YOUTHDMH · COST ACTION CA23153

Dissemination and Exploitation Plan

D5.2 Dissemination and Exploitation Plan

WG5 Policy and Dissemination

May 2025

Authors: Jessica Marian Goodman Casanova
Contributors: WG5 Members

youthdmh.eu

Funded by the European Union

Document information

DELIVERABLE
D5.2 Dissemination and Exploitation Plan

WORKING GROUP
WG5 Policy and Dissemination

LEAD AUTHOR(S)
Jessica Marian Goodman Casanova (Science Communication Coordinator)

CONTRIBUTORS
WG5 Members

REVIEWER(S)
Andreas Balaskas

VERSION / DATE
v1.0 · 30 May 2025

EXECUTIVE SUMMARY

01

At a glance

This document presents the Dissemination and Exploitation Plan for COST Action CA23153 YouthDMH. It is based on the Action's Science Communication Plan, translating its overall communication strategy into a focused approach to disseminating research findings, engaging relevant audiences and supporting the exploitation of Action results. It outlines the main target audiences, communication channels, planned outputs and activities intended to maximise the scientific, practical and societal value of YouthDMH.

Key messages

- YouthDMH uses scientific publications, digital communication and events to share knowledge with research, policy, practice and youth audiences.
- The five Working Groups generate complementary findings and resources that provide the basis for further knowledge synthesis and exploitation.
- WG5 coordinates the development of policy recommendations, practical guidelines and a research roadmap, drawing on contributions from across the Action.
- Open Science, accessible resources and continued collaboration are important for extending the value of YouthDMH beyond the Action.

Sharing knowledge

The website, publications, newsletters, social media and events make YouthDMH activities and outputs accessible to diverse audiences.

Turning findings into recommendations

WG5 is bringing together contributions from the Working Groups to develop practical guidance, policy recommendations and a research roadmap.

Building longer-term value

Open research resources and continued collaboration aim to support the use of YouthDMH outputs beyond the funding period.

NAVIGATION

Table of contents

1. Executive summary 03

2. Dissemination Plan 05

3. Exploitation Plan 08

4. Conclusions 09

5. Acknowledgements 10

6. References 11

Dissemination Plan

1.1 Purpose and objectives

The dissemination of YouthDMH results aims to ensure that knowledge, research findings and resources generated through the Action are shared with relevant audiences across Europe and beyond. Dissemination is intended to increase the visibility of the Action, facilitate knowledge exchange and support the potential use of research findings in policy and practice. Communication will be adapted to the needs of each audience, using scientific and specialist language where appropriate and accessible formats for wider stakeholder groups.

The strategy focuses on synthesising and sharing knowledge; disseminating research findings and methodological resources; promoting the exchange of theoretical and practical expertise across disciplines and countries; publishing in relevant peer-reviewed journals; presenting results at international conferences; organising webinars and stakeholder events; and translating findings into practical guidelines, policy recommendations and a research roadmap.

1.2 Target audiences

- Scientific community: researchers, academics, early-career researchers and research institutions.
- Healthcare and service providers: clinicians, mental health professionals and organisations delivering mental health and digital health services.
- Policymakers and public authorities: European and national decision-makers working in youth mental health and public health.
- Civil society and advocacy: NGOs, youth organisations, mental health advocacy groups and people with lived experience.
- Industry and technology developers: digital mental health companies and organisations involved in designing or implementing digital solutions.
- Young people and the wider public, particularly those interested in or affected by digital mental health.

1.3 Dissemination channels

Website and digital communication. The YouthDMH website is the central point of access to information about the Action, its Working Groups, activities, publications, events and opportunities to participate. Newsletters, social media, blogs and email communication support regular updates and promote outputs to members and external audiences.

Scientific outputs. Members are encouraged to publish collaborative findings in relevant peer-reviewed journals and share reports, research protocols, reviews and other resources through open-access channels and research repositories where possible.

Events and knowledge exchange. International conferences, webinars, workshops, stakeholder events, Working Group meetings and Training Schools provide opportunities to present findings, exchange expertise and engage audiences beyond the Action's membership.

Planned dissemination outputs

Output	Purpose / audience	Contributors / timing
Website, newsletters and social media	Share Action activities, outputs and opportunities with members and wider audiences.	Science Communication Coordinator and all WGs; throughout the Action.
Scientific publications and reports	Disseminate research findings and methodological contributions to the scientific community.	All WGs; throughout the Action.
Conference presentations and webinars	Communicate emerging findings and engage international and interdisciplinary audiences.	All Action members; throughout the Action.
Workshops and stakeholder events	Exchange knowledge with researchers, practitioners, policymakers, NGOs and young people.	All WGs; throughout the Action.
Guidelines, policy recommendations and research roadmap	Translate findings into practical resources for research, policy and practice.	WG5, drawing on all WGs; Years 3–4.
Final report and Action resources	Consolidate outputs and make them accessible beyond the funding period.	All WGs; towards the end of the Action.

