



RCN Foundation

Scoping research: Nursing-led Interventions to support the psychological and emotional wellbeing of children and young people

A Call for Applications

1. Background

The RCN Foundation is an independent charity (1134606 – England and Wales, SC043663 – Scotland) and a company limited by guarantee (7026001). It was set up in 2010 and aims to support nursing staff to improve the health and well-being of the public. The Foundation's current priorities for project funding are:

1. Supporting the nursing community in times of need
 - Self-care projects which focus on the health and wellbeing of the nursing team
2. Funding nursing-led projects that improve patient care, health and wellbeing
 - Care home nursing
 - Mental health nursing and learning disability nursing
 - Research and practise development projects
 - Projects that respond to emerging and urgent nursing and healthcare issues
3. Increasing public understanding of the contribution nursing makes to society
 - Projects that increase public understanding of nursing

In order to establish the Foundation's mental health grants programme the Foundation is commissioning a scoping project to identify the available evidence on nurse-led mental health interventions to establish an evidence base and to focus our grant giving in the three year strategy period. This work should identify gaps in provision and where excellence in practice is taking place.

2. Funding call

The RCN Foundation has developed a call for a scoping project that will identify the available evidence on nursing-led interventions that support the mental health and emotional wellbeing of children and young people. We particularly wish to focus on pre-crisis and early intervention. The scoping research will establish an evidence base for our grant-giving programme for the next three years.

The scoping research should look at all areas of nursing that play a key role in promoting mental health and emotional wellbeing in children and young people. This includes, but is not limited to, health visitors, practice nurses, school nurses, looked after children's nurses and children and young people's mental health nurses.

Interventions should cover all ages from 0 to 18.

The scoping research will identify initiatives and possible gaps in service provision and will address the following:



- With regards to nursing-led pre-crisis and early interventions that address the mental health and emotional wellbeing needs of children and young people:
 - Where in the UK is this taking place?
 - In which settings?
 - What is the focus?
 - What are the outcomes and impact?
- What experience, skills and knowledge are required to deliver these interventions?
- How can nurses from all settings and fields deliver these services? Including but not restricted to children's nurse specialists in areas such as diabetes, epilepsy and asthma, practice nurses and school nurses.

The scoping research must cover initiatives in all four countries of the UK and include consultation with sector experts, such as those from the nursing team who are working on the front line, charities, children and young people with lived experience, and their parents/carers.

Funding available is up to the value of £30,000. The scoping research should be undertaken in 2019. The funding available could cover direct research-related salaries, research expenses within reason and dissemination costs. The funding will not cover indirect costs such as university overheads, capital costs or purchase of non-specialist equipment.

The RCN Foundation is seeking applications from individuals or organisations to work with our Trustees and staff over a four to six month period. Applicants will need to be able to attend regular meetings with Trustees and/or staff either in London or by teleconference. The successful individual/organisation will be required to submit a report mid-way through the project and another report with a presentation of findings at the end.

3. Context for the Call – Why Children and Young People?

The RCN Foundation will be focussing its mental health grants programme on the area of children and young people's mental health and emotional wellbeing. Whilst mental health issues affect people across the lifespan, the impact on children and young people is particularly acute. Additionally, services for children and young people are under increasing pressure. Headline data on children and young people's mental health indicates that¹:

- 20% of adolescents may experience a mental health problem in any given year
- 50% of mental health problems are established by the age of 14, and 75% by the age of 24
- 60% of looked after children have some form of mental health or emotional illness

¹ <https://www.mentalhealth.org.uk/publications/fundamental-facts-about-mental-health-2015>



- Public Health England states that 70% of children and adolescents who experienced mental health problems did not receive appropriate interventions at a sufficiently early age

Particular groups of children and young people are even more susceptible to developing mental health problems, including those who are looked after, adopted or care leavers, victims of abuse or exploitation, those with disabilities or long term conditions, or who are within the justice system.²

There is wide acknowledgement that the mental health of children and young people has declined in recent years. One in ten young people are affected by mental health problems including depression, anxiety, self-harm and eating disorder³. In addition there has been an increase in children and young people experiencing loneliness. Young people aged 16-24 are more likely to report feeling lonely than older people.⁴ Childline has seen a 14% rise in the number of children contacting the charity about loneliness.

