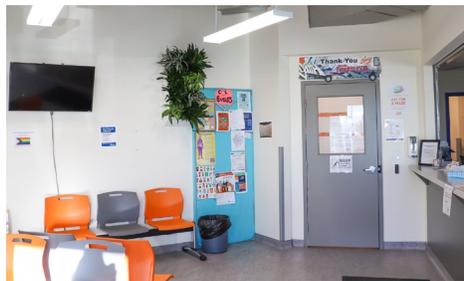


# ACCESS

Open Minds  
Esprits ouverts



## ANNUAL REPORT • 2020-2021 •

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# Message from the Nominated Principal Investigator

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Hope is the thing with feathers  
That perches in the soul,  
And sings the tune without the words,  
And never stops at all.

*–Emily Dickinson, “Hope” is the thing with feathers*

Now well into the second year of the pandemic, youth mental health has been pushed into the spotlight. Even before COVID-19, mental health and well-being were serious concerns for many youth and their families. The pandemic has exacerbated the lack of access to care, and it has taken the work of people from across the ACCESS Open Minds network and our partners to meet this challenge and bridge the gap in communities across the country. Each one of our sites, and those in our network, have worked with courage and commitment to support youth and their families during a historic time.

As we wrap up another exceptional year, I can't help but look back on all the incredible things we accomplished in 12 short months. The major milestone that comes to mind in the release of the impact report – the preliminary research data highlighting the concrete results of the ACCESS Open Minds integrated youth mental healthcare model. These insights were a first-ever example of the potential of a pan-Canadian network like ours to generate a national portrait of mental health needs while delivering real benefits for Canadian youth. As the early research results show, transforming the way mental health care is delivered can make tangible differences for youth and their families. Not only are more youth getting quicker access to quality care, models like ACCESS Open Minds also have the added benefit of saving the healthcare system money. Read on for other key findings we feel are particularly important.

We have so much to be proud of. This annual report highlights some of the key accomplishments, events, publications, and research we worked diligently on throughout the year. Our pan-Canadian reach; diversity; youth, family and Indigenous Councils; strong but flexible and culturally respectful approach; ability to collaborate; and capacity to bring numbers and stories together have served us, young people and our communities well. I am confident that with these unique strengths and our sense of purpose, we will continue to innovate, grow, succeed, and make a difference.

Thank you for continuing to support this work, for this past year and beyond.

–Srividya (Vidya) Iyer

*Licensed Psychologist  
Nominated Lead and Scientific-Clinical Director, ACCESS Open Minds  
Vice President, International Association for Youth Mental Health (IAYMH)  
Associate Professor, Department of Psychiatry, McGill University, Montreal, Canada  
Researcher, Douglas Hospital Research Centre & Prevention and Early Intervention  
Program for Psychosis (PEPP-Montreal)  
Associate Editor, Early Intervention in Psychiatry  
Member of the College of the Royal Society of Canada*



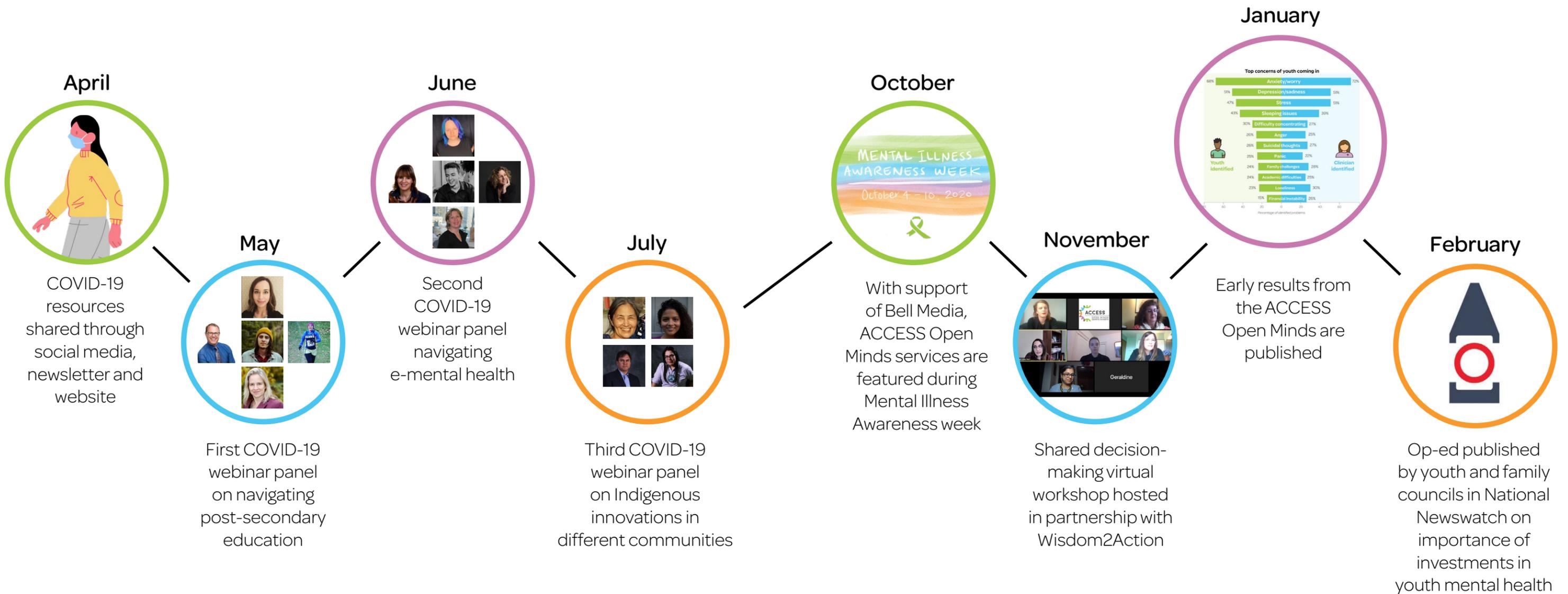
# About ACCESS Open Minds

ACCESS Open Minds is a national innovation network aiming to continuously improve and deliver the best mental health services possible to youth across Canada. Our vision is national in scope, but local in impact. We support 16 service centres in seven provinces and one territory that deliver quick and easy access to youth mental health services for youth aged 11-25 and their families/carers. By creating a learning system through consistent evaluation and evidence gathering, ACCESS Open Minds is the largest youth mental health research network in Canada.



