



REACH

Risk, Resilience, Ethnicity, and AdolesCent Mental Health

#REACHOUT

ISSUE 8

IN
THIS
ISSUE

RECENT EVENTS
WORK EXPERIENCE
RESEARCH UPDATES

MEET THE
NEW MEMBERS
COMPETITIONS
NEWS

RECENT EVENTS

COMMUNITY
CHAMPIONS

WORKSHOPS

REACH
CHAMPIONS

WE'RE BACK!

BUT WHAT HAVE WE BEEN UP TO?...



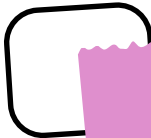
LAUNCH OF SECOND ONLINE QUESTIONNAIRE



ONLINE WORKSHOPS, COMPETITIONS, SCHOOL ASSEMBLIES



INTRODUCTION OF NEW TEAM MEMBERS INCLUDING YOUNG PEOPLE!



WANT TO KNOW ALL ABOUT OUR CHAMPIONS? HEAD TO THE NEXT PAGE!

YOUNG PERSON
COMMUNITY CHAMPIONS
AND
REACH RESEARCH
CHAMPIONS

OUR CHAMPIONS



REACH RESEARCH CHAMPIONS

We know that young people are the real experts to talk to when looking for ways to make our research interesting and engaging for young people. We've developed the exciting new REACH Research Champions role and have recruited 14 amazing young people, aged 16-18, who have taken part in REACH before. Our REACH Research Champions have joined our YPAG and continue to advise us on key research decisions and activities, but have also helped us share information with REACH participants and other young people.

[Click here to read more!](#)

Thanks

TO OUR YOUNG PEOPLE FOR ALL
OF THEIR HARD WORK SO FAR!

YOUNG PERSON COMMUNITY CHAMPIONS

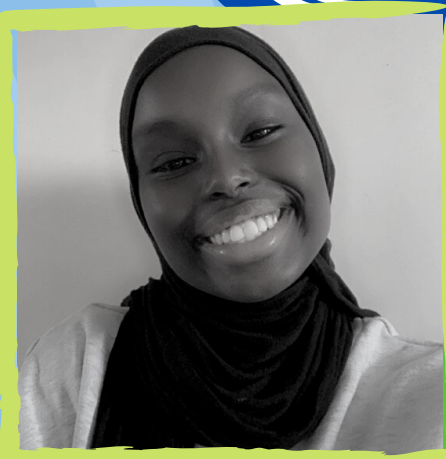
Like our REACH research champions, our Young Person Community Champions (YPCC) help us with a lot of our decision-making when it comes to what's best for our young people. Our YPCC work with us more closely on a weekly basis with social media content, blogs ([click here to read](#)), podcasts AND MUCH MORE! You can read more about them on our next page!

INTERVIEW WITH OUR YPCC

YOUNG PERSON
COMMUNITY CHAMPIONS

ADNA

Hello there! My name is Adna, and I enjoy reading romance and watching action movies. I love a good distraction from my own life every once in a while, and books are a great escape. I am in year 13, studying biology, psychology, and sociology. I think these subjects sum me up quite nicely. I feel very strongly about society and how people behave. Outside of school I used to play netball, a sport I am very fond of.



KARIMA

Hello my name is Karima and in my spare time I love to read any book by Cat Clarke and watching crime documentaries on Netflix. I have a passion for anything ABOUT psychology but especially looking at psychopaths. I am in my first year of sixth-form and I study A-level psychology, history and biology with the EPQ which I am doing on what makes a psychopath. I also hope to join debate club. My ultimate goal is to go to university to study psychology in hope to become a forensic psychologist in the future.



INTERVIEW WITH OUR YPCC

CONTINUED...

Q: WHAT ARE YOU LOOKING FORWARD TO WORKING WITH REACH?

ADNA: I want to learn how to work within a team and to 'understand what leads to better mental health and what things lead to worse mental health in young people from all backgrounds.'

