



## Individual Development Award (IDA) Springboard Award

Aimed at individuals employed by a health or social care organisation who are an [ARC KSS member organisation](#) to undertake activities aimed at developing research skills.

‘How do young people want to be consulted when it comes to their mental health?’ A Public and Community Involvement and Engagement (PCIE) project to identify the best context to encourage 14-16 year olds consultation practice.



**Ruby Porter, Faversham Counselling Service**

### What did you achieve through this award?

Conducting Public and Community Involvement and Engagement (PCIE) helped to achieve my original objectives in my application. Including, development of networking skills, identifying specific cross sector connections and increasing awareness of community development. PCIE encouraged co-production with health care professionals, people using services and shaped the contributors for the project to enhance my skills in developing good communication practices.

Moreover, my main objective was to conduct successful discussion groups developing operational skills when organising the project and logistical skills when writing outputs from the award.

### What has this award meant for you? What has it enabled you to do?

- Develop skills engaging with another client group (currently only work with individuals 18 and above). I am passionate about wanting to take my counselling skills to this particular age group.
- Take the lead on a project.
- This award allowed me to use my knowledge of case study writing on a much larger scale
- Impact how individuals can cater their service to meet young people's needs.

### What's next?

My research journey has been published and soon, so will the case study. This will allow others to see how they can effectively work with young people and encourage a more positive outlook on how we support the younger generations well-being.

It has enhanced my skills and enabled me to work with clientele I have always been passionate about when becoming a counsellor.

### What is your experience of receiving mentorship as part of this award?

Kathryn Stanley and Devyn Glass who are part of the Applied Research Collaboration Kent, Surrey and Sussex (ARC KSS) have been amazing, They have given me the confidence to do this project. They have been supportive and patient when explaining things to me as I am at the start of my research journey. My 2 advisors have been great in helping shape this project and the 24 contributors have been brilliant to support our findings.