



# ACCESS Open Minds: A proven way to transforming youth mental health in Indigenous communities



# Sites across the country



- |   |  |
|---|--|
| <b>A</b> - Ulukhaktok, NWT                | <b>I</b> - Puvirnituk, QC                |
| <b>B</b> - Edmonton, AB                   | <b>J</b> - Cree Nation of Mistissini, QC |
| <b>C</b> - University of Alberta, AB      | <b>K</b> - Dorval-Lachine-LaSalle, QC    |
| <b>D</b> - The Alex (Calgary), AB         | <b>L</b> - Parc-Extension, QC            |
| <b>E</b> - Sturgeon Lake First Nation, SK | <b>M</b> - RIPAJ-Montréal, QC            |
| <b>F</b> - NorWest (Winnipeg), MB         | <b>N</b> - Péninsule Acadienne, NB       |
| <b>G</b> - Sarnia, ON                     | <b>O</b> - Elsipogtog First Nation, NB   |
| <b>H</b> - Chatham-Kent, ON               | <b>P</b> - P.E.E.R. SJ (Saint John), NB  |
|   | <b>Q</b> - Eskasoni First Nation, NS     |



## Indigenous Communities

- Eskasoni First Nation, NS
- Elsipogtog First Nation, NB
- Cree Nation of Mistissini, QC
- Sturgeon Lake First Nation, SK
- Puvirnituk, QC
- Ulukhaktok, NWT