KARIMA: I am especially looking forward to being a part of the team and having the opportunity to build my skill sets and even more excited to help with research.

Q: WHAT DO YOU HOPE TO BRING TO THE TEAM?

ADNA: Innovation and creativity! I think just a unique perspective when brainstorming ideas and creating content. The team is so enthusiastic and supportive, providing US with the environment to share OUR ideas.

KARIMA: I hope to bring my enthusiasm and willingness to learn alongside my bubbly personality to the team!

Q: WHY IS RESEARCH INTO YOUNG PEOPLE'S MENTAL HEALTH IMPORTANT?

ADNA: The emotional and psychological well-being of children/adolescents is just as important as their physical health. This dictates how they grow up and affects the way they interpret the world and the resilience to cope with whatever life throws at them to grow into well rounded adults.

KARIMA: Research into young peoples mental health is so important as I believe there is a stigma around young people's mental health that needs to be broken. So many young people today are faced with some kind of mental health issue and feel alone and I believe research can produce an environment where people feel like they can seek help.

Q: ANY ADVICE FOR YOUNG PEOPLE HOPING TO GAIN SIMILAR WORK EXPERIENCE IN THE PSYCHOLOGY FIELD?

ADNA: Look in areas like hospitals, clinics and community health centers. Bear in mind that there are certain restrictions as to what you can be exposed to and around what age as well. But don't give up, psychology is a broad field and can be accessed through several places and ways.

KARIMA: Don't stop looking. It's especially hard to find work experience in psychology but don't give up and believe in yourself. You're as good as anyone else applying.

OUR TEAM HAS EXPANDED!

(MEET THE TEAM MEMBERS WHO
JOINED THIS YEAR)

JADE

THE TEAM'S STUDY COORDINATOR.

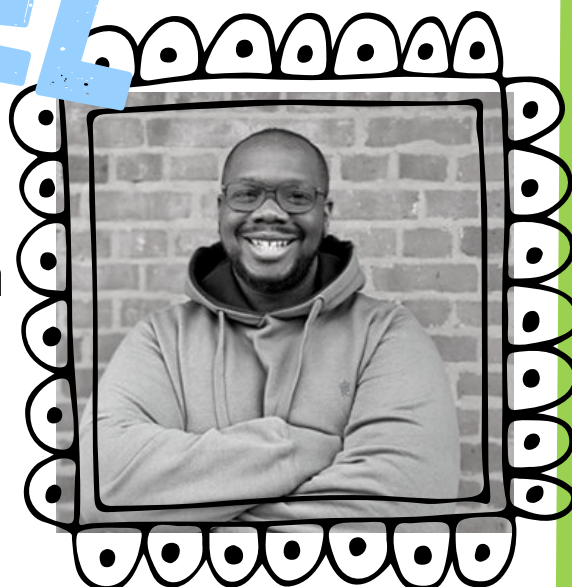
Jade's role is to make sure the project is progressing on a day-to-day basis. Jade has been working in school-based research for around five years. Jade finished her PhD at Leeds Beckett University, which looked at physical activity impacting children's academic performance. Her research interests focus on the role of physical activity on children and young people's physical and mental health.



NATHANIEL

THE TEAM'S COMMUNITY RESEARCH COORDINATOR.

Nathaniel is a proud South Londoner, having been born and raised in Brixton. With extensive experience in youth and community work through time leading youth projects and working as a BMX cycling coach, Nathaniel has engaged a diverse number of young people. Joining Kings College London and Black Thrive as a Community Research Coordinator, Nathaniel aims to bridge the gap between academia and communities in Lambeth.



CONTINUED...

EMMA

PHD STUDENT.

Emma is a PhD student, working with REACH data to explore bullying and self-harm in adolescents, alongside the role of gender and coping strategies. She's an 'oldie' from the early days of REACH's first advisory group and excited to see how far the study has progressed. She has a kitten called Petal and enjoys gym sessions and board games.



