

# Online CORC Forum

19<sup>th</sup> November 2020



## Overview

Bringing together members and colleagues from the research, mental health and education sector, our annual CORC Forum features inspirational speakers, exciting topics and discussions and is the ideal event to expand your knowledge of mental health and wellbeing outcomes for children and young people.

Highlights this year include **The Children's Society** sharing recent findings from *The Good Childhood Report 2020* and *Life on Hold: children's well-being and COVID 19* and a closer look at the pressures that are making children and young people unhappy. We will be sharing our latest 'big data' analyses and looking at the relationships between the characteristics of children and young people seen by services, how they are using services, and the outcomes they see. The presenters in our breakout sessions will open up a range of topical discussions, such as measuring outcomes in schools and in remote work; our efforts to better understand and address racial inequalities in measuring and understanding experiences of mental health and mental health support; and young people's recommendations for services on outcome measurement.

We are looking forward to our national and international members and our network and colleagues, who previously travelled from far and wide, being able to join us in this more flexible way on Zoom. While we will miss being together in one space, we are aiming to bring you an equivalent amount of new learning, inspiration and ideas through a half day event, with breaks and breakout sessions to enable everyone to both take some time away from their screen and to be an active participant.

We will be joined by our colleagues from the **Evidence Based Practice Unit**, the **Creative Youth Network**, the **Schools in Mind team from the Anna Freud Centre** and many more.

**#CORCForum2020**

## About the Child Outcomes Research Consortium

The Child Outcomes Research Consortium (CORC) is the UK's leading membership organisation that collects and uses evidence to improve children and young people's mental health and wellbeing. Founded in 2002 by a group of mental health professionals determined to understand the impact of their work, today our members include mental health service providers, schools, professional bodies and research institutions from across Europe and beyond. We hold data relating to mental health and wellbeing outcomes of more than 400,000 children and young people in the UK, representing the largest data set of this kind worldwide.

**Website:** [www.corc.uk.net](http://www.corc.uk.net)

**Email:** [corc@annafreud.org](mailto:corc@annafreud.org)

**Twitter:** [@CORCcentral](https://twitter.com/CORCcentral)

## Feedback

We would benefit greatly from your feedback in order to improve our events in the future, especially since this is the first time that we are running the CORC Forum online.

Please go to <https://www.surveymonkey.com/r/CORCForum2020>. It only takes 3 minutes.

## Programme

09:30 – 09:45	<b>Introduction and welcome</b> <i>Nick Tait – Programme Manager at CORC</i>
09:45 – 10:15	<b>A good childhood? Reflections on The Children’s Society’s 15 years of research into children’s subjective well-being</b> <i>Richard Crellin – Policy Manager at Children’s Society</i>
10:15 – 10:30	<b>Unpacking the association between case-mix, treatment outcome and service use: preliminary findings</b> <i>Dr Julian Edbrooke-Childs – CORC Research Lead &amp; Associate Professor at UCL</i>
10:30 – 10:55	<b>Recent developments from CORC - the latest learning, innovations and direction of travel from CORC and collaborators</b> <i>Kate Dalzell – Head of CORC</i>
10:55 – 11:10	<b>Improving communication between service users and services - presenting co-developed video with Young Champions from the Anna Freud Centre</b>
11:10 – 11:30	<b>Break</b>
11:30 – 13:15	<b>Breakout Sessions</b>
13:15 – 13:30	<b>Event close</b>
13:30 – 14:00	<b>Post-event Social Zoom</b> <i>We invite participants to join us for some further reflecting time and networking activities</i>

## Breakout Sessions

As part of this year's Forum, we have a wide selection of breakout sessions for our attendees to choose from. Each of the 45-minute breakout rooms explores a different area of interest relating to mental health and wellbeing outcomes of children and young people. We're keeping the groups small to enable everyone to be part of the conversation. The presenters will open the discussions and put forward thoughts and questions to start this dialogue. These sessions will be a great opportunity to talk through current issues with a range of colleagues. Participants can choose up to 2 breakout sessions - Slot A) 11:30 - 12:15, Slot B) 12:30 - 13:15. You will be moved automatically into the breakout sessions that you booked on Eventbrite.

Breakout Session Name	Slot A) 11:30 – 12:15	Slot B) 12:30 – 13:15
<b>Session 1:</b> Getting future-ready: what are we learning about working with outcome and feedback measures remotely? <i>Hosted by Lee Atkins (Regional Officer at CORC)</i>	Session 1a	Session 1b
<b>Session 2:</b> Should schools be measuring mental wellbeing? If so, what are we learning about best to do it? <i>Hosted by Adrian Bethune (Author of 'Wellbeing In The Primary Classroom') and Nick Tait (Programme Manager at CORC)</i>	Session 2a	Session 2b
<b>Session 3:</b> How do you establish a whole school / college approach to mental health? The Anna Freud Centre introduces their whole-school framework '5 Steps to Mental Health and Wellbeing' <i>Hosted by Cait Cooper (Deputy Director: Mental Health and Wellbeing in schools at the Anna Freud Centre)</i>		Session 3

