

“The Youth PPI Café - a framework for the meaningful involvement of young people in mental health research” will begin shortly



Our next webinars

International PPI Network: Cochrane Learning Live webinar series

Thursday 28 September 2023, 15:00 UTC

Research priority setting with patients and the public

Beccy Maeso, Executive Lead, James Lind Alliance (JLA)

Dr Zelalem Mengistu, Associate professor of Obstetrics, Gynaecology and Urogynecology, University of Gondar, Ethiopia

Wednesday, 11 October 2023, 14:00 UTC

Shared learning: How to apply PPI in multinational and multi-group research

Mogens Horder, Professor at the Unit for Patient Perspective in Health Care and Research, Dept of Public Health, University of Southern Denmark

Alexandra Alvez-Rodrigues, Invited Researcher, Dept of Public Health, University of Southern Denmark



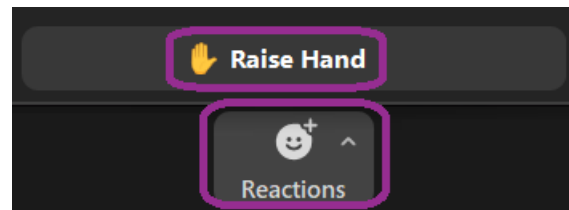
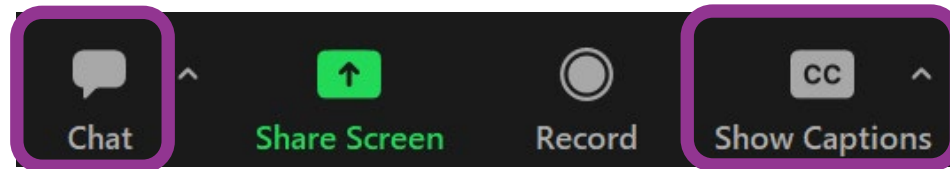
INTERNATIONAL PPI NETWORK WEBINAR PROGRAMME

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Zoom

- Your microphone will be muted to prevent background noise
- To turn subtitles on or off, click on **“Show/Hide Captions”**
- To ask a written question, click on **“Chat”** to open the chat box
- To ask a verbal question, click on **“reactions”** then **“raise hand”**
- Session will be recorded and shared afterwards



Polls





The Youth PPI Café

A framework for the meaningful involvement of young people in mental health research

Dr Sam Robertson, Abi Thomson and Julia Hickson

International PPI Network
Webinar 1st August 2023



'You can't win anything with kids'
Alan Hanson (Liverpool and Scotland), 1995 (Match of the Day)



Manchester United Class of 1992

Why?



Needing to offer young people a voice in research



Zenos Frudakis
'Freedom' 2011

Our story



Define

Dec 2019 - April 2020

Define



◆ Youth Advisory Board

Established a community of young people passionate about prioritising youth involvement.

To direct the discussions, we chose 4 main topic areas of interest, which were split across 2 discussions.

Explored engagement, communication and barriers to involvement in research.

Preliminary Discussions

♦ What did we learn?

Everything discussed in these preliminary meetings went towards planning, and setting up the Youth PPI Cafe.

It informed our approach to engagement, outreach and the sessions themselves.

- ✓ Collaboration and Co-production
- ✓ The World we Live In
- ✓ Incentives for Engagement
- ✓ Safeguarding
- ✓ Communication

ARE YOU AGED 16-22?
ARE YOU INTERESTED IN MENTAL HEALTH RESEARCH?

JOIN IN THE CONVERSATION

AND CONNECT WITH OTHER YOUNG PEOPLE

Join us on
19th May 2020, 2pm-3pm
Follow the link below to sign up

bit.ly/SignUpYPPI



Contact: involvement@research@sussexpartnership.nhs.uk

“ Before you begin, I want to say thank you for your interest!
Please know that any information you provide now, or share during the discussions, is completely confidential

Continue press Enter ↵

1→ Firstly, what is your full name? *

Type your answer here...




Youth Involvement in Mental Health Research

Join in the Conversation




v2.0
June 2020



Welcome

Welcome! Thank you so much for your interest in the Youth PPI Café, and for joining in the conversation. This space was created for **young people, by young people**, and we're so glad to have you on board.

We wanted to use this opportunity to tell you a bit about the project, and to introduce ourselves. We hope it can be useful and answer any questions you may have.

Meet the Team



Hi! My name is Abi Thomson, and I work as a Healthcare Assistant, and as an Intern in Research and Development. I spend most of my free time doing yoga and playing guitar. I am so excited to be involved in the Youth PPI Café, and can't wait to meet you all.

