



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.

2020 Duncan Macmillan essay **prize winner 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.

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2020 Duncan
Macmillan
prize winner,
Dr Kathy Liu

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- **Aardman animations champion positive mental health advice**
- **STADIA recruits 750th participant**
- **Last chance to join the NEON study trial**
- **IMH 2021 Research Day registration details**



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



The mental health of our children and young people has been one of the most discussed issues in research circles so far this year. The closure of schools, the limitations on social interactions and the impact on their emotional development will inevitably be felt through the generations for years to come. Children and young people need researchers to focus on their needs now to identify evidence-based solutions and support to help them.

During Children's Mental Health Week in February, these issues and the importance that needs to be placed upon them has been well illustrated. Peers, colleagues and fellow researchers from across the country joined in with the social media awareness week, led by the children's mental health charity Place2Be. Dr Aislinn Bergin and Dr Jo Lockwood from the NIHR MindTech team shared their experiences of researching with young people via the

University of Nottingham's Vision blog, read more on page 6. A collective of researchers from across the Institute have also been pooling expertise and research findings in order to submit evidence to be considered as part of the [UK Government's upcoming inquiry by the Health and Social Care Select Committee](#). A great example of our research contributing to direct policy change in the UK.

And finally, I would urge you to watch and share the new animations launched a few weeks ago by Aardman Animations (page 3). Based on a research campaign led by our own Professor Paul Crawford (Lead for our Centre for Social Futures), this project encapsulates the power support tools can have when co-created with young people. We are immensely proud to be part of this project.

Stay safe and well.

It is now approaching 12 months since our buildings and projects started operating with COVID safe restrictions in place; please visit our website [institutemh.org.uk](https://www.institutemh.org.uk) or follow us on Twitter [@InstituteMH](https://twitter.com/InstituteMH) for all updates and our latest news.

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2020 Duncan Macmillan essay prize winner announced

The 2020 competition was held at the end of last year and we're delighted to announce this year's winner is Dr Kathy Liu, MRC Clinical Research Training Fellow at University College London and the Camden and Islington NHS Foundation Trust.

Kathy's winning entry answered the competition essay question "*What's the next big thing in psychiatry*" by exploring why psychiatrists should have a more integrated understanding of the brain-body relationship.

Second prize in the competition was awarded to Dr Jalil-Ahmad Sharif from Solent NHS Trust, for his entry championing how Omic technologies could allow psychiatrists to delve further into the potential risks or biological causes of developing psychiatric diseases by pathogenic genes.



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

What's Up With Everyone?

Institute's mental health experts join forces with Aardman

Experts from the University of Nottingham have joined forces with Aardman, the award-winning independent studio, on a campaign to encourage young people to become more aware of the factors that may be having a negative impact on their mental wellbeing.

Called [‘What's Up With Everyone?’](#), the campaign sees the launch of a series of short films aimed at young people aged 17-24. It has been uniquely co-created with the audience it sets out to support, ensuring it has an authentic voice and is genuinely representative of the challenges to mental wellbeing faced by the demographic.

The films, which launched across social media in early February alongside a supporting website, introduce five characters, each contending with an issue related to loneliness, perfectionism, competitiveness, independence and social media - five of the most common issues negatively impacting young people, according to the campaign's research.

The campaign was led by Professor of Health Humanities Paul Crawford at the Institute of Mental Health, with support from Sachiyo Ito-Jaeger (the University of Nottingham) and Dr Elvira Perez Vallejos (Institute of Mental Health/MindTech), along with research teams including Loughborough University, the London School of Economics and Politics, the Mental Health Foundation, Happy Space, and young people's mental health expert, Dr Dominique Thompson.

The partnership comes at a time when the pandemic has increased the focus on youth mental wellbeing, with reports that two thirds of young people have experienced worse mental health during the period of lockdown restrictions.