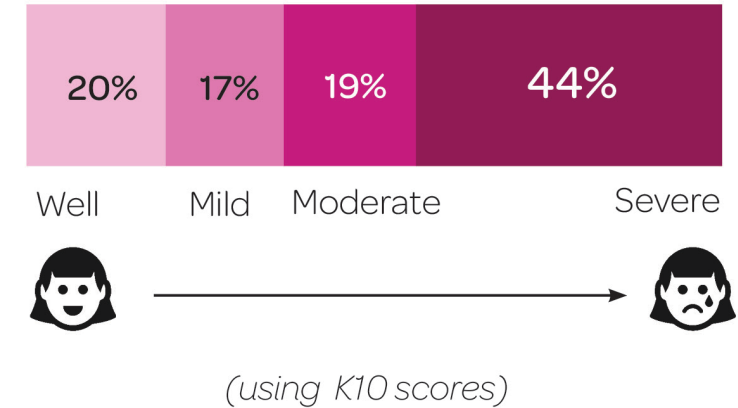


# Mental health needs of Indigenous youth using ACCESS Open Minds services

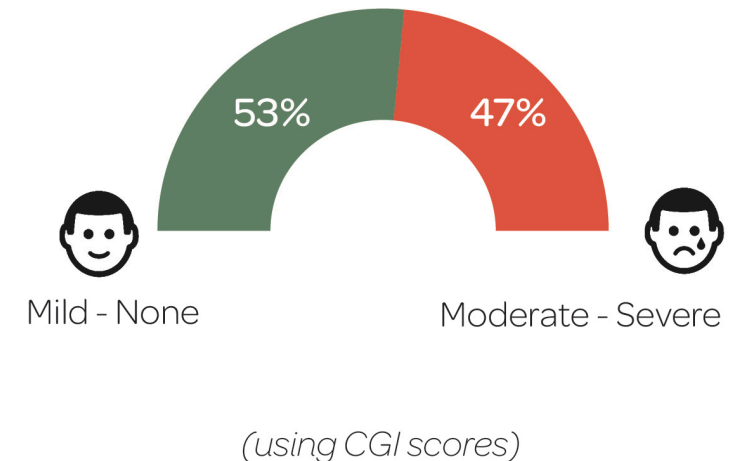
## Suicidal thoughts



## Psychological distress

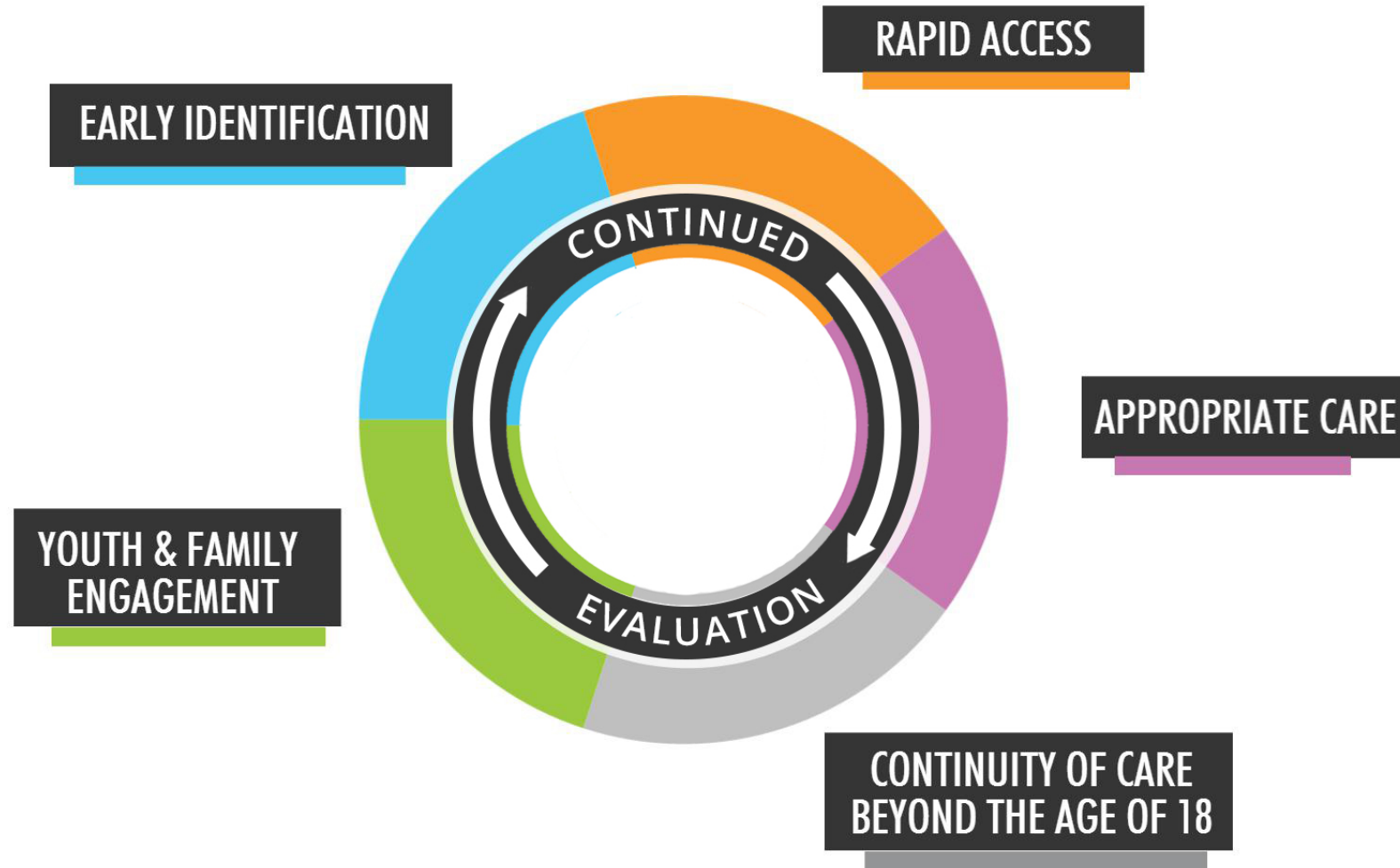


## Severity of mental health problems



# ACCESS Open Minds Model:

Core principles, context, & culture-sensitive implementation





## Youth-friendly physical space



## Choice of Indigenous healing and/or Western treatment approaches



**“At first I didn’t know them that much. But slowly over time they started to feel like family. In my sense, family is people that you can trust when you go to when you have problems. That’s what the youth centre means to me.”**

