

Canadian Institute of Natural and Integrative Medicine (CINIM)

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

To pioneer evidence-based innovative strategies that improve resilience and facilitate access

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

We are currently implementing an online resiliency program and our greatest challenges include:

- Funding
- Legal, security and privacy implications
- E-programing IT requirements (e.g. program automation, data collection)
- Program Evaluation
- Marketing

Which **organisations** are part of the team?

Team members include professionals from these organizations:

- Alberta Health Services (AHS)
- Mount Royal University, Calgary
- University of Calgary

How will your team **contribute to a transformation** in adolescent mental health in 5 years?

Imagine the impact of a critical mass of Canadian youth who can effectively handle life's challenges with a positive outlook as they have learned key life skills and are moving forward with a greater sense of self, belonging and meaning.

The LEAP Project presents a leading edge, on-line program that is a catalyst that can transform the way future mental health services are delivered. Our goal is to make this program available to ALL Canadian youth within the next 3 years that can impact adolescent mental health by:

- Addressing underserved needs and root cause of problems
- Empowering youth to better manage life's challenges and develop resilience that translates into more success in school and work, less participation in risky behaviors, better overall health, and becoming more productive members of society
- Improving access to services (available 24/7)
- Providing youth service providers with a new mental health resource that can be used alone or as an adjunct to existing treatments
- Improving well-being and reducing stigma (confirmed by pilot testing)
- Facilitating future health service delivery through sharing our learnings and best practices with professionals in this new and evolving field

Who are the key leaders in your team?

Dr. Badri Rickhi
M.B., B.S., MD,
FRCP(C),
▪ CINIM Founder and
Research Chair
▪ Clinical Associate
Professor, University
of Calgary
▪ Dr. Roger's Prize
Winner 2009

Dr. John Toews
MD, FRCP(C)
▪ CINIM Director of
Projects
▪ Professor
Emeritus of
Psychiatry,
University of
Calgary

Janet Chafe
MSW, RST
▪ Director Child and
Adolescent Addiction
and Mental Health,
Addiction and Mental
Health Services, AHS,
Calgary Zone

Jordan Cohen
MD, FRCP(C)
▪ Clinical Associate Professor,
Faculty of Medicine, University
of Calgary
▪ Medical Director Unit 26
(Foothills Hospital), Young Adult
Program & Child and Adolescent
Mental Health Urgent Services
▪ Medical Director of NW Family
Adolescent & Children Services
Clinic

Patricia Steele
BSc, MBA
▪ CINIM Executive
Director

What expertise, skills, resources, networks or infrastructure **could your team bring** as a network collaborator ?

Expertise in these areas:

- E-Mental Health Program Development, Testing & Implementation
- Psychiatry
- Research
- Knowledge Transfer
- Integrative Medicine
- Recruitment (youth, adult)
- Change Management

Extensive network includes:

- MHCC (E-Mental Health Steering Committee Member)
- Consortium of Academic Health Centres for Integrative Medicine
- >30 local groups who provide youth MH services
- Alberta Post Secondary Health Association (APSHA)
- Resilience Measure Experts: Oregon Health and Science University, University of Western Ontario
- Scripps Clinic, San Diego

Who should other interested groups **contact** to learn more about you? (include phone/ e-mail)

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