The collaborative project – informed by research commissioned and funded by the Arts and Humanities Research Council (AHRC) that involved Loughborough University's Storytelling Academy – will develop and evaluate the impact of a series of animated stories aiming to increase young people's mental health literacy.

Professor Paul Crawford from the School of Health Sciences at the University of Nottingham, and Principal Investigator of the project, said: “These wonderful short animated stories should help all our young people to think about, and explore solutions to the kind of mental health challenges that come with difficult life transitions, such as heading off to university or college or starting in training or employment. The films and supporting online resources will be very welcome at this time, with all the disruption and anxieties in the wake of the coronavirus pandemic.

“As well as providing a much needed mental health resource, this campaign forms part of a wider research project that will also evaluate how effective these creative platforms are as a way of reaching the young people who need it, and ensuring help and guidance is easily accessible.”



Find out more and watch the videos:
www.institutemh.org.uk



Celebrating another year of PsychStart success

Mentors and their mentees from the PsychStart programme came together virtually in February to celebrate another year of successful mentoring partnerships for medical students, trainees and Consultants.

PsychStart was established in 2018 and is a career-based mentoring programme where students are paired one-to-one with a local consultant psychiatrist or higher trainee (ST4+) for knowledge sharing, support, shadowing and practical experience in the different fields of psychiatry. Since its creation, the scheme has been supported and sponsored by the Institute of Mental Health, alongside the University of Nottingham Medical School and Nottinghamshire Healthcare NHS Foundation Trust. All of those involved in the scheme are keen to inspire more medical students to enter into psychiatry.

This year's virtual celebrations centred around four guest speakers, who each shared a different perspective on their own psychiatry careers. Prof Martin Orrell (Director of the Institute of Mental Health and Old Age Psychiatrist) shared stories from his early career and how it is important to find ways to look after yourself so that you can pass that care onto your patients – Martin's creative talents have given him much cherished inspiration over the years.

Dr Julie Hankin (Executive Medical Director at Nottinghamshire Healthcare NHS Foundation Trust) then spoke about the importance of leadership during times of COVID-19, and how to deal with uncertainty. Julie reflected on how management, teamwork and motivation allowed the continuation and delivery of mental health services and most importantly, the continuation of care for patients and staff.

The PsychStart committee then invited two esteemed guests from the Royal College of Psychiatrists to share their thoughts. Dr Kate Lovett (Dean of the Royal College of Psychiatrists) spoke about the future of psychiatry and the importance of training and education in building innovation. Kate also spoke on the inevitable influence of the pandemic and the applications of psychiatry in supporting and treating patients with physical health conditions.

And lastly, the committee welcomed Professor Helen Bruce (Associate Dean for Recruitment, RCPsych) who shared her personal journey into psychiatry and described different pathways to

achieving career success. She described how the Royal College is supporting trainees through the '[Psych Star](#)' scheme, which offers multiple benefits for medical students, using a recently commissioned report to understand medical students career choices in psychiatry.

Awards and commendations were then presented to a selection of the scheme's mentees and their mentors. It was noted that the past 12 months had been particularly challenging, but all the scheme participants were to be commended for the mutual respect, support, trust and encouragement that they had given each other. Highlights from the awards included innovative virtual clinical shadowing opportunities, mentor and mentee research collaborations and academic publications, and a comprehensive clinical service evaluation. The winning mentors and mentees shared inspiring words of praise and respect for each other and thanked the PsychStart team for the opportunities provided.



For more information about the PsychStart scheme please visit: www.psychstart.co.uk



Kapil Sayal appointed as prestigious NIHR Senior Investigator

Congratulations to Kapil Sayal (Professor of Child and Adolescent Psychiatry), who has been appointed as a new NIHR Senior Investigator.

NIHR Senior Investigators are among the most prominent and prestigious researchers funded by the NIHR, so we are delighted that Kapil has been recognised as an outstanding leader within the research community.

