Introduction

“You can discover more about a person in an hour of play than in a year of conversation”; Plato’s quote was a main guiding point in two workshops that aimed to encourage Children and Young People (CYP) to actively participate in mental health research, utilising a method called LEGO® Serious Play®, which has not been previously applied to mental health care settings. The approach requires participants to physically build a model and explain it, which can lead to valuable, insightful and honest discussion (Gauntlett 2007). This is supported by previous research in psychology and neuroscience that has suggested people ‘think with their body’ as our brains are aided by being able to build visual reminders of different tasks, ideas, concepts, or even emotions. In addition, the recruitment and engagement of CYP in mental health research can be a particular challenge. Therefore, we believe that the utilisation of this creative and novel approach could help engage more CYP with mental health research, and lead to an improved understanding and appreciation of their satisfaction with the mental health care they received.

Aims/Objectives

The main aim of this research is to assess the accessibility and satisfaction of CYP and their parents with service providers of a 0-19 service model by utilising the Lego® Serious Play® methodology.

Methods

The Lego models were used in in two separate workshops/focus groups settings to help facilitate conversation and discussion. To confirm the findings from the two workshops, an additional focus group was run without Lego® Serious Play®. Our justification for utilising this method comes from research evidence which shows that the use of our bodies to interact with our environment has an impact on cognitive processes such as learning, and recollection.

Results

LEGO® Serious Play® enables CYP to give shape and form to their ideas, experiences and attitudes, by constructing and externalising concepts and making them tangible. ​The final poster will report on the accessibility and satisfaction of CYP service users and their parents of the 0-19 model, in addition to the effectiveness of the Lego® Serious Play® approach. ​

Conclusion

In summary, it is challenging to engage CYP in mental health research. Utilising the Lego® Serious Play® provides a medium through which they may feel more able to share their perceptions, opinions and experiences. We also believe that there is potential for Lego® Serious Play® to be utilised in other CYP mental health research settings.

Frane Vusio is currently a second year PhD student at the University of Warwick, Medical school. His work focuses specifically on mental health crisis services for children and young people. As a part of his PhD project, Frane Vusio is investigating the accessibility, acceptability, effectiveness and satisfaction of a novel 0-19 model and its crisis service. Besides, Frane Vusio is interested in relapse, recovery, post-crisis self-management, early intervention, prevention and psychological/psychiatric models and interventions for mental health crises.