

# #REACHOUT

REACH's progress so far this academic year.

## PROJECT UPDATE

School

The team has gone back into

10/12 schools.

PART 1

OVER  
2400

students have completed questionnaires

numerous  
weightlifting staff - those tablets are heavy!

PART 2

OVER  
350

students have been interviewed.

PART 3

Over  
30

students have given hair samples & taken part in our virtual reality task.

### In this issue...

- Project Update
- Community involvement.
- Events
- Staff Spotlight and more...

Welcome to the 4th edition of the REACH Study Newsletter. We have just finished our second term this year at schools and this issue highlights some of the great work everyone has achieved so far. REACH is excited to welcome two new additions to the team; **Dan Stanyon** and **Monica Slusarczyk**. We sadly said goodbye to **Stephanie Beards**, and wish her the best of luck in her new role, her new team is lucky to have her! A big thank you to the school staff and students who kindly give up their time to contribute to the project.



@TheREACHStudy

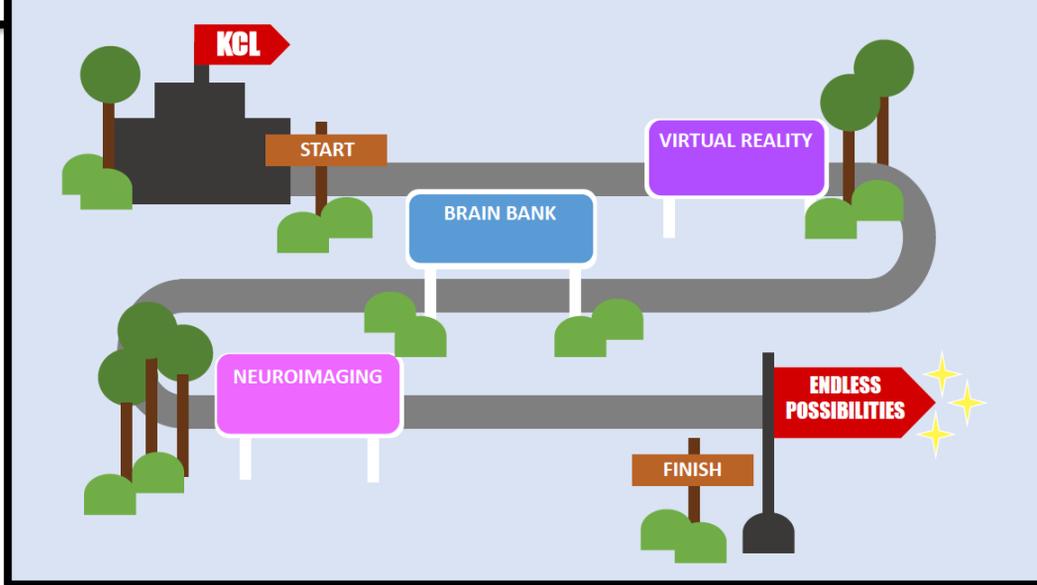


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www.thereachstudy.com

Community engagement is a core part of the team's work. **Sam Davis**, who coordinates our campus tours, recently arranged a tour for a group of Year 7, 8, 9 and 10 students from one of our participating schools. These take place at the Institute of Psychiatry, Psychology and Neuroscience (IoPPN) situated in Denmark Hill.



# Reaching out in the community.

*"It was very enjoyable and interactive"*

- student feedback from a campus tour



Sam also organises stands at careers fairs for secondary school students. These aim to introduce students to opportunities in higher education and potential career pathways in health and psychology. A range of professionals from Kings College helped at our most recent careers fair at a south London school. Students received the opportunity to take part in mock interviews, get application advice, and ask questions regarding higher education at Kings.

## Interested in 1:1 EMOTIONAL SUPPORT for your students?

REACH facilitates clinical placements for our participating schools. These place a postgraduate student from Kings College London with a secondary school, to work with the existing pastoral provision in the school support. This may include providing individual support in a befriending or mentoring capacity. The placement student is expected to have regular supervision from a counselling/mental health professional in the school. This is a great opportunity for secondary school pupils to receive extra individual support! For more information, please email us at [reach@kcl.ac.uk](mailto:reach@kcl.ac.uk)

### STEM Networking event

**Gemma, Sam, and Kristi** recently participated in a STEM event organised by a local school. The Science, Technology, Engineering, and Maths event aimed to encourage secondary students to consider careers in these fields. Students networked with a range of professionals, asking them questions about their career journeys. Check out those grins below; the team survived a grilling from enthusiastic pupils!