Our story



Define

Dec 2019 - April 2020



Develop

May 2020 - January 2022

Develop



◆ Building a Team

2 co-facilitators working within the department

16-18 years old - 8 young people

◆ The Research

Initially, we explored research from a wide range of sources

Since narrowed our focus, as led by the group

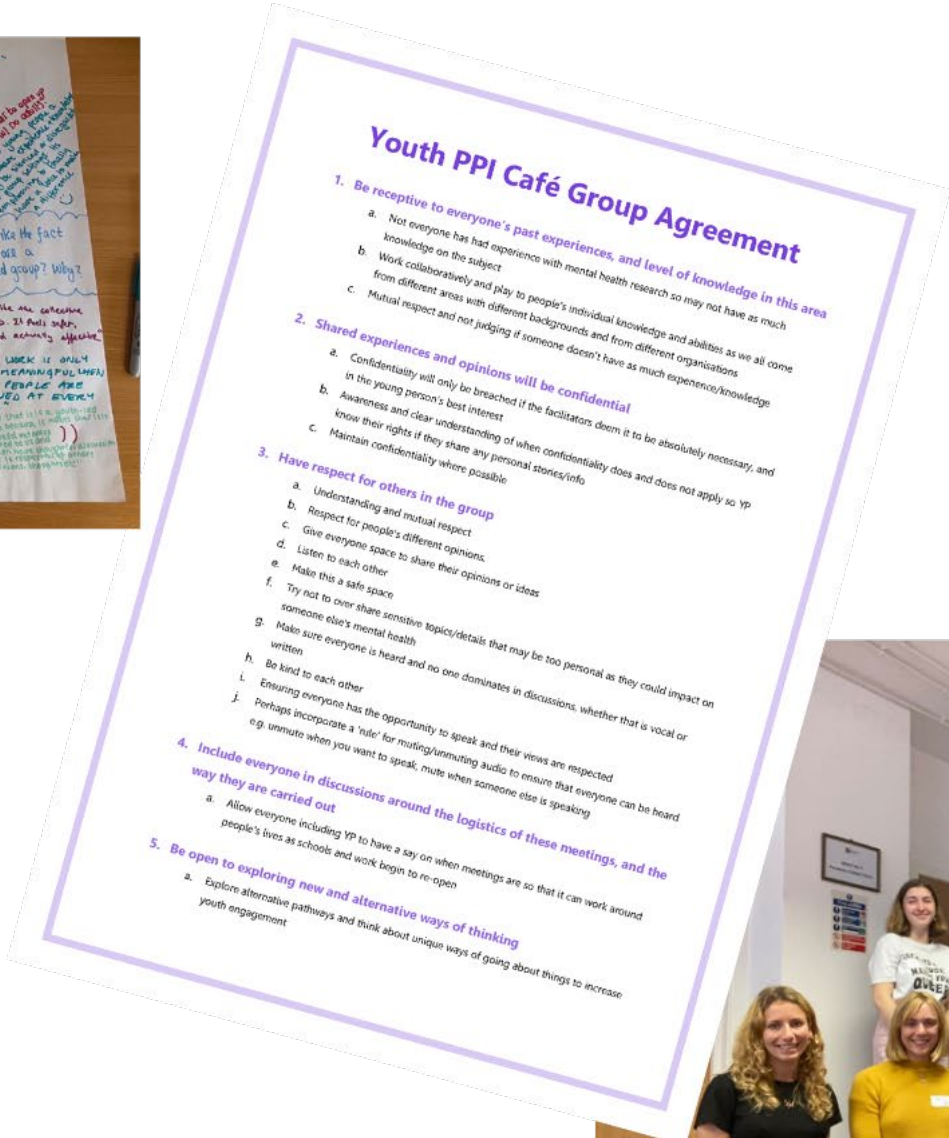
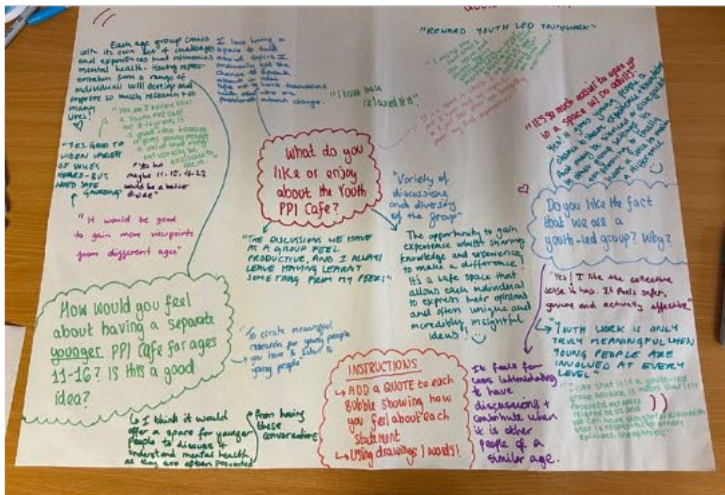
◆ Adapting

Launching in lockdown

Develop

The project began to take shape, our membership grew, and more young people became involved in research

- 8 young people (16-18) -> 80+ young people (16-24)
- New opportunities within research
- New opportunities for young members within the team
- Inductions and peer mentoring
- Finding solutions - Researcher Agreement



SESSION DATE: 14th July 2021

Background

The Youth Patient and Public Involvement (PPI) Café is a collaborative peer-based network, where those aged 16-22, with lived experience, can come to learn about, and be involved in research that impacts them. This space is entirely youth-led and gives young people the opportunity to tell clinicians, and researchers alike, about the issues that are important to them, using their unique lived experience.

It is an opportunity for young people to discuss research questions, explore resources and use their unique experience to guide researchers who are carrying out research centred around children and young people. We aim to improve youth involvement in research, by involving young services users from conceptualisation to dissemination.

The Researcher Agreement

We're so delighted to have the opportunity to explore your research in this space. Our younger service users are keen, and are eager to share their experiences, and engage with research and services, in a safe, and mutually respectful environment.

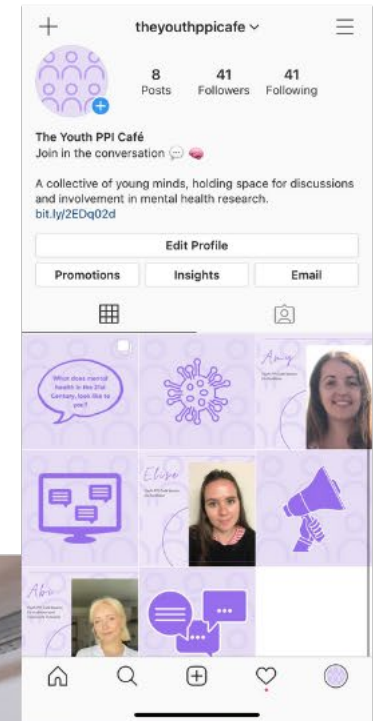
We therefore ask that all researchers, or professionals bringing their project to the Youth PPI Café, to respect the following agreement.

