

EMPATHY: Empowering a Multi-sectoral Pathway Towards Healthy Youth

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

- By intervention in Junior High schools, the following 5 outcomes are sought in High School students:
 - Lowered rates of depression and anxiety, and reduced suicide rates (including attempts)
 - Decreased use of alcohol, tobacco and other drugs of abuse
 - Increased attendance and graduation rates
 - Decreased rates of interactions with the justice ministry
 - Lowered costs across a range of ministries (health, education, justice, human services)

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

- Inter-ministry collaboration can be difficult
- Coordinating multiple levels of care to streamline care for adolescents at high risk

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

- Addiction & Mental Health Strategic Clinical Network (SCN), Alberta Health Services
- Children's Mental Health Social Policy and Practice Network (SPPN)
- Red Deer Public School System
- Edmonton Public School System
- Researchers at the University of Calgary and University of Alberta
- Alberta Centre for Child, Family and Community Research (ACFCR)
- Nechi Institute (for First Nation addiction counselling)
- Métis Settlements Health Board

Who is **who** in the team here at the workshop?



Scientific Director of the Addiction & Mental Health Strategic Clinical Network at Alberta Health Services

Professor, University of Alberta Department of Psychiatry



Executive Director of the Addiction & Mental Health Strategic Clinical Network at Alberta Health Services

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

- Prevention of adolescent mental health problems and early identification will transform the field
- Recommendations for implementation will be made based on scientifically rigorous standards
- The program will have the ability to be modified in an iterative fashion to optimize effects in a variety of environments
- It will provide a template for other provinces and a platform for many types of research

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

- We would like to find a group with similar philosophies and goals
- Unpublished information about studies on internet interventions for adolescent mental health

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

- This project has strong support from both public school districts, we may also have significant other funding from government, and hope to start in September 2013 in Red Deer and September 2014 in Edmonton