HOLLY

PHD STUDENT.

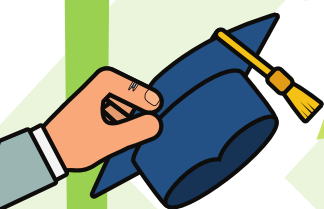
Holly is a PhD student working within the REACH project. Holly's PhD is focused on adolescent self-harm and the influence of both gender and peer-friendship networks. Holly's prior work with young people has inspired her to focus on adolescent mental health and to join the REACH team.



AND...

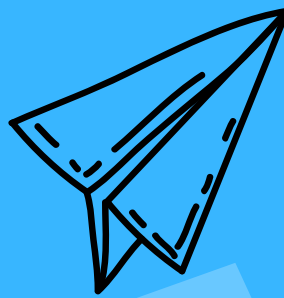
DR RACHEL BLAKEY!

Rachel has worked with the REACH study for many years and has recently been awarded her PhD! She is now working as a Research Associate at the University of Bristol, and we wish her all the very best for a wonderful career ahead!



CONGRATS

REACH UPDATES



2021 EVENTS

3RD FEBRUARY: NOW AND BEYOND FESTIVAL
Coping with Change: Tips and tools for managing stress and uncertainty
 The UK's first mental health and well-being festival for schools in response to the impact of the COVID-19 pandemic. You can learn more about Now and Beyond by [clicking here](#).

1ST- 3RD MARCH: EMERGING MINDS CONFERENCE
Youth Mental Health & Covid-19: What do we know & what should we do?
 You can find recordings, blogs from attendees and fantastic images from the young artists from Fully Focused Productions! [Click here](#) for more information.

23RD-25TH MARCH: CENTRE FOR SOCIETY AND MENTAL HEALTH CONFERENCE
Social Change, Inequality and Mental Health: Shifting the Narrative
 We focused on three key themes: Inequality and Power, Communities, and Innovation and Change. You can learn more about the conference by [clicking here](#).

**Now and
Beyond**

**Emerging
Minds**
 Action for child mental health

**Centre for
Society and
Mental Health**

A BIG

**THANK
YOU!**

ALICE T & ALICE B

WE ARE SAD TO SAY GOODBYE

to two of our fantastic Research Assistants Alice Turner and Alice Barnes. It's been a pleasure to work with them both and they will be sorely missed! The REACH team are sending them our best wishes for their next steps.





OUR FINDINGS (SO FAR...)



We know you have all been waiting patiently to find out what we have learned from The REACH Study and how our young people's valuable contributions have shaped our research. **The first REACH paper highlights** some of our findings on how common mental health problems are and was published in March this year! **To find out more and read our full paper, [click here!](#)** →

PUPILS HAD DIFFICULTIES MENTAL HEALTH

That's 1 in 5 people...

