Oxford Health BRC EDI project – widening involvement of YP in mental health research

Research and consultations with YP, researchers, collaborators: Oct 2019 – Aug 2020
Aim: Initial theoretical desk research and consultations to inform an inclusive capacity building approach to widen involvement of young people in research. This aimed to capture insights into what young people feel is important to consider to ensure young people's involvement is diverse and meaningful.

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How young people were involved…

◎ NeurOX YPAG pre-work and on-line session in April (29 young people) to explore digital approaches to widening involvement of young people in research – brainstorm session
◎ NeurOX YPAG on-line workshop held in June (22 young people) to further explore digital approaches to widen involvement of YP in research – workshop
◎ Guest session with a researcher and young people from the National Children's Bureau (NCB)

Young people explored the following questions in groups…

How could involving more diverse young people affect ethics of co-production in research?
What is important in deciding which young people to involve in research?
How should a diverse group of people be involved?
How is involvement meaningful to young people?
How could a digital approach increase diversity of young people in mental health research?

A summary of their discussion…
http://oxfordhealthbrc.nihr.ac.uk/wp-content/uploads/2020/10/NeurOX-YPAG-June-2020-meeting_diversity.pdf

Additional consultations…
◎ Researcher and YPAG member presented and discussed a draft strategy with:
  o OU Experimental psychology group
  o Oxford Brookes Children and Young People's Health Research Network
  o Oxford Health Foundation Trust CAMHS Participatory Experience Lead
  o Oxfordshire third sector groups: Oxfordshire Youth, Discovery College

Outputs… considering inclusivity and digital involvement with young people
◎ Resources to guide researchers on how to meaningfully involve young people in their research and enhance accessibility of the research while using digital involvement for young people:
  o Young people's podcasts: what's important to young people and how to run digital sessions
  o Guidance on running a digital meeting
  o Digital safeguarding protocol (for local adaptation)
  o Animation (in development)
  o https://oxfordhealthbrc.nihr.ac.uk/patient-and-public-involvement/young-peoples-involvement/
  o Researcher and YPAG member co-authored the following book Chapter.
    Rosemary Musesengwa, Vanessa Bennett, Kiran Manku, Biggy Dziro, Sapfo Lignou,

Kudzai Kanyere, Peter Lewis, *COVID-19 and Co-production in Health and Social Care Research, Policy and Practice Volume 2: Co-production Methods and Working Together at a Distance.* In: *COVID-19 and Co-production in Health and Social Care Research, Policy and Practice.* Edited by: Oli Williams, Doreen Tembo, Josephine Ocloo, Meerat Kaur, Gary Hickey, Michelle Farr, Peter Beresford. (Open Access) https://policy.bristoluniversitypress.co.uk/covid-19-and-coproduction-in-health-and-social-care-1

Outcomes…
◎ Development of the *NeurOX YPAG EDI widening involvement strategy*.
◎ Supported set up of additional 2 Oxford YPAGs through resources and consultations: 2020-2021
   o Co-RAY YPAGs (University of Oxford/ Experimental Psychology): https://emergingminds.org.uk/co-ray-project/
   o Wellcome Global Mental Health Databank UK YPAG (University of Oxford/Department of Psychiatry) https://www.psych.ox.ac.uk/research/wellcome-global-mental-health-databank

NeurOX YPAG EDI widening involvement strategy and implementation: 2021 – 2022
Following consultations and digital experience working on research projects, and through collaborations over the past year, a proposed capacity building model is designed to respond to an EDI strategy through focussing on three core principles: Accessibility, Sustainability, and Trust and Transparency.

The capacity building approach intrinsically addresses each of the NIHR UK Standards for Public Involvement. The implementation plan is to be reviewed by groups of young people.

Strategic aims:
1. Building knowledge and empower young people to amplify their voices in research offering social accountability
2. Widening 'inclusion' within mental health YPAGs to offer researchers the perspectives from a broader population of young people, and/or those most relevant to their research
3. Developing a collaborative capacity building approach to mental health-focussed YPAGs that is responsive to researchers' and young people's needs
4. Improving the researcher experience and attitudes towards PPI to facilitate broader YPAG involvement
5. Recognising the value and utilise the expertise of third-sector organisations to enhance accessibility and expand inclusion of YP

Objectives of the implementation plan:
◎ Determine mechanisms needed to involve more young people in collaborative research, including: communication, governance, training and support to amplify youth voice.
◎ Demonstrate benefits and opportunities to young people, researchers, and collaborators from inclusive, meaningful involvement.
◎ Benefit researchers through offering researcher and young people's insights into effective working with young people.
◎ Expand the number of young people involved and capable of contributing to mental health research through a focus on accessibility via collaboration, support and learning.
◎ Produce a schema/work flow and continuous assessment protocol that is responsive, YP-focused and YP-friendly and supports researchers to incorporate good involvement practices.
◎ Co-design robust methodological approaches that enable wider involvement of young people in research.