

RE-STAR

Regulating Emotions – Strengthening Adolescent Resilience

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RE-STAR Newsletter



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THANK YOU to **everyone** who has contributed to and supported RE-STAR this year! Here are the last updates for 2023. We wish you all a restful festive break and look forward to a fun and productive 2024!



Junior Y-RAP

Last week, the group gathered for a festive Zoom session, to celebrate their contribution to RE-STAR,

WP4 & 5:
The school context
First two workshops in school complete.
Piloting of young person interviews complete.



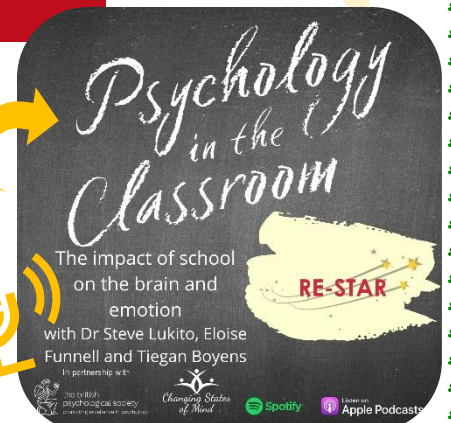
RE-STAR's first paper, Moving beyond current Patient and Public Involvement models, accepted/in press with British Journal of Psychiatry

WP3:
My Emotions and Me Over Time
Six schools now participating!



Edmund shared insights from RE-STAR at King's Research Integrity event last week.

New podcast out!
Listen [here!](#)



Upcoming Meetings:

Management Meeting: 9.30-10.30., Fri 26 January 2024
Meeting with funder: 19 or 20 February 2024 tbc



Any questions/comments for the research team? Feel free to contact us at re-starinfo@kcl.ac.uk

Want to find out more? Head to our website: www.kcl.ac.uk/research/re-star