Parties

This agreement is entered into on _____ (The "Effective Date") by and between _____ (The "Researcher") and **Abigail Thomson**, Lead Co-ordinator of the Youth PPI Café (The "Co-ordinator"), who acts on behalf of all young people involved in the session.

Before the Session

- o The Researcher hereby agrees to share a short summary of their project, and the topics they hope to explore, with the Co-ordinator, prior to the session date. This should be sent at least 2 weeks in advance of the session date.
- o The Co-ordinator hereby agrees to share this summary with the members of The Youth PPI Café before the session, to allow the young people attending, the time to prepare.





Define

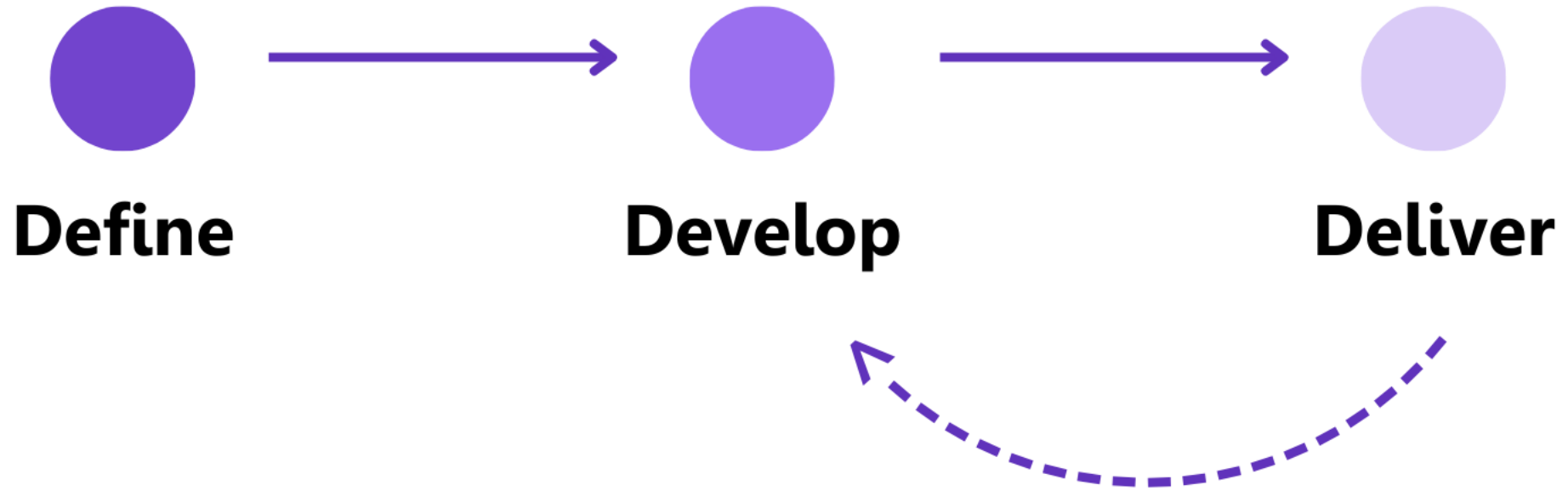
Dec 2019 - April 2020

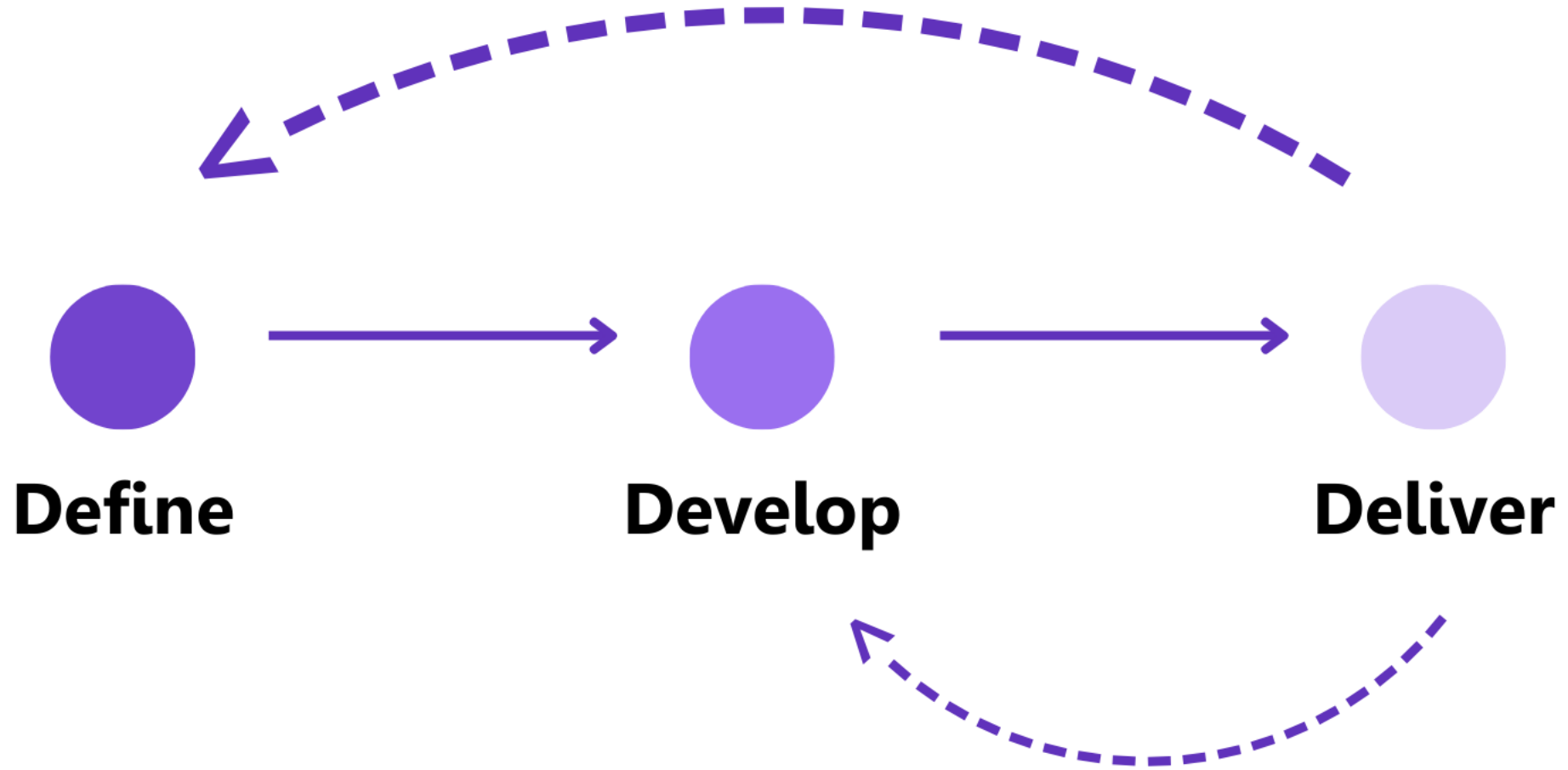
Develop

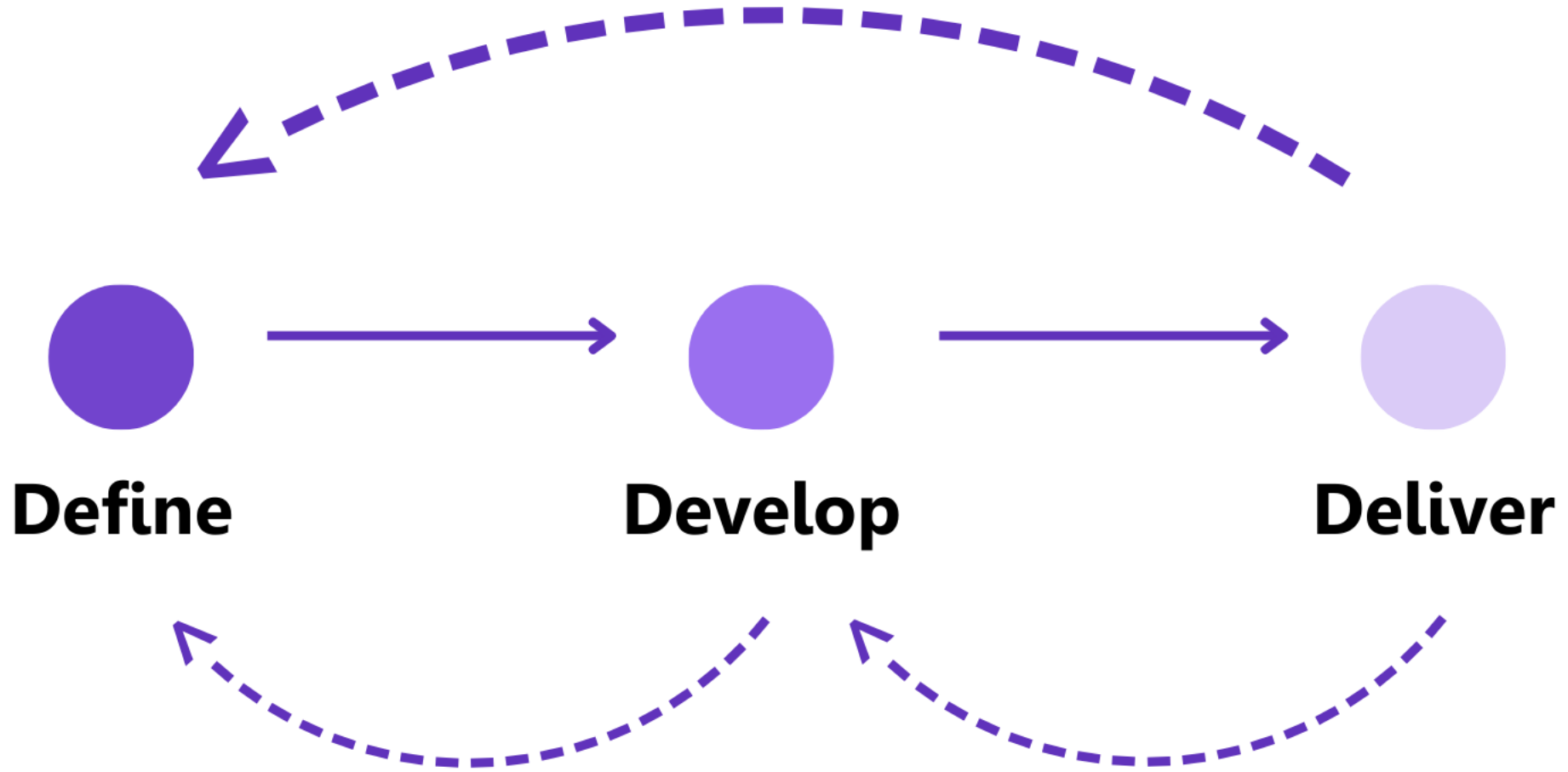
May 2020 - January 2022

Deliver

January 2022 - Present







Deliver: The group now!

