

## Transdisciplinary Research for the Improvement of Youth Mental Public Health

TRIUMPH believe that young people have experiences, ideas and skills that can strengthen conversations about how to improve youth public mental health. The **TRIUMPH** Network brings together young people, people working with young people, policymakers and academics from across different disciplines. By working together, we aim to find new ways to support and improve mental health and wellbeing, especially among vulnerable and disadvantaged groups where need is greatest.

TRIUMPH's Youth Advisory Group are a group of 16 young people age 16–24 who are involved in the strategic development of the network and in supporting wider youth participation in the network's activities.

The Youth Advisory Group meet face-to-face once a year for a residential weekend meeting and has three further virtual meetings per year.

These regular meetings are an opportunity to build and strengthen relationships, ensure that young people's views, experiences and ideas are central to all TRIUMPH activities, and to plan for future network activities.

You can see more about our first residential weekend here: <http://triumph.sphsu.gla.ac.uk/young-people/>



TRIUMPH works with four partner organisations, one in each nation of the UK, who helped to recruit the Youth Advisory Group members and support them to take part in our activities.

### ***Advice Leading to Public Health Advancement (ALPHA)***

ALPHA is a youth advisory group based in Cardiff with ages ranging from 14–25. ALPHA believe it is important for young people to have an impact on public health research.

Twitter: @ALPHA\_DECIPHer



### ***Young Edinburgh Action (YEA)***

YEA is a Scotland-based youth-led research group for 12–21 year olds. YEA research and take action on issues that are important to young people in Edinburgh.

Twitter: @youngedinaction



### ***Free2B Alliance***

Free2B Alliance is a London-based Community Interest Company, supporting LGBTQ+ young people and parents and empowering them to work together in delivering awareness training.

Twitter: @Free2B\_alliance



### ***Voices of Young People in Care (VOYPIC)***

VOYPIC is a charity that works across Northern Ireland with young people who have experience of care. VOYPIC supports young people to have their voices heard in numerous forums. VOYPIC gives young people the opportunity to meet new people, try new things and helps young people get out of their comfort zone.

Twitter: @voiceofyoungpeopleincare



## TRIUMPH Youth Advisory Group top tips for researchers working with young people:

1. Keep asking “how and where can we involve young people?”
2. Value every young person’s experiences
3. Don’t make assumptions about how to make activities inclusive and accessible – ask!
4. Keep young people in the loop – update us about the project process and how our input has made a difference
5. Bear in mind that young people have other things going on in their lives and cannot always be available
6. Keep it simple
7. Be kind!

### Youth Advisory Group priorities for young people’s participation in TRIUMPH

- Develop opportunities for young people to shape research that directly impacts them
- Ensure that adults really listen to young people and keep them up to date with what happens as a result of their contribution
- Ensure that all information is accessible and shared through multiple routes (not all young people use the same social media)
- Think about how to get information directly to young people – don’t assume that adults will pass information to them
- Build a virtual platform for young people to share their views and communicate with researchers
- Share clear timelines of what is going to happen and when it will happen in advance of all activities

- Track the impact that the Youth Advisory Group has on the TRIUMPH network
- Make sure TRIUMPH tells young people what difference their contributions make
- Put on free fun events for young people
- At large events create quiet, calm spaces where people can take time out
- Develop a shared identity that helps young people feel valued.

### Ongoing young people’s participation in TRIUMPH

The TRIUMPH Network has recently completed a series of agenda-setting workshops in each of the nations of the UK. These workshops were informed by discussions with the Youth Advisory Group and included invited representatives from each of our four stakeholder groups (young people, practitioners, policy makers and academics); young people made up approximately a quarter of the participants. From these workshops, and supplementary online consultations, we have developed our research agenda for young people’s mental health, which will be used to set priorities for our funding call and future research. You can find out more about our research priorities here: <http://triumph.sphsu.gla.ac.uk/research/>

The projects that TRIUMPH funds will need to demonstrate that young people have been involved in generating the research proposal and will be involved in the research project. Young people will also be involved in assessing the funding applications.

We are developing an online password-protected forum where young people and researchers can come together to discuss ideas for research and for engaging young people. Initially this forum will be piloted with Youth Advisory Group members and, if successful, we will explore how the forum can be expanded to include more young people and researchers.

The Youth Advisory Group also has its own budget to support research about youth public mental health. We look forward to telling you how they decide to use this.

Find out more about the TRIUMPH network

Website: <http://triumph.sphsu.gla.ac.uk>

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

Instagram: [@triumphnetwork](https://www.instagram.com/triumphnetwork)

Email: [sphsu-triumph@glasgow.ac.uk](mailto:sphsu-triumph@glasgow.ac.uk)



**UK Research  
and Innovation**

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