<b>Breakout Session</b>	<b>Slot A) 11:30 – 12:15</b>	<b>Slot B) 12:30 – 13:15</b>
<b>Session 4:</b> How do you develop an outcomes framework collaboratively? Creative Youth Network share their experiences <i>Hosted by Sally Marriott (Regional Officer at CORC) &amp; Jack Beech (Chief Operating Officer, Creative Youth Network)</i>	<b>Session 4a</b>	<b>Session 4b</b>
<b>Session 5:</b> Social prescribing for child and youth mental health and wellbeing – why is it not happening? <i>Hosted by Dr Daniel Hayes (Trials Manager at EBP)</i>		<b>Session 5</b>
<b>Session 6:</b> Diversity in measurement – what are some current challenges, opportunities and best practices? <i>Hosted by Dr Florence Ruby (Research Associate at CORC)</i>	<b>Session 6a</b>	<b>Session 6b</b>
<b>Session 7:</b> What are the tools for engaging young people with outcome measurement? <i>Hosted by Rachel Piper (Youth Engagement Officer at CORC)</i>	<b>Session 7</b>	
<b>Session 8:</b> A good childhood? Q&A Session with The Children’s Society about their research into children’s subjective well-being <i>Hosted by Richard Crellin (Policy and Research Manager at The Children’s Society)</i>	<b>Session 8</b>	
<b>Session 9:</b> Can we define mental health ‘recovery’? <i>Hosted by Dr Jenna Jacob (Research Lead at CORC)</i>	<b>Session 9a</b>	<b>Session 9b</b>
<b>Session 10:</b> How can we use co-production to drive change in the health system? <i>Hosted by Karen Whitelaw (Director of Engagement at We Can Talk)</i>		<b>Session 10</b>

## Speaker Biographies

### Richard Crellin

*Policy Manager – Children’s Society*



Richard manages The Children's Society's policy work on poverty and inequality. In this work he tries to understand why so many of the young people that the Children’s Society support come from low-income families and how, by improving their financial situation they could make them happier, safer and more able to thrive. The other major focus of his work is on the welfare and rights of refugee and migrant children in the UK. Many have experienced significant trauma and they often struggle to access support and services as they rebuild their lives in this country.

[@RichardCrellin](#)

### Nick Tait

*Programme Manager at Child Outcomes Research Consortium*



As Programme Manager for CORC, Nick works directly with members as well as on a range of projects in collaboration with CORC partner organisations. Nick joined CORC after working in schools, first as a teacher and then as head teacher of a large London primary school. Through his work with children he saw the importance of effective support for children’s mental health and wellbeing and worked with partner organisations to develop practice in school. He is particularly interested in the wellbeing of the most vulnerable children.

### Julian Edbrooke-Childs

*Associate Professor with expertise in child and adolescent mental health & Research Lead at Child Outcomes Research Consortium*



Julian is Research Lead alongside Jenna Jacob at the Child Outcomes Research Consortium (CORC) and lecturer in evidence-based child and adolescent mental health at UCL. Julian Edbrooke-Childs is also Head of Digital Development and Evaluation and Senior Research Fellow at the Evidence Based Practice Unit (EBPU). Julian’s research focuses on evidence-based child and adolescent mental health and includes projects which consider factors relating to person-centred care, shared decision making and evaluations of effective practice. Julian also leads on the management and evaluation of digital innovation grants for mobile health interventions.

## Kate Dalzell

*Head of the Child Outcomes Research Consortium*



Kate is Head of the Child Outcomes Research Consortium (CORC) and leads research, informatics and service support teams in taking forward CORC's mission: promoting the meaningful use of evidence to improve child and youth mental health and wellbeing. Kate is also Head of Innovation and Dissemination at the Anna Freud National Centre for Children and Families.

Her background is in service development in a local authority context, and in particular applying data-driven approaches to embed a focus on outcomes. She has been active in improving service collaboration and coordination around community needs through her work across a range of public, voluntary and community sector bodies – in particular in regeneration contexts.

Recently Kate has been exploring how evidence and feedback loops can improve the impact of self-care (non-professionally mediated approaches) in child and youth mental health, as well as continuing to improve CORC's support to young people, commissioners, mental health practitioners and schools in making best use of evidence to improve outcomes.

[@katedal](#)

## Cait Cooper

*Deputy Director: Mental Health and Wellbeing in schools at Anna Freud National Centre for Children and Families*



Cait Cooper is the Deputy Director for Mental Health and Wellbeing in Schools at the Anna Freud National Centre for Children and Families. In her previous post she was a member of a Senior Leadership team specialising in Inclusion and Safeguarding. Cait has vast teaching experience and a strong understanding of the current education landscape; she is passionate about providing schools with the knowledge and skills necessary to support children and young people's Mental Health and wellbeing. At the Anna Freud Centre Cait holds strategic oversight of a large number of projects at the Centre including Green Paper initiatives, training packages, and the growing Schools in Mind network.