100+



12



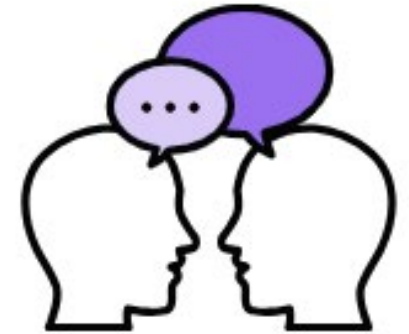
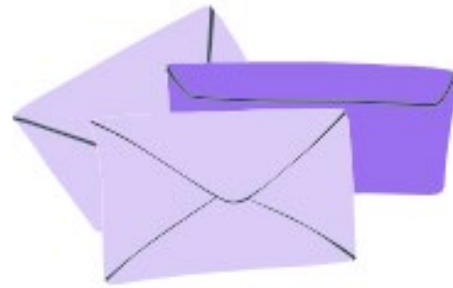
8-10



£17

Deliver: Methods of youth involvement

YP
Communication



YP
Output



Deliver: Session Structure

5:40	Session warm-up
5:55	Session break
6:00	Research session start
7:00	Session cool-down
7:10	End of session!

Impact: On YP

I always leave having learnt something from my peers.

I love having a space to talk about these topics

I love how relaxed this space is.

The café has greatly provided a place for us to develop both socially and professionally.

Impact: On YP



The opportunity to gain experience whilst sharing knowledge and experience to make a difference! It's a safe space that allows each individual to express their opinions and often unique and incredibly insightful ideas!

Impact: On researchers

I'm unbelievably grateful to you all for all your work on this. I've written so many drafts and sent them to so many different researchers and clinicians, and by far this is the best feedback I've had on it so thanks.

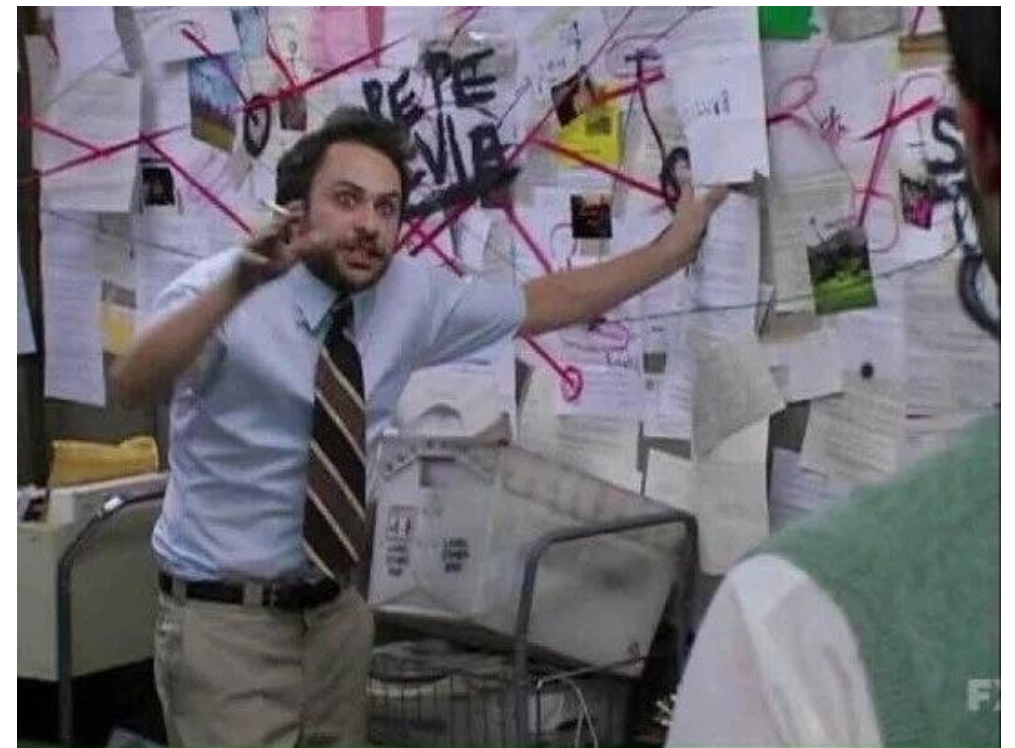
The young people were incredibly thoughtful in relation to my project, and I can tell that they have a lot of empathy and compassion for others who may be involved in research.