● Core of what we do    ● Core Values    ● Strategic Priorities

# Year at a glance (April 2020– March 2021)



## Project Outcomes



Research & evidence



Youth & family engagement



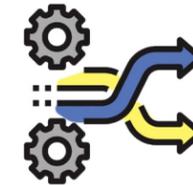
Partnerships



Recognition in the media



Community impact

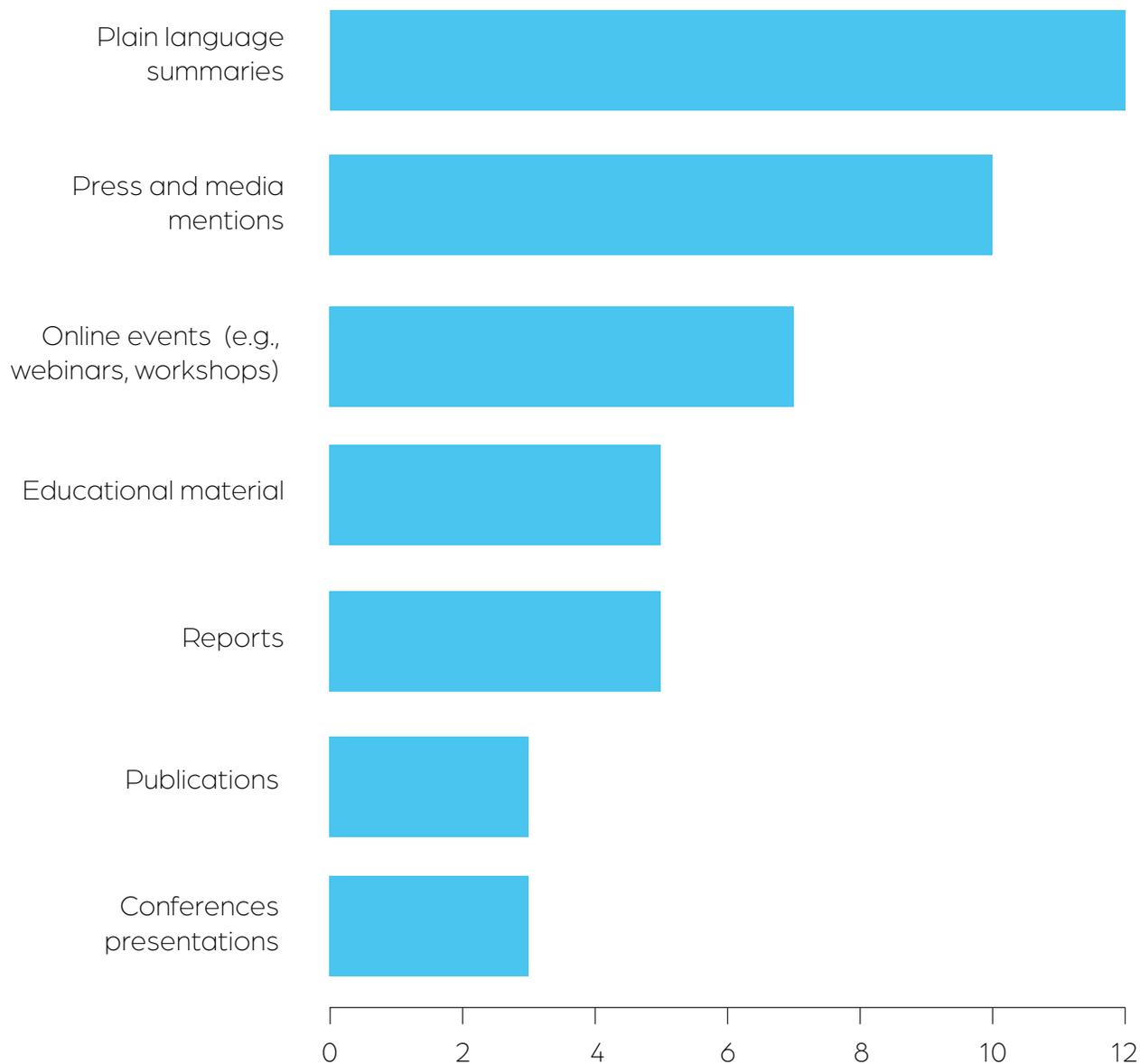


Adaptations & innovations



Knowledge exchange & sharing

# Engagement Measures



**1,663**

Resource downloads



**+1,100**

Views of recorded webinars/Instagram Live events

# Social Media Reach

April 2020 - March 2021

Metrics 		Twitter 	Facebook 
Followers 	Monthly average	26	13
	Total	308	158
Likes 	Monthly average	96	170
	Total	1,152	2,045
Shares 	Monthly average	42	36
	Total	503	434
Link Clicks 	Monthly average	59	43
	Total	703	518
Impressions 	Monthly average	21.4K	8,146
	Total	256.5K	97.8K

