

4/4<sup>B</sup>

early  
lab

# Research Findings Document

Post-Field Trip  
19 June 2015

Lab no.  
Subject

1  
Youth Mental Health

Partner

The Child, Family and  
Young People Service  
at Norfolk & Suffolk  
NHS Foundation Trust  
(NSFT)

ual:

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lab

# Research Findings Document

## Contents

Part 1	What we want
Part 2	How to get it
Part 3	What needs to happen first
Part 4A	Research methods
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# **Working with service users**

## 4/4 Research methods

The Early Lab team has conducted research in to youth mental health.

The Field Trip workshops were organised over 4 days according to 3 themes:

**With these people**  
Our research is founded on working directly and responsively with young mental health service users. We did this intensively on a field trip in Norwich where we used creative processes of making to unlock personal capacities within the service users that result from their own lived experience.

**asset-based methods**  
The creative processes of making employed on the field trip were:

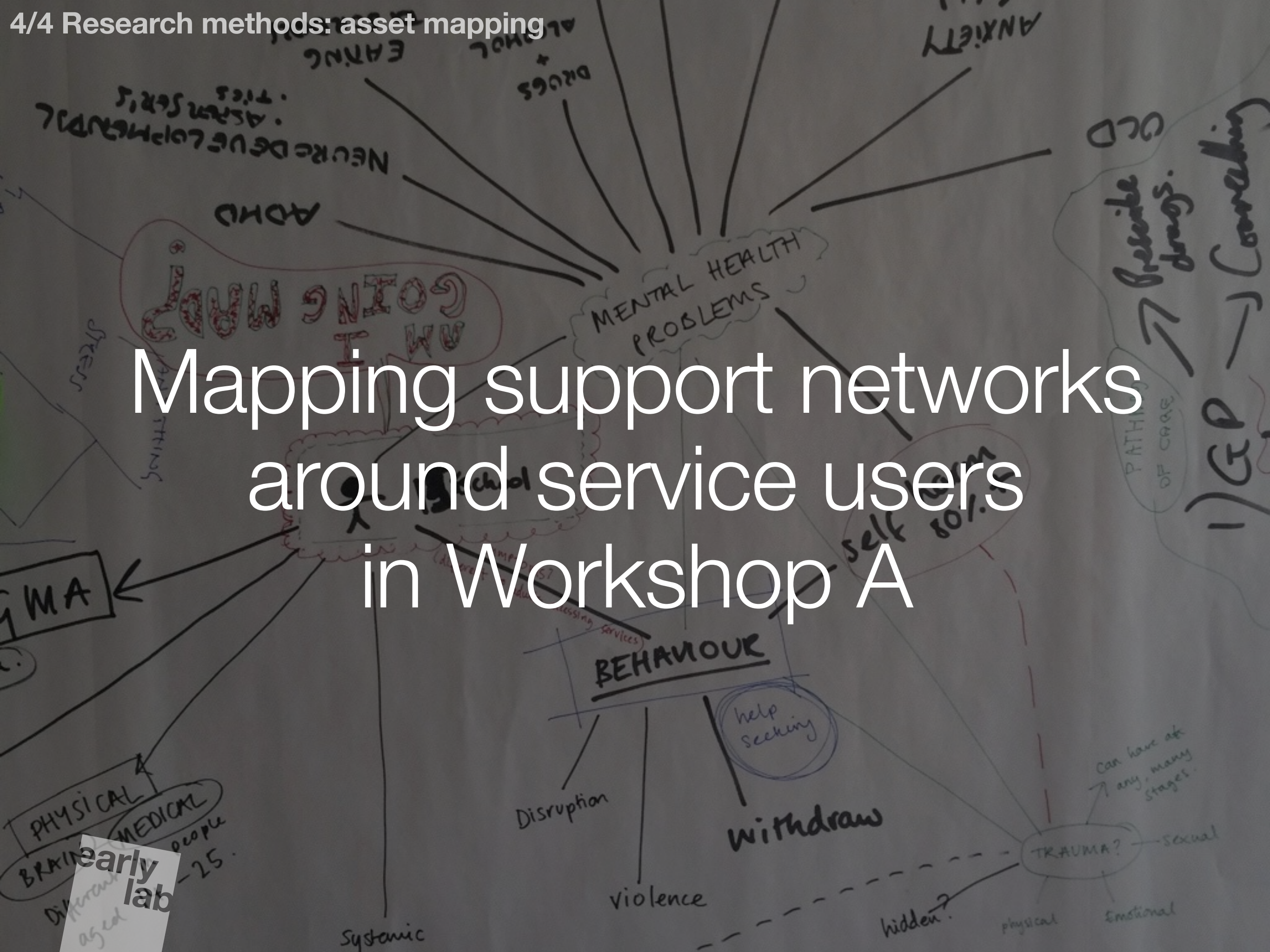
**places**  
in networks of support  
– Workshop 1, day 1 pm  
– Workshop A, day 3 am

**stories**  
in service location critique  
– Norwich Tour, day 2 am  
– Workshop 2, day 2 pm

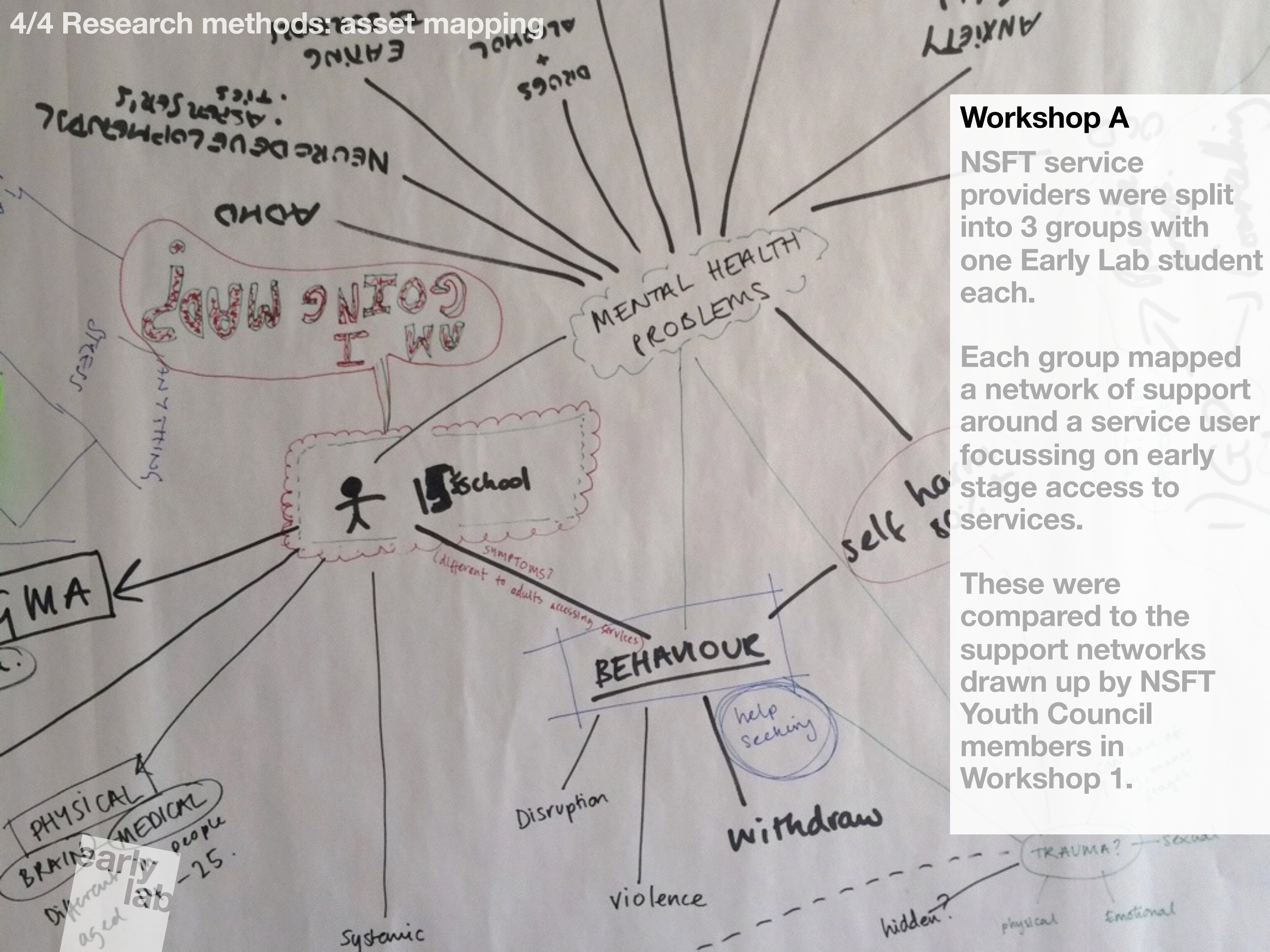
**of real/ideal service access**  
– Workshop 3/4, day 3/4  
– Workshop B, day 4 am



# Mapping support networks around service users in Workshop A







## Workshop A

NSFT service providers were split into 3 groups with one Early Lab student each.