– Youth at ACCESS Open Minds Sturgeon Lake

## Sexual Orientation

22%

identified as



Bisexual

ooo

Other



Asexual



Gay



Lesbian



Queer



Two-spirited



Questioning or  
unsure

## Gender

59%

cis-female



34%

cis-male



3%



transgender

1%



gender fluid

3%

Did not identify with options  
or preferred not to answer

## Age

57%

2%



<11



11-18

38%



19-25

3%

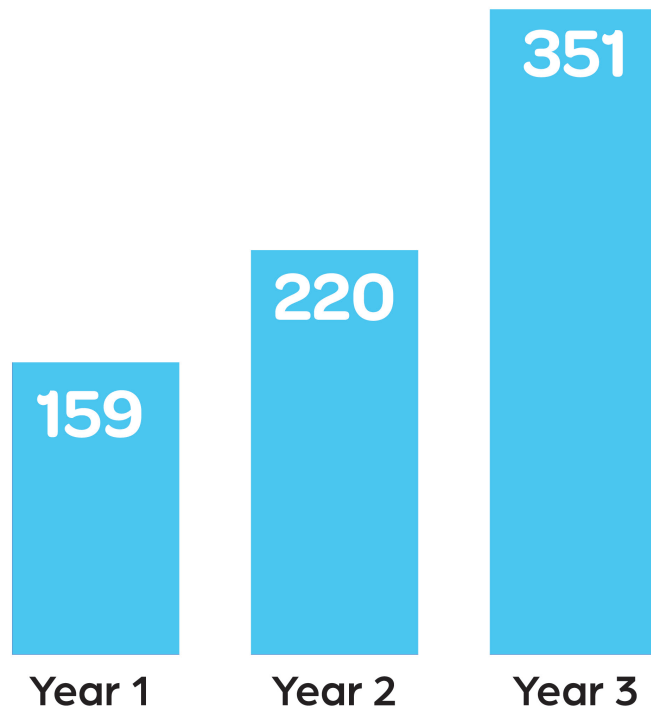


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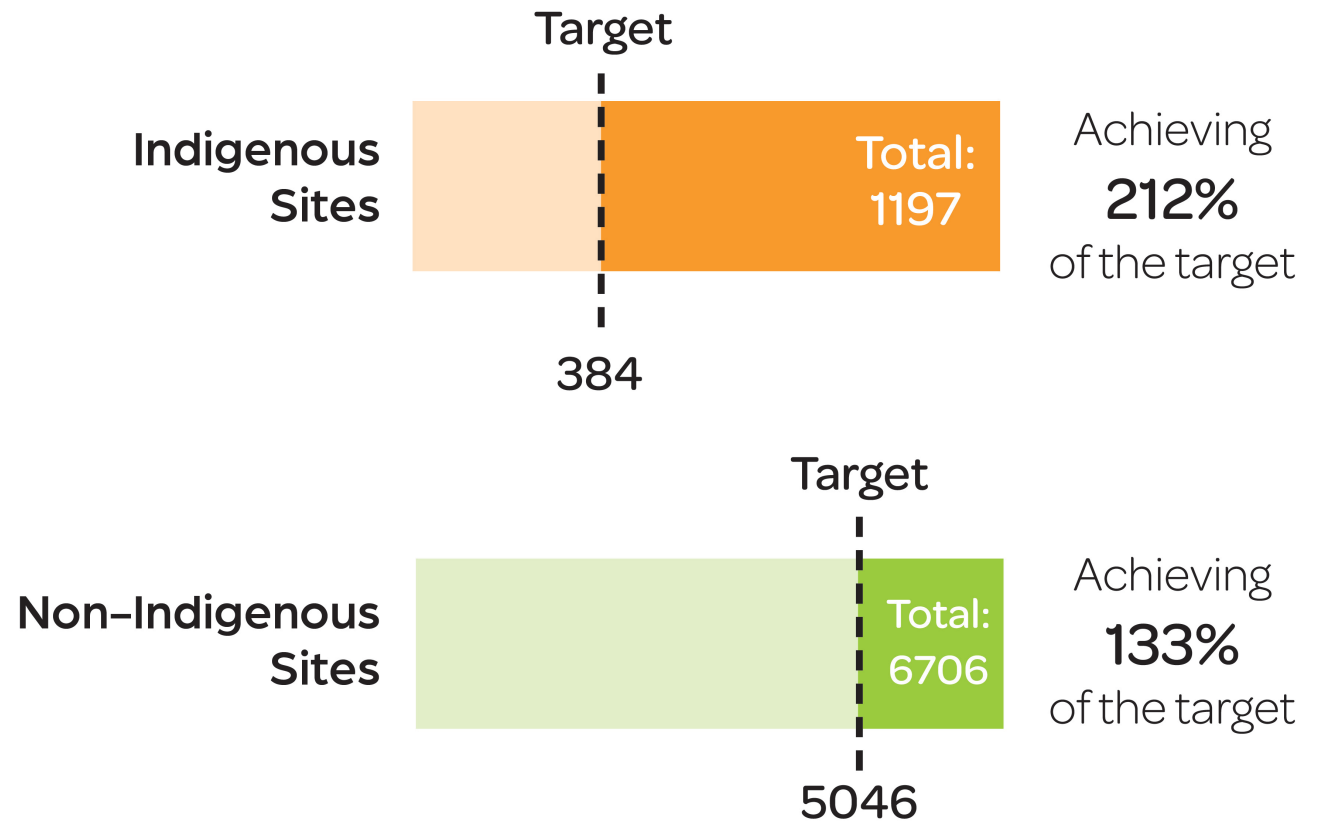
Almost **1200 Indigenous youth**  
sought help and/or referred to an  
ACCESS Open Minds site  
from 2017–2020



