

Canadian Youth Mental Health Implementation Network (CYMHIN)

What are the **objectives** of the proposed network?

- To create system capacity
- To empower youth and their families
- To disseminate best knowledge and integrate best processes
- To continuously improve our approach and knowledge

What are the **biggest challenges** your proposed network has to overcome?

- Focusing our large group of network members and refining means of effective communication
- Defining and implementing a procedure for finding, evaluating, and executing BICII's

Which **organisations** are involved with the network?

Provincial: NS Dept. of Educ., BC Practice Support Program (+ 4 more).

National: Canadian Depression Research & Intervention Network (CDRIN), The National Infant Child and Youth Mental Health Consortium, The Jack Project, Psychology Foundation of Canada, Canadian Academy of Child and Adolescent Psychiatry, College of Family Physicians of Canada, Canadian Association of Social Workers, Canadian Teacher's Federation (+17 more).

International: World Health Organization, Pan American Health Organization (+3 more).

How will the network **achieve a transformation** in adolescent mental health in 5 years?

- By targeting the most common mental health problems and their co-morbidities affecting adolescents (mild to moderate Depression, Anxiety, and ADHD).
- By linking schools with primary health care and increasing the capacity of both to identify, triage, and treat the disorders above and/or initiate a pathway to specialized care.
- By creating bundles of "Best-in-Class Integrated Interventions" (BICII's) that can be implemented in strategic demonstration sites and scaled up if found to be effective.

Who is who in the team here at the workshop?



Dr. Stan Kutcher (Co-Chair) is a psychiatrist, researcher, and the Sun Life Financial Chair in Adolescent Mental Health.



Dr. Ian Manion (Co-Chair) is a clinical psychologist, scientist-practitioner, and the Executive Director of the Ontario Centre of Excellence for Child and Youth Mental Health.



Keli Anderson is Executive Director of the Institute for Families, cofounder of BC's FORCE Society for Kids' Mental Health, and mother of a child with significant mental health challenges.



Katherine Bercuson is the Mental Health Promotions Coordinator for Youth Net / Réseau Ado, a youth-led mental health promotion and intervention program at the Children's Hospital of Eastern Ontario.



Don Glover is the Director of Student Services with the Nova Scotia Department of Education and Early Childhood Development.

What skills, resources, connections or other **inputs from potential collaborators** are you looking to find at the workshop to strengthen your proposal?

- Groups with specific interventions that would be appropriate for use as BICII's
- Groups with connections to Sask, Nfld, and NU; the 3 provinces/territories we are missing.
- Service provider groups interested in increasing their capacity for mental health literacy

What **other things** would you like people to know about the proposed network?

- Our proposal's innovation is in how we mobilize existing resources, rather than creating new structures from scratch.
- We have identified 15 potential demonstration/application sites that reflect national scope and diversity. These sites can be used to implement and evaluate BICII's prior to national roll-out of interventions found to be effective.