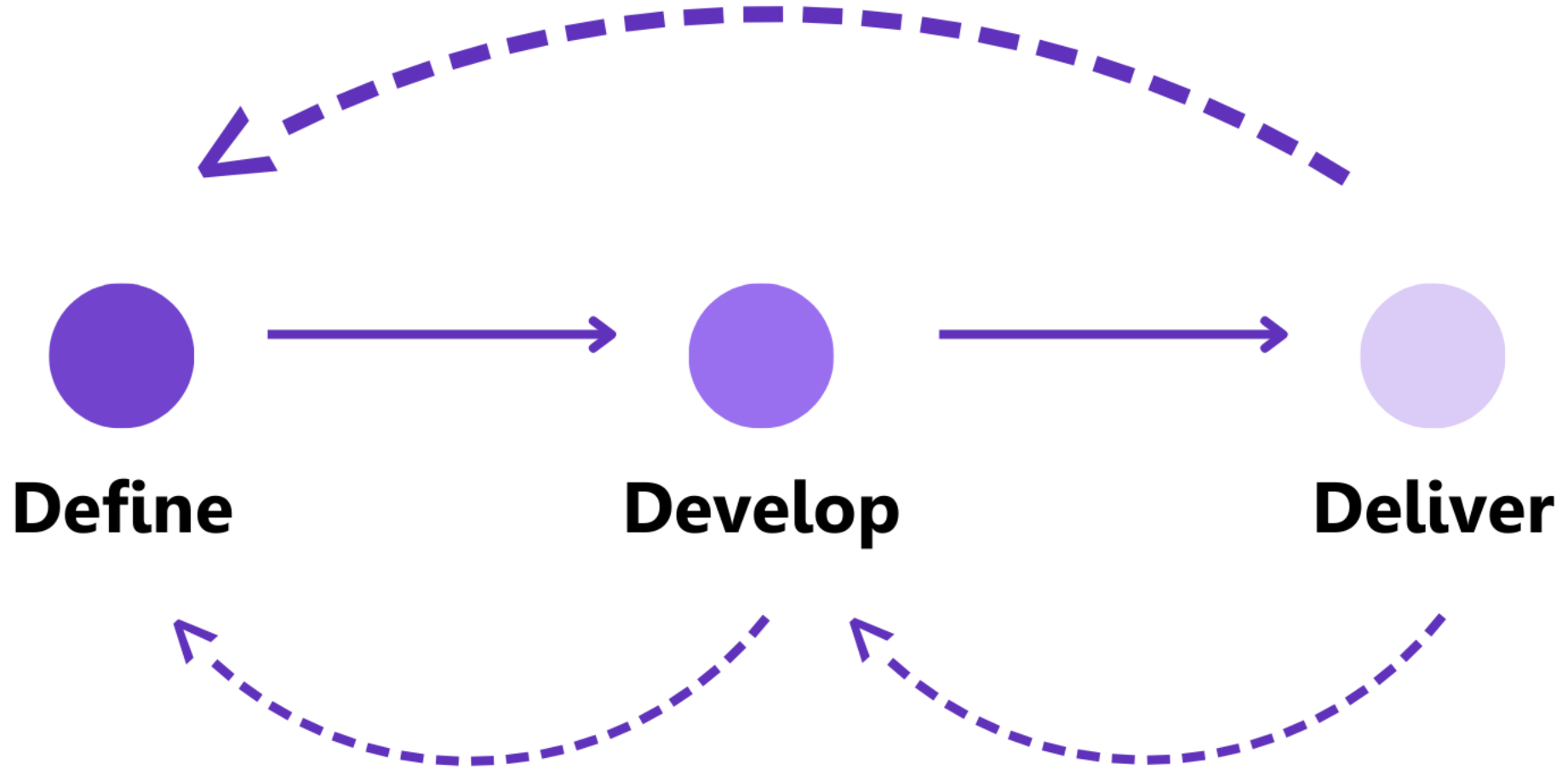
Impact: On facilitators

After joining the café in May 2020, I was invited to join the staff team in May 2021, supporting Abi with project developments and new activities. I've facilitated inductions and events for the café, which has helped me to gain experience in youth participation and has provided me with confidence when it comes to public speaking.

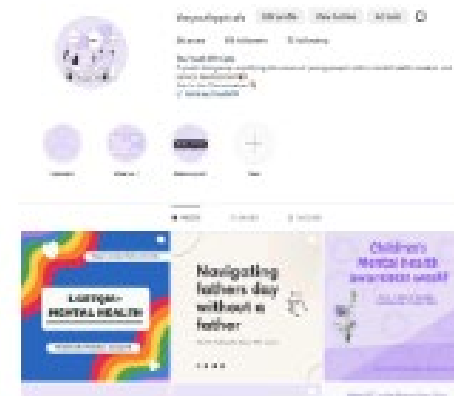
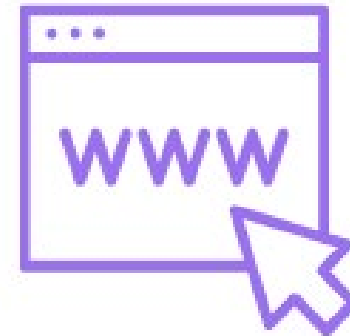
Both Abi, and a recent facilitator are now undertaking level 8 University courses.