Each group mapped a network of support around a service user focussing on early stage access to services.

These were compared to the support networks drawn up by NSFT Youth Council members in Workshop 1.



## 4/4 Research methods: asset mapping

● Fabiane Lee-Perrella  
Early Lab, UAL

● Xavier Coll  
Consultant Psychiatrist  
Norwich Youth Team,  
NSFT

● Sam Harbrow  
Psychological Wellbeing  
Practitioner, Wellbeing  
Service, NSFT

● Brioney Gee  
Assistant  
Psychologist,  
PRODIGY  
research trial,  
NSFT

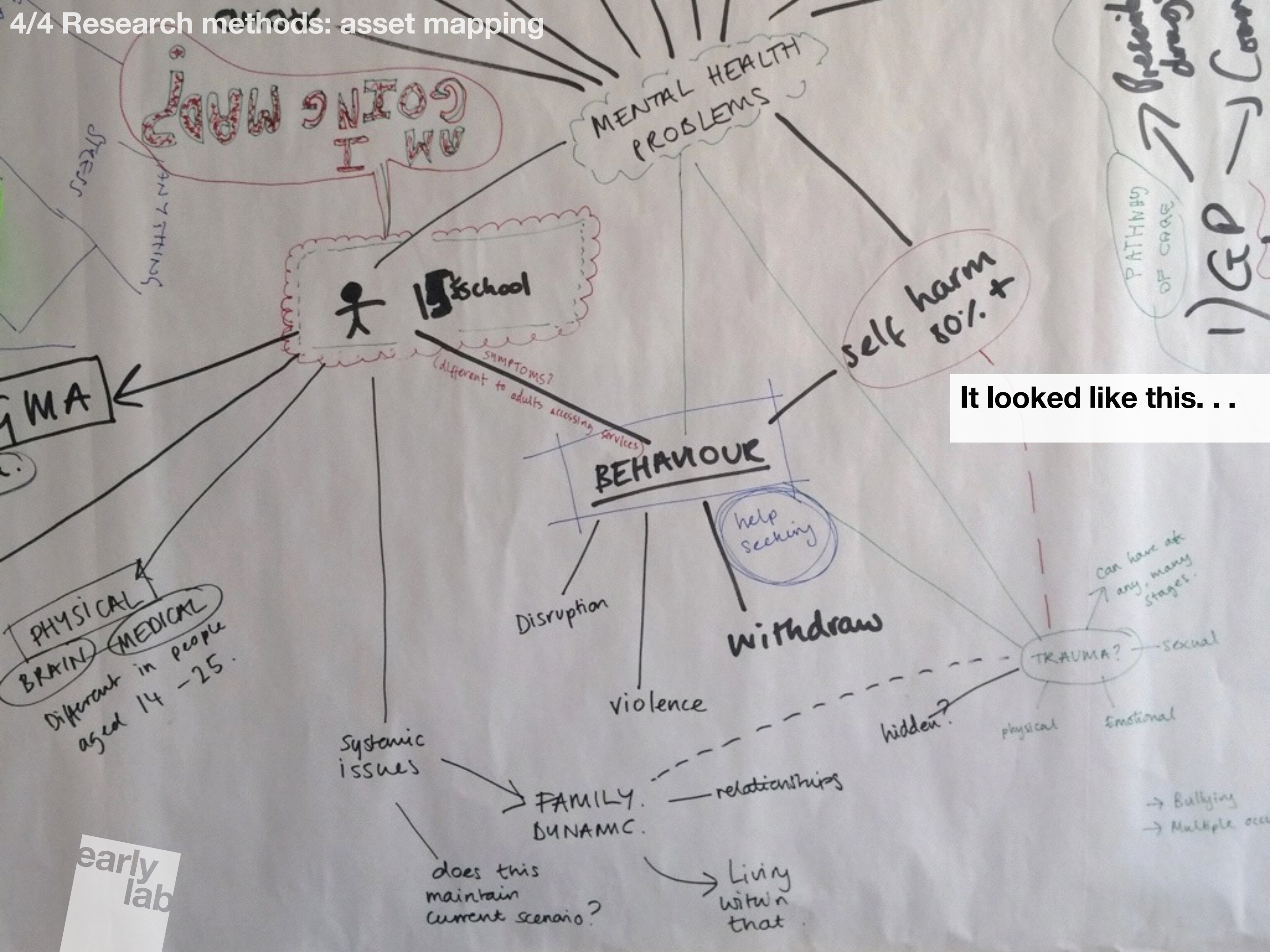
● Amira Prescott  
Early Lab, UAL

A typical support network  
was sketched out in  
Workshop A by:

