

In the news...



the institute of
mental health

Nottingham

Research and Education
Excellence **for Innovation**

The Institute of Mental Health seeks to help transform the understanding and treatment of mental illness.

We have an established track record of success in pioneering education and innovative inter-disciplinary research. We strive to have a positive impact within the health, social care and criminal justice sectors.

We are a partnership between two highly respected organisations, Nottinghamshire Healthcare NHS Foundation Trust and The University of Nottingham.

Our **July newsletter** shares updates and achievements from across the Institute of Mental Health and showcases emerging new research areas.

The range and impact of important research from the Institute of Mental Health is clearly demonstrated as we share with you our latest news this month. From interviews with leading mental health experts on national news and advising BBC documentary teams, continuing to publish our findings in world class journals and hosting new and exciting events, we continue to push our research out to the widest audiences.

We've also been working with audiences closer to home, with plenty of activities happening right here in Nottingham and with our colleagues from across Nottinghamshire Healthcare NHS Foundation Trust and the University of Nottingham.

I do hope you will enjoy reading our latest update and share with your colleagues.

Don't forget – if you want to keep up to date with news from the Institute please remember to follow us on



@InstituteMH



institutemh.org.uk



Professor Martin Orrell
Director, The Institute
of Mental Health



Institute expert advises on popular BBC One documentary “Our Dementia Choir with Vicky McClure”

Justine Schneider, Professor of Mental Health and Social Care (Institute of Mental Health, Centre for Dementia) played a pivotal role in the recent production of the popular BBC One documentary series “Our Dementia Choir”. The series followed Nottingham-born actress Vicky McClure as she explored the transformative power of singing in people living with dementia. Justine explains her involvement in the production of the TV series:

“The director of Our Choir, Peter Coventry, reconnoitred Nottingham one year before filming began. He had the idea of auditioning singers and forming a choir with Vicky McClure, leading to a big performance. At the Institute, he met with music therapist researchers Dr Orii McDermott, Becky Dowson and I, and we showed him the research evidence concerning singing and the brain. Peter was looking for some experimental science to bring to his



Actress Vicky McClure and choir leader Mark De-Lisser with members of the dementia choir.

programme, so we introduced him to the Sir Peter Mansfield Imaging Unit, where Vicky McClure later had her brainwaves monitored using MEG.

“Months later, publicity went out to invite people with dementia to join the choir. With support of Professor Seb Crutch from University College London who specialises in rare dementias, a diverse group of 20 people both young and old became involved. Filming took place over the summer of 2018 at the University of Nottingham Music Department. The activity took over the lives of the choir members, who all grew very attached to Vicky and to each other. The series culminated with a performance at the Nottingham Royal Concert Hall in September. Following the end of filming, with the kind permission of Lakeside and the Music Department, we continued to use our University of Nottingham rehearsal venue for a weekly singing session. The new “Music and Memory Choir”

is held on a Monday morning, it is led by Songtime, a community singing duo, and supported by a few volunteers each week. Not all the members of the Vicky McClure choir can get there, unfortunately, but new singers are welcome. Thanks to a crowdfunding campaign that was piggybacked on the documentary broadcast, the sessions will be free to attend in 2019-20.”

For further details about the Music and Memory Choir please email: powerofmusic@nottingham.ac.uk

Sessions are held at 10.15-11.45am most Mondays. Carers are required to accompany individuals with dementia for the whole session.

“Scaling the Peaks”: Understanding the challenges of dementia in rural areas

Dr Fiona Marshall, an Alzheimer’s Society fellow, has led the “Scaling the Peaks” study for the past four years. The study explored the reality of living with dementia in rural and remote areas, including people’s experiences were of dementia services being delivered in the Peak Park, Derbyshire.

The key areas of understanding for the study were:

- What matters most to people?
- Does living in a rural place with dementia affect the choice of services people can use to stay independent for longer?
- How do families manage to provide care? And are those care needs met?
- What are the issues faced by primary care, statutory and third sector dementia service providers in rural areas?

This Alzheimer’s Society funded study involved following the lives of 32 families over 18 months who all live in the rural and remote areas of the Peak Park. A total of 72 interviews were conducted with providers. To mark the end of the study a celebratory day was held at Chatsworth House, and study participants and stakeholders were invited to attend in order to find out more about the study’s conclusions and recommendations.



