



The exhausted but happy team!

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Annual Charity Event: Thames Path Challenge

In support of the fantastic work of the BigKid Foundation, on 11th and 12th August we completed the Thames Path Challenge to walk 100km in just 24 hours!

That is, 63.3 miles, the equivalent of 2.4 marathons, or 132,724 steps!

So far, we have raised £2,358.50, and there is still time to sponsor us [here](#).

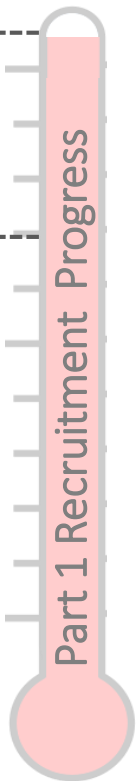
Baseline Update

We now have 12 south London schools participating in REACH! During the past school year, we have completed our baseline assessments with young people in 11 of these schools; we will complete assessments in the final school in September. We are thrilled to announce that we have already **exceeded** our initial recruitment targets!

Over 4,000 young people have completed our in-class computer-based questionnaires and over 600 have completed further one-to-one interviews and assessments. A big thank you to all the schools and young people who are now part of REACH for their wonderful support!

Running Total
4084

Initial Target:
2700



What next?

The next school year promises to be just as busy. We will complete baseline assessments with young people in our final school and we will begin the first follow up of all the young people who have taken part so far. On top of this, we will extend our one-to-one assessments using new high-tech methods (see over) and we will present some of our initial findings at international conferences (see REACH international).



REACH International

Following successful presentations at the 18th European Psychiatric Association (EPA) Conference in Gothenberg (2016), the next few months will see us presenting initial findings from REACH at conferences in Dublin (Ireland), Berlin (Germany), Groningen (Netherlands), and Melbourne (Australia).



Spotlight

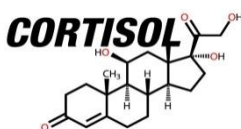
In this edition, we focus the spotlight on Stephanie Beards, Postdoctoral Research Fellow on the REACH team.

Stephanie loves yoga and practices a specific form of dynamic yoga called Ashtanga Vinyasa. She started when she was just 16 years old.



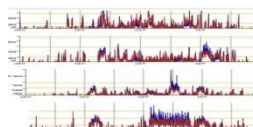
She finds yoga helps to clear her mind after a stressful day, boosts her focus and memory, and keeps her body strong and supple. This October she's excited to visit a yoga retreat in Bali, her first step in becoming a yoga teacher.

Extended one-to-one assessments



Stress hormone

Physical activity graph



Virtual reality

In an exciting new extension of REACH, we will use new technologies to assess mental health, stress, and physical activity – all with a view to better understanding why, when faced with similar challenges, some young people experience problems and others do well.

We will ask the young people who take part to do three things. First, to enter a virtual reality environment to help us assess how and why young people respond differently to the same social situations; second, to allow us to take a few strands of hair to measure the stress hormone cortisol – which gives us a measure of long-term stress; and, third, to wear a device (sort of like a Fitbit) that records how much someone moves around. We are grateful to 35 young people who have already completed these tasks as part of a pilot. It's been great so far, and we look forward to rolling it out across all our schools!



THE ROYAL SOCIETY

SUMMER SCIENCE EXHIBITION

Fun Facts:

- 14,000 + guests
- 5000 + questions asked
- 29 kilos of brain sweets
- 2,000 brain stress balls
- 1,150 people tried virtual reality

eMental Health for the iGeneration

Royal Society Success – making our mark

Thanks to two of our team (Charlotte Gayer-Anderson and Paula de Vries Albertin, pictured below), we were very fortunate to be selected to exhibit at the prestigious Royal Society Summer Science Exhibition in July. For this, we showcased the benefits of using the latest technologies to research the causes and potential treatments of mental health problems, especially among young people.



[CLICK HERE TO SEE OUR PUBLIC ENGAGEMENT VIDEO!](#)

It was a great success. Over **14,000** people, including school students, teachers, parents, MPs, and policy makers attended the REACH exhibit at the Royal Society Summer Exhibition and our exhibit was featured in lots of media, including BBC and Sky News. Over 5000 people asked us questions. Everyone who visited our exhibit had the opportunity to try out the tasks that young people complete as part of REACH, including 1150 people (aged 7-86 years) who tried out virtual reality!



#REACHOut



Research Methods In School Education

Expanding on our REACHOut work, we have developed and delivered in two schools 'RISE', an interactive workshop for sixth formers about research methods. We have taught students about different approaches to research and even encouraged them to come up with their own research ideas! This has been great fun. Let us know if you are interested .

#REACHOut feedback

"A great opportunity, which gave me an insight into the future I could have."

"Amazing!"

"I especially enjoyed the final activity, deciding which research method was best."

"I learned a lot, thankyou!"

Campus Visits @ King's College



REACH ran four jam-packed visits to our Denmark Hill campus for young people from some of our participating schools. They tried out an MRI scanner at the Neuroimaging Centre, held brains at the Brain Bank, and looked at DNA at the genetics lab.



Mental Health Awareness training

We think talking about mental health is important, and so we delivered mental health talks and discussions to over **700** young people across South London. Our training sessions discussed depression, anxiety, the links between nutrition and wellbeing, the importance of personal boundaries, and mental health stigma and discrimination. Our discussions about stigma were particularly well received, and young people were surprised to learn that celebrities such as Stormzy, Lady Gaga, David Beckham, and JK Rowling have all spoken out about their own personal experiences of mental health problems.

Want to find out more about the study?

Website: www.thereachstudy.com

Email: reach@kcl.ac.uk

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

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