



eMental Health for Youth & Young Adults

Research Study: Call for Community Expression of Interest



Opportunity

Alberta's healthcare system is currently challenged to meet the needs of youth and young adults with addiction and mental health (AMH) issues. Many youth and young adults have reported that their needs aren't met due to increased demand for services, long waitlists, limited rural access, the experience of stigma, and limited access to in-person, one-on-one counselling. This need provides an opportunity to introduce innovative online technologies (e-Mental Health) as a complementary service delivery approach to prevention, early detection, assessment, and therapies for youth and young adults with low to moderate levels of anxiety, depression and/or substance misuse.



Proposed Research Study

The proposed study is led by the Addiction and Mental Health (AMH), and Maternal, Newborn, Child & Youth (MNCY) Strategic Clinical Networks™, including researchers from Alberta Health Services (AHS), the University of Calgary, and the University of Alberta. If successful, this study will receive up to \$5 million over 4 years to implement and evaluate known-effective e-Mental Health (e-MH) tools in Alberta for youth and young adults. The tools include Online Peer-to-Peer and Family Support, Internet-Based Cognitive Behavioural Therapy, Internet-Based Screening for Anxiety and Depression, and Screening and Brief Intervention. The study will evaluate whether the e-MH tools improve health and system outcomes such as intervention uptake, reduced wait times, quality of life and symptom control, and barriers to care such as stigma.



Implementation Communities

We are seeking five communities across Alberta to participate in this potential research opportunity. Communities will implement e-MH tools that will be integrated into the local healthcare and social system and accessed in different ways. Communities selected for the study will participate in the co-design process, and receive support and training in the use and implementation of the e-MH tools.



Community Eligibility Criteria

Population & Needs

- Urban (geographically limited part of Edmonton or Calgary), Regional, Rural, or Remote communities
- Population greater than 3000 in a town, city, or cluster of smaller communities
- Number of individuals between 14 and 24 years old
- Identified need for AMH supports for youth and young adults
- Internet access

Leadership

- Community is currently mobilizing on addiction and mental health needs
- Clinicians, community AMH supports, and other partners have an interest in adopting e-MH tools into practice
- Leadership and support from AHS AMH zone operations, Primary Care Network, Education, Pediatrics, other
- Community leaders have the capacity and willingness to be actively involved with e-MH implementation and the research project

Partnership

- Broad base of support for adoption of e-MH tools from other organizations such as schools, health and social community agencies, places of worship, Regional Collaborative Service Delivery (RCSD)

For more information or to fill out the application form, please visit www.albertahealthservices.ca/assets/about/scn/ahs-scn-amh-emental-health-call-for-community-expression.pdf and email to Seija Kromm at Seija.Kromm@ahs.ca by **Friday, September 28, 2018**.

Communities will be notified of selection by mid-November, 2018.