early  
lab

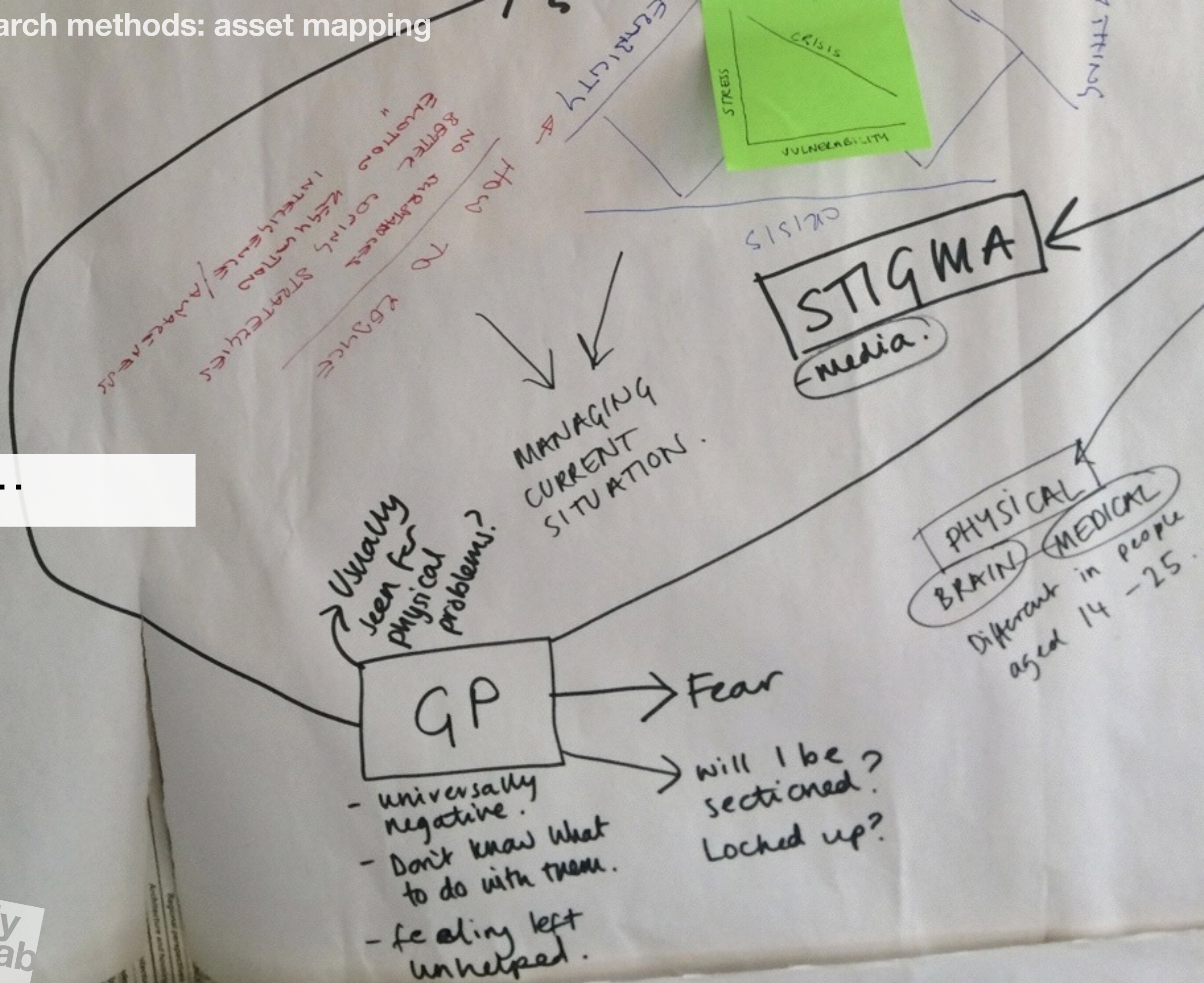


# 4/4 Research methods: asset mapping



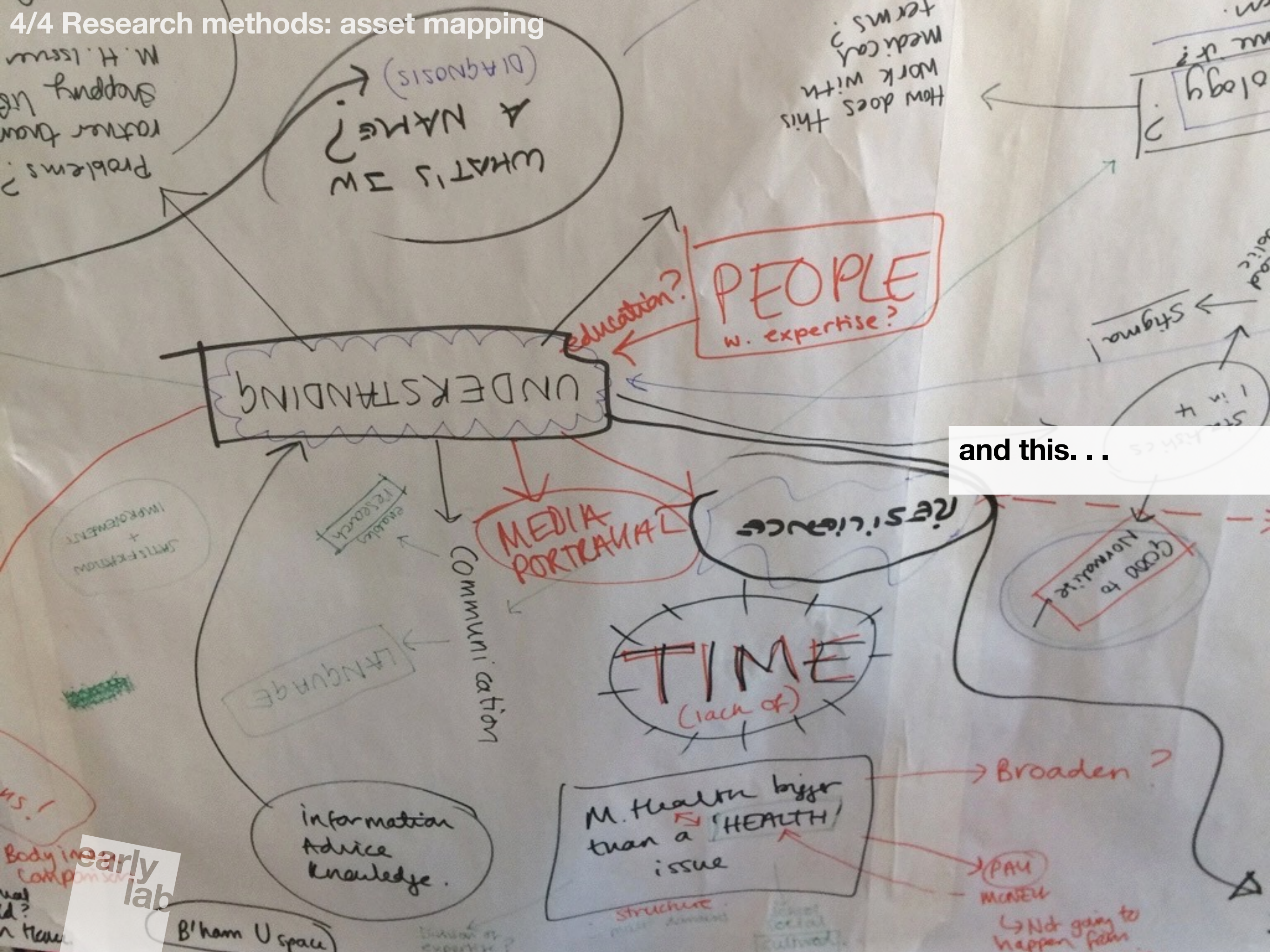


and this...





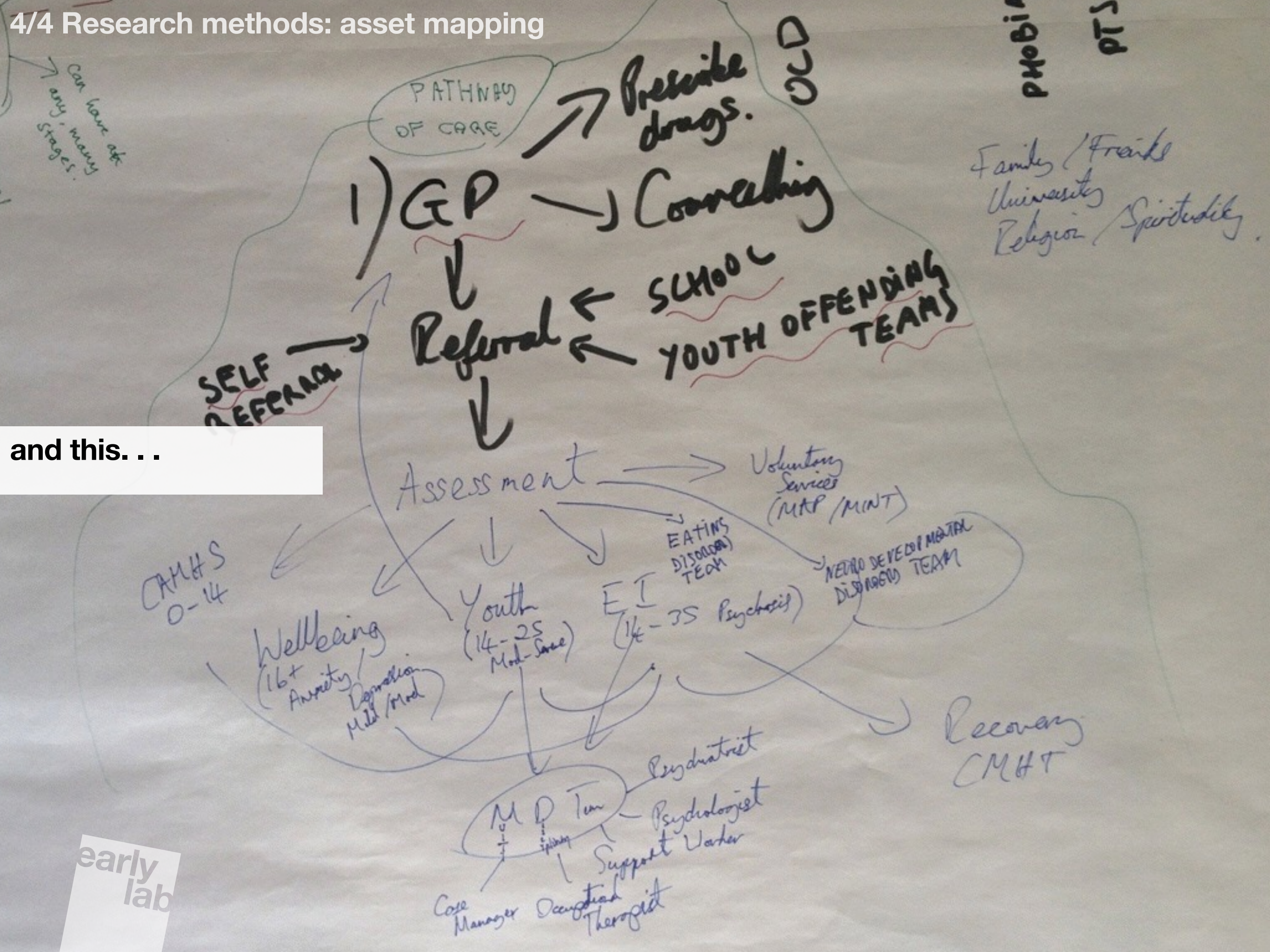
# 4/4 Research methods: asset mapping





# 4/4 Research methods: asset mapping

and this...





