



YORKSHIRE & HUMBER
ACADEMIC HEALTH SCIENCE NETWORK

Briefing paper
Horizon 2020 call
SC1-PM-07-2017
Promoting mental health and
well-being in the young

Purpose of this paper

To advise the AHSN and other interested parties of the proposal to form a partnership to bid against the Horizon 2020 call SC1-PM-07-2017 Promoting mental health and well-being in the young.

This paper sets out the progress made to date and the recommended next steps.

Background

In October 2015 the AHSN held a Meet, Greet and Match event. The objective of this event was to raise awareness of Horizon 2020 funding opportunities and to provide an opportunity for organisations – NHS, Local Authorities, SMEs, 3rd sector etc – to meet and potentially form partnerships to bid against these funding opportunities.

A number of organisations working with the field of mental health from Leeds, Bradford, Sheffield and Hull have expressed an initial interest in forming a partnership to bid against the call SC1-PM-07-2017 Promoting mental health and well-being in the young – mHabitat (Leeds), Bradford Counselling Service, Bradford District Care Trust, Recovery Enterprises Ltd (SME Sheffield), Humber Mental Health (Hull).

Progress to Date

A meeting was held on the 29th January 2016 with representatives from those organisations that initially expressed an interest in participating in the call. The purpose of the meeting was to understand the level of interest in participating in this call, to understand the requirements and to start to identify a concept that would meet the scope of the call.

The requirements for any bid for Horizon 2020 funding is that the bidding consortium should be comprised of a minimum of 3 regions/areas from 3 different member states or affiliated countries. To date the Valencia region of Spain have expressed an interest in participating, work is ongoing to find additional European partners. Partnerships within a region can lead the bid (act as the consortium co-ordinator) or participate in a bid co-ordinated by another region.

The scope of this call is on health prevention i.e. effectively “pre-CAMHS”. *Proposals should develop population-oriented primary prevention [Primary prevention is directed towards preventing the initial occurrence of a disorder (WHO Health Promotion Glossary 1998) interventions to promote mental well-being of young people and assess them for their effectiveness.*

The research design and the interventions themselves should be developed through a co-creation process which must include young people. *The research design should be developed by means of a multidisciplinary approach and involve the young themselves and other relevant stakeholders.*

Innovative approaches in involving the young and gathering their inputs for the design of the intervention should be considered.

From the discussion it was clear that a significant amount of activity is being undertaken in this space within the region. For example an anti-bullying app is being developed in Wakefield; the University of Bradford, in conjunction with the CCG, are developing an app to prevent self-harm; the Advanced Digital Institute, an SME based in Saltaire, is working with the Anna Freud Centre on the IncludeMe project for young people with emotional and conduct problems in schools, which is informing a wider national project on rolling out the IncludeMe portal. There is also extensive experience within the region of the co-creation of interventions with relevant stakeholders.

It was also clear however that there is no directory or signposting of these different activities, and therefore:-

- ◆ There may be other interventions being developed that the group are not aware of
- ◆ There is potential for duplication and replication of effort
- ◆ Not all care providers, parents/carers, young people are able to take advantage of them as they are not aware of their existence

It was felt that significant benefit could be had if each of the different localities within Yorkshire and the Humber focused on developing separate individual interventions, for example one focuses on autism, another on learning difficulties, a third on transgender etc. and then the outputs could be shared and adopted/adapted across the region. The overarching objective being to create mental health friendly cities/localities across Yorkshire and the Humber.

An initial baselining exercise will need to be completed to identify what interventions are already being developed or exist within the region to identify the gaps and so inform the future development programme.

A consistent set of principles and processes will also be required to enable outcomes to be measured on a comparable basis.

As the focus of the call is on health prevention it was also felt that this should be a commissioner led project, however input would be needed from all relevant stakeholders within a locality – young people themselves, their carers/parents, NHS Trusts, 3rd sector, Local Authorities, employers and schools and colleges. A number of CCGs have already expressed an interest in the call at the CAMHS Strategic Clinical Network meeting held earlier in January.

Whilst it would be ideal for all 14 localities¹ within Yorkshire and the Humber to be involved funding may be a constraint that limits the number of participants within the region. The call expects to fund bids of between €2m - €4m although it will accept bids for different amounts. Depending on the number of partners in the consortium and the project duration the amount of funding available per participant may be relatively small. A potential mitigation would be for commissioners to match fund European funding. Further work will be done however on costs as the bid progresses.