1.4 Open Science and accessibility

YouthDMH supports Open Science and aims to make its research outputs and resources as accessible and reusable as possible. Where appropriate, members are encouraged to publish through Open Access journals and platforms; share research protocols, methodological resources and other materials through open repositories; and apply FAIR principles (Findable, Accessible, Interoperable and Reusable) to research outputs and data where feasible. Data sharing and reuse must comply with relevant ethical, legal and data-protection requirements, particularly for research involving young people and sensitive mental health information.

1.5 Coordination and expected outcomes

The Science Communication Coordinator supports coordination of dissemination in collaboration with the five Working Groups. Members contribute by sharing publications, research findings, event announcements and other relevant outputs through the Action's communication channels. WG5 contributes to synthesising findings and translating them into recommendations and practical resources.

Through this coordinated approach, YouthDMH aims to increase the visibility and accessibility of its research, strengthen knowledge exchange across disciplines and sectors, and support the translation of scientific findings into policy and practice. The Action website is planned to remain available after the Action concludes, supporting continued access to its outputs and resources.

Exploitation plan

The exploitation of YouthDMH results aims to maximise the scientific, practical and societal value of the knowledge generated through the Action by supporting its translation into resources, recommendations and opportunities for future collaboration.

A key exploitation activity is the synthesis of findings from the five Working Groups into practical guidelines, policy recommendations and a research roadmap. Working Group 5 is coordinating this work, drawing on research findings, cross-country studies and stakeholder contributions. Meetings have already taken place to identify and synthesise recommendations arising from the work of Working Groups 1, 2 and 3. Further contributions from the remaining Working Groups will inform the final outputs.

Other planned exploitation outputs include:

- Policy recommendations and research roadmap: translating the Action's findings into recommendations and priorities to inform future research, policy and practice.
- Best-practice guidance: identifying methods and evaluation strategies to support the successful implementation of youth-oriented digital mental health technologies.
- Ethical AI framework: synthesising relevant evidence and contributions from across the Action to inform the ethical use of AI in youth digital mental health.
- Open-access training materials: developing resources for practitioners and service providers based on the findings and outputs of the Working Groups.
- Future research collaboration: building on the partnerships established through YouthDMH to identify opportunities for joint research, funding applications and continued international exchange.

The intended users of these outputs include researchers, healthcare and service providers, policymakers, youth organisations and digital mental health developers. By making the Action's findings accessible and translating them into practical resources, YouthDMH aims to support their potential application in research, service development and policy. The extent to which these outputs are taken up beyond the Action will be an important consideration for assessing its longer-term impact.

CLOSING SECTION

04

Conclusions

YouthDMH has established a coordinated approach to disseminating and exploiting the knowledge generated through its five Working Groups. By combining digital communication, scientific publications, conferences, webinars and stakeholder engagement, the Action aims to make its findings accessible to researchers and stakeholders across Europe and beyond. Alongside dissemination, work coordinated by WG5 is progressing towards the translation of research findings into practical guidelines, policy recommendations and a research roadmap. The next phase will focus on consolidating these contributions, supporting their potential use in research, policy and practice, and ensuring continued access to the Action's outputs beyond its funding period.

Three takeaways

- **Dissemination:** Multiple communication channels and activities support the visibility and accessibility of YouthDMH research and outputs.
- **Exploitation:** The synthesis of Working Group findings will provide the basis for practical guidance, policy recommendations, training resources and future research priorities.
- **Sustainability:** Continued collaboration and maintenance of the Action website will help preserve access to the knowledge and resources generated through YouthDMH.

CREDITS

05

Acknowledgements

This report draws on the COST Science Communication Plan for CA23153. The Action acknowledges the contributions of the Science Communication Coordinator, Jessica Marian Goodman Casanova.

COST acknowledgement: This report is based upon work from COST Action CA23153, supported by COST (European Cooperation in Science and Technology).

COST (European Cooperation in Science and Technology) is a funding agency for research and innovation networks. Our Actions help connect research initiatives across Europe and enable scientists to grow their ideas by sharing them with their peers. This boosts their research, career and innovation.

Weblink

www.cost.eu

SUPPORTING EVIDENCE

06

References

[1] COST Action CA23153 YouthDMH. Memorandum of Understanding (MoU).

[2] COST Action CA23153 YouthDMH. Science Communication Plan.