

# Blueprint Co-researchers: Meet the team

## Rose

I am joining the McPin team as a co-researcher on the Blueprint Project, with the aim to improve accessibility and effectiveness of mental health services for children and young people. I am a final year psychology student at Newcastle University. As part of my degree, I completed a placement year working in an adult acute psychiatric hospital, which involved screening for sleep disorders, delivering Cognitive Behavioural Therapy for Insomnia, and collecting data regarding the outcomes of therapy. I also work at my local hospital as a healthcare assistant, providing compassionate care to patients in all wards. I am passionate about mental health research and encouraging open conversations about mental health and wellbeing. In my spare time I am a very active person and compete as part of my university's cheerleading team.



## Georgia

I am from Sheffield but moved to Manchester in 2015 where I did my undergraduate degree in psychology before going on to do my Masters in research and experimental psychology. I'm really interested in the blueprint project as I think it's so important, now more than ever that mental health services for young people are the best and most accessible they can possibly be.

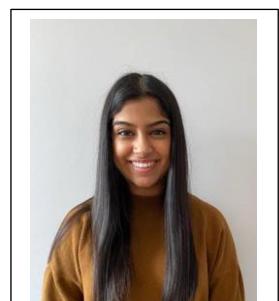
It'll be great to work with a team of other like-minded people aiming to find out how this can be done for children and young people. I'm really passionate about mental health research and this is something I would love to pursue in the future.

In my spare time I really enjoy cooking and baking, as well as going to the gym and running outside, which is something I really got into over lockdown!



## Keeya

I am currently working as an Honorary Assistant Psychologist in CAMHS Solent NHS Trust. I have just graduated with BSc Psychology from Cardiff University. I loved conducting my final year dissertation on the relationship between mindfulness, resilience, self-concept clarity and resilience. I hope to one day become a Counselling Psychologist. I am very excited to be a part of the Blueprint Project to help create a model that can improve service user access to effective mental health support.



## Bekah

I'm currently studying Psychology at the University of Southampton. I've volunteered as a research assistant on various projects during my studies, looking at workplace stress, dreams, and self-esteem. For my final year project, I'll be looking into the relationship between attachment and help seeking behaviour in non-clinical paranoia and grandiosity samples. Last year I completed a Year in Employment in an EIP team in West London. Here I particularly enjoyed the opportunity to develop the support being offered to siblings by creating dedicated resources, commencing support groups, and raising awareness within the MDT. I've also worked as a Support Worker and HCA in community and inpatient settings. I'm excited about the potential the Blueprint project has to make positive changes for young people and their families, the new skills I'll be learning, and exploring the way we can utilise our lived experiences. When I'm not studying, I love surfing, skating, and volunteering on children's camps!



## Jodie

I joined McPin as a Young Person Co-Researcher on the Blueprint project. Having graduated with a BSc in Psychology from Newcastle University this year, I'm currently studying towards an MSc in Cognitive Development and Disorders at the University of Leeds. Previously, I worked as a Research Assistant at Newcastle University, where I investigated potential barriers and facilitators to organ donation in individuals from Black, Asian and minority ethnic backgrounds. I have a passion for mental health and wellbeing, especially among young people and those with developmental difficulties. By joining The McPin Foundation, I aim to use my lived experiences of mental illness to contribute to meaningful research, helping to improve the mental-health experiences of others.



## James



I am excited to take part in the Blueprint Project and learn more about how young people and their families relate to and experience the mental health services currently available in England and Wales. I believe that therapeutic interventions can help people develop levels of compassion and emotional wisdom that are unavailable to most other people, but recognise that many people's experiences of mental health services are extremely negative. I currently work as a researcher at Imperial College London investigating how young people experience and respond to climate change and look forward to supporting people 1-to-1 as a therapist later in life.