## 4/4 Research methods: asset mapping

A typical support network  
was sketched out in  
Workshop A by:

● Emma Burton  
Assistant  
Psychologist,  
Norwich Youth  
EI Team,  
NSFT

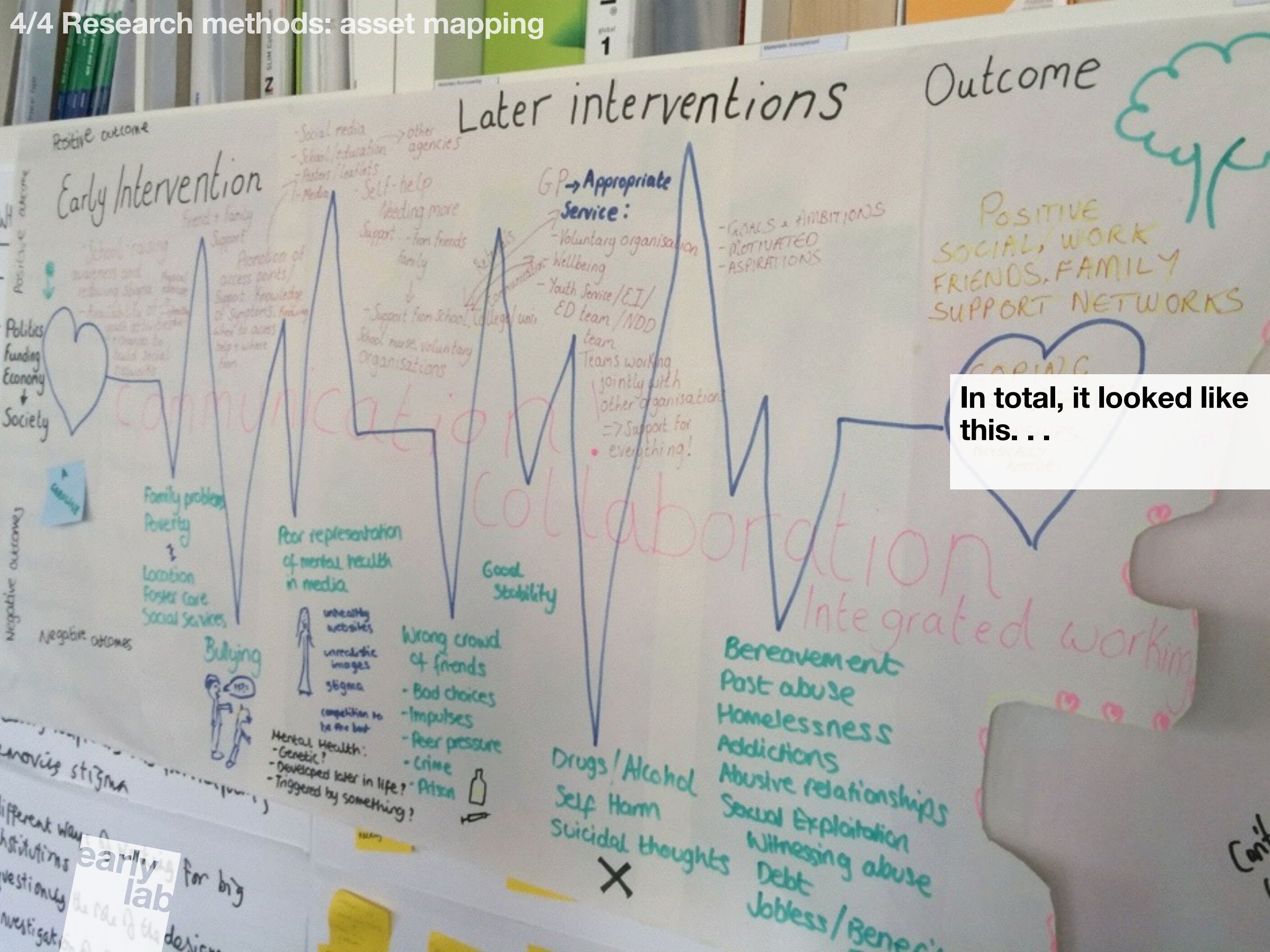
→ Caroline Yan Zheng  
Early Lab, UAL  
(out of shot)

● Jenna Saunders  
MINT

● Bill Belton  
Caseworker, Young People  
in Mind, Great Yarmouth

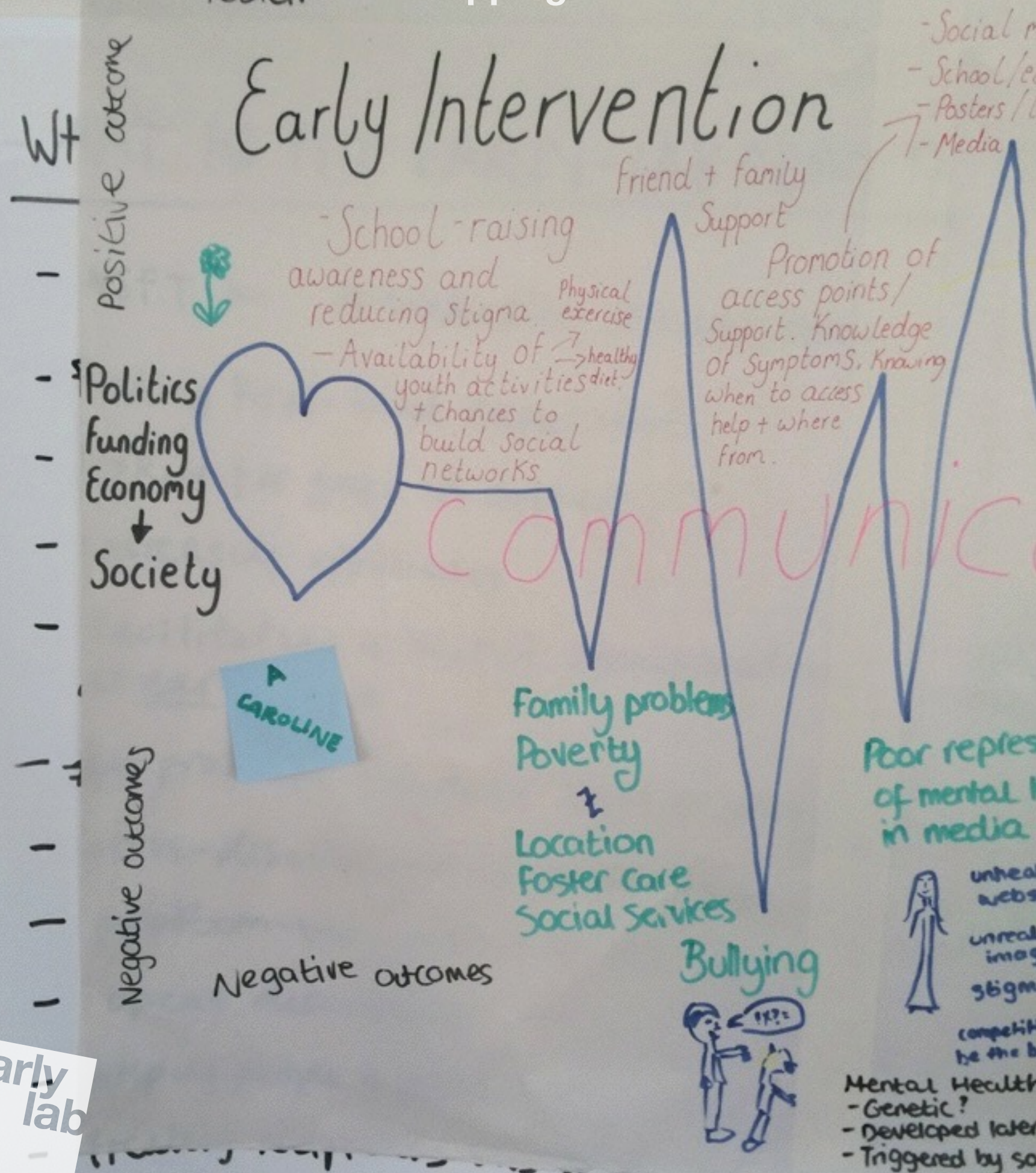
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In total, it looked like this. . .





the first quarter of it like this. . .



## Family Intervention

- School-raising awareness and reducing stigma

- Availability of <sup>→ healthy</sup> youth activities <sup>diet.</sup>
- + chances to build social networks.

Friend + family  
Support

Promotion of  
access points/  
Support. Knowledge  
of symptoms, knowing  
when to access  
help + where  
from.

- School/education
- Posters/leaflets
- Media
- Self

Other agencies

- Support from School, College/uni
- School nurse, Voluntary organisations

GP → App  
Service

- Voluntary
- Wellbeing
- Youth Service
- ED team
- team
- Team

**the second quarter of  
it like this. . .**

Family problems  
Poverty

Location  
Foster Care  
Social Services

## Bullying

Poor representation  
of mental health  
in media

- unhealthy websites
- unrealistic images
- stigma


competition to  
be the best

Mental Health:

- Genetic?
- Developed later in life?
- Triggered by something?

