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It's one small step for REACH...

Actually, it was many, difficult steps. During 14th and 15th August, we completed the **National 3 Peaks Challenge**. This involved climbing three of the UK's highest mountains: Ben Nevis, Scafell Pike and Snowdon, back-to-back. After 68,249 steps and 30 miles, we were exhausted but ecstatic to learn that £3000 had been raised for our chosen charity: the Big Kid Foundation.

We want to thank *everyone* who supported and sponsored us to complete the challenge!



And we're off! The REACH programme officially begins

REACH has spent the past year working with Evelyn Grace Academy and Lambeth Academy, testing and piloting ideas on how best to gather information from adolescents. In particular, the pilot has helped us to choose the most suitable questions and minimise burden.

It is important to further our understanding of what factors increase and decrease the risk for developing mental health problems, as adolescence is a critical time when many problems first begin.

The pilot study was a huge success: over 900 pupils took part. Feedback showed that up to 91% were happy with the study information and learnt more about mental health. This is essential, as REACH is committed to raising awareness of mental health and ensuring pupils understand what they're being asked to do. The other notable piece of feedback was that pupils preferred working on tablets than paper. We've now upped our quota of tablets for the coming year!

So what does Autumn bring? We have now officially launched (see page 2 for details of our launch event), and six new players have been welcomed to the team : Research Assistants – Paula, Lucy, Helen and Vicky, and Data Collection Assistants - Rachel and Kamara.

REACH is now about to go into three secondary schools in South London to begin collecting data. This will happen in two parts: a questionnaire for all participating students, and an interview for a subset of these students. We hope to bring you regular updates of our progress as the programme gets underway!





#REACHOut: Shining a Light on Adolescent Mental Health



On Saturday 17th September 2016, #REACHOut marked the official launch of our study and shone a light on current challenges surrounding adolescent mental health. There were talks from leading scientists, senior teachers, and young people with personal experience of mental health. A pop-up stall serving jerk chicken successfully helped fuel a panel discussion at the end of the day.

The event was a huge success: over 100 came to listen and to get more hands-on with mental health through the activities available, including virtual reality demonstrations! Guests ranged from mental health professionals, students, and members of the community. Feedback comments were very positive and included the following: "It was great!", "Excellent balance of information and activities", "Engaging and passionate speakers". Thank you to everyone that attended! We're particularly grateful to the speakers and photographer Yuebi Yang - www.yuebiyang.com.

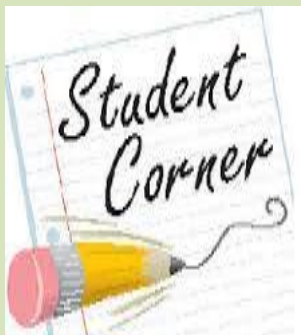
Click below for Rachel Egan's blog about the event:

<https://medium.com/@OpenMindMH/defusing-the-mental-health-time-bomb-how-the-reach-study-can-help-our-kids-b45496a5fd4e#.5t8d3dhei>

IoPPN Youth Awards 2017 – now open!

The Youth Awards scheme began in 2013 and has been increasing in popularity ever since. Now nine awards are offered by the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London, to encourage local pupils aged 15-18 to continue studying science and maths at sixth form, college and university. They are an exciting opportunity to gain practical experience and make valuable contacts.

Each award involves attending a 2 day work placement at the university, 12 months of mentoring, and a £50 book token. There are awards in numerous science based subjects including genetics, economics, psychology, health and computer science. For more information, and to apply, please visit www.kcl.ac.uk/ioppn/youth-awards. Applications are now open. **Good luck!**



Would you like to write a section for our newsletter?

We'd **LOVE** to have an area written by students.

Email reach@kcl.ac.uk to get involved!



Want to find out more about the study?

Website: www.thereachstudy.com

Email: reach@kcl.ac.uk

Twitter: [@theREACHstudy](https://twitter.com/theREACHstudy)

