



REACH

Risk, Resilience, Ethnicity, and AdolesCent Mental Health

#REACHOUT

ISSUE 7

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THIS
ISSUE

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RESEARCH UPDATES

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NEW MEMBERS
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REACH
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FOSS
WORLD MENTAL
HEALTH DAY

ANOTHER BUSY YEAR FOR REACH

(THOUGH NOT QUITE
THE WAY WE EXPECTED!)

PRIOR TO MARCH THIS YEAR,

THE TEAM CONTINUED THE EXCELLENT WORK OF THE PAST 5 YEARS, COLLECTING DATA FROM AND CONDUCTING ENGAGEMENT PROGRAMMES WITH YOUNG PEOPLE.

BUT...

LIKE MANY PEOPLE UP AND DOWN THE COUNTRY, WE TRADED IN THE CLASSROOM FOR THE COMPUTERS. THIS TRANSITION HAS BEEN NO SMALL TASK, BUT THE TEAM HAVE BEEN HARD AT WORK ENGAGING OUR YOUNG PEOPLE AND SCHOOLS, SETTING UP ONLINE QUESTIONNAIRES AND HOSTING VIRTUAL WORK EXPERIENCE AND WEBINARS. WE WOULD LIKE TO SAY A **MASSIVE THANK YOU** TO ALL OF OUR WONDERFUL SCHOOLS, THE STAFF AND THE STUDENTS, FOR GIVING US SO MUCH OF THEIR TIME AND MAKING SUCH IMPORTANT CONTRIBUTIONS TO OUR RESEARCH!

DIARY
STUDY LEAD

CONTINUED...

AS PART OF THIS TRANSITION TO ONLINE WORKING, REACH HAVE LAUNCHED ANOTHER WAVE OF DATA COLLECTION TO GAUGE THE MENTAL WELLBEING OF YOUNG PEOPLE IN SOUTH LONDON DURING THE PANDEMIC AND TO SEE WHAT MAY BE WORRYING THEM DURING THESE UNPRECEDENTED TIMES. IN MAY, **WE LAUNCHED A NEW QUESTIONNAIRE** ON EXPERIENCES AND DIFFICULTIES DURING THE PANDEMIC, AND EFFECTS THIS MAY HAVE HAD ON SCHOOLWORK, PERSONAL RELATIONSHIPS AND MENTAL HEALTH.

WE HAVE ALSO RECRUITED DOZENS OF YOUNG PEOPLE TO A QUALITATIVE STUDY, IN WHICH THEY SUBMIT **WEEKLY DIARY ENTRIES** DESCRIBING THEIR EXPERIENCES, THOUGHTS AND FEELINGS DURING THEIR TRANSITION BACK TO SCHOOL.

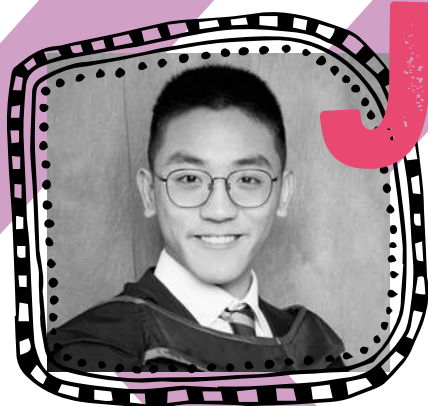
[CLICK HERE](#) FOR MORE INFORMATION!

GINA

THANK YOU EMMA!

A MASSIVE THANK YOU TO EMMA WHO WORKED AS A RESEARCH ASSISTANT FOR REACH SINCE MARCH, WORKING WITH OUR INTERVIEW DATA AND OUR VERY EXCITING VIDEO DIARY STUDY. EMMA NOW HAS AN EXCITING NEW OPPORTUNITY AS AN ASSISTANT PSYCHOLOGIST AND THE TEAM AT REACH WISH HER THE BEST OF LUCK IN HER NEW ROLE!

MEET THE NEW TEAM MEMBERS!



JO THE TEAM'S DATA SCIENTIST.

HE HAS A BACKGROUND IN PSYCHOLOGY AND MENTAL HEALTH SCIENCE, AND IS INTERESTED IN THE RECIPROCAL RELATIONSHIP BETWEEN DEPRIVATION AND MENTAL HEALTH. HIS ROLE ON THE REACH TEAM FOCUS ON DEALING WITH THE DATA, OR 'THE TECH WIZ' AS PEOPLE MIGHT REFER TO HIM! JO IS A MUSIC LOVER AND PLAYS THE KEYBOARD AND ACOUSTIC GUITAR.