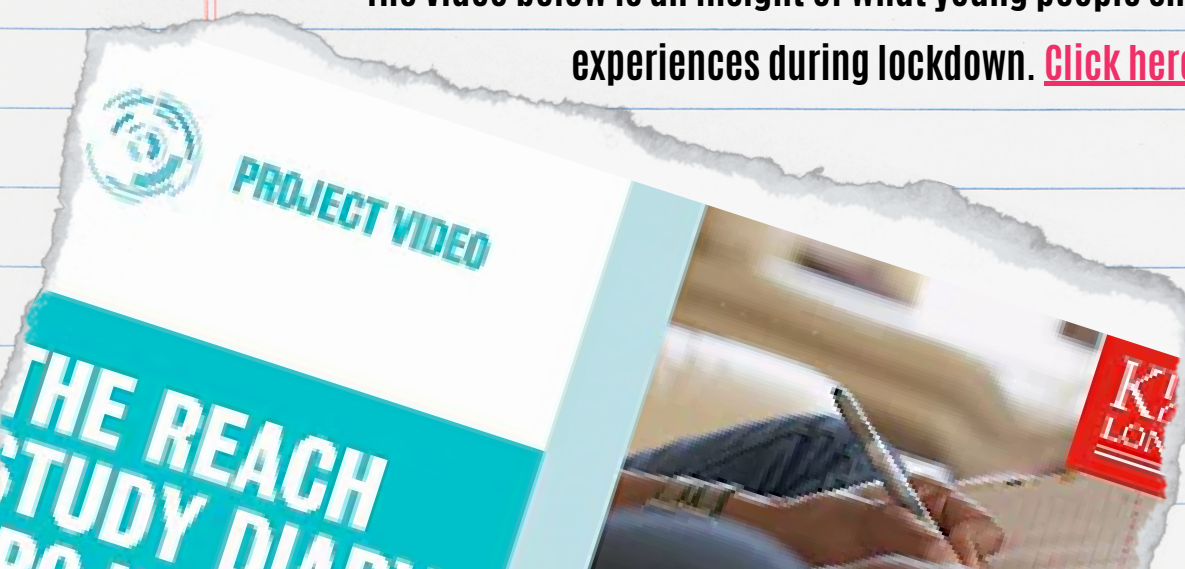


or 6 in your class of 30!



AND...

From **September 2020 to February 2021**, we asked some of our REACH participants to take part in a diary study with the aim to understand, in more depth, **the day-to-day experiences of young people during the pandemic**. The video below is an insight of what young people shared with us about their experiences during lockdown. **[Click here to watch!](#)** →



WORK EXPERIENCE

Since our updates in our last newsletter, REACH have been busy running online virtual work experience for many more young people. So far, over **300 young people** have engaged with the REACH virtual work experience programme! Whilst we have been amazed at the amount of engagement we have received, we have been even more amazed at the **hard-work of our young people on the programme and the work they have produced!** from contributing to our blog, creating presentations and producing content for our social media, our young people never fail to wow us. One of the more recent tasks, involved using reliable sources to research and find mental health facts and statistics that were of interest to them. We have included a few below. **Take a look and see if any of these statistics chosen surprise you!**

DID YOU KNOW?

1 50% of mental health problems are established by age 14 (Mental Health Foundation)

2 People with mental health difficulties are much more likely to be the victims of violence (Time to Change)

3 Children from economically disadvantaged backgrounds have been found to be 4 times as likely to have serious mental health difficulties by the age of 11 as those from more advantaged backgrounds (Centre for Mental Health)