Iteration

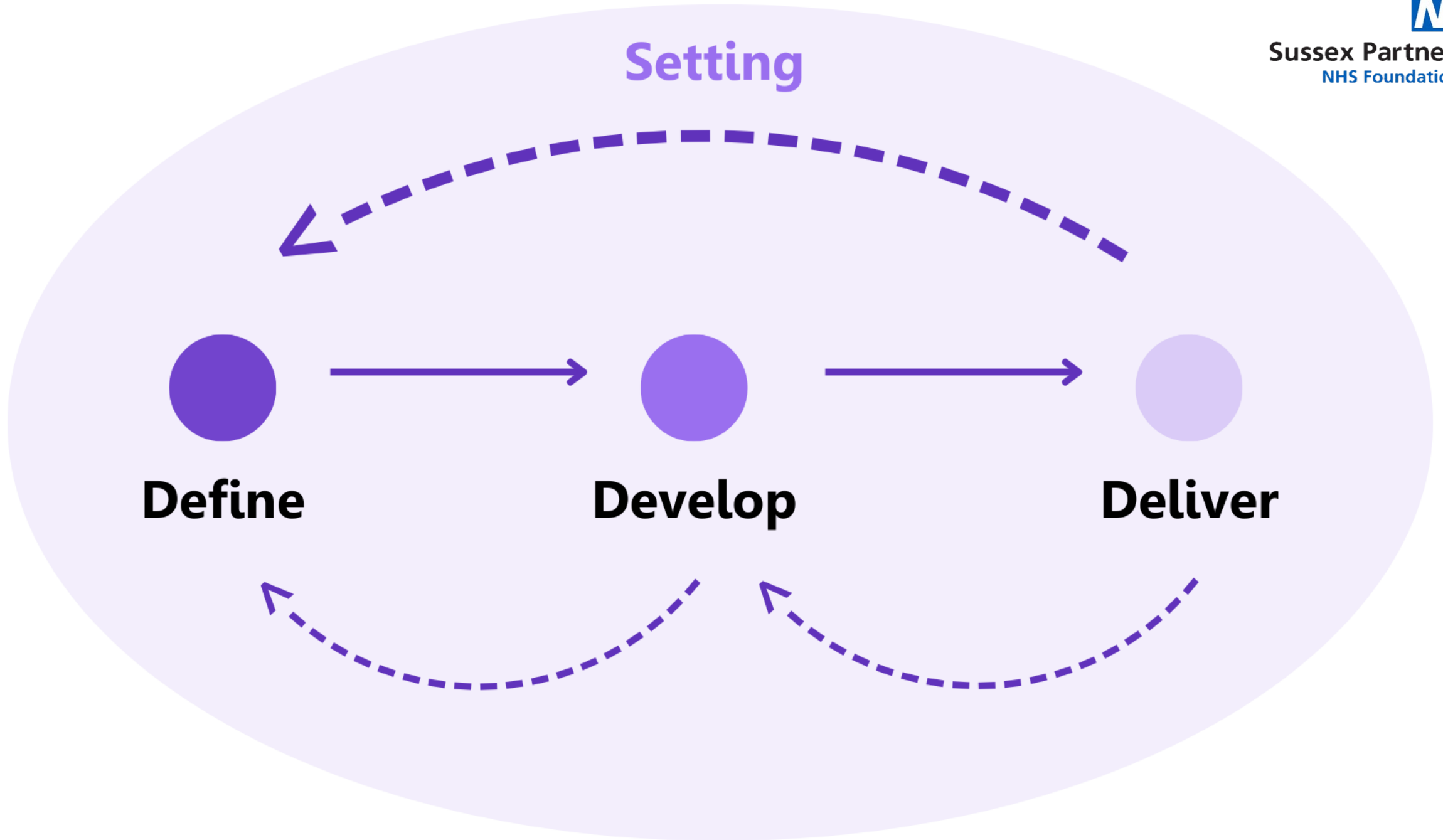




Deliver: Café development



Setting



Define

Develop

Deliver

Setting

Over-arching environment



Light touch leadership

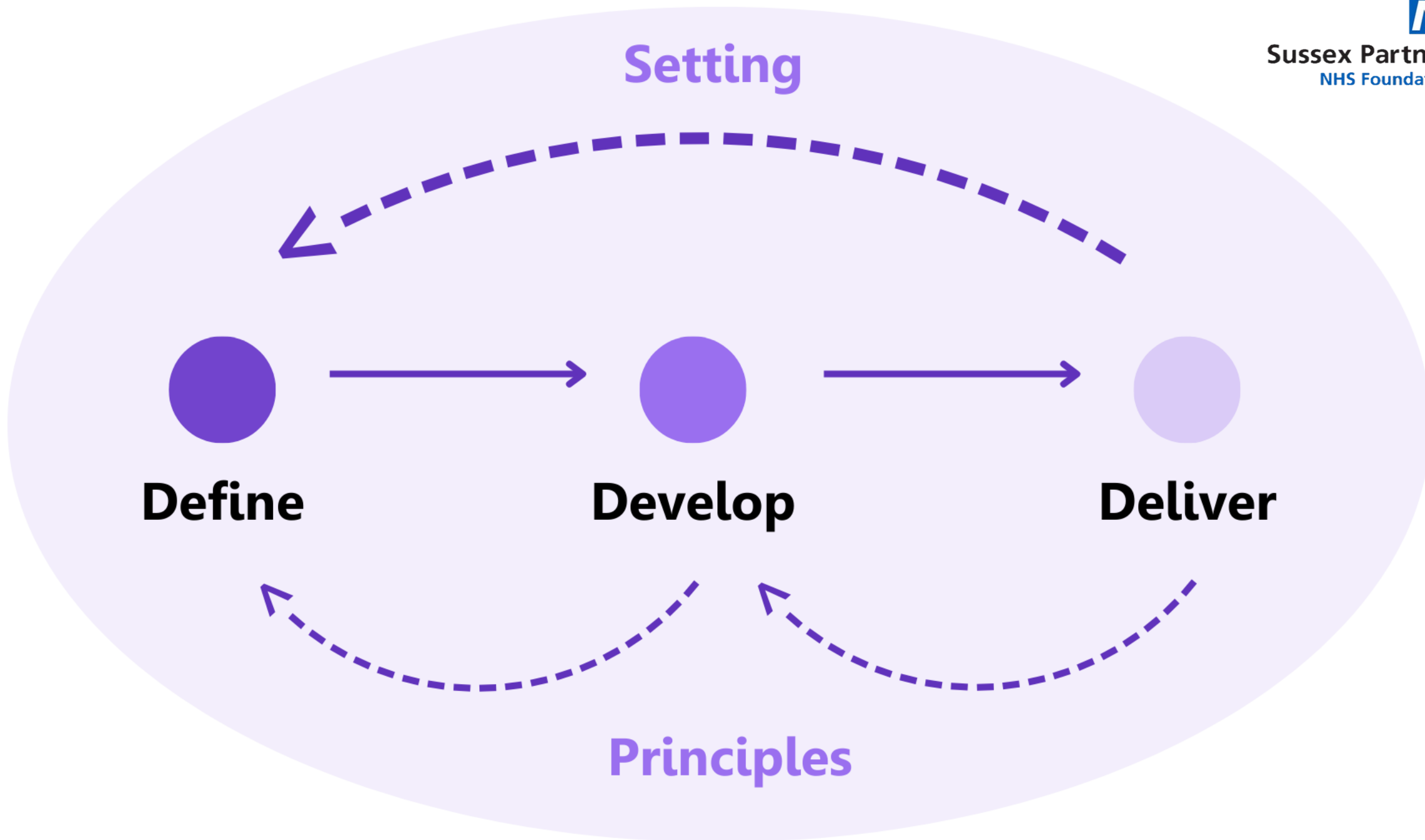


Setting – Balancing Act



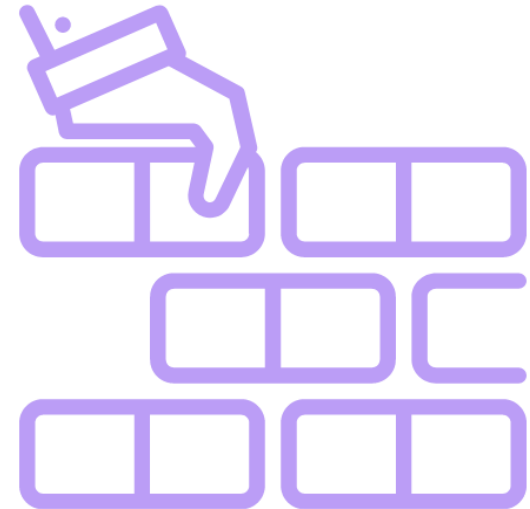
Managing expectations





Principles

- By young people, for young people
- Reciprocity
- Community of peers
- Continued collaboration with researchers