Instagram 

**335**  
followers   
 

**1.2K**  
engagements   
 

Website 

**20.1K**  
visitors   
 

**84%**  
new visitors   
 

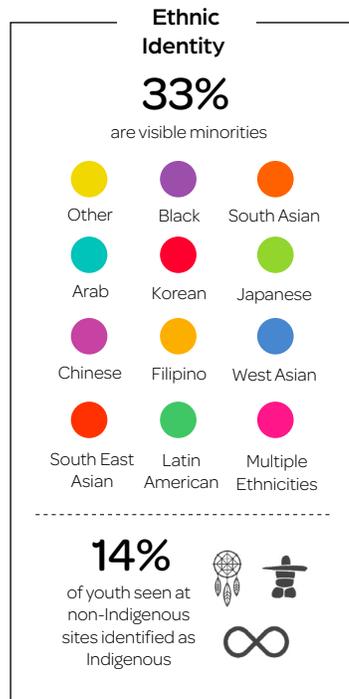
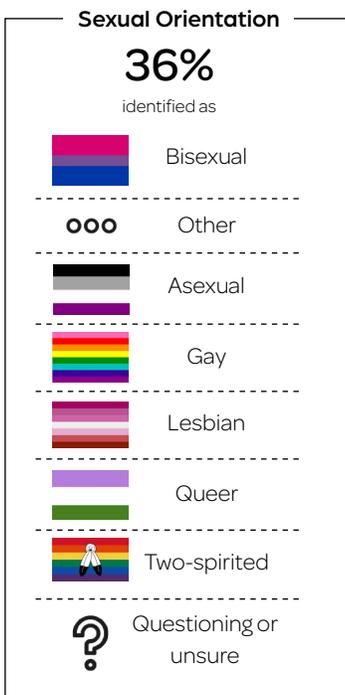
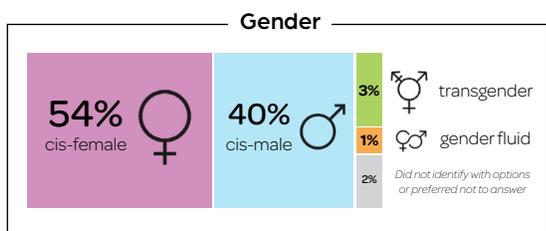
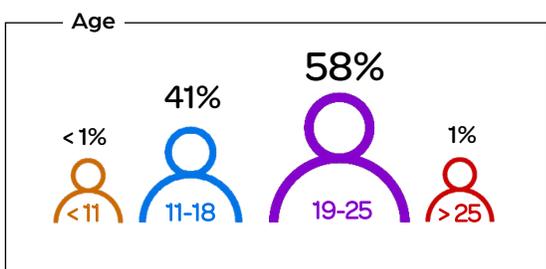
# Research

## Impact of ACCESS Open Minds: Early Results

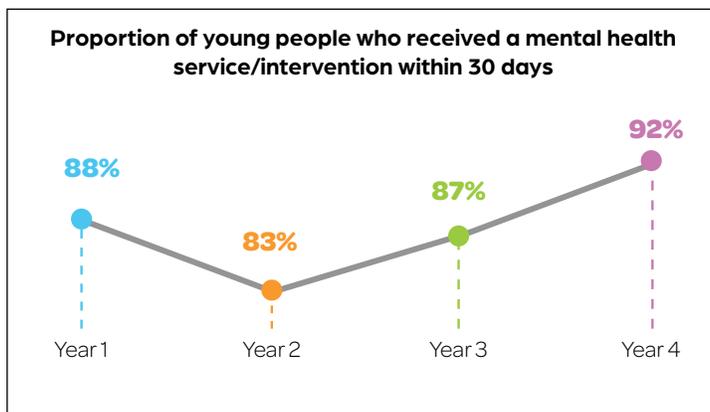
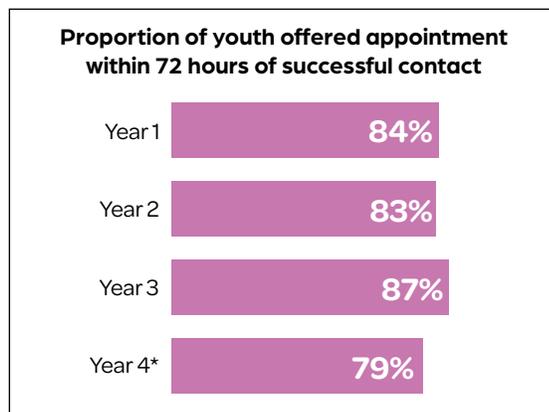
Quantitative data collection at all sites were completed in September 2020, with a total of 4,921 youth providing data (2,179 consented and 2,742 were drawn from clinical administrative files). Early results were published at the end of January 2021. Below, is a short summary of the results and a more comprehensive report can be found [here](#).

### DEMOGRAPHICS

Who are the youth coming to ACCESS Open Minds?



### FAST AND ACCESSIBLE SERVICES



\*partial year/pandemic

As of August 31, 2020. Data analysis is ongoing, numbers and figures subject to change.

# Quantitative Research

## HIGH SATISFACTION



**88%**  
of youth are satisfied with services they received



**96%**  
of youth would recommend ACCESS Open Minds to a friend

## DURING COVID-19



**66%**  
of youth received services **virtually or through telephone** since May 2020

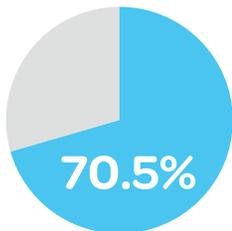


**71%**  
of youth said they prefer **meetings in person**

## IMPROVED OUTCOMES

### Decrease in youth-reported distress

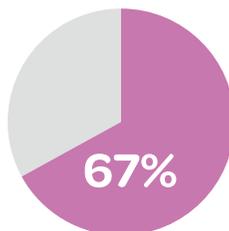
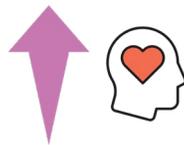
Medium effect size  
(Cohen's  $d=0.54$ )



of young people who received services had less distress

### Increase in self-reported mental health

Medium effect size  
(Cohen's  $d=0.43$ )



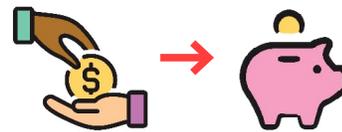
of young people who received services had higher mental health scores

→ compared to the average for young people when they first came to ACCESS Open Minds ←

## WORTHY INVESTMENT

Invest \$1

Save \$10



According to **preliminary research results from the Edmonton site**, for every dollar invested in ACCESS Open Minds, there are about \$10 in service costs avoided.