## Increase in the number of youth seeking help or being referred at ACCESS Open Minds Indigenous sites



## Exceeding the target



# Fast and accessible services at ACCESS Open Minds Indigenous sites

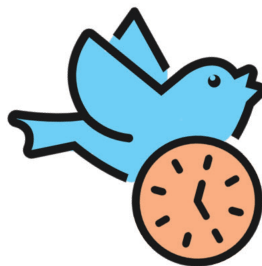
**72%**

of youth say ACCESS  
Open Minds was their  
first point of contact to  
mental health services



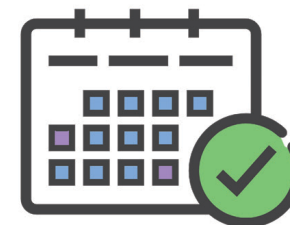
**75%**

of youth were offered  
an appointment  
**within 3 days** of  
contact



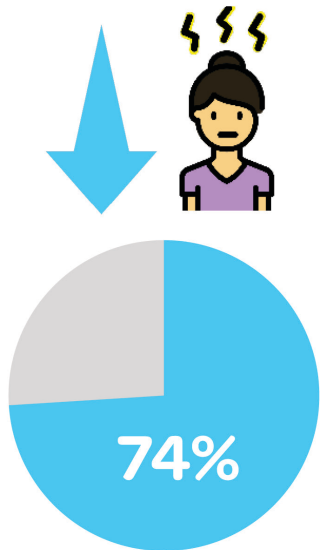
**93%**

of youth received  
a service **within 30  
days**



# Improved outcomes

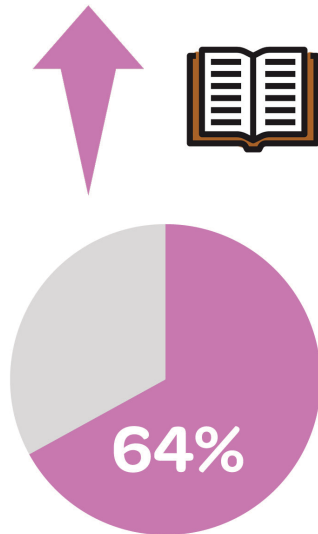
Decrease in  
youth-reported  
distress



of young people  
who received  
services had less  
distress

compared to the average youth at intake

Increase in school, work  
and social functioning  
(Clinician-reported)



of young people  
who received  
services had higher  
functioning

# High satisfaction

**95%**

of youth say  
the service they  
received met  
their needs



**97%**

of youth would  
recommend  
ACCESS Open  
Minds to a  
friend





# Leading the way



First youth mental health economic evaluation from an Indigenous context (Eskaton First Nation)

Invest \$1



Save \$10



At ACCESS Open Minds Edmonton, every dollar invested in ACCESS Open Minds saved \$10 in downstream health care costs

# Impacts

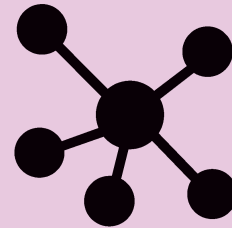


Improved youth mental health and wellness services with measurable impacts

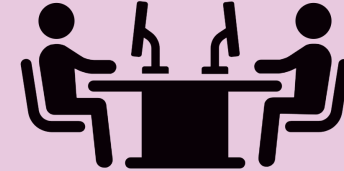


Scalable approach incorporating unique needs, resources, and cultures

Being part of a national network with a central office enabled:



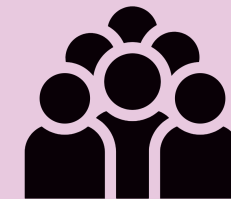
Connections between diverse communities



Support and coordination from central office



Sharing innovations and best practices



Creation of a vibrant Indigenous Council

First-ever common data from youth presenting for mental health services in Indigenous and non-Indigenous contexts across Canada

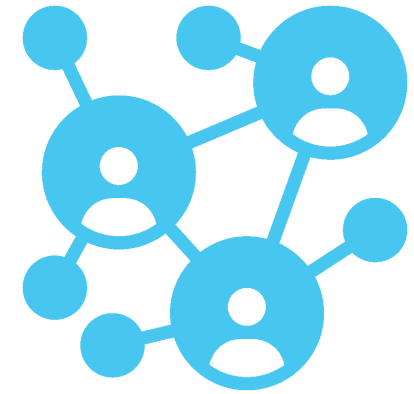
# Opportunities



**Sustaining support  
for the six  
Indigenous ACCESS  
Open Minds youth  
services**



**Scaling up to other  
Indigenous  
communities**



**Sustaining a  
strong national  
network**





Healing: this photo is a perfect representation of my healing.

In this photo, it is a picture of me and my mental health support worker.

She has helped me so much with my journey of healing.