Mary, an Age UK day care centre manager, attended the event alongside a group of her care home residents, she said of their involvement in the project:

“It’s been a joy! We hope this project will help supporting people living with dementia in Derbyshire. We need new strategies to help people, I see how families are just about surviving and we need to do better.”

The study makes many recommendations to providers in the Peak Park in order to help them deliver better dementia services.



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www.institutemh.org.uk

Stimulate the brain with new “Thinkability” dementia app

New app is trialled to help improve cognition in people living with dementia

A new app developed by a research team from the European INDUCT project (based within the Institute of Mental Health’s Centre for Dementia) is helping people living with dementia to improve their cognitive skills and to spend time together with a relative or friend.

Cognitive problems (problems with memory, attention, and problem solving) affect people living with dementia. Previous cognitive stimulation therapy (CST) research has shown that by following key CST principles, there is an improvement in the cognitive behaviours of people living with dementia.

The new “Thinkability” app uses these key principles to create a series of activities and games that can be used by someone living with dementia and their carer to stimulate conversations, learning and fun. The activities have different skill levels to reflect the capabilities of people living with the different stages of a mild/moderate diagnosis of dementia. The activities within the app explore different topics and each activity is presented in a different way eg. audio clips accompany a quiz about musical instruments, a short video accompanies a physical exercise activity.

The app has been developed using research by Harleen Rai (Institute of Mental Health), software developed by Eumedianet in the Netherlands, and the app forms part of the Europe-wide INDUCT programme of dementia research projects.

“Thinkability” has been successfully trialled with people living with dementia in the UK and is now available to download from the Apple/Google apps stores.



Click to access free demo
www.thinkability.eu

Mobile device zaps anxiety with electric currents

A paper recently published by Professor Richard Morriss in the *Journal of Affective Disorders* received national TV and newspaper coverage. The research explored the effectiveness of using Alpha-Stim cranial electrotherapy stimulation to treat people living with generalised anxiety disorder (GAD). The study concluded that daily usage of the Alpha-Stim device may be effective treatment for people living with GAD, and would cost less than individual CBT sessions and associated health costs.

The study's findings were featured in the Sunday Times newspaper, and Professor Morriss was interviewed on Sky News.



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ANXIETY TREATMENT

**PROFESSOR OF PSYCHIATRY & COMMUNITY MENTAL HEALTH
RICHARD MORRIS**

Police Knowledge Fund Catalogue



Research contributes to Police Knowledge Fund catalogue

The work of Professor Eddie Kane (Centre for Health and Justice) has contributed to new research evidence published by the College of Policing through its Police Knowledge Fund programme. The programme established new collaborations with academics from across the UK. The projects that were set up focused across ten themed areas (eg. child protection, mental health, hate crime, investigative interviewing) and explored innovative approaches to knowledge exchange, professional development and learning, and using research evidence. The collaborative programme ended in 2017, but since then contributions have been collated into the new Police Knowledge Fund catalogue. Eddie's contribution to the programme have been recognised and six of the key theme areas now include research work and evidence published by him.



Click here to read more
www.whatworks.college.police.uk



Mental health champion named among “Nation’s Lifesavers”

An inspirational University of Nottingham nursing researcher has been named among the Nation’s Lifesavers for her exceptional contribution to keeping the nation healthy.

Josephine NwaAmaka Bardi, Economic and Social Research Council (ESRC) PhD mental health and wellbeing student from the University of Nottingham’s School of Health Sciences, is one of 100 people or groups at universities in the UK whose work is saving lives and making a life-changing difference to our health and wellbeing.

Josephine’s PhD studies were supported by the Institute of Mental Health, and her supervisors included Professor Peter Bartlett

(Institute’s Centre for Mental Health & Human Rights), Prof Paul Crawford (Institute’s Centre for Social Futures) and Dr Nicola Wright (Institute of Mental Health).

Josephine was honoured as part of a campaign by Universities UK called [MadeAtUni](#) which highlights the impact of universities on the wider population. She has led her own national lobby called Raising Awareness of Mental Health in Higher Education ([RAMHHE](#)) which is the first student-led initiative in the country.