This can reduce strain on higher intensity of care settings, and contribute to decreased hospitalizations, emergency room visits, specialist visits and prescription drug dispenses from community pharmacies.



As of August 31, 2020. Data analysis is ongoing, numbers and figures subject to change.

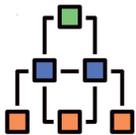
# Qualitative Research

The purpose of the qualitative study is to understand how youth mental health services are implemented across ACCESS Open Minds sites. This involved understanding how the ACCESS Open Minds model was adopted and drawn upon, the partnerships and networks formed between sites and other service providers, the emergence of practices aimed at being responsive to the context or setting surrounding each site and efforts towards sustaining emergent practices.

## Approach



**Codebook development:** Underlying qualitative data analysis is a process of coding the data whereby conceptual labels are assigned to raw data (e.g., interviews/documents) to organize and begin the process of identifying themes. These labels are tested and refined to ensure consistency across individuals dedicated to coding data.



**Thematic framework analysis:** This approach provides a way to summarize the data and draw relationships, which can support answering the research questions stemming from how youth mental health services are implemented across ACCESS Open Minds sites.

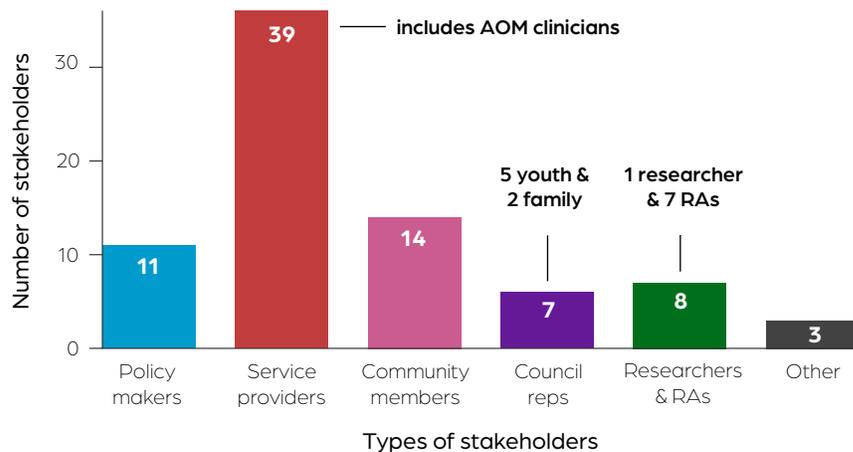
## Data Collection



**Supporting documents:** These included documents which captured process/interactions (e.g., meeting minutes), concepts around youth mental health (e.g., government documents), and tools aimed at facilitating implementation of services within the network (e.g., work plans).



**Stakeholder interviews:** Many interviews with a variety of stakeholders have taken place, all of which have provided tremendous insights and perspectives on the impacts of ACCESS Open Minds in their community.



82

Total stakeholders



## Emerging Themes from Stakeholder Interviews

### **Role of partnership formation and networking**

A core component of the implementation of services across ACCESS Open Minds sites was the formation of networks and partnerships as site staff worked with service providers in the community to ensure youth and families were connected to the supports and the services they needed.

### **Importance of leadership in shaping the ACCESS Open Minds Model**

Support from leaders at the local level of the model (early identification, rapid access, appropriate care, continuity of care, engagement) shaped the way it was perceived and adopted by service providers, in particular the extent to which the model was thought to provide guidance in implementing services.

### **Practices developed to adapt to community needs**

ACCESS Open Minds sites had the possibility to develop practices that facilitated outreach and recruitment of youth without being hindered by organizational and/or institutional constraints faced by other service providers in the community.

### **How context shapes implementation**

Various contextual elements underpinned the implementation of services across ACCESS Open Minds sites. Of particular concern were the need for youth-friendly services, the need to address the silo-ed character of services and the need for services to be culturally adapted.

### **Efforts towards ensuring sustainability**

While ACCESS Open Minds sites varied in their aims around efforts towards sustainability, the focus remains on ensuring that service transformation in youth mental health remains ongoing.



\*\*These are preliminary findings. Data analysis is ongoing, and findings may be subject to change.

## Quotes from Stakeholder, Youth and Family Interviews



### Role of partnership formation and networking

*"We worked well together as partners in distinct separate agencies but we had not come together fully." –Policy maker*



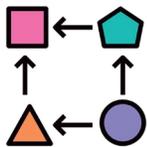
### Role of leadership in shaping the ACCESS Open Minds Model

*"But in terms of the structure, you know, these are the forms, all of that structure needed to come along behind. We didn't lead with that structure, we led with the philosophy." –Service provider*



### Practices developed to adapt to community needs

*"And that's good to know you can be part of something that is not hard-and-fast rules, that when things change in the system that we can look at things differently. It's pretty beautiful that it really answers the needs of what's going on in the community, not just the young person but the agencies in their capacity, maybe." –Service provider*



### Context shapes implementation

*"...we have to heal from this and we have to understand where the roots is coming from, from being colonized to the point where Inuit's value is not being valued enough by the foreign people..." –Community member*



### Efforts towards sustainability

*"...it's about how ACCESS continues to evolve in the youth mental health space and what that means. So, what is it sustaining then? It's sustaining its ideal of transforming youth mental health services, that's the only thing it can sustain." –Family/Carer Council member*

#### Youth Perspective

*"I liked how basically everybody – they all acted friendly. How do I explain that one? It gives you a feeling of... it makes me feel safe there, basically, like a feeling that you can't receive in the village. Like there's fights. People are drunk. They're doing a bunch of drugs there. There's crazy-ass dogs. There's nothing up here though. [At the youth] it's just pure."*