Wrong crowd  
of friends

- Bad choices
- Impulses
- Peer pressure
- Crime
- Prison



Drugs  
Self  
Suicide

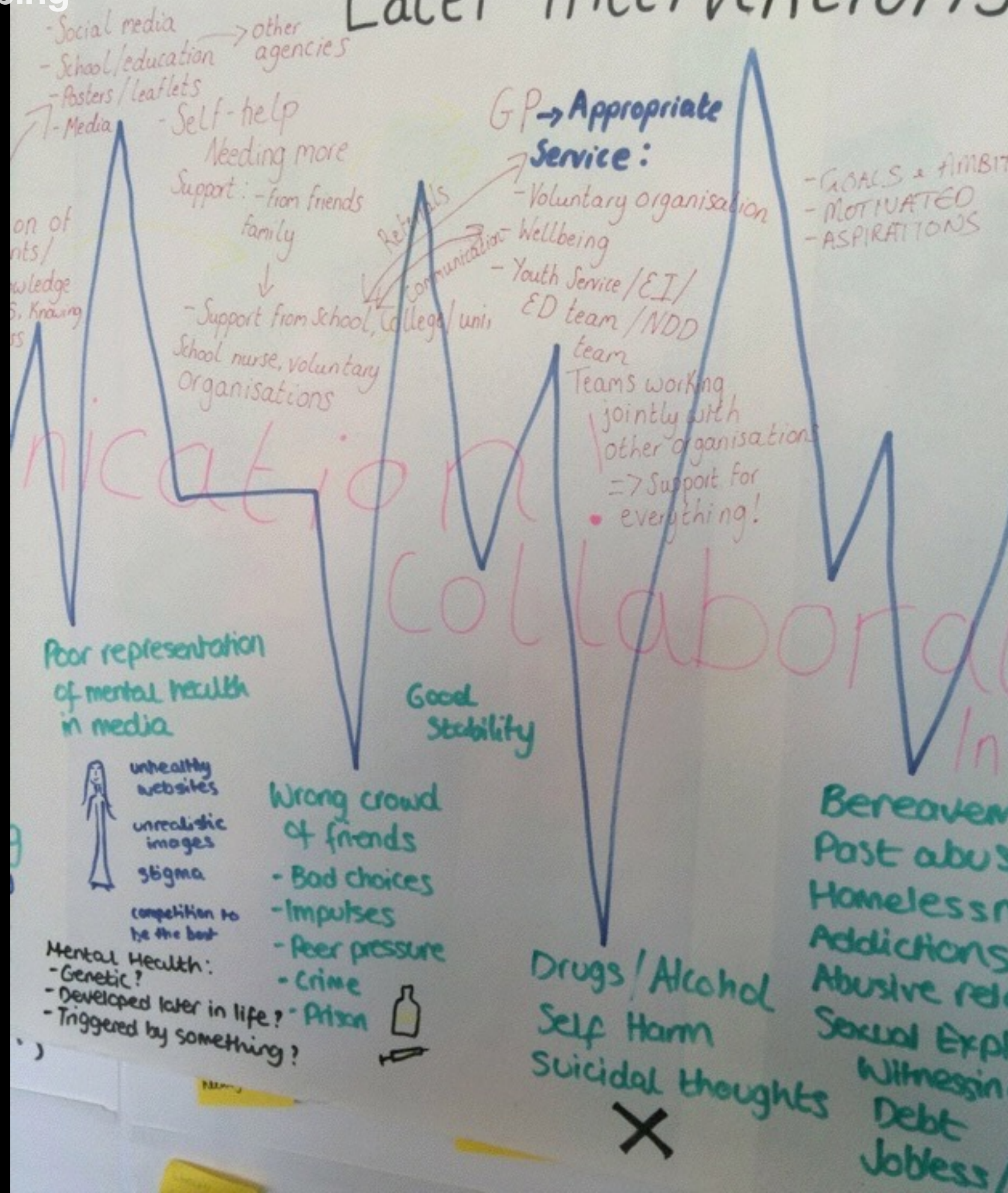
negative outcomes

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the third quarter of it like this. . .

## Later interventions



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and the final quarter  
of it like this.



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## 4/4 Research methods: asset mapping

Delina Evans  
Early Lab, UAL

Sam Witham  
Great Yarmouth  
Youth Team MHP,  
NSFT

Gary Pitcher  
Carers' Support Worker  
Great Yarmouth  
Youth Team,  
NSFT

Catherine Kilbey  
Occupational Therapist,  
Great Yarmouth  
Youth Team, NSFT

A typical support network  
was sketched out in  
Workshop A by:

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Services

Approachable  
Not as stigmatised  
Accessible

teach taking  
responsibility  
for our health  
(physical  
+ mental)

- drop in advice

- get information

- short self mx course

A  
DELINA



Speak @ School

Speak c family

Meet other people  
Peer  
Support

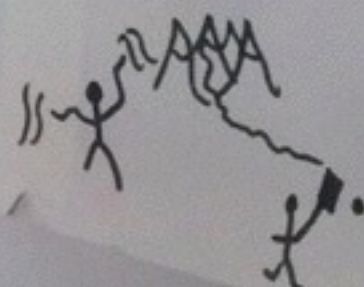
Open conversation  
OR

Understand resources  
available

Parents  
Access

Educate to talk  
openly

Integrate emotional  
wellbeing / communication  
into education



Can't do  
Can do at a push

Can do

Social media

Self help

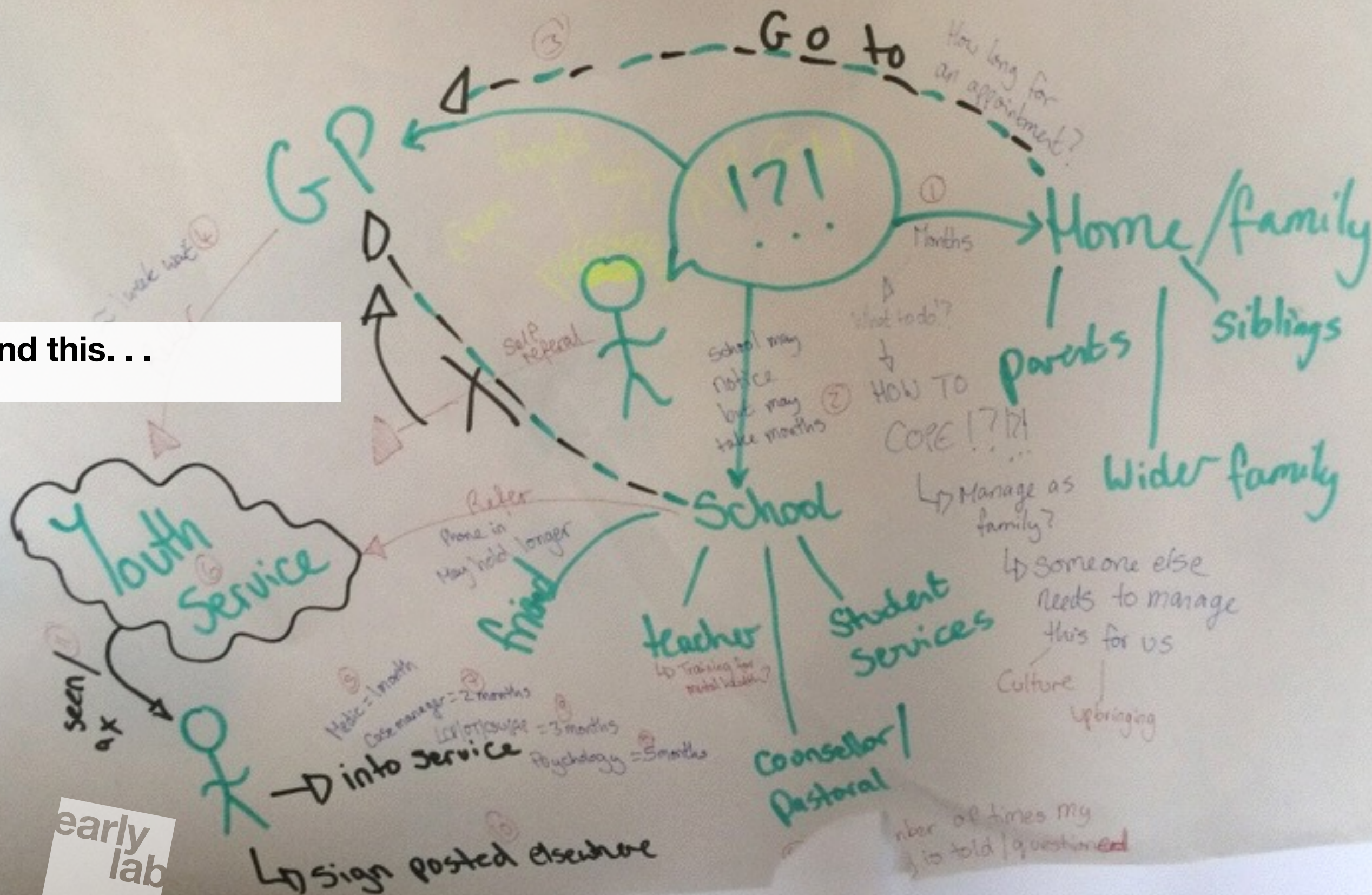
Recommended Sites

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It looked like this. . .



**and this. . .**





# NSFT Youth Council personal service story: Animation 1



- I FEEL BETTER  
NOW, I USED TO  
FEEL VERY ALONE  
WITH MY THOUGHTS  
I'M GOING BACK  
TO UNIVERSITY TO  
STUDY COMPUTER  
SCIENCE. GETTING  
MY LIFE BACK  
TOGETHER.  
- I FEEL  
EMPOWERED  
THAT MY  
EXPERIENCE  
CAN HELP  
OTHERS.