Kapil leads the Children and Young People Mental Health & Wellbeing research group at the Institute of Mental Health and the University of Nottingham, and is an Honorary Consultant Child & Adolescent Psychiatrist at Nottinghamshire Healthcare NHS Foundation Trust.

“I am truly honoured by this recognition from the NIHR of the value and importance of child and adolescent mental health services research. My NIHR research strives to improve the mental health outcomes for children and young people in community,

school and clinical settings. I am passionate about leading service-facing research that can make an impact through informing policy, commissioning and the delivery of evidence-based interventions and services. These NIHR Senior Investigator Awards are a testament to the superb healthcare research environment that the Institute of Mental Health and Nottinghamshire Healthcare provide.”

Kapil is one of only three Senior Investigators appointed in the field of mental health this year.

This latest award continues the Institute's reputation for nurturing Senior Investigators with previous appointees including Prof Martin Orrell, Prof Richard Morriss, Prof Chris Hollis, Prof Tony Avery and Prof Tim Coleman.

What encourages people to follow Covid-19 safety rules?

CANDAL research fellow Dr Bahar Tuncgenc has recently published a new study exploring adherence to COVID-19 safety rules.

During the height of the pandemic in 2020, over 6500 participants from around the world completed an online survey, published in the British Journal of Psychology. Findings suggested that people are more likely to follow Covid-19 safety rules if they think their friends and family are too.

Dr Tuncgenc also highlighted the importance of community and collective effort in adhering to Covid rules. Given the recent Tier systems and breaches of lockdown rules by senior figures, her findings are important in shaping future messaging from governments if further safety measures are to be successfully implemented.



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

Alpha Stim device trials continue

For several years, the Centre for Mood Disorders has been at the forefront of researching the potential benefits of the Alpha-Stim device in treating anxiety and depression.

What is Alpha Stim?

Alpha Stim is a small wearable medical device which changes the brain's electro-chemical signals. In anxiety and depression, these signals are sometimes not working properly, meaning emotions can become unbalanced. Alpha Stim works by sending electric currents through small clips attached to the ear lobes. The machine is pocket-sized and can be used at home whilst users carry out activities such as resting, reading or watching TV. It recently featured on a [BBC documentary](#) which mentioned the research we've been doing here in the Midlands.

Why is the research needed?

"We want to find an alternative way to help people with depression in Primary Care who may prefer not to use medication or have not benefitted from anti-depressant medication or psychological treatment." Shireen Patel, Lead Researcher, Alpha Stim-D Trial

About the Alpha-Stim-D-Trial

The Alpha-Stim-D trial is a Randomised Controlled Trial (RCT) testing the effectiveness of the Alpha-Stim AID device for the treatment of depression in Primary Care. It will help to determine whether the device should be made available on the NHS for patients with depressive symptoms. The trial is funded by the National Institute for Health Research (NIHR) Applied Research Collaboration East Midlands (ARC EM)

To find out more, contact
Lead Researcher Shireen Patel
on **0115 8232434** or email:
shireen.patel@nottingham.ac.uk



Samaritans publishes online resources for suicide prevention

In October 2019 MindTech were commissioned by Samaritans to support the development of [online user-resources](#) as part of Samaritans Online Excellence programme in suicide prevention.

Although the pandemic meant that the project was delayed, the drive of all those involved to ensure that young people co-produced the resources meant a decision was made to conduct online workshops in September last year.

Researchers from the MindTech team engaged young people to support Samaritans in understanding the key issues that they face in online spaces when posting about, or viewing content relating to, self-harm and suicide; and explored approaches to creating an associated online campaign. This led to the development of a suite of resources to support young people to share experiences safely and to support others which was launched by Samaritans as part of **Safer Internet Day** this year.

MindTech are incredibly grateful to the young people with lived experience who helped to co-produce the guidelines.

Creating spaces for children and young people's voices in mental health research

As part of the recent **Children's Mental Health Week**, Dr Aislinn Bergin and Dr Joanna Lockwood from MindTech wrote an article for the University of Nottingham's Vision blog discussing their research working with the Samaritans, which explored finding ways to create safe spaces for young people to have a voice in shaping mental health services and treatments.



