

UNIVERSITY OF
BIRMINGHAM



The IMH Youth Advisory Group:
**Working alongside young people
to develop and deliver mental
health-related research.**

Dr Maria Michail, Mr Layne Boyden
and Mr Niyah Campbell



imh

The Birmingham Institute for Mental Health

- Established in August 2017
- Professor Matthew Broome – Director of IMH
- Focus on improving the care and outcomes of young people with mental health difficulties.
- Ensure a sustained impact on **public policy** and **practice**.

THEMES

- ***Self-harm and suicide prevention***
- Early intervention and prevention
- Innovation in policy, systems and services
- Justice, equalities and capabilities



Self-harm and Suicide Prevention

*To create a transformational change in our understanding, conceptualisation and response to self-harm and suicide prevention in **research, clinical practice, policy-making and community practices.***





The IMH Youth Advisory Group

- A diverse group of 18 young people aged 18 – 25 years old with lived experience of or interest in youth mental health
- Provides the opportunity for young people to become involved in mental health related research. Equally, beneficial for researchers as engaging with YAG members provides valuable insights
- Engagement takes many forms; from research-related activities to social activities

What have I been involved in as an IMH YAG member?

- Early-stage involvement in the development of research – BRACE, IMH Research Strategy Meeting, suicide prevention research
- Sitting on interview panels during IMH staff recruitment processes
- Co-facilitating events – IMH Launch Event, Employment and Education Workshop...
The talk I'm giving right now!

What makes being an IMH YAG member work for me?

- Involvement in at several levels of the IMH
- Encourage difficult conversations around mental health whilst ensuring that such conversations are managed in a responsible manner
- Properly reimbursed for time and travel

How have I benefitted from being an IMH YAG member?

- Aids my mental health recovery
- Engaging with the IMH allows me to convert negative experiences with my mental health into a positive outcome
- I'm able to have a genuine impact on mental health-related research

Thank you

Contact us:

Dr Maria Michail
Senior Research Fellow
Institute for Mental Health
University of Birmingham
Email: m.michail@bham.ac.uk
@mariamichail2

Niyah Campbell
Youth Participation Lead
Institute for Mental Health
University of Birmingham
Email: n.campbell@bham.ac.uk

Find us at: [@IMH_UoB](#) | www.birmingham.ac.uk/imh

UNIVERSITY OF
BIRMINGHAM