Whilst the prevalence of mental health problems is increasing, the provision of services for children and young people is not increasing sufficiently to meet the need. Mental health services are able to support only 25% of children and young people who need support.⁵ For children and young people, average admissions per provider increased from 94 in 2013/14 to 106 in 2014/15. Research has shown that this is due to workforce pressures. Approximately 11% of nursing posts in children and young people's mental health services are vacant. In addition the significant decreases in health visitors and school nurses has also contributed to the lack of services for this group.⁶

Findings from a 2016 survey carried out on behalf of the Children's Commissioner in England demonstrated that school nurses are ideally placed to provide the accessible, non-stigmatised advice that children and young people need as part of everyday life.⁷ However the number of school nurses in England has dropped by 15%. In Northern Ireland, there is one school nurse for every 3,000 school-age children. In addition, the percentage of school nurses aged 45 and over has increased from 51% in 2010 to 62% in 2016.

It is clear that children and young people's mental health is under severe pressure. The RCN Foundation is seeking to identify these pressure points and nursing-led initiatives that have been implemented to tackle them.

² <https://www.england.nhs.uk/wp-content/uploads/2016/02/Mental-Health-Taskforce-FYFV-final.pdf>

³ <https://www.mentalhealth.org.uk/publications/fundamental-facts-about-mental-health-2015>

⁴

<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/lonelinesswhatcharacteristicsandcircumstancesareassociatedwithfeelinglonely/2018-04-10>

⁵ <https://www.kingsfund.org.uk/blog/2018/03/transforming-children-young-people-mental-health-provision>

⁶ <https://www.kingsfund.org.uk/blog/2018/03/transforming-children-young-people-mental-health-provision>; <https://www.england.nhs.uk/wp-content/uploads/2016/02/Mental-Health-Taskforce-FYFV-final.pdf>

⁷ <https://www.mentalhealth.org.uk/publications/fundamental-facts-about-mental-health-2015>



4. Outline for the proposal

Please write a research proposal addressing the headings below:

Section A: Applicant details

Please complete the details of the research lead and the organisation that you are applying from. Please give a description of the lead organisation and list the team. In addition please list any partner organisations involved in the research.

The ideal application will demonstrate:

- Considerable experience of carrying out evidence-based research around issues in nursing.
- Experience of producing influential reports at a policy or programme design level.
- Excellent written and verbal communication skills.
- The ability to understand the nature of grant making organisations and charities.
- Experience of providing written reports and presenting findings to both nursing professionals and non-specialists.
- Understanding of the equalities issues around health care for all communities across the four countries of the UK.

Section B: Research description

This section will introduce the questions and issues central to the research and should identify the aims and objectives and what methods or means you plan to use. Please also include here any ethical approvals that may be required.

Section C: Outputs

Please describe the main outputs of the research.

Section D: Timescales

We are seeking projects that will be undertaken during a maximum of six months. Please provide an outline of the timescales for the project. This should include the key phases, deadlines and milestones for the project, as well as any other relevant information.

Section E: Project Costs and Resources

We have a maximum budget of £30,000 to spend on this research. Please provide a detailed breakdown of costs using the format below.

Item	Cost	Explanatory note

Section F: Dissemination



Please outline how you propose to disseminate the outcomes from the project, identifying the key activities, and the audiences at whom the outcomes will be targeted.

Next Steps

If you would like to apply for this call, please submit a research proposal of no more than 8 pages. Proposals should be written in size 11 Arial font.

The closing date for applications is 5.00pm on Thursday 31 January 2019.

Applications received after this date will not be considered.

Shortlisted applicants will be invited to interview within 3 months of the closing date in order to present their proposal to a panel.

Applications should be submitted by email to: grants@rcnfoundation.org.uk. Should you have any questions about this funding call, please contact Katie Slater on katie.slater@rcn.org.uk.

Thank you for your interest.