



# COMIC<sup>®</sup>

Child Oriented Mental Health Innovation Collaborative

Newsletter!

Autumn 23'

## Young Peoples Advisory network!

Join our YPAN!

COMIC is still recruiting for the COMIC Young People's Advisory Network! Over the next months we are focusing on involving young carers and their experiences with mental health.

To have your say in mental health research get in touch!

Sign up individually  
and join our online  
sessions  
or  
Join as part of your  
youth group!

Everyone's  
welcome!

With 8 groups now part of our  
network there are loads of ways to  
get involved!

Find out how you can get involved  
now: [agnes.wood2@nhs.net](mailto:agnes.wood2@nhs.net)





We asked our young people to tell us about their experience's with COMIC and what they thought about the YPAN. Here's what they had to say:

“

I've worked with COMIC over the last 2 summers and have helped them out with various tasks, such as making posters and literature reviews. There has always been something for me to do and I've developed lots of transferable skills. In addition, everyone on the team has been so welcoming to me from the start and I have always felt included and valued. Overall, I really enjoy being a part of COMIC and I believe that the research they conduct is really valuable.

”

“

The COMIC Young People's Advisory Network will provide a voice to, and improve the connection between, different groups. It is important that the Advisory Network is influenced by the people who it is designed to help, such as the young people and their parents or carers.

The idea of the COMIC Young People's Advisory Network has long term sustainability. By working this young people, it will give an insight into their changing needs as a way of providing effective help.

This allows the network to remain modern which is essential when dealing with modern, ever-changing issues that young people face.

”



**We also spoke to the professionals working directly with the young people within the COMIC YPAN. Here's what they had to say:**

“ It has been really rewarding working with COMIC over the last few months. Every group session where Agnes from COMIC has attended has been creative and engaging and our young people have consistently fed back about how much they've enjoyed their involvement with the network. It has also opened up opportunities for our young people to attend research conferences, something which may otherwise have felt inaccessible to them. ”

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# Recent events!

This June, COMIC and the LIMHRN hosted the first **Participatory Methods for Mental Health Research with Children and Young People: sharing methods and directions** event.

With over 50 attendees and more on the wait list, we had a fantastic day sharing experiences and new ways of working with young people



Because of its popularity we will be hosting the same event on the 9th of November!

Sign up [here](#):



## Participatory Methods for Mental Health Research with Children and Young People: sharing methods and directions

Following the success of our previous event, COMIC and the LIMHRN invite you to our **SECOND** event on participatory methods in mental health research with children and young people.

**Young people and children welcome**, limited space for under 10s.

**Free to attend.**

**Where:** York Centre for Voluntary Services 15 Priory Street York YO1 6ET

**When:** Thursday 9th November, 9:30-17:00

Do you work in mental health research with children and young people?

Have you taken part in research as a participant?

To attend, contact [agnes.wood2@nhs.net](mailto:agnes.wood2@nhs.net) or sign up [here](#)

**Posters encouraged!**

Lunch and refreshments provided!

- Learn about new, **innovative** ways to effectively **co-produce** research with **young people**
- Discuss **participatory research methods**.
- **Network** and discuss future **collaborations**.





## Study Updates

### Safety Nets

The Safety Nets Stage 2 application has now been submitted.

Following feedback from our grant application we have run multiple patient involvement sessions with over 100 young people to make adjustments to our recent submission. Thank you to all of those who took part in our focus groups. Your contributions were incredible and we can't wait to see you all again soon.

### RISH survey:

The questionnaire into restricted intake is now going to be completely redesigned and will start with a questionnaire directed towards clinicians to generate some of the answers needed before moving to a more open questionnaire or interview which has less closed-choice questions and allows the person to tell their story.

### VOICES:

We are currently developing a new research idea to investigate the best ways to involve non-speaking autistic children into research. If you have any lived experience or want to get involved, please contact:  
[sophie.schumann@nhs.net](mailto:sophie.schumann@nhs.net)

THANK  
YOU  
😊



# Extra opportunities!

## Would you like to get involved in research? Children's mental health/wellbeing and 'Forest Schools'

We are a group of clinicians, teachers, parents and academics looking to conduct research to better understand the mental health and wellbeing benefits of taking part in outdoor nature based activities such as forest schools within primary school settings

### Who can attend?

- We are looking for 10 Parents/Guardians of primary age children

### What is involved?

- You will be provided with a £10 Love2shop voucher for attending an online workshop. This will involve:
  - an introduction to our research topic
  - an opportunity to ask any questions
  - an opportunity to share your views on our research based on your lived experience



### Further details:

- Limited places available
- Online session: MS Teams
- Monday 2<sup>nd</sup> October 4:30-5:30pm
- For more information, get in touch via: [Hannah.armitt@nhs.net](mailto:Hannah.armitt@nhs.net)

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