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Call for papers

**Mental Disability Law - Postgraduate
and ECR research seminar day**

**Thursday 5th September 2019
Institute of Mental Health**

*Lunch and refreshments
will be provided during the day*

**FREE TO
ATTEND**

This is the fourth postgraduate and early career research seminar, (an annual partner to the bi-annual Mental Disability Law Conference held by the Centre for Mental Health and Human Rights) creating a space to showcase and share ideas, network and discuss the topics which matter with people who share your research interests. It is designed for postgraduates and early career researchers who operate within the broad remit of mental disability law.

Past events have been a productive and thought provoking way to test research ideas, push understanding and pitch ideas. So whether you’re new to this area of law or your research is well under way, we want to hear from you!

This year’s research seminar day will be held on the 5th September. We welcome papers on any topics related to the study of mental disability law, including evaluations of domestic law and practice, international jurisprudence, empirical studies and theoretical work.

If you are interested in participating in this event, please contact Amanda Keeling (a.keeling@leeds.ac.uk) or Grace Carter (Grace.Carter@nottingham.ac.uk) with an abstract of up to 250 words by **15th August.**

Annual CANDAL conference

Our Centre for ADHD and Neurodevelopmental Disorders Across the Lifespan (CANDAL) held its sixth annual conference on Wednesday 26th June 2019. The keynote speaker for this year's event was Professor Samantha Johnson (University of Leicester), who spoke about improving educational outcomes for children born preterm: "From evidence to intervention".

In addition there were three symposium themes:

- *Neurodevelopmental disorders in education*
- *CANDAL: Early career researchers*
- *CANDAL: Update*

The conference was attended by a diverse mix of over 80 delegates from education, healthcare and academia as well as people with lived experience of neurodiversity and their parents/carers.



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New Tourette's research shown on BBC's The One Show

Professor Stephen Jackson recently appeared on BBC1's The One Show as part of a feature showcasing new research showing how electric stimulation can help reduce motor and verbal tics in people living with Tourette's. The research project, co-led by Professor Georgina Jackson, was shown having a positive effect on participant Natalie Pearson. The TV crew followed Miss Pearson in her daily life as a primary school teacher living with Tourette's, and when she visited the project team at the University of Nottingham.



Watch again on the BBC iPlayer
www.bbc.co.uk



New book explores "Humiliation: Mental health and public shame"

Marit F.Svindseth (The Norwegian University of Science and Technology, Norway) and Professor Paul Crawford (Centre for Social Futures, Institute of Mental Health/University of Nottingham) have published a new book.

With a global appetite to humiliate or publicly shame others, this phenomenon is fast becoming a source of entertainment for many. The growth and all-encompassing influence of social media has increased the potential impact of humiliation to become all the more apparent and possible. The book examines the damaging impact of humiliation, its relationship with shame and the way this relationship affects self-image, self-esteem and memory.

Offering strategies for responding to feelings of humiliation in a range of contexts, the book is a valuable resource for professionals concerned with mental health, public health, education and social care. Importantly, it is a book for all those affected by humiliation who want to take action to find new solutions for dealing with it.



Click here to buy online
www.institutemh.org.uk

The Lancet Psychiatry publishes new paper on methylphenidate and the risk of psychosis

The latest paper to be published by Professor Chris Hollis (NIHR MindTech, CANDAL) in The Lancet Psychiatry investigates a clinical concern that prescribing methylphenidate, the most common pharmacological treatment for attention-deficit hyperactivity disorder (ADHD), might increase the risk of psychotic events, particularly in young people with a history of psychosis. The study used population-based observational data from three registers in Sweden to track methylphenidate treatment and psychotic events in the 12 weeks after initiation. The study included experts from the Department of Medical Epidemiology and Biostatistics from the Karolinska Institutet, Sweden.

“Contrary to clinical concerns, we found no evidence that initiation of methylphenidate treatment increases the risk of psychotic events in adolescents and young adults, including in those individuals with a history of psychosis.”

 Click here to read more
www.thelancet.com

New web guides written for ACAMH

Dr Bethan Davies, from NIHR Mindtech Medtech Cooperative research group, was invited by the Association for Child and Adolescent Mental Health (ACAMH) to write a topic guide on digital interventions for their website. This guide gives a brief overview of some of the digital technologies used with children and young people to support their mental health, and how many are designed to be used in adjunct to established mental health treatments. Bethan and Dr Aislinn Bergin were also interviewed by ACAMH for a supporting podcast.