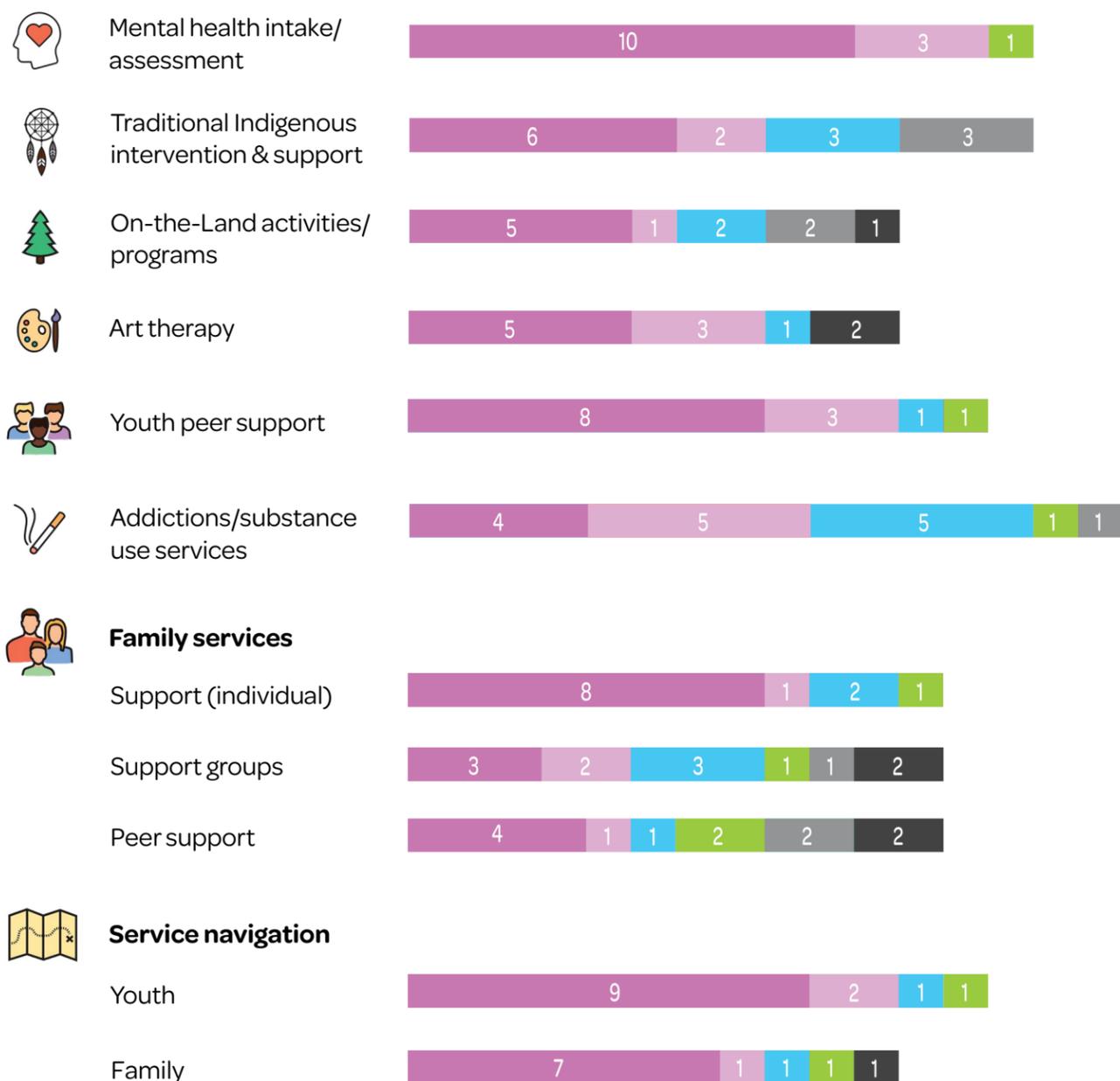
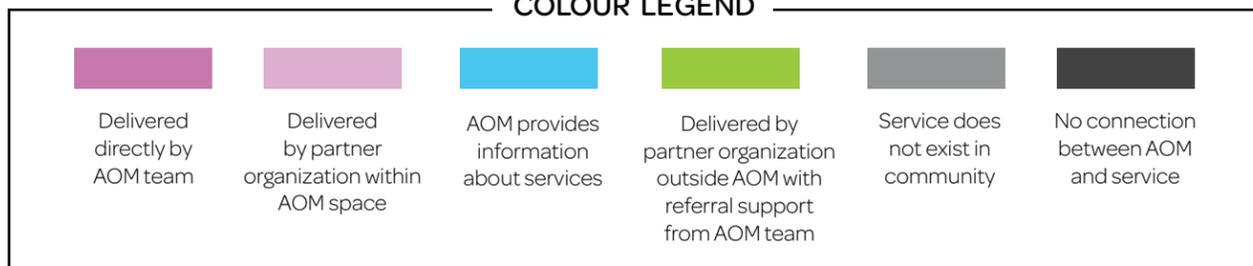
#### Family Perspective

*I was even talking to my family back home about it. I'm like it's crazy how awesome it is. I was telling my mom, "Honest to God, Mom, you go see somebody, boom, you make a referral, boom, you see somebody right away. Like you're already getting the services, you're getting the help that you need."*

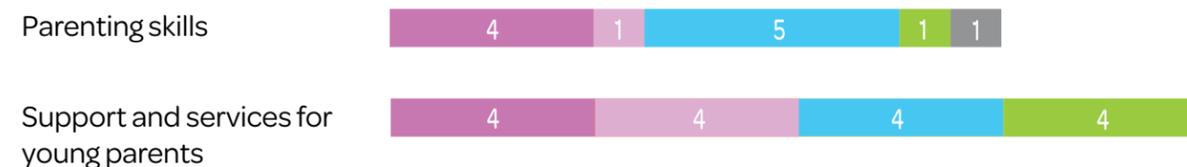
# Mental Health Services Available at Sites

These visualizations show the types of mental health and/or support services that are available to the youth at ACCESS Open Minds sites. It also highlights the connections and collaborations that sites have with supportive organizations in their communities to help meet the needs of young people.