THE TEAM'S RESEARCH ASSISTANT.

SHE FINISHED HER MASTERS IN PSYCHOLOGICAL RESEARCH THIS YEAR. SHE HAS A BACKGROUND IN RESEARCH METHODS AND HOW THESE CAN BE USED TO BETTER SUPPORT THE MENTAL HEALTH OF YOUNG PEOPLE. ALICE LOVES LISTENING TO MUSIC AND WATCHING SPORT.



ESTHER THE TEAM'S RESEARCH ASSISTANT.

SHE STUDIED BSC CRIMINOLOGY AND MSC FORENSIC MENTAL HEALTH. SHE WAS A YOUTH WORKER, RUNNING SESSIONS WITH YOUTH FROM DIFFERENT BACKGROUNDS AND WITH DIFFERENT NEEDS. ESTHER PRODUCES HER OWN RESEARCH PROJECTS IN VIDEO FORM ([CLICK HERE](#) TO WATCH HER PROJECTS ON INSTAGRAM!) AND IS A LOVER OF ALL THINGS MUSIC.

OCTOBER UPDATES

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ON THE 10TH OF OCTOBER EACH YEAR, WORLD MENTAL HEALTH DAY IS RECOGNISED INTERNATIONALLY FOR GLOBAL MENTAL HEALTH EDUCATION, PROMOTING MENTAL HEALTH AWARENESS AND CHALLENGING SOCIAL STIGMA. FIRST CELEBRATED IN 1992, THIS YEAR'S WORLD MENTAL HEALTH DAY WAS THEMED 'MENTAL HEALTH FOR ALL'.

THIS THEME IS PARTICULARLY FITTING AS THIS YEAR HAS BEEN VERY TOUGH FOR US ALL; LOCKDOWN, LOSS ALONGSIDE UNCERTAINTY WITHIN SCHOOL AND WORK, HAVING A HUGE IMPACT ON US ALL. THEREFORE, PRIORITISING YOUR MENTAL HEALTH AND WELLBEING HAS NEVER BEEN AS IMPORTANT AS IT IS TODAY!

WORLD MENTAL

HEALTH DAY

OCTOBER UPDATES

2020

BLACK HISTORY MONTH WAS FIRST CELEBRATED IN THE UK IN 1987 AND NOW MANY ARE ABLE TO SHARE AND UNDERSTAND THE SIGNIFICANT IMPACT OF BLACK HERITAGE AND CULTURE. OVER THE YEARS, THE CALL FOR BLACK HISTORY TO BE INCLUDED IN THE SCHOOL CURRICULUM HAS BECOME EVEN GREATER; ALSO EXTENDING TO MENTAL HEALTH RESEARCH.

BLACK PIONEERS IN MENTAL HEALTH



**SOLOMON CARTER FULLER
(1872-1953)**

CONTRIBUTED TO THE STUDY OF ALZHEIMER'S DISEASE
AND DISCOVERED THE TRAITS

BLACK PIONEERS CONTINUED...



**INEZ BEVERLY PROSSER
(1897– 1934)**

FIRST BLACK WOMAN TO RECEIVE
PHD IN PSYCHOLOGY

**JOSEPH L WHITE
(1932–PRESENT)**

HELPED FOUND THE ASSOCIATION OF BLACK
PSYCHOLOGISTS



**'OWNING UP TO YOUR
VULNERABILITIES IS A FORM
OF STRENGTH.'** -LIZZO



**ALTHA STEWART
(PRESENT)**

FIRST BLACK PRESIDENT OF THE AMERICAN
PSYCHIATRIC ASSOCIATION

OCTOBER UPDATES

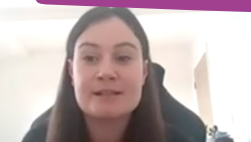
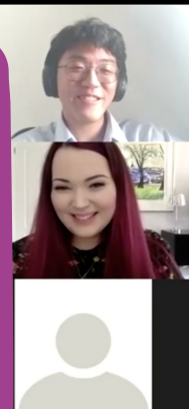
2020

