

Digital Youth x MindTech: Digital risk, resilience and interventions, co-creating change in youth mental health

13 November 2025, County Hall London

09.30 Registration and coffee.

10:00 Welcome address -Professor Chris Hollis and Professor Ellen Townsend.

Morning Session: Digital Youth Highlights

10:10 Talk 1

Moving beyond screen time in DIORA: The importance of specific digital activities and the reactions they induce as predictors of adolescent mental health.

Professor Edmund Sonuga-Barke, Dr Kasia Kostyrka-Allchorne and members of Sprouting Minds Young Person's Advisory Group and DIORA youth panel.

10.30 Talk 2

The effectiveness of a socially assistive robot for improving emotion regulation among LGBTQ+ youth experiencing self-harm thoughts.

Dr Petr Slovak, Dr A. Jess Williams and Sprouting Minds.

10.50 Talk 3

When SPARX fly: lessons learned from a gamified digital CBT intervention for low mood in young people.

Professor Chris Hollis, Dr Mathijs Lucassen, Dr Camilla Babbage and Sprouting Minds.

11:10 Refreshments, exhibition, demo's.

11:45 Keynote Address-**Dr Amy Orben, University of Cambridge** the DSIT report and the challenges of linking research evidence and policy in this field.

12:05 Spotlight on policy: Panel Discussion in response to keynote, Chaired by **Professor Peter Fonagy CBE with Baroness Hilary Cass, Professor Sonia Livingstone, Professor Bernadka Dubicka.**

Close of Morning Event

12:20 Lunch, exhibition, demonstrations and networking.

Afternoon session: Where do we go now and how do we get there?

13.20 Interactive workshops include:

- Cultivating participatory (or creative) processes in research.
- Working with innovators: how to work effectively with tech partners to design and develop digital solutions.
- Challenges and solutions to designing, developing and implementing digital platforms to support remote assessment and monitoring.

- Using large data sets to help identify factors that might protect or mitigate against the negative impacts of harmful online experience.

14:55 Refreshments and exhibition.

15:20 Panel session: **'Bridging the valley of death'- moving research to implementation and commercialisation.** Professor Ed Watkins, Robert Higginson, Barnaby Perks, Dr Aaron Kandola

16:00 Keynote address: **Professor Cathy Creswell, University of Oxford: Taking digital interventions for youth from research to practice.**

16:20 Next steps and closing comments.

16:30 Close.



The banner features the 'Digital Youth With Sprouting Minds' logo on the left, followed by the text 'A UKRI funded project' and the UKRI logo. The main title 'Digital risk, resilience and interventions: co-creating change in youth mental health' is prominently displayed. On the right, a purple circular graphic contains the text 'Book now', 'Thursday 13 November 2025', and 'County Hall, London'. At the bottom right, it states 'SUPPORTED BY NIHR | HealthTech Research Centre Mental health (MindTech)'.