Click to read more and listen to the podcast
www.acamh.org

Taking MindTech into the community

The MindTech team have been out and about over the last few months explaining their work and demonstrating their studies to the people of Nottingham. The team took part in the recent “Pint of Science” festival, an annual science festival taking place simultaneously across bars and cafes in multiple UK cities. The team introduced their area of work, plus the latest “GameChange” study which is using virtual reality to transform the lives of people living with psychosis.

Alongside colleagues from the Institute of Mental Health, the team also took part in the University of Nottingham’s Wonder Festival in June. Wonder is an opportunity for families and the local community to come and meet academics and research teams from across the university and find out more about their work in a fun and interactive environment. The MindTech exhibit proved an incredibly popular attraction, with long queues of families keen to try out the virtual reality equipment and gaze-training computer games.



gameChange: Improving lives through virtual reality therapy

gameChange is a large project funded by NIHR invention 4 innovation (i4i) Mental Health 2017 Challenge Award. The project is led by Professor Daniel Freeman, from the University of Oxford, and brings together a team of NHS trusts, Universities, The Royal College of Art, The McPin Foundation, Oxford VR, and MindTech.

The project has been hugely influenced by the Lived Experience Advisory Panel, putting the lived experience of people affected by psychosis as the heart of the research design, delivery and implementation.

The aim of gameChange is to use Virtual Reality (VR) to help people who have experienced psychosis feel more confident in everyday situations.

As we know, many individuals with psychosis find day-to-day life so anxiety provoking that they simply withdraw. Everyday tasks - getting on a bus or going to the shops - become very challenging. GameChange provides a therapy based on CBT principles, where people can practice at their own pace, being in these environments using state-of-the-art immersive virtual reality technology.

Recruitment for the randomised controlled trial begins in July 2019. 432 people will be recruited into the study across five study sites - Oxford, Newcastle, Bristol, Manchester and Nottingham. Nottinghamshire Healthcare NHS Foundation Trust plays a crucial role in the delivery of the trial, being one of five NHS Trusts in the country taking part.



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www.institutemh.org.uk



“The Feel-Well Project”

A research project is starting at the Institute of Mental Health/ University of Nottingham, with funding from the NIHR.

The project aims to explore factors associated with transgender people’s psychological well-being following medical transition. Starting on the project is research assistant Max Aldridge who has previously worked in Human Factors at the University of Liverpool.

This project is divided into two research studies which will seek to identify factors that impact upon psychological well-being in transgender people. The projects first study will use questionnaire data in the first study focusing on the periods of time before gender affirming treatment (GAT) and 18 months after GAT. The projects second study will use interviews to focus on the time period after five years of medical transition.

If you have any questions please feel free to email:
max.aldridge1@nottingham.ac.uk



Click here to read more
www.institutemh.org.uk

“Trans partnership” appoints Prof Jon Arcelus

Professor Arcelus, from the Institute of Mental Health has been appointed to the board of a new partnership that has been developed to improve the life of transgender and gender diverse people. One of the main aims of this partnership is to develop research projects in trans health from the community perspective. This new partnership (“Trans partnership”) has been developed in the UK by the four main third sector organisations and charities supporting transgender and gender diverse people in this country.

In view of the lack of research in transgender health from the community perspective, Spectra, Mermaids (charity supporting parents of trans young people), Gendered Intelligence (charity supporting young trans and gender diverse people and adults) and LGBT Foundation decided to come together and form “Trans partnership” in 2018.

Following a series of interviews, Prof Jon Arcelus from the Institute of Mental Health and Dr Anna Carlile from Goldsmiths University London were appointed as the only academic partners to this new partnership. Prof Arcelus says:

“It has been an honour to be asked to be part of this new adventure. There is a clear need to increase research in this area and working together with the main charities in the UK and with the community will not only increase the chances of getting research funding but also answer some of the main questions that trans people want to be answered.”

Appointments & appearances

Perspectives in Public Health

Theo Stickley, Associate Professor (Centre for Social Futures) was guest editor for a special issue of the "Perspectives in Public Health" journal focusing on mental health featuring a number of articles by staff from the Institute and the University's School of Health Sciences.

This special edition draws attention to contemporary research into initiatives that seek to promote the public's mental health, in the light of a complex political and economic backdrop and seeks to ask the question:

“What has happened to fairness in policy-making?”