FESTIVAL OF SOCIAL SCIENCE

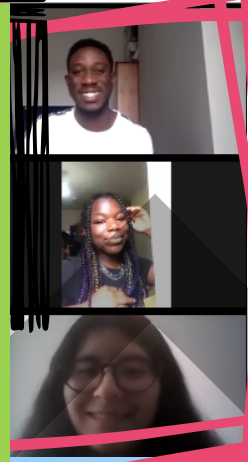
ON SATURDAY 7TH NOVEMBER, WE HELD AN ONLINE WEBINAR AS PART OF THE ECONOMIC AND SOCIAL RESEARCH COUNCIL'S FESTIVAL OF SOCIAL SCIENCES 2020. HOSTED BY TEAM MEMBERS ALICE, LYNSEY AND JO AND COPRODUCED BY OUR YOUNG PEOPLE'S ADVISORY GROUP (YPAG), THE WEBINAR COVERED AN OUTLINE OF OUR RESEARCH AND INITIAL FINDINGS SO FAR AS WELL AS A PREVIEW OF WHAT WE WILL BE DOING NEXT. THE TEAM GAVE AN EXCITING INSIGHT INTO OUR EARLY FINDINGS ON THE GENERAL MENTAL WELLBEING OF YOUNG PEOPLE DURING THE PANDEMIC ALONG WITH THEIR MAIN WORRIES AND CONCERNS.

#FOSS

SOME OF OUR AMAZING YOUNG PEOPLE ALSO NARRATED VIDEOS HIGHLIGHTING FACTORS CONTRIBUTING TO MENTAL HEALTH, AS WELL AS DISCUSSING THE MANY PUBLIC ENGAGEMENT EVENTS RUN BY REACH. [CLICK HERE](#) TO WATCH OUR EVENT!

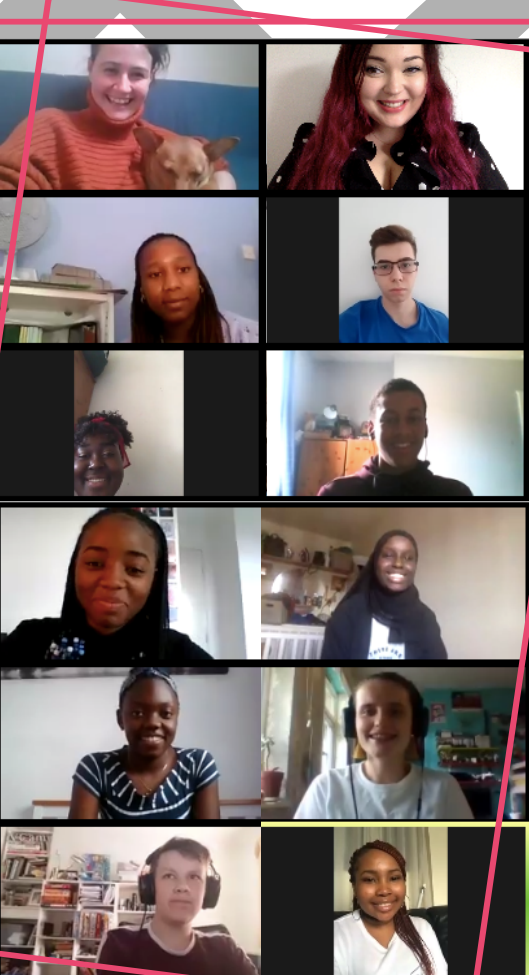


WORK EXPERIENCE



AS STATED IN OUR BLOG ([CLICK HERE TO READ](#)), THE REACH TEAM HAVE CONTINUED TO OFFER THE CHANCE FOR YOUNG PEOPLE TO REALLY GET INVOLVED IN CONTRIBUTING THROUGH WORK EXPERIENCE OPPORTUNITIES. WITH THE HELP OF IDEAS FROM THE YOUNG PERSON'S ADVISORY GROUP, THE REACH TEAM WAS ABLE TO DEVELOP AN ONLINE WORK EXPERIENCE PROGRAMME, ENABLING STUDENTS TO GAIN A DEEPER UNDERSTANDING OF MENTAL HEALTH RESEARCH AND RESEARCH METHODS.