[Read their blog here](#)

Supplying written evidence to the House of Commons Health and Social Care Committee

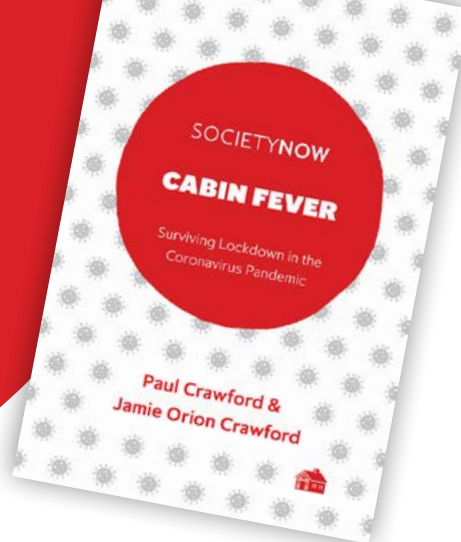
The Institute for Mental Health, supported by the University of Nottingham's Institute for Policy and Engagement, has submitted a compilation of research, projects and key recommendations to support the House of Commons Health and Social Care Committee's inquiry on the mental health of young people and children.

The submission draws on our world-class research in this space to inform and suggest ways to build on pre-existing mental health interventions and demonstrate best practice in this area. Contributions were made by Dr Aislinn Bergin (MindTech), Dr Gary Winship (School of Education), Professor Ellen Townsend (School of Psychology) and Professor Paul Crawford (Director of the Centre for Social Futures at the Institute of Mental Health), each bringing their own research perspectives to the submission.

The report highlighted 12 recommendations including implementing preventative programmes in schools and colleges to help young people develop resilience and tackle key risk factors and developing policy and strategy to mobilise the creative industries as significant contributors to the health of the nation.

For more information about the submission please contact [Lou Rudkin](#), Head of Communications for the Institute of Mental Health.

Cabin Fever book launch in March



Professor Paul Crawford, has co-authored a new book with Jamie Orion Crawford. This fascinating book examines 'cabin fever' in the wake of the coronavirus pandemic and the greatest confinement of people to their homes in history. Exploring the definitions and social and cultural history of cabin fever, the book discusses its origins emerging from physical afflictions like typhus through to the use of the term to refer to psychological responses to prolonged isolation or confinement. Offering insights on cabin fever in different contexts (at sea, on land, in the air and in space) the book draws on an array of evidence of the impact of this folk syndrome. In the brunt of the pandemic, it has become increasingly clear that adapting to lockdown has become a matter of personal and public endurance and creativity. This book provides an important account of the threat of cabin fever in the pandemic and provides the best-known antidotes for it.

Professor Crawford comments: 'As governments-imposed lockdown measures on billions of people worldwide, we

began to see a damaging social and psychological fallout. Now in the UK, back in lockdown, this situation is more intensely felt as we go through the dark nights of winter. It is at these times that even more aggravated states of cabin fever rise.'

“ The book was written during the 2020 lockdown while I lived alone in the East Midlands, UK and my son took shelter at a remote cottage along the Ottawa River in Canada. From our 'desert islands' we explored the history of cabin fever and found little information about this popular concept or folk syndrome. As our archival work deepened, we found new and surprising evidence for its origins and learned more about how people's homes can turn into prisons or sanctuaries. Perhaps more than ever, our book throws light not just onto this and past lockdowns, but future ones too. More importantly, they outline how best to survive the experience. ”



Find out more:
books.emeraldinsight.com

A unique reflection upon life

Theo Stickley (member of the Centre for Social Futures and former University of Nottingham professor) has published a new book, "Short strolls to destiny".