### New Workshops!

**Dan Stanyon** has thrown himself enthusiastically into his new role, which involves delivering assemblies to secondary school students. Assembly topics so far have included: how to manage exam stress and a whole school introduction to mental health. We will now be delivering more interactive workshops for students around managing exam stress. For more information, please email us at [reach@kcl.ac.uk](mailto:reach@kcl.ac.uk).



# EVENTS



## Mental Health Question Time: Mental Health in Schools

We were fortunate to be invited to contribute to a panel discussion at University College London, hosted by the Mental Elf. The event focused on the priorities for addressing mental health in schools, and was especially important for REACH, considering the school based nature of the project.

Gemma Knowles did an amazing job representing the REACH team. The discussion raised key questions about how best to support schools in implementing mental health

interventions for students. The issue of the mental health of staff was also raised, particularly important in light of the increasing pressures staff face.

Watch the panel discussion [here](#) and add to the discussion on Twitter using the hashtag #MHQT.

Read further about the Government's plans for mental health in schools, set out in a [recent green paper](#). Want a quick read? Access a short version of the green paper [here](#).

# Congratulations Rachel!

Kings College recently held a 3 minute thesis (3MT) competition for PhD students in the Health Service and Population Research Department. The aim of the competition was for students to briefly explain their research ideas to the audience in 3 minutes. We are pleased to announce that our very own Rachel Blakey won first place! Rachel has started her PhD and will be using data from the REACH project.

## Fundraising

REACH are keen to continue efforts to raise money for the Big Kid Foundation. We haven't yet decided on fundraising event, and would love to hear any ideas! Tweet us at @TheREACHStudy.

CONFERENCE ADVENTURES

Nov 2015 – 3<sup>rd</sup> International Youth Mental Health Conference, Montreal, Canada

Sept 2017 – 4<sup>th</sup> International Youth Mental Health Conference, Dublin, Ireland

Nov 2016 – 15<sup>th</sup> ESRC Festival of Social Science, Birmingham, UK

Nov 2016 – 18<sup>th</sup> EPA Section Meeting in Epidemiology and Social Psychiatry, Gothenburg, Sweden

Oct 2017 – 16<sup>th</sup> Congress of the International Federation of Psychiatric Epidemiology



# REACH

The REACH team has been fortunate enough to attend and present at conferences around the world. We hope that the knowledge gained and shared at these conferences will further inform our work to improve adolescent mental health.

# SPOTLIGHT

**GEMMA  
KNOWLES**

Coordinating a project the size of REACH is no mean feat, and our Research Coordinator Gemma is fantastic! Gemma is equally active outside of work and enjoys playing indoor hockey and hiking. She is also learning to write and speak Arabic. Travelling is an interest; most recently she visited Palestine, Madrid, Canada, and Brazil, and will be adding to the list this year!

## RESOURCES

### Child in Mind Podcast

Want to learn more about mental health difficulties in children? The Child in Mind podcast, developed by the Anna Freud Centre is a great way to learn more about the mental health difficulties that affect children and their management.



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## FEEDBACK!

Recently attended an assembly, campus tour or careers fair? Have any thoughts about this newsletter? Your feedback is extremely important to the project and we welcome feedback on any aspect of REACH. Please email us at [reach@kcl.ac.uk](mailto:reach@kcl.ac.uk).

## GAIN VALUABLE EXPERIENCE!

Interested in a career in research, or want to gain some valuable work experience? Come and volunteer with us! REACH is an extremely busy project and has plenty of voluntary opportunities for people to get involved. For more information email us at [reach@kcl.ac.uk](mailto:reach@kcl.ac.uk).

## NEW WEBSITE COMING SOON. . .

We will be revamping our website in the coming months, to provide more up to date content and a user friendly design. Please let us know if there are any suggestions on what the website should feature.



[@TheREACHStudy](https://twitter.com/TheREACHStudy)



[reach@kcl.ac.uk](mailto:reach@kcl.ac.uk)



[www.thereachstudy.com](http://www.thereachstudy.com)