Youth Social Behaviour and Network Therapy Study - Information for Young People

What is the ‘Youth Social Behaviour and Network Therapy Study’?
The study is a three-year project which has two main parts. In the first researchers are looking at how to adapt an intervention (way of helping people in services) called Social Behaviour and Network Therapy (SBNT) that they have developed for adults using drug and alcohol services, so that it can be used with young people (up to 18) and their families. In the second part of the study the researchers will test out this intervention by delivering it to some patients in services and seeing how well it works.

The project team (see attached document) are looking for young people who have experience of using drug and alcohol services between the ages of 12 and 18 and are interested in working with us on the project.

What is research?
Research can mean lots of different things, but generally it means a process of finding things out by collecting information (data) in order to answer questions and provide reliable new knowledge. For this project we would be researching how to adapt the SBNT intervention so that it is relevant and useful for young people and their families.

What is evaluation?
Evaluation uses many of the same methods as research, but is about assessing something like a project or programme to find out what has worked well or could have been better. As well as evaluating how well the intervention we develop in the first part of the study works (see above) Louca-Mai, who is working with Lorna to support young people’s involvement in the study, is also doing a project on children and young people’s involvement. As part of this she will be talking to young people and adults involved in the study about how young people’s involvement can best help to make the study, and therefore services for children and young people, better.

Who are the researchers doing the project?
Along with this information sheet, you should also have been given a document with information about the project team. This tells you who you’ll be working with and what they’ll be doing in the project.

Who can be involved?
We are looking for young people aged up to 22, who have experience of using drug and alcohol services between the ages of 12 and 18 but are no longer in treatment. You have been given this information sheet because an adult you’ve been working with thinks it might be something you might be interested in. You can be involved either by joining our Young Advisors group, which meets in London (see next page) or if this is not possible we may be able to come and talk to groups of young people in other places.
What would I have to do?
All young people who get involved in the project will help us to make sure that this study looks at the things you think matter to young people who use drug and alcohol services. The young advisors will also be learning about research and getting involved in different ways during the project. There is a role description we can give you which tells you more about what would be involved and what you can expect from us, but we can also change this document if we agree as a group that new things need to be added as the project goes on.
The group will meet in London every month or two until summer 2014 and we would like young people who get involved to come to as many meetings as they can, so that the group get to know each other and learn together. But we can also contact you in between meetings by email, text or social media like Twitter and Facebook (if you want us to), and you can get more involved in the project that way if there are things happening in between meetings that you’re interested in or you have to miss a meeting and want to know what’s going on. One or two young advisors may also go to meetings of the whole project team, so that young people’s views get heard at these meetings too. This may be the same young people each time or it may change, depending on what we all decide when the project starts.
If you’re not able to join the young advisors group we may only meet you once to get your views on the project but you can also stay involved by email, twitter or a project blog if you’d like to.

If I get involved, what will you do with the information I give you?
Only people working with you in the project team will have access to your personal information (name, address etc). When we record or write up our discussions these will be anonymous – so when we write things about young people’s involvement in the project we will not use people’s names (unless you want us to, for example to be credited as a young advisor). Recordings and personal information such as your application form will be kept in a secure filing cabinet by Louca-Mai, or a password-protected computer.

What will happen if I don’t want to carry on with the project?
You can stop being part of the project at any time by contacting Louca-Mai or Lorna and letting them know.

How do I take part in this project?
If you are happy to take part in the project, please let the person who gave you this information know or contact Louca-Mai or Lorna (see below).

Who is organising and funding the study?
The National Institute of Health Research (NIHR) funds the project as part of the Health Technology Assessment (HTA) programme of research. The project is based at Birmingham and Solihull Mental Health Foundation Trust and the research team are based in Birmingham, York, Bristol and London.

Contact for further information?
If you have any questions about the project, please speak to the person who gave you this information or contact Louca-Mai (loucamai.brady@gmail.com, 07462 779549) or Lorna (LTempleton72@googlemail.com, 07702 888991).