Click here to read more
www.journals.sagepub.com

Kevin Browne awarded forensic psychology research excellence award

Professor of Forensic Psychology and Child Health, Kevin Browne (Director of Centre for Forensic and Family Psychology, Division of Psychiatry and Applied Psychology), has been awarded the 2019 Excellence in Forensic Psychology Research Award by the British Psychological Society Division of Forensic Psychology (BPS/DFP). The award is a reflection of his notable work in the field of Forensic Psychology and recognition of this achievement by other members of the Discipline.



World Psychiatry journal publish latest mental health recovery research

Mike Slade, Professor of Mental Health and Social Inclusion at the Institute of Mental Health, has received two recent publications in the renowned World Psychiatry journal. "Recovery colleges as a mental health innovation" (published June 2019) and "Personal growth in psychosis" (published February 2019) are both available to read online.



Click here to read more
www.onlinelibrary.wiley.com

PhD studentship opportunities

NIHR CLAHRC East Midlands-funded PhD studentships to study at the Institute of Mental Health are currently available. The CLAHRC team are seeking enthusiastic PhD students to carry out dementia and health anxiety research.



Click to read more:
Centre for Dementia PhD
Centre for Mood Disorders PhD

Nottinghamshire Healthcare NHS Foundation Trust's Portfolio Research Delivery Team is hosted by the Institute of Mental Health. The team works across the East Midlands recruiting volunteers to mental health and other medical research studies.

International Clinical Trials Day (ICTD) 2019, took place on 20th May and the NIHR launched its new national [Be Part of Research campaign](https://www.bepartofresearch.uk).

The campaign aims to encourage patients, carers and the public to get involved in research. A new website is being launched by the NIHR to allow people to search for opportunities to participate in research: www.bepartofresearch.uk

The Nottinghamshire Healthcare NHS Foundation Trust Portfolio Research Delivery Team used the day as an opportunity to raise awareness of the research opportunities on offer within the Trust at pop-up hubs and distributed information packs to staff.

Evidence suggests that being given the opportunity to take part in research can benefit both patients and their carers. Three quarters of a million people, of all ages, volunteer each year in research across the UK, with over 6,000 people over the past year participating in studies hosted by Nottinghamshire Healthcare NHS Foundation Trust.

The Trust's Portfolio Research Delivery Team are responsible for helping members of the public make informed choices about taking part in healthcare research, and ensuring that patients, carers and the public are involved in research that is relevant to their needs and priorities.

More information about research studies currently hosted by the Trust is available on the Institute's website.



Becky (Research Administrator) gets involved in the "Be part of research" campaign



Dave (Research Delivery Nurse) went out to see staff on International Clinical Trials Day



Jo (centre, Research Delivery Nurse) got Nottinghamshire Healthcare NHS Foundation Trust Chief Executive Dr John Brewin and Rose (left, Peer support worker) celebrating being research active



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www.institutemh.org.uk



From L-R: Mike Slade, Caroline Yeo, Roger Smith, Katja Milner, Joy Llewellyn-Beardsley, Fiona Ng, Ashleigh Charles, Ada Hui, Emilia Deakin, Snigdha Dutta

Institute's researchers present at ENMESH 2019

Members of the Mental Health Research Group recently travelled to Lisbon to take part in the 13th ENMESH (European Network for Mental Health Service Evaluation) international conference. The conference was held at Instituto Universitário de Lisbon and focused on managing mental health system complexity.

The conference was opened and closed by Mike Slade (Institute of Mental Health) in his role as chair of the ENMESH executive committee. Team members participated in two symposiums; one based on the work of the NEON (Narrative experiences online) team and another on using peer support in developing empowering mental health services. Individual presentations were

given by members of the team on a range of topics and included spirituality among adults with mental health problems, understanding resilience in students and digital approaches to data collection. Poster presentations by the team included 'The lived experience of recovery of adults with personality disorder' and 'Recovery narratives in marginalised communities'.



Graduation day for KUF students

The latest cohort of graduates from the Knowledge and Understanding Framework (KUF) for Personality Disorder were officially given a graduation ceremony at the end of April, held at the Institute of Mental Health. Celebrating their hard work and studies, graduates were presented with a commemorative certificate by Caroline Sturman (Senior Quality and Partnerships Manager from The Open University).

The event was also an opportunity to reflect on the development of the programme over the past few years, with members of the original team that created the framework and its content present to share their memories with the graduation guests. The ceremony culminated with responses from two of the graduating students who shared their experiences of studying

the KUF framework and how it has improved and changed their day to day practices and future aspirations.

