract submissions are now open for both oral and poster presentations via the Research into Recovery website.

Abstract submissions close at 12 noon Friday 28th April



www.researchintorecovery.com/ronr2023