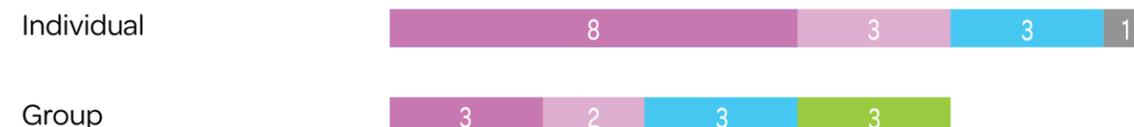
## COLOUR LEGEND



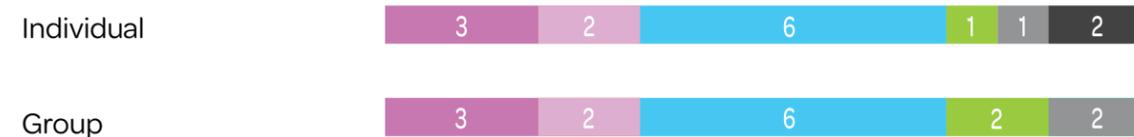
## Parental services



## Cognitive behavioural therapy



## Dialectical behaviour therapy



## Single-session/brief intervention therapy



## Early intervention psychosis services



## Psychiatrist consultation/evaluation



## Prescription follow-ups for medication



## Family psychoeducation



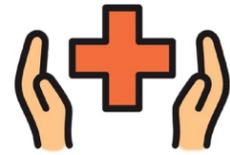
## Case management



# Other Health and Social Services Available

## COLOUR LEGEND

- Delivered directly by AOM team
- Delivered by partner organization within AOM space
- AOM provides information about services
- Delivered by partner organization outside AOM with referral support from AOM team
- Service does not exist in community
- No connection between AOM and service



Primary Health Care



Sexual Health



Autism Services



Service Navigation



Social Group Activities



Restorative Justice



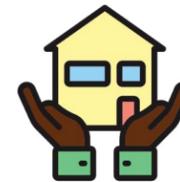
Sports & Recreational Activities



Employment Support



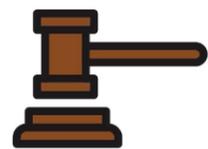
Education Support



Housing Support



Income Support & Assistance



Legal Support



Immigration and Refugee Services



Intellectual Disability Support/Services



Physical Disability Support/Services



# Site Updates

## ESKASONI FIRST NATION



COVID-19 has had a direct impact on service implementation, program implementation, and overall client experience. While some areas have increased since COVID-19, like aftercare and follow-up appointments with clients. Several areas have decreased in numbers, such as in-person clinical services and Youth Space programming.

Without the organizational shift to the Electronic Patient Record - ACCURO, we would not have been able to pivot as quickly as we did when the pandemic started. As a result, we were able to continue services virtually without interruption. We have also been involved in an economic evaluation data collection, which has been an intensive, but hopefully a rewarding project.

## PÉNINSULE ACADIENNE



Despite the confinement caused by the pandemic, we have been proactive and resourceful, which enabled us to continue to offer services to youth. We have found other alternatives to keep in touch with our clientele and to respond to different needs. There have been several contacts and discussions with the governmental authorities to try to obtain a continuity of the program and to have a place in the health continuum of the province. There has also been a request for funding to allow continuity of services to the youth of the region.

## RIPAJ-MONTRÉAL



We have increased partnerships between community organizations and health system institutions in Centre Sud and increasingly those in the CIUSSS de l'Est territory. The frequency of meetings has also increased because the communication and mutual aid have been helpful and relevant to everyone's work.

The ACCESS Open Minds clinician has been recognized as an important and impactful role for the youth at the CIUSSS Centre Sud team.

## ELSIPOGTOG FIRST NATION



We have received extended funding for another year. Many clients like the service as it is easily accessible. We have had more employees to deal with crisis situations and provide outreach which wasn't available before. At the moment, we are asking for funding from the government to continue services.

## THE ALEX



The integrated full-scope medical, counselling, and case management supports in conjunction with basic needs supports are what makes the difference in the lives of highly vulnerable youth. However, due to the pandemic access has been reduced. We are currently exploring partnerships with counselling agencies for provision of onsite services.

## P.E.E.R. SJ



Due to the end of funding, the number of employees working at P.E.E.R. SJ decreased. However, we continued with two HSC's social worker and part-time PEER Support. We have continued to manage operations day to day in the hopes to provide an accessible service to those requiring rehabilitation, advocacy and goal attainment.

## PARC-EXTENSION



We integrated the drop-in into the SMJ service offering. We hired one of the ACCESS clinicians into a permanent position in SMJ. A management intern worked on a recruitment guide for the youth committee and they consulted with the drop-in youth and the ACCESS clinician. Youth have appreciated that they still have access to the drop-in, as well as an ACCESS clinician.



## STURGEON LAKE FIRST NATION



The pandemic delayed our work and we were not able to do all the things that were planned. However, we did put together a proposal to get more sustainable funding which we presented to SSMI and Jordan's Principal. People are glad that we are trying to find funding. They think that it is important to continue the work with young people and they are glad that it is being led by young people. Our biggest challenge is to find an organization that will fund our proposal in a way that will be meaningful to the youth.