## Dr Daniel Hayes

*Trials Manager at the Evidence Based Practice Unit*



Dr Daniel Hayes is a Senior Research Fellow at the Evidence Based Practice Unit interested in social and community mental health. He has led a systemic review exploring social prescribing for children and young people and currently is Co-Principal Investigator on two grants: a) exploring and developing social prescribing for children and young people (funded by Emerging Minds network) and b) exploring the sustainability of community assets (funded by the MARCH network).

[@DanHayesPhD](#)

## Karen Whitelaw

*Director of Engagement at We Can Talk*



Karen is the Director of Engagement at We Can Talk where she ensures local children and young people are involved in the development, delivery and ongoing sustainability of the project. She has over 10 years of experience working with children and young people in a variety of community settings and also works in a national role at Youth Access supporting voluntary sector organisations to improve access to high quality, community based, mental health services. Karen is also Co-Director of Knit Aid, a social enterprise that uses craft to empower refugees.

[@KarenCYPMH](#)

## Dr Jenna Jacob

*CORC Research Lead*



Jenna is Research Lead alongside Julian Edbrooke-Childs at the Child Outcomes Research Consortium (CORC). Jenna's research focuses on patient-centred care and outcome measurement, with a particular interest in goal setting and tracking in therapeutic settings. Jenna brings a wealth of experience of the practical aspects of outcome monitoring, including data spec development, measurement and data handling and analysis through a variety of roles held within CORC over the past decade. Jenna is particularly interested in the direct application of research to positively impact the lives of children with mental health and well-being difficulties.

[@JennaMBJacob](#)

## Lee Atkins

*Regional Officer for the Midlands and South West*



As Regional Officer for the Midlands and South West, Lee seeks to support organisations and services to develop their evidence based and outcome focused approach for service improvement. Lee developed his passion for this work supporting the mental health and well-being of children and young people over 12 years across voluntary and statutory sectors. This experience gave him a keen understanding of the needs of children, young people and their families (CYPF) and a commitment to putting them at the centre of all support for them. Lee is excited by the variety and diversity of work that takes place for CYPF and seeks to better understand, to demonstrate and to improve the effectiveness of this support.

## Rachel Piper

*Youth Engagement Officer at CORC*



As Youth Engagement Officer, Rachel supports CORC to strengthen our youth involvement, by developing new relationships, processes and initiatives. Rachel will be building the CORC Youth Network, ensuring young people's views are reflected in CORC's work, and taking forward youth centred projects.

Rachel has worked across various health organisations, with a particular interest in health inequities and the social determinants of health. She previously worked at Medact, supporting health workers to campaign around the wider political determinants of health. Before that, she led Student Minds' policy, research and co-production work. As a part of that role she was on the Core Management team of the UK's Student Mental Health Research Network. Prior to that she worked at the University Mental Health Advisors Network. Rachel is an executive member of the International Association of Youth Mental Health, and an active member of The People's Health Movement.

[@rachelhrpiper](#)

## Dr Florence Ruby

*Research Associate at CORC*



Florence joined CORC as a Research Associate. As part of her role Florence is involved in analysing data and reporting back to CORC members, ensuring their data best inform their practice. She also contributes to a variety of research projects and publications alongside the research team.

Florence's background is in Cognitive Neuroscience and Psychology. After completing her PhD in 2015, she worked for education non-profits where she managed and implemented a wide range of research and evaluation projects, including working in close collaboration with primary schools in England to help them identify and support children experiencing social emotional and mental health difficulties.

[@NeuroFlorence](#)

## Sally Marriott

*Regional Officer for the North West and North East*



Sally is a skilled project manager with extensive experience of business transformation and improvement initiatives within multiple organisational settings ranging from grass roots voluntary to county wide commissioning partnerships. Previous roles have enabled her to refine her interpersonal and communication skills to improve engagement with key stakeholders and partners throughout all stages of a project. Increased knowledge and understanding of outcomes measurement and evaluation tools and techniques, specifically within children and youth services, has been gained through more recent experiences. Sally is an excellent facilitator with strong influencing and negotiation methods, ensuring the best outputs and outcomes for any work.

## Adrian Bethune

*Teacher | Co-author 'Teacher Wellbeing & Self care' | Founder #teachappy*



Adrian Bethune is a Healthy Body and Mind Leader and Teacher at a primary school in Hertfordshire. He was awarded a 'Happy Hero' medal at the House of Lords on the UN International Day of Happiness in 2013, and has been on stage with the Dalai Lama and Lord Richard Layard in 2015 talking about teaching happiness in his school. He is passionate about children's mental health and happiness and has been interviewed by numerous national newspapers and other press organisations, including The Telegraph and Teach Primary Magazine. Adrian is founder of [www.teachappy.co.uk](http://www.teachappy.co.uk).

[@AdrianBethune](https://twitter.com/AdrianBethune)