WHEN ASKED ABOUT THE EXPERIENCES OF WORKING WITH REACH, WE WERE DELIGHTED TO RECEIVE MANY POSITIVE RESPONSES, ESPECIALLY WHEN CONCERNING THE INCLUSIVITY AND DIVERSITY OF INDIVIDUALS WITHIN THE PROGRAMME. THIS FEEDBACK WAS VERY ENCOURAGING TO HEAR, AS THE REACH TEAM STRIVES ON CREATING A POSITIVE ENVIRONMENT FOR ALL YOUNG PEOPLE, DESPITE PREVIOUS QUALIFICATIONS, KNOWLEDGE, AGE OR EXPERIENCE! FOR MORE INFORMATION AND AN INSIGHT INTO SOME OF THE EXPERIENCES YOUNG PEOPLE HAVE HAD WHILST WORKING WITH REACH, WATCH OUT FOR OUR VIDEO POSTED ON OUR WEBSITE VERY SOON!



DECEMBER 2020

#REACHOUTNEWSLETTER

NEW

REACH CHAMPIONS

WOULD YOU LIKE TO
WORK WITH US AND BE TRAINED
IN RESEARCH SKILLS?

YOU COULD GET PAID TO BE
A PART OF OUR TEAM!

COULD YOU BE A
REACH CHAMPION?

- ✓ 16-18 YEARS OLD
- ✓ TAKEN PART IN REACH BEFORE
- ✓ INTERESTED IN YOUNG
PEOPLE'S MENTAL HEALTH
- ✓ CAN COMMIT 5 HOURS
PER YEAR

FOR MORE
INFORMATION
AND HOW TO APPLY,
CLICK HERE!



REACH

Resilience, Ethnicity, and Adolescent Mental Health

COMPETITIONS

KING'S COLLEGE LONDON PRESENTS

THEATRE PECKHAM **KING'S COLLEGE LONDON**

THIS IS THE YEAR: POETRY AND SPOKEN WORD COMPETITION

PART OF THE DYSTOPIA NOW! SERIES, EXPLORING YOUR EXPERIENCES OF COVID-19

WRITE A POEM ABOUT COVID-19 AND YOUR LIFE IN LOCKDOWN

16 NOVEMBER - 18 DECEMBER 2020

HELP RESEARCHERS AND POLICY MAKERS UNDERSTAND HOW TO IMPROVE PANDEMIC LIFE FOR YOUNG PEOPLE

WIN A LAPTOP AND OTHER PRIZES

TO TAKE PART VISIT:
www.utopianow.co.uk/poetry

OPEN TO YOUNG PEOPLE 11-16



KING'S COLLEGE LONDON PRESENTS

DYSTOPIA NOW! FILM CHALLENGE

PART OF THE DYSTOPIA NOW! SERIES, EXPLORING YOUR EXPERIENCES OF COVID-19

PICK UP YOUR PHONE CAMERAS AND HELP CREATE A SHORT DOCUMENTARY: 'LIFE IN A DAY OF CORONA'.

JOIN THE CHALLENGE ON SATURDAY 5TH DECEMBER 2020 AND WIN PRIZES

HELP RESEARCHERS AND POLICY MAKERS UNDERSTAND HOW TO IMPROVE PANDEMIC LIFE FOR YOUNG PEOPLE

WIN A LAPTOP, A VIDEO MIC OR A PHONE TRIPOD

TO TAKE PART VISIT:
www.utopianow.co.uk/film

OPEN TO YOUNG PEOPLE 16-19




KING'S COLLEGE LONDON PRESENTS

DYSTOPIA NOW!

A SERIES OF FREE ONLINE ACTIVITIES EXPLORING YOUR EXPERIENCES OF COVID-19

WORKSHOPS

19 November, 4pm - 7pm @ Grove Adventure Playground and High Trees
'Dream Lockdown' Minecraft Workshop (ages 7 - 16)

30 November, 5pm - 6:30pm @ Theatre Peckham
'This is the Year' Poetry & Spoken Word Workshop with Belinda Zawil (ages 11 - 16)

COMPETITIONS

16 November - 18 December
'This is the Year' Poetry & Spoken Word Competition (ages 11-16)

20 November - 20 December
'Dream Lockdown' Minecraft Competition (ages 7 - 16)

5 December
'Day in a Life of Corona' Film Challenge (ages 16-19)

PRIZES INCLUDE A LAPTOP WORTH £600 FOR COMPETITION WINNERS!

FOR MORE INFORMATION:
WWW.UTOPIANOW.CO.UK/DYSTOPIA



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

FOR REACH UPDATES:



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