



# COMIC<sup>®</sup>

Child Oriented Mental Health Innovation Collaborative

## Newsletter!

## Winter 24'

Everyone's welcome!

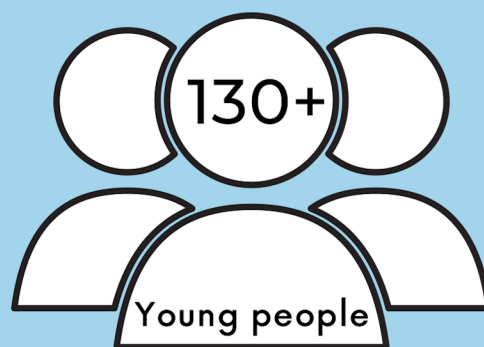
### Young Peoples Advisory network!

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  
or  
Join as part of your  
youth group!



Young people

9

youth and  
community groups  
across yorkshire

2 research  
ready Schools

3 in set-up





# NEW YEAR SAME US, BUT JUST A LITTLE BIT BETTER

The past year has seen us start and complete new and exciting projects that have dealt with innovative ways to combat different aspects of child mental health. We are celebrating these exciting studies by showcasing them where we can at different events, and by still developing existing studies. We have built and expanded the Young Persons Advisory Network to have a total of 9 consistent groups who are actively involved with all of our research from initial ideas to publication.

## THREE STUDIES WERE RAN IN THE PAST YEAR

Co-production is a huge part of what we do at COMIC and seeing the active influence our YPAN has had truly is a testament to you and how you have helped shape mental health research to where it can be.

OF THE  
STUDIES  
WE RAN  
LAST YEAR  
TWO WERE  
CO -  
PRODUCED  
WITH CYP

In the past year we have run some fantastic PPI events where individuals from health practices and community groups or even the YPAN have come together to share ideas and opinions on projects. This is a true testament to the network we have built, the strength shown by our connections who are passionate about innovative child mental health.





We recently evaluated the YPAN and where we would like it to be - we came up with the following aims:

Overarching aim: Delivery high quality ppi and co-produce research

Ensure inclusive and diverse representation of CYP in the network.



Create financially viable and sustainable network.



Embed ongoing engagement involvement of young people in our research.



To achieve these goals, the COMIC team are developing a new strategy to improve the way in which young people have a say in our research.

We want to hear from you about your experiences working with COMIC!

# Recent events!

## Participatory methods Event York

COMIC and The LIMHRN hosted our 2nd PPI methodology event at the York Centre for Voluntary Services. It was a fantastic day packed full of presentations and activities exploring ways to improve research and collaborate with young people.

Our speakers included:

- **ChilyPep** - Barriers to MH services and transitions
- **Hannah Armitt** - PPI with CYP & online gaming.
- **Arwa Katab** - Interview methods with young children, aged 4-5
- **Kara Gray Burrows** - Using creative methods to hear the "children's voice" in PPI and research
- **Agnes Wood** - COMIC Young People's Advisory Network



Interested in getting involved?

Get in touch!

Jamie.telford1@nhs.net





# Study Updates

## VOICES

VOICES is a study working on finding the best ways to get non-speaking autistic children involved in research. We are currently in talks with some community groups to begin this! If you are interested in getting involved, contact [sophie.schumann@nhs.net](mailto:sophie.schumann@nhs.net)

## EDIP

We are currently looking at how we can reduce rates of admission to mental health units for eating disorders - phase 1 is nearing completion and we will be looking to run some PPI sessions soon! If you are interested in finding out more, contact [agnes.wood2@nhs.net](mailto:agnes.wood2@nhs.net)

## I-SOCIALISE

The I-SOCIALISE research study assessed the efficacy, cost-effectiveness, and acceptability of Play Brick Therapy (previously known as LEGO® based therapy) for autistic children in mainstream school environments. The full report on the this study was recently published by its funder, Public Health Research, and is available to read [here](#). A shorter paper detailing the study methods and results was published in Autism and is available to read [here](#).

The study team also created a short animated video to explain the results. This is available [here](#). The video was translated into Arabic, available [here](#), and Urdu, available [here](#).

For any questions, contact Ellen Kingsley ([e.kingsley@nhs.net](mailto:e.kingsley@nhs.net)).

THANK  
YOU  
😊

# WELCOME TO OUR NEW TEAM MEMBERS!



## **Jamie - Patient and Public Engagement Ambassador**

Hello! I'm the new PPI lead here in the COMIC team working to help co-produce our studies. I have a background in psychology studying here in York with specific interests in developmental language disorders, mental wellbeing in schools and co-production research methods.

I previously worked as a research assistant at York St John University on bullying in schools and its mental health impacts whilst developing co-produced interventions.

In my spare time I love to care for my house plants (currently working with 23 plant babies) and going on hikes, I'm currently attempting to do all of the Wainwrights!



## **Sophie- Research Assistant**

Hello! I recently joined LYPFT as a research assistant in the COMIC team where I am currently working on the DIVERT project. I completed my BSc Psychology at Newcastle University and my MSc in Developmental and Educational Psychology at UCL. I've worked as an Assistant Psychologist in a CAMHS Therapies Team, SEMH Intake Team and autism assessment service. I am interested in the relationship between neurodiversity and mental health, with particular interest about co-production principles.

In my spare time I like to stay active, I am currently training for the Sheffield Half Marathon and Tough Mudder. I also enjoy travelling and I am hoping to visit Istanbul and New York this year!