Recent changes to the KUF will see the Institute leave its role in the ongoing co-ordination of the framework, this will initially be taken up by the two main commissioning partners of the Offender Personality Disorder Pathway – NHS England and Her Majesty's Prison and Probation Service - in order to invest and develop it further.

The KUF team, made up of experts and practitioners from across the UK, were recently given the "Outstanding service/contribution" award by the British and Irish Group for the Study of Personality Disorder (BIGSPD) at the network's recent annual conference.





Annual publication award winners announced at IMH Research Day

A record number of entries were received for the Institute of Mental Health's annual publication awards and the winners were announced at the IMH Research Day.

Celebrating the best of early career and PhD student research, the Institute's Annual Research Day is an opportunity to hear about the latest studies and ideas from emerging mental health researchers. The event is also the opportunity to award the winners of the 2019 Publications award with their prizes. The six category winners for 2019 were:

1. Best overall publication

Paul Briley for his publication 'Development of human electrophysiological brain networks. *Journal of Neurophysiology* 120, 3122-3130. doi:10.1152/jn.00293.2018. Briley PM et al. (2018)'.

2. Best publication when the author has published no more than six previous publications

Joanna Lockwood for her publication 'What do young adolescents think about taking part in longitudinal self-harm research? Findings from a school-based study. *Child and Adolescent Psychiatry and Mental Health*, 12:23. Lockwood, J; Townsend E; Royes L; Daley D; Sayal K (2018)'.

3. Best publication flowing from work during doctoral studies or as part of a doctoral dissertation

Jack Tomlin for his publication 'Experiences of restrictiveness in forensic psychiatric care - Systematic review and concept analysis. *International Journal of Law and Psychiatry*, 57, 31-41. Tomlin, J., Bartlett, P., & Völlm, B. (2018)'.

4. Best publication by an employee of Nottinghamshire Healthcare NHS Foundation Trust who does not have a substantive contract with a university

Adam Clifford for his publication 'I don't want to take any risks even if it's gonna mean this service-user is gonna be happier: A thematic analysis of community support staff perspectives on delivering Transforming Care. Clifford, A., Standen, P. & Jones, J. (2018). *Journal of Applied Research in Intellectual Disabilities*. 31(6): 1209-1218'.

5. Best publication co-authored with a person with lived experience of mental distress or a current or former user of mental health services

Mat Rawsthorne's entry 'Identifying research priorities for digital technology in mental health care: results of the James Lind Alliance Priority Setting Partnership. *Lancet Psychiatry* 2018 Aug 28 doi:10.1016/S2215-0366(18)30296-7(Epub ahead of print). Hollis C, Sampson S, Simons L, Davies EB, Churchill R, Betton V, Butler D, Chapman K,

Easton K, Gronlund TA, Kabir T, Rawsthorne M, Rye E, Tomlin A (2018)'. However, it should be noted that it was the paper, as a whole, that was awarded the prize. The paper has multiple co-authors and it was further agreed that the monetary prize and winner's certificate would be handed to Mat Rawsthorne for him to then decide how he wished to split it amongst his co-authors.

6. Best publication by a member of the Institute of Mental Health who is a person with lived experience of mental distress or a current or former user of mental health services

It was agreed to jointly award this prize to both **Blandine French and Andrew Grundy** for their respective publications 'Barriers and facilitators to understanding of ADHD in primary care: a mixed-method systematic review. *European Child & Adolescent Psychiatry*, 1-28. French, B., Sayal, K., & Daley, D. (2018)', and 'Violence risk assessment and management in mental health: a conceptual, empirical and practice critique. *The Journal of Mental Health Training, Education and Practice*. VOL. 13 NO. 1, P Callaghan, A Grundy (2018)'.