- Young people as individuals



Applying this approach in other settings



JOIN IN THE CONVERSATION WITH

AMPLIFY

A MEANINGFUL PEER-LED INVOLVEMENT NETWORK FOR YOUNG PEOPLE

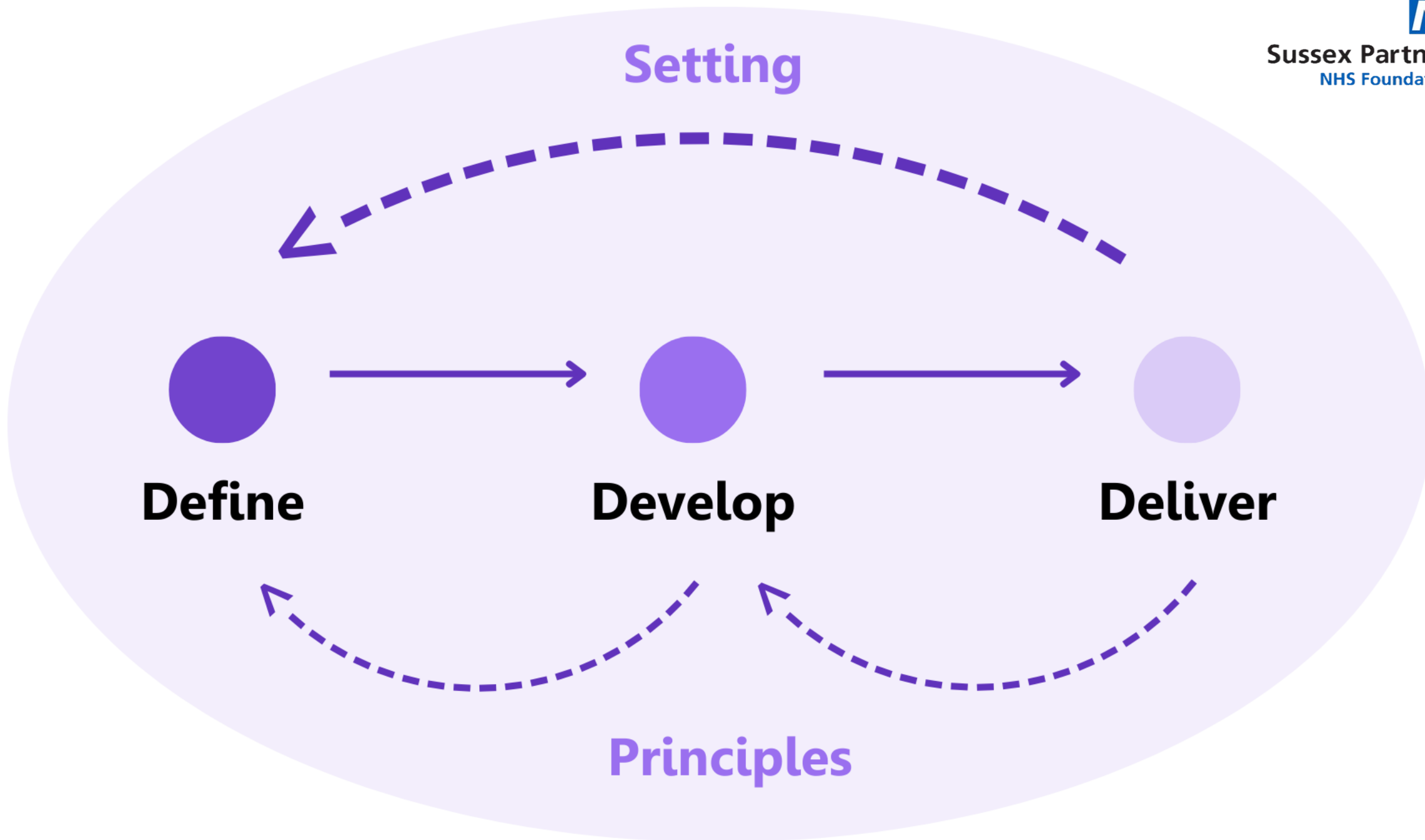


Next steps



Next steps: 11-15 Youth Cafe







Thank you!



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Q & A



Thank you



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