“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

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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
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/SignUpYPP
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
Youth PPI Café

SESSION DATE: 14th July 2021

Background

The Youth Patient and Public Involvement (PPI) Café is a collaborative peer-based network, where young people can come together and share their ideas, experiences, and insights. It is an opportunity for young people to discuss, reflect, and explore research and services. The café offers a safe and supportive environment for young people to share their ideas and experiences about the issues that are important to them, using their unique lived experience.

It is an opportunity for young people to ask questions, explore research and services, and have their voices heard. The PPI Café is a space where young people can learn from one another, as well as from researchers, by involving young service users from conception 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 we want to share their experiences, and engage with research and services, in a safe and inclusive 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 behalf of the "Youth PPI café" and of the "Youth PPI café".

Before the Session

- The Researcher agrees to share a short summary of their project, and the topics they hope to explore, with the Co-ordinators, prior to the session date. This should be sent at least 2 weeks in advance of the session date.
- The Co-ordinators agree 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.

2. Be open to exploring new and alternative ways of thinking

- Younger service users and their views about ways of doing things in different ways.

3. Have respect for others in the group

- A space where everyone feels respected, valued, and heard.
- A space where everyone can share their ideas and experiences, without judgment.
- A space where everyone can learn from one another.

4. Include everyone in discussion around the logistics of these meetings, and the way they are carried out

- All members of the group, including PPI Café members, will be invited to contribute to discussions.
Define  
Dec 2019 - April 2020

Develop  
May 2020 - January 2022

Deliver  
January 2022 - Present
Deliver: The group now!

100+
8-10
£17
Deliver: Methods of youth involvement

YP Communication

YP Output
Deliver: Session Structure

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:40</td>
<td>Session warm-up</td>
</tr>
<tr>
<td>5:55</td>
<td>Session break</td>
</tr>
<tr>
<td>6:00</td>
<td>Research session start</td>
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<tr>
<td>7:00</td>
<td>Session cool-down</td>
</tr>
<tr>
<td>7:10</td>
<td>End of session!</td>
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</tbody>
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Impact: On YP

I always leave having learnt something from my peers.

I love having a space to talk about these topics.

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

I love how relaxed this space is.
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!
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

What actually happens

How people sometimes think things get done...

Finished product
Deliver: Café development
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
Next steps
Next steps: 11-15 Youth Cafe
Thank you!

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Q &A
Thank you

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