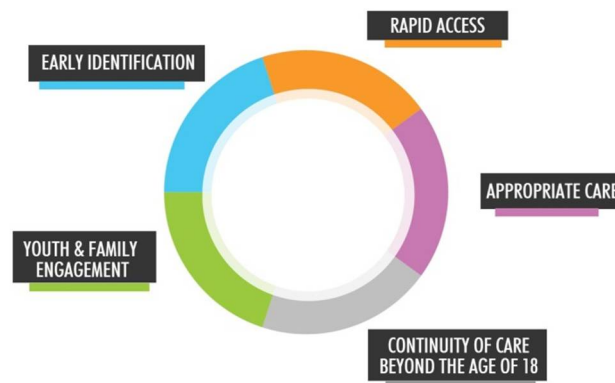


PROJECT GOAL

ACCESS Open Minds (ACCESS OM) is a one-of-a-kind, pan-Canadian research initiative that seeks to improve access to appropriate mental health and addiction services for young persons, aged 11-25 years, with their participation.

OBJECTIVES

The ACCESS Open Minds initiative has 5 key objectives:



EARLY IDENTIFICATION

Strengthen links between systems that come into contact with youth (e.g. schools, courts, hospitals) and increase their capacity to identify those in need.

RAPID ACCESS

Ensure youth have rapid access to screening by an ACCESS OM clinician regardless of their presenting symptoms or stage of illness, within 72 hours of requesting help.

CONTINUITY OF CARE

Eliminate age-based transitions between the ages of 11 and 25. Instead transitions will be based on needs and will emphasize rapid, fluid, continuous access to care.

YOUTH & FAMILY/CAREGIVER PARTICIPATION

Engage youth and their family members/carers in selecting an appropriate pathway to care.

APPROPRIATE CARE

Match youth to evidence-based, youth-friendly services tailored to their needs, culture and social environment.

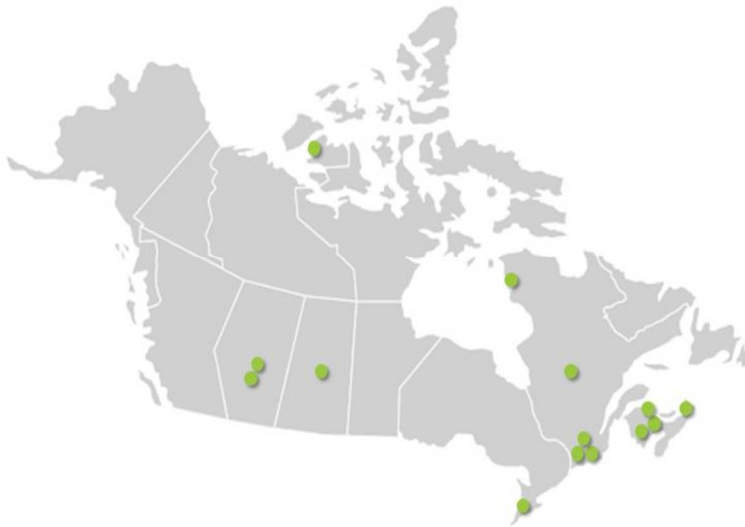
WHY IS THIS RESEARCH IMPORTANT

Over 75% of mental health disorders first appear in early adolescence and young adulthood. Where left untreated, treated late, or treated poorly, serious short- and long-term negative consequences result. These can include school/work failure, strained relationships, hospitalization, suicide, homelessness, as well as legal problems and violence.

Currently, less than 25% of Canadian youth in need of mental health & addiction services receive the care they require, in a timely manner. Most experience significant delays in seeking help, excessive wait times, and long, often traumatic pathways to care. The disengaging nature of these services results in reduced youth participation, increased drop-outs, and minimal health benefits. Thus the need for improved access to mental health services, particularly for youth, is urgent.

IMPLEMENTATION SITES

Launched in 2014, this 5-year project has been implemented at 12 sites in six provinces and one territory in Canada. These sites are located in small, large, urban, and rural settings, including in a number of Indigenous communities to represent the diversity of Canada's geography, culture, and levels of service availability.



- **Ulukhaktok, Inuvialuit Settlement Region, NT**
- **University of Alberta, AB**
- **EDMONTON, AB**
- **Sturgeon Lake First Nation, SK**
- **Puvirnituk, Nunavik, QC**
- **Mistissini, QC**
- **RIPAJ-Montreal/ Homeless Youth Network, QC**
- **Parc-Extension, QC**
- **Dorval-Lachine-Lasalle, QC**
- **Chatham-Kent, ON**
- **Eskasoni First Nation, NS**
- **Province of New Brunswick**

CONTACT US

For questions or additional information related to this project, please feel free to contact:

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