

Research, Education & Action to Defend Youth Mental Health (READY-MH)

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

- To demonstrate how youth mental health care can be transformed, starting where the need is greatest: in Aboriginal communities.
- To improve mental health literacy, reduce stigma, normalize early care-seeking, facilitate early diagnosis & treatment, & reduce youth suicide using community-based interventions & training for youth, families, peer-educators, health staff & teachers.

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

- To close the gap between research & eventual uptake in communities.
- To share evidence from research and practice & to engage stakeholders to take up the findings & adapt them in all regions.

Who is who in the team here at the workshop?



Ainiak Korgak,
Manager of Health
Promotion in the
Nunavut Dept. Health.
Also brings his
perspective as an Inuit
family member with
experience of two
tragedies related to
youth mental health.



Daphne Hutt-MacLeod,
Director, MA (Psych)
Coordinates mental
health services for
Eskasoni First Nation,
Nova Scotia. Has
worked for 24 years in
First Nations.



Merryll Hammond, PhD
is a nurse & public
health consultant with
lived experience of
bipolar disorder. Has
worked for 18 years
with Inuit & First
Nations communities.

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

- Collaboration with other researchers, practitioners, service providers, policy-makers and groups to challenge and complement our approach & assumptions, our strengths & weaknesses, in order to build a coherent & inclusive strategy informed by the vision in our Expression of Interest (Eoi).

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

- 37 partners including the health departments in all 4 Inuit regions, researchers from McGill & CAMH, Healthy Aboriginal Network, Scouts Canada, Kids Help Phone, Big Brothers Big Sisters of Canada, Mental Health Commission of Canada, Partners for Mental Health, Mental Illness Foundation, Canadian Mental Health Association, etc.

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

- We will focus on Inuit & First Nations communities; take a community-based approach; focus on prevention & promotion as well as treatment & recovery; & empower youth to protect their own mental health.
- Using pilot projects with baseline and post-intervention studies, we will (i) show evidence of transformation that can be adapted in other regions; (ii) develop resources & training programs for health workers, youth & community organizations, teachers, & policy-makers; (iii) produce effective communications.
- Successful initiatives can then be scaled up to ensure enduring & adaptable transformation.

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

- In the TRAM Eoi process we: • rapidly developed a national team united behind a strong common vision, • overcame barriers that frequently separate potential partners to bring together a diverse, multi-cultural team of creative, committed individuals open to working with others.