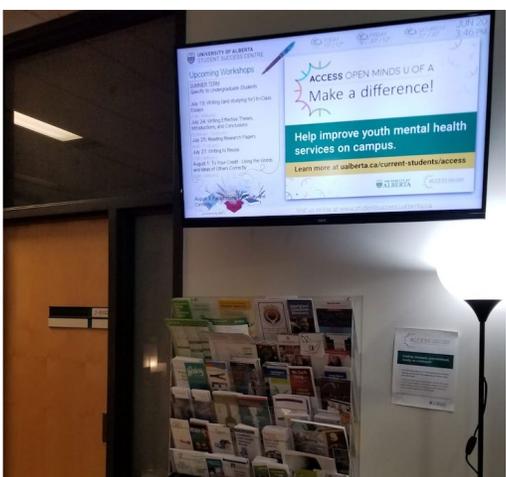
## ULUKHAKTOK



We noticed an increase in young people attending programming as well as improved collaboration at the community level. While many service providers already did work together from time to time, the partnerships among front-line supports has now become solidified and formalized.

Almost all events around wellness in the community are now seen as a collective effort versus a specific department. This has connected services to more and more community members. The youth space is being used for many community and cultural events, and has been a very happy addition to the community.

## UNIVERSITY OF ALBERTA



We moved services to virtual delivery, managed supports for students relocated out of the province/country due to COVID-19 restrictions, managed the reorganization of the team within ongoing health services reorganizations, while maintaining connections with team members and community at large.

Students provided very positive feedback on services they received from ACCESS clinicians, including the speed in which we were able to shift to remote delivery (4 days), and were appreciative for maintaining options for connecting virtually or in-person (following public health guidelines). This was especially appreciated by students who were living in precarious situations and not able to have confidential appointments in their home environments.

## PUVIRNITUQ



During the wake of the pandemic, we saw a reduction in the number of clients we met with, but they did continue to go on the land. They also worked with the community to ensure county food was delivered to the households, as well as other requests from the community. As the year progressed and restrictions lessened, we began to be more active. One of our educators, with a client, participated and won the Ivakak dog race (a race that travelled through three communities).

People want to have Saqjuq in their community. The benefits of having people from the community running the project makes a difference. However, to have the project work, it will take human resources and funding. There is also no guarantee that there will be enough people to take on roles as leaders and educators.

## EDMONTON



Our initial location at the Bill Rees YMCA had to close and so the ACCESS Open Minds clinic moved to the downtown Edmonton Mental Health Clinic building. COVID-19 impacted walk-in services and most services transitioned to virtual options. ACCESS Open Minds psychiatrists have not returned to in-person services as the site is not ideal and there is a wait list for psychiatry services that has been growing.

We have a very good reputation for easy access and an environment that is friendly for young people. However, we need to transition to a more appropriate physical site that meet the community's needs.

## NORWEST



Despite a global pandemic that delayed us, we were able to train our NorWest Youth Hub staff in utilizing Dacima and the minimum clinical data set. We have been able to continue providing services, not only in a global pandemic, but also due to a 510% increase in the number of referrals for mental health services from pre-pandemic levels in January-March 2020, compared with the same Jan-March period of 2021.

Although we are probably the most recent site to have signed on with ACCESS Open Minds and are only two months into using Dacima, we are already seeing benefits in terms of being able to adopt the same clinical language & measurement across our diverse, interdisciplinary team.

# Council Updates

## Indigenous Council

The Indigenous Council was the successful recipient of an Indigenous Gender and Wellness Development Grant from the CIHR. This one year, \$75,000 grant will allow participating communities to explore, map and develop a program geared towards building and strengthening healthy relationships in Indigenous communities. Congratulations to everyone that contributed to this great initiative!

Although activities paused for a while during the beginning of the pandemic, the council quickly regrouped to come up with a realistic strategy. They hired a research associate and two research assistants who recurrently report back to the council to integrate their expertise and insight.



## Family/Carers & National Youth Council



**Faces of ACCESS Open Minds:** This initiative was led by Family/Carers and Youth Council (Alyssa Frampton and Yvonne Pelling) to highlight some of the dedicated members of the ACCESS Open Minds Network. If you haven't already seen the collection of photos and quotes, be sure to check it out [here](#).

## Family/Carers & National Youth Council (continued)



**Shared Decision-Making  
in a Youth Mental Health  
Service Design and  
Research Project**



**Shared Decision-Making (SDM) Publication:** ACCESS Open Minds youth, family/carers council members and staff published a paper on the SDM process that takes place within the ACCESS Open Minds network. The manuscript encompasses the variety of their expertise and addresses gaps in implementation strategies and lessons learned through application of SDM. It also demonstrates how a shared decision-making approach can improve and enhance patient engagement in the design of services and their evaluation, lead to a more meaningful and adapted service offer, resulting in better patient outcomes and satisfaction. Read the publication [here](#).



**Photovoice Presentation:** Yvonne Pelling of ACCESS Open Mind's Family and Carers Council and Alyssa Frampton of the National Youth Council presented at Frayme's Learning Institute (February 24-26).

Their presentation highlighted the way ACCESS Open Minds' Photovoice project engaged youth mental health stakeholders in peer-research. The Youth and Family and Carers councils played critical roles in the Photovoice project.

**JOIN US LIVE  
ON INSTAGRAM**

**LIVE**

@access\_omeo

**MONDAY  
JANUARY 18  
5 pm EST  
6pm AST**

**Live Q&A discussion about  
youth mental health on #BlueMonday**

**FEATURING**

**Tess Carrigan**  
Clinician  
Eskasoni First Nation

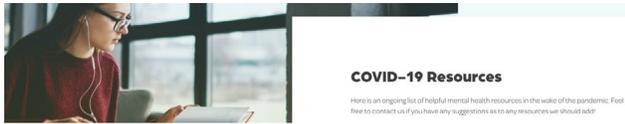
**MODERATED BY**

**Alyssa Frampton**  
National Youth Council

**Instagram Live chats:** ACCESS Open Minds experimented with a new form of reach and engagement through [Instagram Live discussions](#) with various stakeholders in the network. The very first one featured Tess Carrigan (clinician from Eskasoni First Nation).