This book is about one man's journey of clarifying and coming to terms with his changing religious beliefs (or lack of them), and his spirituality. His inquiry takes in the arts, mental health, counselling, philosophy and religion. The book spans the 1970s to the present day when, in 2019, he decided to visit as many churches, temples, synagogues and mosques as he could in the space of a year. His journey was interrupted by COVID-19. Undeterred, he continued his mission during the pandemic lockdown and beyond, discovering that it enabled a deeper inquiry into his past experiences and learning.

This is not just a book about visiting places of worship, it is also the story of a spiritual journey through life.



Find out more:
theostickley.co.uk



British Psychological Society gives national award to Nottingham postgraduate

Based on research and practice experience, University of Nottingham Postgraduate research student Caitlin Brown has been awarded the **2020 British Psychological Society Early Career Award in Forensic Psychology**. This is a highly competitive national award with two of her research thesis chapters now under review for publication in high impact psychology journals.

In the past nine years this same national award has been awarded to five other University of Nottingham Postgraduates who carried out research and practice in the **Centre for Forensic and Family Psychology** for a Professional (Practitioner) Doctorate in Forensic Psychology. This is validation of the high-quality of professional practitioner training in Forensic Psychology offered by the School of Medicine's Division of Psychiatry and Applied Psychology in collaboration with the Institute of Mental Health.

Forensic Psychology welcomes **Dr Michelle Mattison**

In March, Dr Michelle Mattison will be joining the Centre for Forensic and Family Psychology as an Associate Professor of Forensic Psychology. She will be responsible for Directing the MSc (by Research) in Forensic and Criminological Psychology and supervising the research of students in the Centre.

Michelle's research focuses upon vulnerability in criminal justice settings, specifically with regard to gathering and testing eyewitness evidence. She is an Honorary Researcher with St Mary's Sexual Assault Referral Centre (Manchester University NHS Foundation Trust) and an Associate Researcher with Greater Manchester Police.

Michelle is also a Registered Intermediary with the Ministry of Justice and National



Crime Agency. This role involves facilitating communication with vulnerable victims and witnesses during live police investigations and during criminal trial proceedings. She specialises in working with children and adults who have complex communication needs.

Outside of University, Michelle trains practitioners about effective communication with children and people who have complex communication needs. She is on the Management Committee of **The Advocate's Gateway** where she writes and contributes towards national best practice guidance about working effectively with vulnerable people in the criminal justice system.

RECOLLECT 2

Study launch

RECOLLECT stands for 'Recovery Colleges Characterisation and Testing' and is a programme of research investigating Recovery Colleges across England. It is led by Mike Slade at the University of Nottingham and Claire Henderson at King's College London.

The programme has been awarded two NIHR grants to further the understanding of Recovery Colleges: a programme development grant (RECOLLECT 1, completed in 2018) and a programme grant (RECOLLECT 2, which has just started). The studies have already explored the defining characteristics and ingredients of Recovery Colleges. The research is now investigating how Recovery Colleges can provide the most benefit to people who use mental health services and other students.

In partnership with a team from King's College London, Mike Slade and his Institute of Mental Health research team will be launching the RECOLLECT 2 study later this year. Working with Recovery College staff and students, this second

phase study will build on the evidence base collated from the RECOLLECT 1 study. This new five-year study will examine the current operating landscape and costs of Recovery Colleges, before moving on to evaluate the outcomes for Recovery College students compared to those who are not in receipt of this type of intervention and support.

This programme of work will be co-produced with individuals who have lived experience of mental health problems, including those who have chosen to use or not use Recovery Colleges. The Lived Experience Advisory Panel (LEAP) give input at multiple levels, including what measures are used, co-designing the running of the study, commenting on documentation for participants, collecting and making sense of data, and assisting with publicising findings.