A large number of participants from the region may also make the project difficult to manage and may introduce delay as each individual organisation will need to go through its own governance process prior to formally committing to the bid. It is therefore imperative that the benefits of participating in the project are identified at an early stage

1 Based on 14 Clinical Commissioning Groups

and can be clearly articulated to each potential participant organisation's board to help inform their decision.

These risks however can be addressed as the bid develops and mitigating actions taken as appropriate. At this stage participants will be asked to express an interest in participating, based on the concept outlined above and set out in Appendix B, but will not be asked to formally commit.

In addition it is recommended that separate potential funding streams are identified as the bid develops, so in the event that the Horizon 2020 bid is not successful the project can go ahead irrespective.

Next Steps

1. An Expression of Interest document for organisations to complete and return to the AHSN indicating their interest in participating, should be drafted for circulation with this briefing paper to relevant organisations within Yorkshire and the Humber.
2. A dialogue with those CCGs that have already expressed an interest should be initiated
3. A baseline assessment of existing interventions and those in development should be undertaken to identify gaps and to inform the requirement for new co-created interventions.
4. Additional partners and other potential consortia should be identified within Europe
5. Alternative sources of funding should be investigated

John Hampson
Salud Consulting Ltd
On behalf of Yorkshire and Humber Academic Health Science Network
12/02/16

APPENDIX A

Expression of Interest-Horizon 2020 call SC1-PM-07-2017 Promoting mental health and well-being in the young

Expressions of interest in participating in the Horizon 2020 call SC1-PM-07-2017 Promoting mental health and well-being in the young are being sought from organisations within Yorkshire and the Humber region.

1. Scope

The purpose of the call is to design interventions that promote the mental well being of young people and assess these interventions for their effectiveness. The research design and the interventions developed should be co-created with all relevant stakeholders especially young people.

The full detail of the call is set out in section B below.

2. Timescale

The call will formally open on the 29th July 2016

This is a two stage call – the deadline for stage 1 is 4th October 2016 and stage 2 11th April 2017

3. Funding

This call is issued as a Research and Innovation action (RIA) as such 100% of eligible costs plus a 25% flat rate overhead contribution will be funded.

Total funding available for this call is €20m, the European Commission is expecting to fund bids of between €2m - €4m although it will accept bids for different amounts.

The Yorkshire and the Humber Academic Health Science Network will seek to fund the writing of the bid document.

4. Duration

A typical small or medium-scale RIA would usually last 2-4 years, and larger projects could run for 3-5 years. There are no formal limits on project duration imposed under Horizon 2020.

For the purposes of this document it is assumed, at this stage, that the project duration will be 3 years from initiation. This can be revised as the project plan is refined.

◆ 5. Initial Project Outline

5.1 A number of localities² within Yorkshire and the Humber will develop an intervention that promotes mental well-being in young people based on a common set of principles and processes. The specific intervention will be determined by the baseline assessment of existing interventions and those currently in development, and locality preference. The intervention will be developed on a co-creation basis with all of the relevant stakeholders within the locality.

5.2 The interventions will be collated at a regional level and shared across all localities for adoption/adaptation

5.3 The effectiveness of the interventions will be assessed as a part of the overall project, based on a research design that will also be co-created

2 The exact number will be dependent on the number of localities that express an interest and the available funding

Expression of Interest

My organisation is interested in participating in this Horizon 2020 call.

I understand that at this stage this is not a firm commitment

Organisation:

Address:

Named Contact:

Position:

Date:

Contact Details

eMail:

Telephone:

Mobile:

Please return this document to: Ruth.pitman-jones@yhahsn.com

Expressions of interest forms will be discussed at a breakout session of the Yorkshire and Humber AHSN Digital Health and Wellbeing Ecosystem workshop on the 15th March 2015 9.30am – 2.00pm

The event is at
The Source
300 Meadowhall Way
Sheffield
South Yorkshire
S9 1EA

<http://www.yhahsn.org.uk/yorkshire-humber-digital-health-ecosystem-meeting/>

If you are unable to attend the Ecosystem workshop, you will be contacted post-event

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APPENDIX B

Call SC1-PM-07-2017 Promoting mental health and well-being in the young.