## 4/4 Research methods: stop-frame animation



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To access and play video, click on this  
link: <https://vimeo.com/131142595>



## 4/4 Research methods: stop-frame animation



Animation 1 was made  
in Workshop 3 & 4 by:

Luke Taylor  
Elise Page  
Katie Davis  
Youth Council, NSFT

with support from  
Steven Lang  
Delina Evans  
Laura Wright  
Early Lab, UAL

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- SO THE GREEN  
REPRESENTS POSITIVE  
CHANGE YEAH?

- THAT YOU'VE FOUND  
MEDICATION THAT  
WORKS?

- WHAT'S ASKED?

- DO PEOPLE SAY  
ANY POSITIVE  
THINGS ON THESE  
FORUMS?

# NSFT Youth Council personal service story: Animation 2

### Early Lab no.1: animation 2+

Version +



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lab

To access and play video, click on this  
link: <https://vimeo.com/131142877>

## Early Lab no.1: animation 2-

Version –



early  
lab

To access and play video, click on this  
link: <https://vimeo.com/131142857>



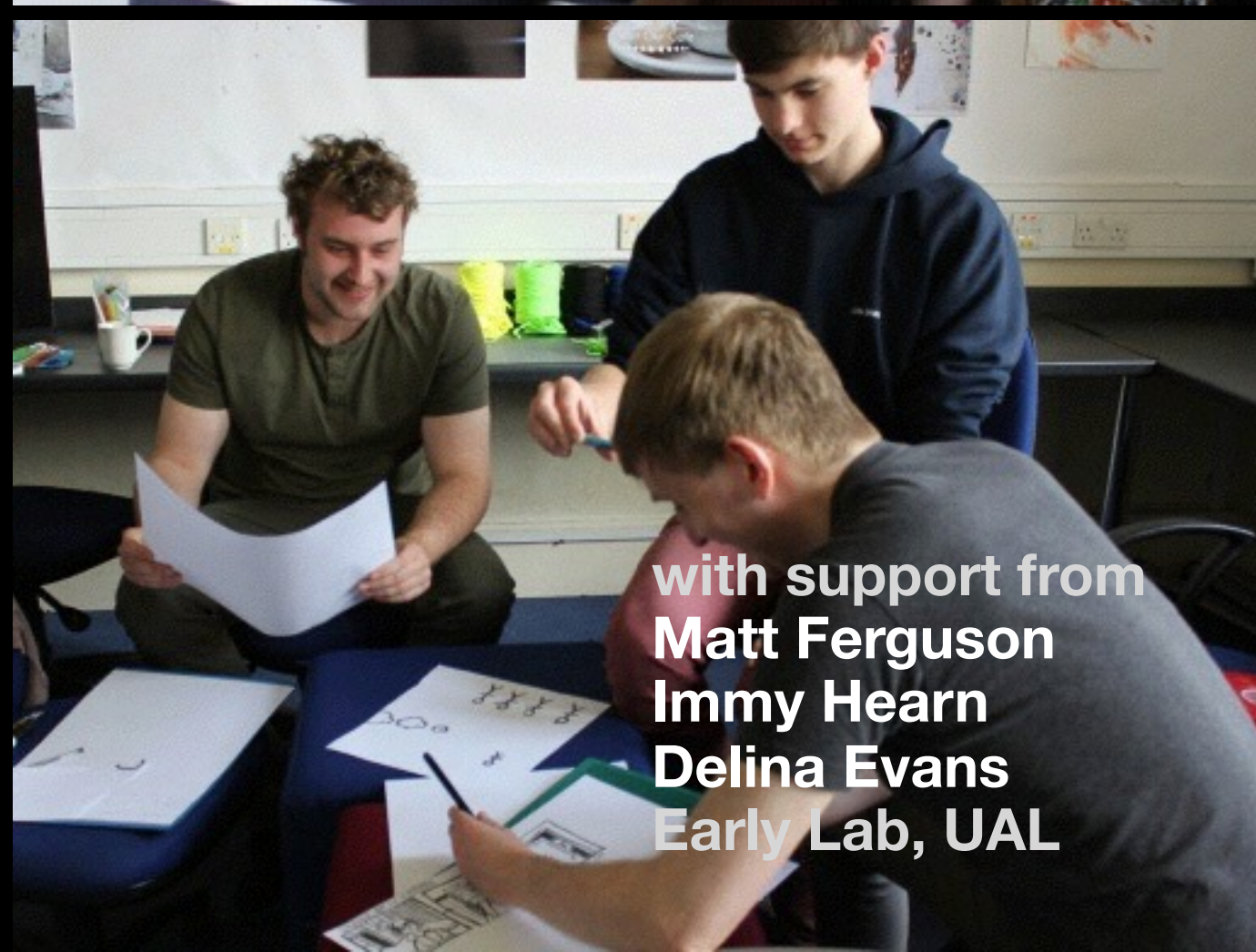
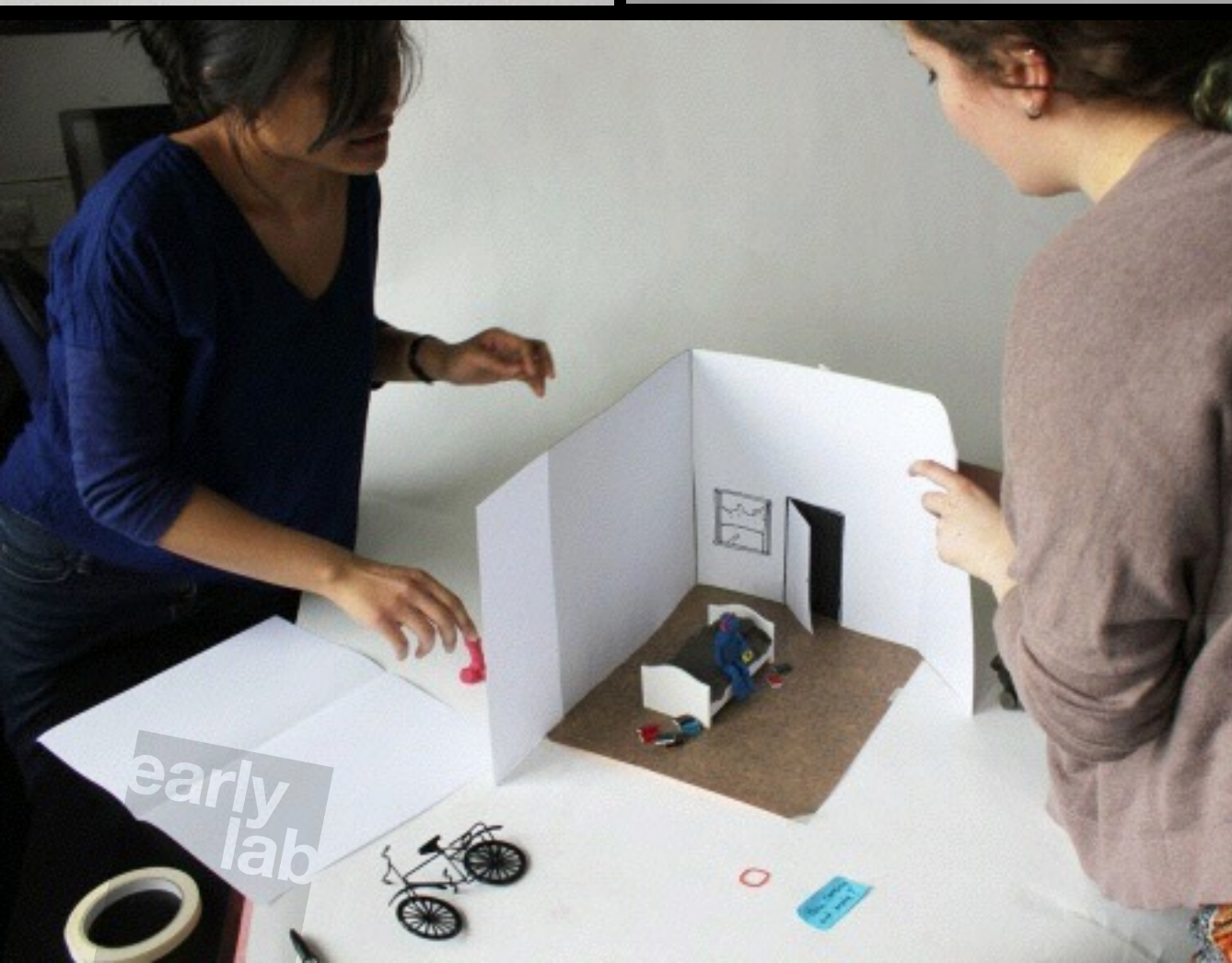
## 4/4 Research methods: stop-frame animation



Animation 2 was  
made in Workshop  
3 & 4 by:

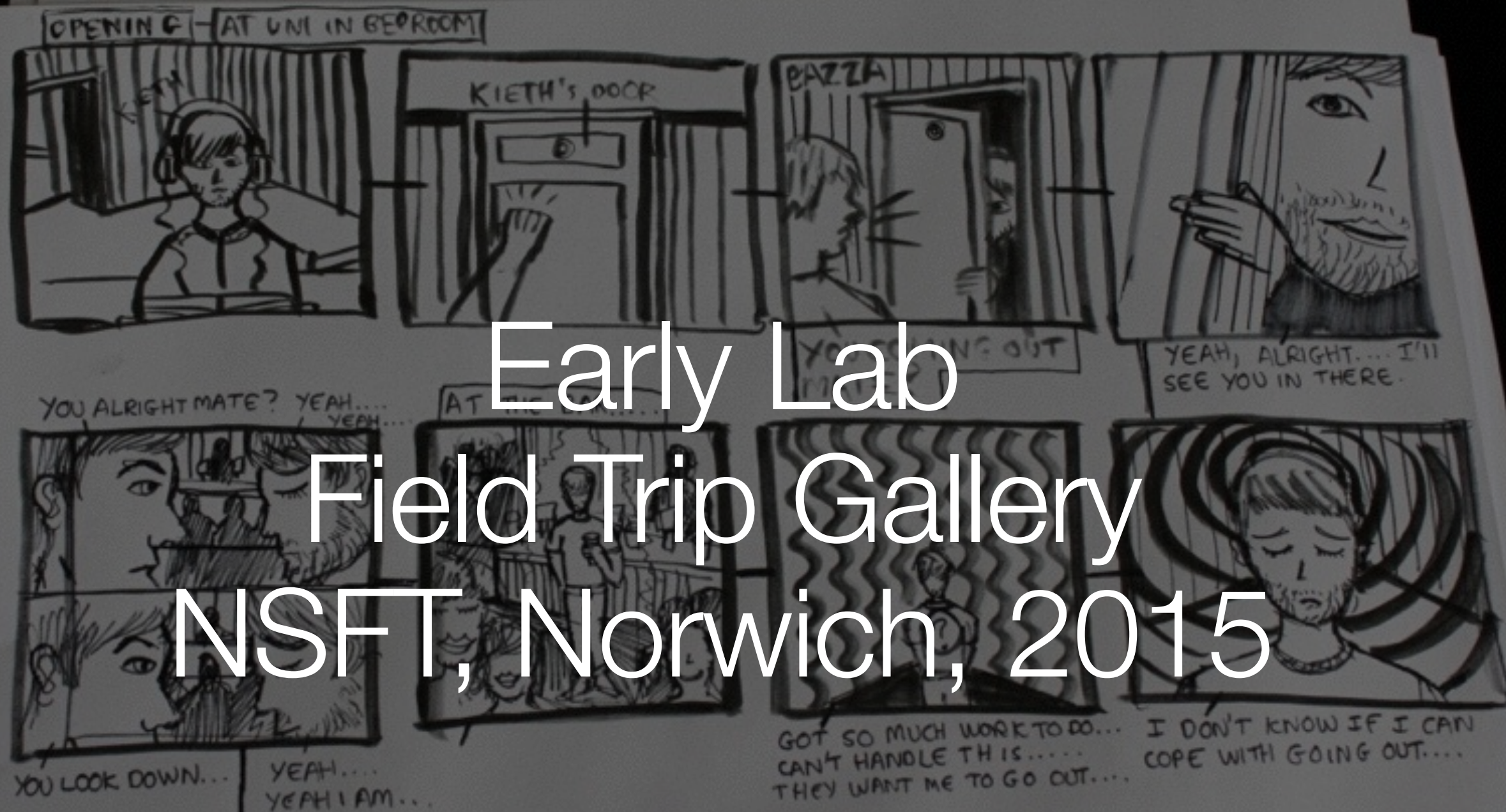


Jordan Morris  
Jonathan Balshaw  
Youth Council, NSFT



with support from  
Matt Ferguson  
Immy Hearn  
Delina Evans  
Early Lab, UAL







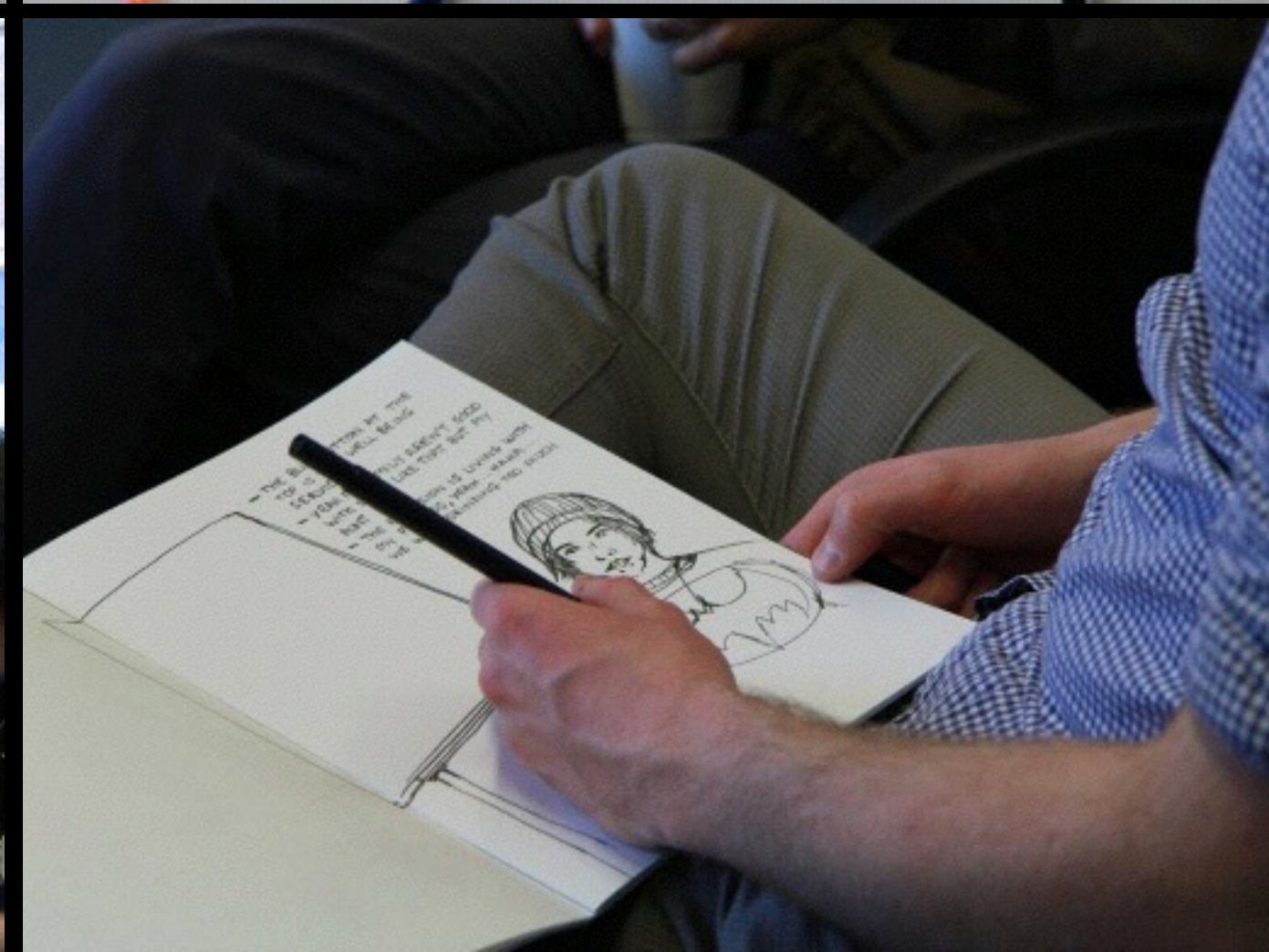






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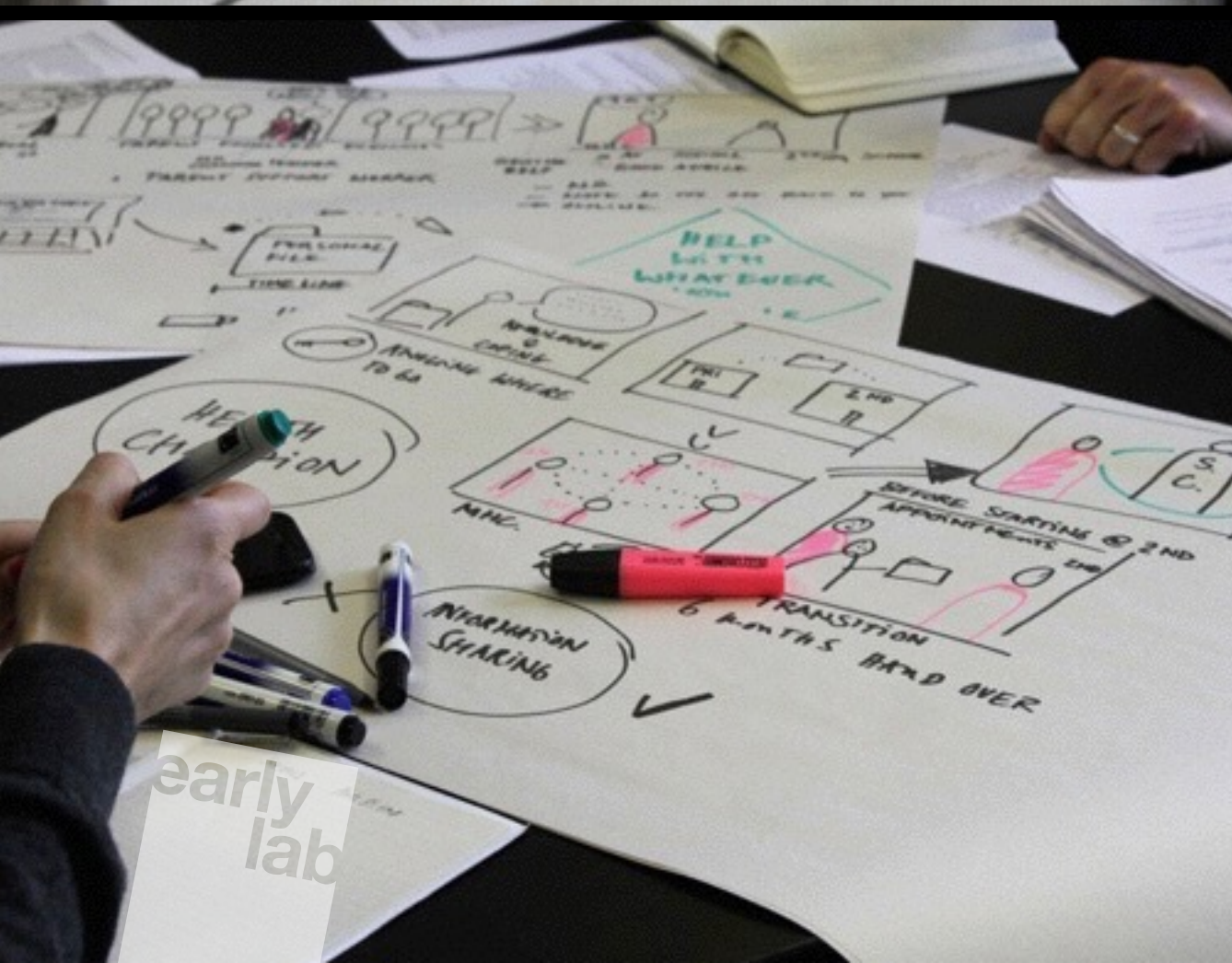




















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B  
LAURA  
FAB

# Early Lab, Lab 1 Participants, 2015

Woven  
into  
fabric  
of society

- community centres
- pop up places
- double decker bus, cafés.
- less institutionalised.
- community projects
- murals.

THE DREAM  
BUS.

RELATIONSHIP

- attachment to a place
- reputation



# Early Lab participants

## UAL Early Lab student team

**Delina Evans**

MDes Service Design Innovation,  
London College of Communication

**Matt Ferguson**

MA Graphic Design Communication,  
Chelsea College of Arts

**Imogen Hearn**

BA Interior and Spatial Design,  
Chelsea College of Arts

**Steven Lang**

MA Communication Design,  
Central Saint Martins

**Amira Prescott**

BA Graphic Design,  
Central Saint Martins

**Kat Thiel**

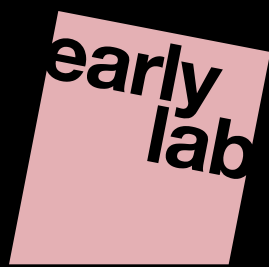
MA Fashion Futures,  
London College of Fashion

**Laura Wright**

BA Graphic Design,  
Camberwell College of Arts

**Caroline Yan Zheng**

MA Fashion Futures,  
London College of Fashion





## Early Lab participants

### Early Lab founders

**Professor Nick Bell**

UAL Chair of Communication Design,  
Director of Nick Bell Design

**Fabiane Lee-Perrella**

Tutor BA 3D Design, Camberwell College of Arts,  
founder of Flour

### NSFT Youth Council (service users)

**Jonathan Balshaw**

NSFT Suffolk

**Katie Davis**

NSFT Central

**Jordan Morris**

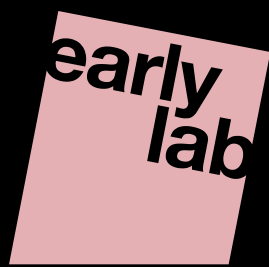
NSFT Central

**Elise Page**

NSFT Suffolk

**Luke Taylor**

NSFT West





## Early Lab participants

### NSFT team leaders

**Dr Tim Clarke**

Research Clinical Psychologist

**Emma Corlett**

Participation Project Lead

Director of the NSFT Youth Council

**Rob Mack**

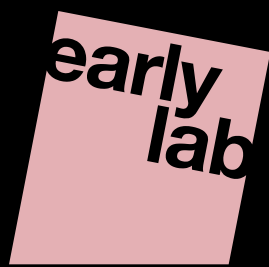
Deputy Service Manager, NSFT

Great Yarmouth & Waveney CHFYPS

**Dr Jon Wilson**

Consultant Psychiatrist and

Deputy Medical Director (Research)





# Early Lab participants

## Service providers: Workshop A

**Bill Belton**

Caseworker, Young People in Mind, Great Yarmouth