Find out more:
researchintorecovery.com



New research identifies best mental health services interventions for children in care

New research authored by **Pallab Majumder** Honorary (Consultant) Assistant Professor at the University of Nottingham, and Consultant Child and Adolescent Psychiatrist at Nottinghamshire Healthcare NHS Foundation Trust and **Samuel Deuchar**, MSc, a postgraduate researcher at the School of Psychology, University of Nottingham, investigates the effectiveness of direct and indirect interventions in Looked after Children's CAMHS.

Published in the British Journal of Psychiatry Bulletin these findings provide an important quantitative benchmark to guide treatment decisions and future research exploring the efficacy of interventions for this particularly vulnerable population of children.

Pallab celebrated the paper's publication: *"It's a great achievement for our team that the efficacy of the service provision of CAMHS has been acknowledged and accepted as evidence base by a standard academic journal."*



Read the paper in full:
[dx.doi.org](https://doi.org/10.1192/bjp.2019.282)

STADIA recruits over 750 participants



The STADIA trial (STAndardised Diagnostic Assessment for children and young people with emotional difficulties) has recruited over 750 participants across CAMHS services in five UK locations.

The trial is looking at whether the use of a standard information-gathering package, (the Development and Well-Being Assessment, DAWBA), helps with the assessment and diagnosis process for children and young people with emotional difficulties (such as anxiety or depression) who have been referred to CAMHS. By evaluating different approaches, it is hoped that this research will help improve care for young people, inform clinical practice and guidelines, and support NHS decision-making to ensure value for money with regard to the assessment of emotional difficulties in CAMHS.

The project is being led by Prof Kapil Sayal and a team from across the University of Nottingham and the Institute of Mental Health, supported by the Nottinghamshire Healthcare NHS Foundation Trust's Research Delivery Team. The Research Delivery team have continued to work hard on the project over the past 12 months and are set to be the top recruiting team across all five study sites. Recruitment in and around Nottingham would not have been possible without the support of the local CAMHS Single Point of Access team (SPA), as well as the support of nearly 200 young people and their parents/carers who are participating in the study.



Find out more:
www.institutemh.org.uk

Incubator for Mental Health Research launched to inspire future generation of researchers



The Incubator for Mental Health Research offers practical advice, connections and career development opportunities for aspiring researchers in mental health.

Established by the NIHR and led by Professor Cathy Cresswell, it has been created to increase capacity on mental health research.

Filled with top tips from established researchers and those just getting started, the incubator website offers career advice to ambitious clinical and non-clinical professionals who are exploring opportunities in research.

Follow on Twitter @MHRIncubator and visit mentalhealthresearch.org.uk



New research to explore effect of long-distance admissions on 13-17 year olds

The “Far Away From Home” study has been promoting its NIHR ARC-EM funded project. This research focuses on young people, aged 13-17 years, who require admission to hospital for psychiatric care.

National policy specifies that young people should be cared for in units appropriate to their age-group. Unfortunately, there are so few units that serve children with poor mental health that places are limited, and many young people are either admitted to adult wards or units located far away from their home.

At present, we know little about these types of admissions, what young people and their families feel about this process, the impact it has, or how many are affected.

The first full parent group meeting supporting the Far Away From Home study took place in February. The meeting builds on strong relationships already in place with parents and will offer a window into the experiences of families. This will help to inform how the study connects with other parents and young people impacted by these out of area admissions.

Follow the study team and their progress on Twitter @FarAwayStudy



NEON has recruited more than **1600** people from across England to take part in three trials, and there are now only **150** spaces left in the NEON-O trial.

To take part in the NEON research trial you should:

- Have experience of any non-psychosis mental health problem, within the last 5 years
- Have experience of mental health distress within the last 6 months
- Be 18 years or older and a resident in England, UK
- Have access to the internet

To avoid disappointment, you can sign up to access hundreds of online mental health recovery stories, by heading to: www.recoverystories.uk

NEuRoMS Team develop clinical pathway to manage cognitive problems in MS



The team at the NIHR funded NEuRoMS programme (Neuropsychological Evaluation and Rehabilitation in Multiple Sclerosis) have recently [published a paper](#) exploring cognitive problems in MS.

