

Welcome to this month's newsletter!

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What's been going on?

ORAG Meeting

*Written by
Ammaarah*

At this ORAG month's meeting, we began by getting updated on the fantastic work ORAG has done so far. This included the 1-1 meetings between the young people on the advisory team and the youth co-ordinators. We also heard from ORAG members who joined the work package update meeting in Milton Keynes. The feedback was insightful and constructive, helping to guide future meetings!

Rebecca shared an overview of the Ways of Being Revised (WoB-R) platform, which aims to reduce depression and anxiety in diverse young people. She walked us through the conceptual framework for the original platform (WoB), participant design, the trial procedures, including details of the trial site, allocation process, subsequent visits and follow-ups, and the psychological assessments that will measure outcomes.

Young people also shared feedback on the WoB-R, sparking a group discussion on the recruitment of young people who are suitable and motivated to take part and how we can be more accessible. The expected length of participants was also discussed, and ways to ensure the study is conducted in an efficient and meaningful way.

To close the meeting, we took time for reflections. Overall, this was a very proactive and productive meeting, filled with thoughtful contributions and suggestions for the next steps.

WP1 Meeting

Written by Rosie

On the 23rd of September, the work package 1 team met to discuss further steps, and deadlines. Roisin and Jason led the meeting, and talked about the process of condensing the information from our coding for the summary document. We reviewed a few of the sections that had already condensed to give out feedback especially on what we've noticed as important/frequently mentioned whilst coding. We also discussed further steps which would use our coding. Our future steps include reviewing the summary document before it's sent off, which we will be discussing in a meeting this month.

What have our Work Packages been up to?

Throughout the project, people aged 16-24 are working as peer researchers or co-designers, and have shared their experiences through our Work Package updates.

Work Package 1 (Youth Voice)

WP1 involves giving people aged 16-24 years old from diverse backgrounds the opportunity to share their stories and experiences from their perspective. These experiences will feed into designing an online arts and culture intervention for mental health.

- Continuing to code transcripts from the interviews with young people about their mental health experiences.
- Writing narrative summaries of the findings from the interviews.

Work Package 2 (Adjustments for Autistic Young People)

WP2 involves giving autistic people aged 16-24 the opportunity to share their stories and experiences from their perspective. It is the same as WP1 but focuses on how an online arts and culture intervention could be made useful for autistic people specifically.

- Completing the last few interviews before moving onto analysis.
- Finished writing narrative summaries of the findings from interviews completed so far.

Work Package 3 (*Realist Review*)

WP3 involves reviewing the existing research to investigate the effectiveness of online arts and culture for anxiety and depression in people aged 16–24. This will feed into designing the online arts and culture intervention for mental health.

- Drafting an academic publication to inform the online arts and culture platform for mental health.

Work Package 4 (*Co-Design*)

WP4 involves co-designing an online arts and culture intervention for mental health in people aged 16–24.

- Reviewing stories from co-designers, cultural partners and the wider co-designer network and providing feedback to help further development.

Work Package 5 (*Randomised Controlled Trial*)

WP5 involves designing and running a trial to test the effectiveness of the online arts and culture platform to help mental health.

- Starting to introduce parts of the trial into the wider ORIGIN project.
- Working with the ORAG to consider how young people can shape the trial.

Work Package 6 (*Economic Review*)

WP6 involves considering how cost effective the online arts and culture platform is.

- Continuing coding to review the cost effectiveness of the online arts and culture platform for mental health.

Wellbeing Wednesday

Take some time for yourself with our wellbeing space, created by Ammaarah. ORIGIN is all about helping our mental health, so our Newsletter is too!

For this month's Well-being Wednesday let try and create a mind garden that allows for reflection and freedom of expression to help nurture our mental health and promote well-being in celebration of World Mental Health Day (10th October).

Create an interactive space when you can "plant" symbolic items or words of meaning to represent your mental health journey.



1. Gather your supplies

- Choose a space to build your garden – this could be a board, box, jar or plant pot. Decorate it any way that feels meaningful to you
- Grab 3 bits and pieces (you will need 3!) this can be; flower, leaves, stones, seeds, or pieces of paper cut into three different symbols/shapes



2. Invite reflection and creation

- Assign meaning to your 3 materials, for example:
 - A leaf or flower to write something your growing/achieving for yourself,
 - a stone of something you want to let go
 - a seed to write a hope or goal for your mental well-being.

For example: I used paper shapes to represent my symbols. A flower to show what I'm hoping to achieve, a cloud to release my worries and a star to symbolise my hopes!

3. Then attach or drop items to your "garden". Over the days fill it up with new reflection's. Watch as it grows – this is a visual reminder of your growth and care of your well-being.

This activity is creative, symbolic and non-verbal – giving you space for personal reflection while building a work of art.

Remember, you can create your mind garden any way that feels right for you! Whether you build everything from scratch, pick items you find around you, or simply drawing on a piece of paper, the possibilities are endless!

What matters most is giving yourself a moment to pause, notice your growth and celebrate your change over time!

For more information about World Mental Health Day click [here](#)!

Thank you for reading!

This month is ADHD awareness month, and as ORIGIN aims to highlight underrepresented young people, such as those with ADHD, we couldn't think of a more perfect cause to call attention to.

ADHD UK provides Adult ADHD screeners and information about diagnostic progresses across ages. In addition, it has useful information about ADHD, including deep dives and a page with responses to ADHD deniers. It also provides information about your legal rights and entitlements as a person with ADHD, such as reasonable adjustments in the workplace.

For those who would like a bit of help, they provide online support groups, which have many groups you can join, for example the 'LGBTQ+ and ADHD support group'.

Another charity that it is useful to focus on is Mind. Mind, whilst not being an ADHD charity, gives really insightful information around ADHD and mental health. Its page on this highlights different mental health support available from the NHS, and explaining the conditions you are more susceptible with when you have ADHD.

**See you next month,
The Newsletter Team**



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