

Public Involvement Impact

Embedded Researchers in practice:
Children and young people's mental health.

ARC KSS awarded Individual Development Awards to four practitioners undertaking research with a focus on children and young people's mental health and wellbeing. Below they talk about Public, Community, Involvement & Engagement (PCIE) in their research - how it elevated their research and what they would do differently next time as a result.

Hannah Griffiths
Principal Clinical Scientist,
Quality Manager
Sussex Community NHS Foundation
Trust

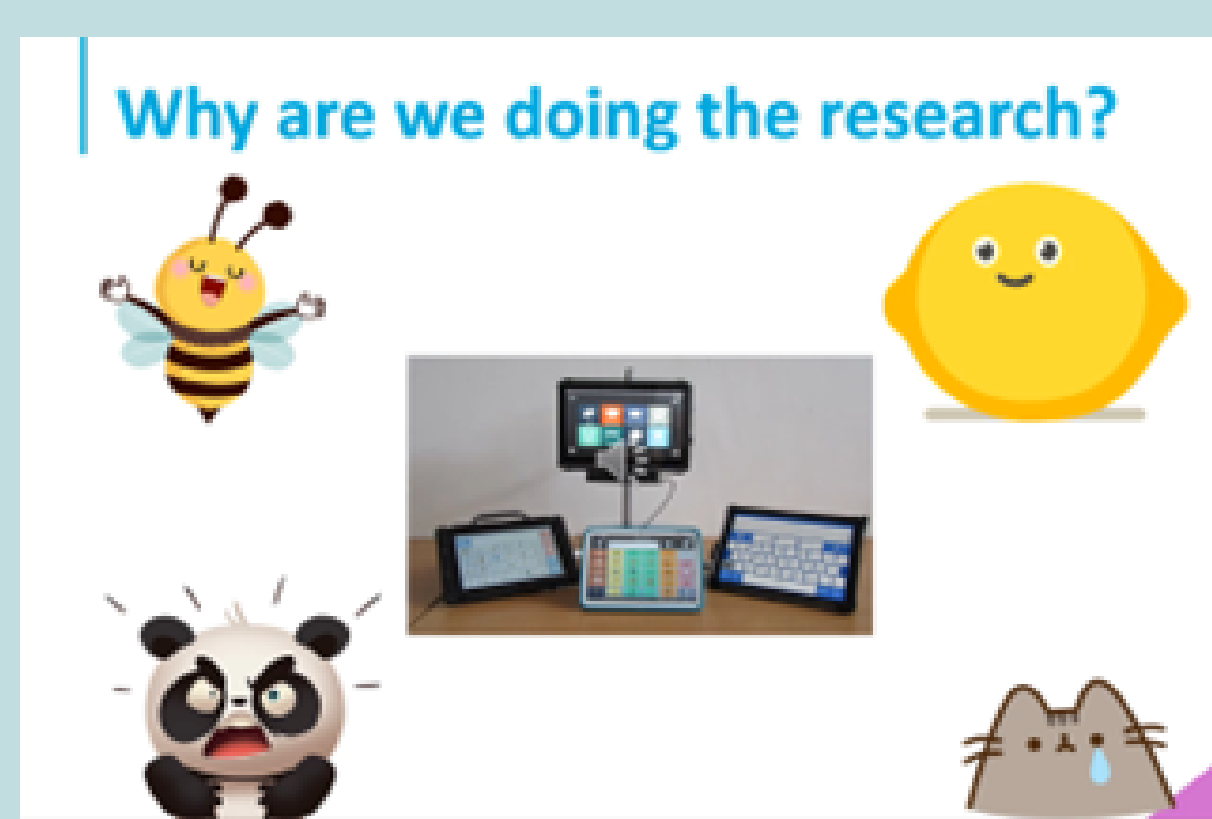


How communication devices impact wellbeing on young people

I engaged with the local Young Persons Advisory Group (YPAG) early. They **gave me clarity** on how I could recruit participants for the research.

Chatting to parents helped me to **reframe questions** in my survey.

The young people gave me the idea of creating an audio presentation of the Patient Information Sheet as shown below:



Stella Parkinson
Paediatric Occupational
Therapist
Sussex Community NHS Foundation
Trust



Impact of teaching handwriting on wellbeing

This project made me realise how important it was to get other people involved other than just academics. One of the most helpful things was the PCIE working group who supported me throughout the project and gave me a user perspective. Parents were able to reflect back on their child's education and give my research the **benefit of their hindsight**.



Sophie McGrevey
Research Assistant
East Kent Hospitals University NHS
Foundation Trust



Investigating prevalence and support of autism in schools

YPAG was amazing. The young people helped me re-word the interview questions. Their intelligence is incredible; they've **made the project better**. Using simpler language, diagrams and pictures in my writing has **really improved my research**.

My research is all about making small changes in schools that can make a **big difference** like having rooms where pupils can take a breather or facilitate classroom transitions 5 minutes early. The young people **helped shape my research**.

Parent Forums were **eye-opening** in terms of autism prevalence in different ethnic groups. The public advisory group changed my view of recruitment strategies and opened up SEND networks.

I have also linked in with the ARC KSS Youth Research Partner in Kent.

Matt Bushell
Team Manager,
18+ Leaving Care Service
Kent County Council



An impact study on care leavers using Occupational Therapy services

By talking to care leavers on apprenticeships I improved my approach on how best to engage with care leavers to encourage participation. They also helped me to re-word some documents like the participation sheet. The public advisers **constructively criticised** and improved it making questions more open.

The Kent Youth Council also helped check a questionnaire I was using for appropriate language.

By working with young people and their Personal Advisors I got **positive endorsement** that this could help a lot of young people and should be researched further in Leaving Care.

What would you do differently next time?

I would get at least one public member to help facilitate my interviews. They could have helped with

- Transcribing
- Planning my research environment to help make it more welcoming to participants.

My advice for other researchers:
Speaking to public members early is helpful to make sure your research is actually needed.

Its been really invaluable to involve the public in my project. I realised PCIE was an implicit part of this award.

My advice to other researchers:
Incorporate public advisers in your research. Without relevant PCIE insight the research will be much harder to plan.

The project felt like it was just me, it was very easy to forget I had supervisors I could go to. They helped with all sorts of connections like the Young Persons Advisory Group (YPAG), Parent Forums and creating a PCIE advisory group.

My advice to other researchers:

- Put enough budget aside
- Start early
- Do as much PCIE as possible.

This has inspired me to take a step up in my next project and look at doing coproduction.

I would reach out to members of the public sooner.

As a researcher and active practitioner in a large local authority, I was privileged to have access to existing service user groups and people with lived experienced

Want to get more out of PCIE? View the [PCIE guide here](#).