New research shows predisposition to drug addiction does exist

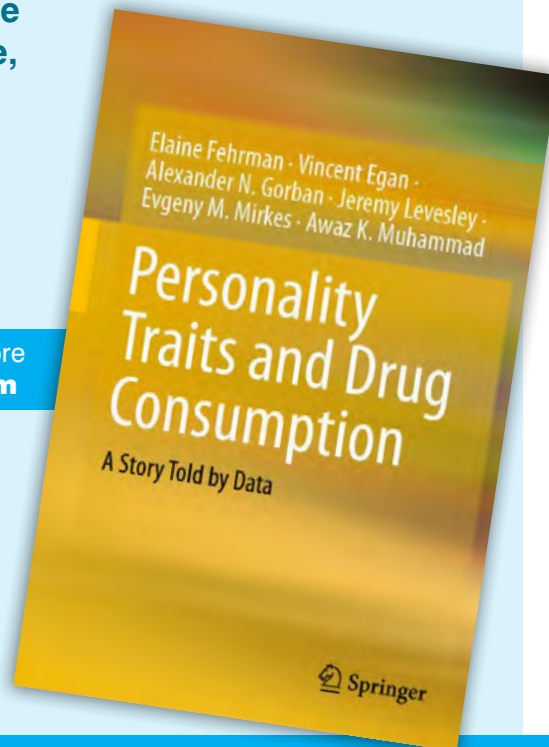
A new book published by Elaine Fehrman (Advanced Practitioner, Forensic division, Nottinghamshire Healthcare NHS Foundation Trust) with Dr Vince Egan (Associate Professor of Forensic Psychology Practice, Institute of Mental Health Centre for Family and Forensic Psychology) analyses data from 1,885 respondents against data on the use of 18 different psychoactive substances.

The new research findings presented in the book show there is a significant difference in the psychological profiles of drug users and non-users. A psychological predisposition to drug addiction does exist, and this is a particularly key finding of this study.

However, the psychological predisposition to using different drugs may be different: For example, there is significant difference between ecstasy users and heroin users.

 Click here to read more www.springer.com

"Personality Traits and Drug Consumption: A story told by data" by Fehrman, E., Egan, V., Gorban, A.N., Levesley, J., Mirkes, E.M., Muhammad, A.K. is published by Springer.



Food bank fundraising by Institute staff

We love getting involved with charitable causes at least once a month here at the Institute and June was no exception. Thanks to the efforts of our Director, Professor Martin Orrell, and his daughter, our attention last month was drawn to the local charity, SFICE Foundation (www.sfice.org).

The main mission of the Foundation is to help reduce the effects of food poverty, isolation, and ill health within our local area, although they do also branch further afield and sponsor young children in India to receive an education in the hopes of providing them with better prospects, and so reducing poverty.

In support of this good cause, we had a food and clothing collection based in Reception that staff were able to contribute to throughout June, and contribute we did! Martin periodically emptied the collection boxes and kindly delivered our offerings to SFICE, which ultimately amounted to around four car loads of men's clothing, women's clothing, children's clothing, rice, pasta, nuts, and all kinds of non-perishable goodies.

We're thankful for the generosity of our staff and it was uplifting to have so many people keenly asking how long the collection would be running for so that they could be sure to contribute in time.

SFICE will be able to utilise our donations in the clothing and food banks that they provide for the vulnerable and the homeless in the Nottingham area.





Full programme now available

3rd -5th September 2019, Nottingham, UK

Join us for our fifth international recovery research conference addressing:

- ▶ Mental health and human rights
- ▶ Supporting recovery through services
- ▶ Supporting recovery through communities
- ▶ Recovery and power

Keynote speakers will include: Steven Allen, Alison Faulkner, Natalie Drew, Joseph Leong, Soumitra Pathare, Michael Rowe, Mike Slade, Vicky Stergiopoulos and others!

Visit researchintorecovery.com/RonR19 for the latest programme and to register your place.

🐦 @institutemh #RonR2019



Refocus on Recovery: full programme now confirmed

The full conference programme is now confirmed for this year's *Refocus on Recovery 2019*, the largest regular scientific conference on mental health recovery in the world, being held in Nottingham from 3rd-5th September 2019.

There have been a record number of submissions for *Refocus on Recovery 2019*. All submissions were reviewed by the Scientific Advisory Board, which accepted 127 presentations (81 individual talks, 4 symposia with a total of 24 talks, and 22 posters)

from 18 countries. This means that, including key-note speakers, there will be 138 presentations from 23 countries at *Refocus on Recovery 2019*.

The conference brings together researchers and mental health workers from around the world to share innovative research with people on their own recovery journey; focusing on research that helps to find ways of supporting people's personal recovery from mental health problems and encouraging mental health professionals to work in a recovery-orientated way.



FREE to
attend!