Up to 70% of people with MS experience cognitive difficulties, which has a debilitating impact on relationships, work and day-to-day life. Unsurprisingly, the MS Society consider this issue to be in their top 10 of research priorities.

Although cognitive problems are a common and debilitating feature of MS, at present there is no standardised care pathway to guide clinicians in managing it. In collaboration with patients, carers, charities and clinicians, the NEuRoMS team have co-constructed a model, illustrating how a new pathway can work. Whilst the model is further researched and evaluated, clinical teams can begin to use it now, adapting it for their local patient groups.



Find out more:
www.neuroms.org

Nottingham Asylum Project combines art, community and local history

The [Nottingham Asylum Project](#) presents the findings of a year-long research project on the history of King Edward Park in Sneinton in Nottingham, the site of the UK's first county asylum in 1812. In particular, the project explores the history of mental health, and covers humanitarian and legislation with the wider consideration of gender, class and sexual orientation. Collaborating with community research volunteers in the local area has led to delivering a series of activities and commissions with the development of online resources.

The Nottingham Asylum Project is led by BACKLIT and is supported by the National Lottery Heritage Fund, The National Justice Museum, University of Nottingham, STOPTRA and the Institute of Mental Health.

This project and the research around the asylums are evolving and the research material and artists working on this website will develop, change and grow as the project participants and members of the community produce further work.



Find out more:
nottsasylumproject.ucraft.site



CANDAL research seminars

This summer **CANDAL** is running a series of three online seminars across June and July. The seminars are accessible to everyone, will be 90 minutes long, and include presentations from academics, clinicians and service users on a broad range of neurodevelopmental disorder topics.

The topics of each seminars are:

- **Design of mental health services for and with people living with autism**
- **Access to care for neurodevelopmental disorders**
- **The impact of Covid-19**

To join the mailing list for more information about these events please contact karen.sugars@nottshc.nhs.uk

The Power of Music: Innovations in Care



Tickets day rate £12 all 3 days £30

To register via Eventbrite please [click here](#)

This year's Power of Music conference is looking at how innovations in care through technology, programmes, practices and research are helping to change our approach and increase success in delivering music care. We come together with a common goal to enhance quality of life and improve the care experience through music!

How this year's virtual conference works: This is a compressed, three - day conference. Each day there will be three components for you to experience.

- **Performance** - a live, recorded one-hour performance with Q&A interactions from the artist

- **Presentations** - view, on your own time, 6 - 7 recorded presentations by our speakers from around the world
- **LIVE Panel Discussion** - presentation speakers engage in conversation where you will be able to ask questions via the chat room

Once you have registered you will receive an email notification from Eventbrite. Instructions will be sent prior to the start of the conference with links on how to watch and participate each day.

Please visit [musiccareconference](#) for further details about the conference including content for each day.

Annual IMH Research Day



SAVE THE DATE
Online via MS Teams

Plenary Speaker:
Professor Sir
Graham Thornicroft,
Kings College London.

A series of Q&A panel sessions throughout the day (times to be confirmed).

Call for Papers

Closing date Thursday 8th April 2021

Oral and
poster
presentations
accepted

The **Annual IMH Research Day** aims are to highlight 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. In particular, we give priority to those early career researchers who are based at the Institute of Mental Health, Nottinghamshire Healthcare NHS Foundation Trust and the University of Nottingham.

This year's Research Day will have a slightly different programme as we host an online event for the first time. Pre-recorded videos for oral and poster presentations, from presenters selected

by the conference judges, will be available for event attendees to watch in advance of the event. On the day of the event we will be joined by the chosen presenters for a series of Q&A sessions on a variety of topics which all event attendees will have the opportunity to join. We will also welcome our keynote speaker, Professor Sir Graham Thornicroft, on this day for an inspirational keynote speech.



Find out more:
institutemh.org.uk/events