**Karen Burridge**

Trainee Assistant Practitioner,  
Norwich NDD Team, NSFT

**Emma Burton**

Assistant Psychologist,  
Norwich Youth/EI Team, NSFT

**Xavier Coll**

Consultant Psychiatrist,  
Norwich Youth Team, NSFT

**Sam Harbrow**

Trainee Psychological Wellbeing Practitioner  
Youth IAPT, NSFT

**Catherine Kilbey**

Occupational Therapist,  
Great Yarmouth Youth Team, NSFT

**Gary Pitcher**

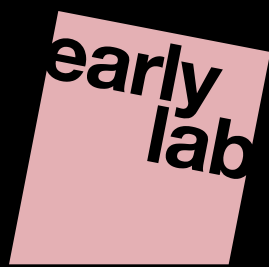
Carers' Support Worker,  
Great Yarmouth Youth Team, NSFT

**Jenna Saunders**

MINT, Norwich

**Sam Witham**

MHP, Great Yarmouth Youth Team, NSFT





# Early Lab participants

## Service providers: Workshop B

**Chris Butwright**

Head of Joint Commissioning,  
Norfolk County Council Children's Services

**Dr Sarah Flindall**

Retained Children's GP  
for Great Yarmouth & Waveney

**Charlotte Hutson**

Clinical Psychologist, Youth/EI

**Kirsty Pitcher**

Parenting Services Manager,  
The Benjamin Foundation

**Constantina Markides**

Assistant Psychologist, NSFT

**Sarah Maxwell**

CAMHS Consultant Psychiatrist  
and Youth Clinical Lead

**Tonia**

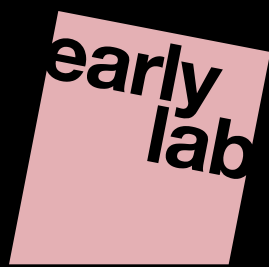
Therapeutic Service Operations Manager,  
Map

**Mike Purshouse**

Early Intervention Manager,  
Early Help Hub

**Nicky Shaw**

Clinical Team Leader,  
Great Yarmouth & Waveney  
Youth Mental Health Team

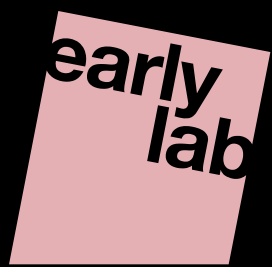




**Early Lab participants**

**With thanks to:**

**Andy Campbell**  
Head of Design, Norwich School  
for the use of school facilities.





The Early Lab, offering opportunities for designers to experience being involved in processes early (long before they are usually invited) so that their contributions might have a greater chance to deliver resilient and sustainable outcomes.

Trans-disciplinary, collaborative, complex socio-ecological challenges met responsively with people where they are, in their places.

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[earlylab.org](http://earlylab.org)

Email us from the menu on the website, or...

Nick Bell

<http://nickbelldesign.co.uk/>

[nick@nickbelldesign.co.uk](mailto:nick@nickbelldesign.co.uk)

Fabiane Lee-Perrella

<http://www.ourflour.com>

[f.perrella@camberwell.arts.ac.uk](mailto:f.perrella@camberwell.arts.ac.uk)