Exploring the human capacity for music

with Dr Nicholas Bannan (co-developer of "Singing for the Brain", Conservatorium of Music, University of Western Australia)

New series of free public "Discovery" lectures

Tuesday 9th July, from 5.30pm at the Institute of Mental Health

The Institute is launching a new series of free public "Discovery" lectures which will invite leading experts from inside and outside of the Institute to share their ideas, research findings and theories with the people of Nottingham. The lectures are open to anyone and will be free to attend.

Musicologist and Associate Professor, Dr Nicholas Bannan (University of Western Australia) has led pioneering research into the human capacity for singing, its transmission in culture and the nature of musical creativity.

The Institute of Mental Health is delighted to welcome Nicholas for an engaging public lecture connecting music and singing with his work with people living dementia, and his more recent research that people living dementia, and his more recent research that explores how evolutionary psychology supports music education and innovative new music teaching practices.



Light refreshments will be available from 5.15pm,

the lecture will begin at 5.45pm and will last approx. 1 hour.

To reserve your place at the event, please email:

IMH.Comms@nottshc.nhs.uk

Discovery series
Lecture #1



Click here to read more
www.institutemh.org.uk

European conference for senior psychiatrists comes to Nottingham

3rd - 4th October 2019

Institute of Mental Health, Nottingham

This October the Institute of Mental Health will host the **second European Refresher Course for Old Age Psychiatrists** – run jointly by the **European Association of Geriatric Psychiatry (EAGP)** and the **Faculty of Old Age Psychiatrists at the Royal College of Psychiatrists**.

Building on the success of the first refresher course held in Leuven, Belgium, in 2016, this two day learning and networking event for consultant old age psychiatrists will include invited speakers from across the UK and Europe.

The event will provide an engaging and stimulating programme to refresh and invigorate senior psychiatrists and their practice.

Registration and tickets are online now, with full programme, speakers and workshop themes confirmed:

www.institutemh.org.uk/ERCOAP for more information.

Events



Refocus on Recovery conference

The largest regular scientific conference on mental health recovery in the world brings together researchers and mental health workers to share innovative research with people on their own recovery journey.

Nottingham Conference Centre



Click here to read more
www.researchintorecovery.com



Mental Disability Law - Postgraduate and ECR Research Seminar

The fourth postgraduate and early career research seminar, designed for postgraduates and early career researchers who operate within the broad remits of mental disability law. (See page 5 for more information.)

Institute of Mental Health, Nottingham



Meeting the Emotional Needs of People with ID: The Developmental Approach

This symposium brings together leading voices in attachment theory and emotional development from the UK and Europe, with the hope of expanding the range of therapeutic approaches currently available to people with Intellectual

Disability. It will be of interest to psychologists, psychiatrists, learning disability nurses, occupational therapists, speech and language therapists, special education teachers, parents/carers, and academics in the fields of intellectual disability and neurodevelopmental conditions.

Institute of Mental Health, Nottingham



Click here to read more
www.institutemh.org.uk



European Refresher Course for Old Age Psychiatrists



Click here to read more
www.institutemh.org.uk



Carnival Conference - MAD 19

A heady mix of conference and carnival around mental health themes, bringing together those with lived experience, alongside those with “learned” experience: mental health practitioners, professionals, researchers and academics. The programme is set to explore the theme: “Rights Restraints Resistance”. MAD studies embody the history, culture and collective experience of people living with mental distress, difference and diversity, and integrates academia with activism.

The MAD principles are:

Maladjustment to unkindness, unfairness and oppression

Architects and Activists of resilience and well-being

Dialogue, Deconstruction and Discovery

Anyone is welcome to attend the carnival, and the programme will run throughout the day.

This year's event is funded by the Institute of Mental Health.

Institute of Mental Health, times TBC



Power of Music in health and social care 2019 – save the date!

Following the success of the 2018 conference, Power of Music returns in 2019 to further explore the therapeutic impact music can have in health and social care settings. More details to be announced soon.

East Midlands Conference Centre,
University of Nottingham



Trent Study Day – save the date!

The Forensic mental health division from Nottinghamshire Healthcare NHS Foundation Trust, in partnership with the Institute of Mental Health, will be hosting another Trent Study Day later this year. More details to follow – email Karen.sugars@nottshc.nhs.uk to sign up for updates.

Double Tree by Hilton Hotel, Nottingham,
NG8 6AZ