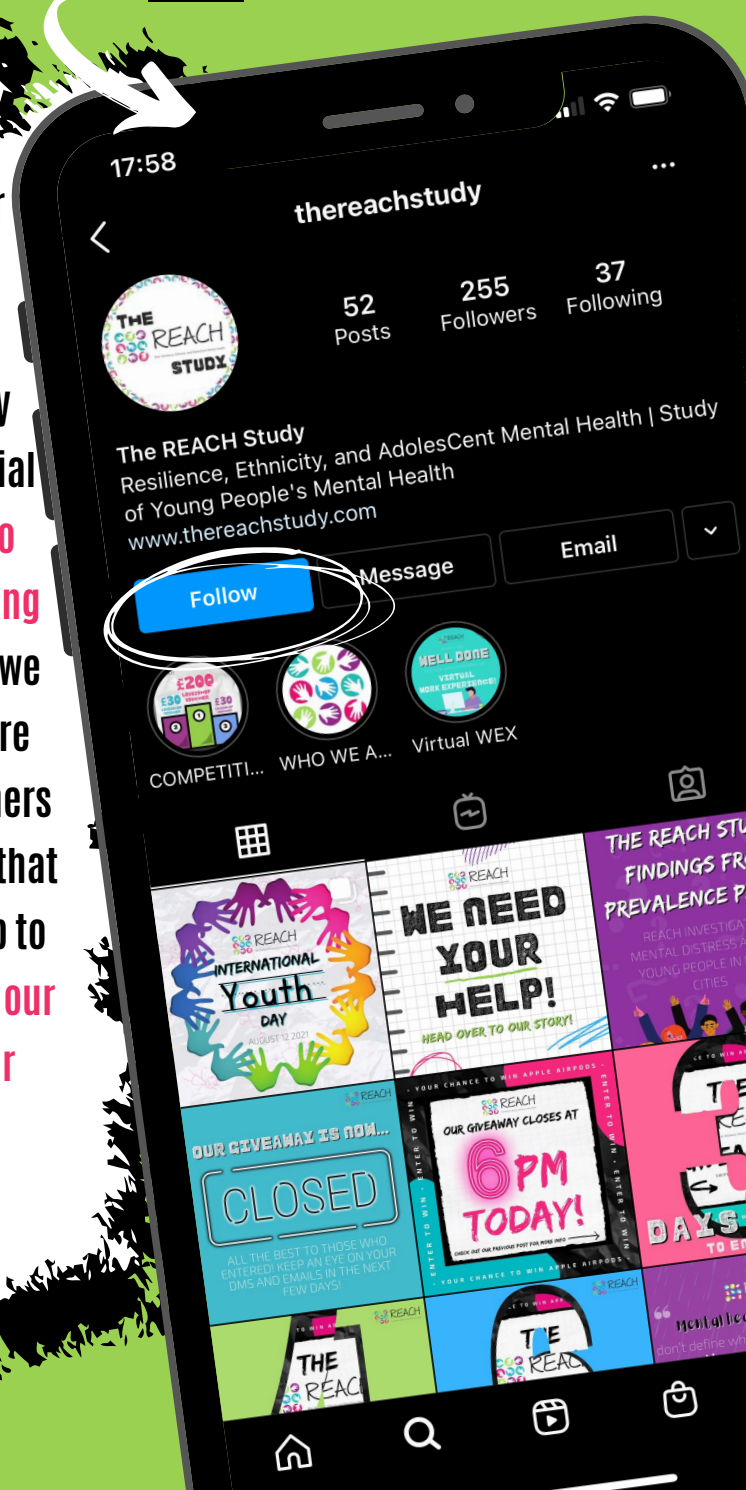
[CLICK HERE FOR MORE INFORMATION ABOUT OUR VIRTUAL WORK EXPERIENCE PROGRAMME OR TO SIGN UP!](#)

COMPETITIONS & SOCIALS

Click to follow our Instagram!

The REACH team have been very busy revamping our social media accounts, including our Instagram!

We know that young people actively use these platforms as a means of communication, especially during the COVID-19 period. We currently use our social media accounts for **dissemination of information, to share our findings and the wonderful work of our young people but also... for competitions!** Since April 2021, we have launched two online Instagram giveaways where young people have won a £200 shopping spree, vouchers and Apple AirPods. Engagement is key and we believe that doing so through our social media platforms can help to maximise involvement. **A big congratulations to all of our winners so far. keep an eye on our Instagram for our creative competition coming up soon!**



FOR YOU...



REACH
Resilience, Ethnicity, and Adolescent Mental Health

PRESENTS

FESTIVAL

#YP FEST

FOR YOUNG PEOPLE
IN COLLABORATION WITH

LOOKING AHEAD:
YOUNG PEOPLE & WELLBEING POST-COVID

27 OCTOBER 2021

Centre for Society and Mental Health

KING'S College LONDON

The poster features a blue brick wall background with a white city skyline at the bottom. A yellow silhouette of a head with a heart inside is on the left. The text is in various fonts and colors, including purple, white, and black.

FOR MORE INFORMATION, [CLICK HERE!](#)

FOR REACH UPDATES:



[@THEREACHSTUDY](#)



[@THEREACHSTUDY](#)



WWW.THEREACHSTUDY.COM

CLICK TO
FOLLOW
US!