Link to European Commission call webpage

<http://ec.europa.eu/research/participants/portal/desktop/en/opportunities/h2020/topics/2437-sc1-pm-07-2017.html>

Specific Challenge:

Mental well-being [The term mental well-being is often used in both policy and academic literature, interchangeably with positive mental health. The WHO has declared mental health to be the ‘foundation for well-being and effective functioning for both the individual and the community’ and defined it as a state ‘which allows individuals to realise their abilities, cope with the normal stresses of life, work productively and fruitfully, and make a contribution to their community. World Health Organisation: **Promoting Mental Health; Concepts emerging evidence and practice. Summary report**, Geneva; World Health Organisation; 2004.] is integral to population health and well-being and contributes to the functioning of individuals, families, communities and the social and economic prosperity of society. Mental and behavioural disorders including addictive behaviour place immense burdens on individuals, families and society; they also increase the risk of co-morbidities and social exclusion. Childhood and adolescence are crucial periods for laying the foundations for healthy development and mental well-being. There is compelling evidence that promotion of mental well-being and prevention interventions, when implemented effectively, can reduce risk factors for mental disorders, enhance protective factors for good mental and physical health and lead to lasting positive effects on a range of educational, social and economic outcomes for young people[[Clarke, A.M., Morreale, S., Field, C.A., Hussein, Y., & Barry, M.M. (2015). What works in enhancing social and emotional skills development during childhood and adolescence? A review of the evidence on the effectiveness of school-based and out-of-school programmes in the UK. A report produced by the World Health Organization Collaborating Centre for Health Promotion Research, National University of Ireland Galway]]. Medical and psychological factors, family and social factors (including working conditions) as well as digital environments are some of the different determinants impacting the health and well-being of the young. Resilience to adversity will enhance their ability to cope. There is a need for more robust evidence on resilience factors and on effective interventions promoting mental well-being. Developing these in the young offers the possibility of a positive influence on child development in critical/sensitive periods (childhood, adolescence, transition to young adulthood), thanks to early neuroplasticity.

Scope:

Proposals should develop population-oriented primary prevention [[Primary prevention is directed towards preventing the initial occurrence of a disorder (WHO Health Promotion Glossary 1998)]] interventions to promote mental well-being of young people and assess them for their effectiveness. The interventions should build on but may go beyond existing state-of-the art knowledge on biological, psychological and social determinants of mental well-being such as societal, cultural, work life, lifestyle, epidemiological, economic and environmental perspectives. The proposals should aim at increasing resilience and mitigating the impact of biological, psychosocial and environmental risk factors. The target group should include young up to 25 years (or a subgroup there of), which is an age limit often used as many severe disorders start in this period.

The research design should be developed by means of a multidisciplinary approach and involve the young themselves and other relevant stakeholders. Innovative approaches in involving the young and gathering their inputs for the design of the intervention should be considered. The interventions should use a holistic approach, taking gender and health inequality aspects into account, in increasing resilience and empowering the young. The interventions to be developed should reflect the diversity of the different countries and regions in Europe and beyond. The research should pay particular attention to ethical issues. The interventions should be assessed for mental well-being outcomes as well as the economic and social benefits and impact on reducing inequalities. These analyses of impact and effectiveness should be presented in quantitative as well as qualitative terms, in a gender disaggregated way where relevant. The results should be disseminated throughout Europe and beyond in order that the evidence generated is fully exploited.

The Commission considers that proposals requesting a contribution from the EU of between EUR 2 and 4 million would allow this specific challenge to be addressed appropriately. Nonetheless, this does not preclude submission and selection of proposals requesting other amounts.

Expected Impact:

Short or medium term impact, likely during the lifetime of the project:

- ◆ Improved mental well-being in the targeted group of young people.
- ◆ The innovative interventions will create a strong evidence base for mental well-being promotion programmes in Europe, contributing to greater health equity and improved societal benefits.

Longer term impact, likely beyond the lifetime of the project:

- ◆ Improved mental well-being in youth should contribute to reducing school and college/university dropout in the short term, strengthening personal confidence and cognitive function, improving educational efforts and enhancing employability.
- ◆ Preventative strategies are established which have a real effect of reducing the occurrence of mental disorders and co-morbidities associated with mental disorders later in life.



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