# News, Events & Achievements

## COVID-19 Resources



In the wake of the pandemic, the central office team put together COVID-19 resources for the network and community at large. These included information from accessing mental health care services to transitioning to online care for clinicians. This was all shared through newsletters, social media posts, videos and ultimately a [COVID-19 resource page](#) on the ACCESS Open Minds website.

### OUTCOMES



Knowledge exchange & sharing



Adaptations & innovations

## International Recognition



Our current nominated principal investigator, Srividya Iyer was elected Vice-President of the International Association for Youth Mental Health.

## COVID-19 Webinars

### ACCESS Open Minds Webinar Series

Wednesday, May 6, 2020  
11am MDT / 1pm EDT

#### COVID-19: Navigating Post-Secondary Education & Youth Mental Health

##### OUR PANELISTS

##### MODERATOR



**Emily Saunders**  
Health Sciences Student  
Wildcat Lecturer  
University of Alberta  
ACCESS OM National Youth Council



**Kevin Friese**  
Assistant Director of Students  
Health & Wellness  
University of Alberta



**Gina Dimitropoulos**  
Assistant Professor of  
Social Work  
University of Calgary



**Allison MacNeill**  
PhD Student in  
Clinical Psychology  
McGill University



**Feo Poukhovski-Sheremetyev**  
Medical Student  
University of Ottawa  
ACCESS OM National Youth Council

The knowledge translation team organized a three-part webinar series on youth mental health topics in the context of the pandemic, which included navigating post-secondary education, E-mental health and Indigenous innovations.

### OUTCOMES

**+1,000**

views from  
webinar  
recordings

**±50**

attendees at  
each webinar



Adaptations & innovations



Community impact

### ACCESS Open Minds Webinar Series

Tuesday, June 9, 2020  
10am PDT / 1pm EDT / 2pm ADT

#### COVID-19: Youth E-Mental Health & Virtual Services

##### OUR PANELISTS

##### MODERATOR



**Alicia Raimundo**  
Advocate for E-Mental Health  
ACCESS Open Minds



**Manuela Ferrari**  
Assistant Professor of Psychiatry  
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**Mary Anne Levesseur**  
Family & Career Counselor  
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**Ina Winkelmann**  
Youth Mental Health Program  
Coordinator  
Mental Health & Addiction Program  
CIUSSS de l'Île-de-Montréal



**Matthew McLaughlin**  
Board Member and National Youth  
Council Co-Chair  
Kidd Help Phone  
ACCESS OM National Youth Council

The goal was to bring together people with different roles and experiences, to continue discussions, share knowledge and best practices around youth mental health in the wake of the pandemic to a broad audience.

### ACCESS Open Minds Webinar Series

Thursday, July 9, 2020  
11am MDT / 1pm EDT / 2pm ADT

#### COVID-19: Indigenous Innovations in Youth Mental Health

##### OUR PANELISTS

##### MODERATOR



**Clifford Ballantyne**  
Youth Worker  
ACCESS Open Minds  
Sturgeon Lake First Nation



**Hayley Gould**  
Research Assistant &  
Intake Coordinator  
ACCESS Open Minds  
Eskasoni First Nation



**Peggy Day**  
After-Care Coordinator  
Health and Wellness Division  
Inuvialuit Regional  
Corporation



**Gregory Brass**  
Planning, Programming &  
Research Officer  
Pimutitshu Regional Public Health Office  
ACCESS Open Minds Mississipi

These webinars also brought together diverse stakeholders, including researchers, youth, family, service providers, educators, administrators, non-profit and policy staff. Revisit the webinars [here](#).



Youth & family engagement



Knowledge exchange & sharing

## Shared Decision-Making Workshops

Following the publication of the Shared Decision-Making paper, the authors (youth, family/carer, administrative staff) embarked on a two-part workshop in collaboration with Wisdom2Action to discuss the shared decision making process at ACCESS Open Minds and best practices which could be applied to other projects. It also provided opportunities for different stakeholders to come together to share their insight on collaborative processes in youth mental health.



From L-R: Yvonne P. (Family and Carers Council member), Sara Jalali and Jimmy Tan (National Youth Council members), and Chantelle Mireault and Chloé Guinaudie (central office staff)

### OUTCOMES



Research & evidence



Knowledge exchange & sharing



Youth & family engagement

**+50**

Participants

## CMHA & Knowledge Mobilization Conferences



CANADIAN  
KNOWLEDGE  
MOBILIZATION  
FORUM

Chloé Guindaudie, Cat Lau and Feo Poukhovski-Sheremetyev (Youth Council) presented at the CMHA Conference in October 2020 on how ACCESS Open Minds adapted during the wake of the pandemic ([see presentation here](#)). Chloé and Cat then went on to present how ACCESS Open Minds approaches knowledge translation at the Canadian Knowledge Mobilization Forum in November 2020 ([see presentation here](#)).

### OUTCOMES



Knowledge exchange & sharing



Youth & family engagement

## Unite for Youth Mental Health / Eskasoni First Nation on The Social



As part of Mental Illness Awareness week in October 2020, ACCESS Open Minds launched the “Unite for Youth Mental Health” campaign, showcasing the important work being done at some of the sites ([Eskasoni First Nation](#), [Péninsule Acadienne](#) and [Chatham-Kent](#)) through videos in partnership with Bell media.



As part of the Bell Let's Talk campaign, The Social (CTV daytime television talk show) interviewed both Daphne Hutt-MacLeod & Bernadette Bernard from ACCESS Open Minds Eskasoni First Nation about what it's like to provide mental health care for their small community. Watch the clip [here](#).

### OUTCOMES



Partnerships



Recognition in media



Knowledge exchange & sharing

## New Website Launch



### What We Do

**Improve quality & access to services:** Building better services so that more youth and families/careers can get quality mental health help when and where they need it

**Understand the impact:** Leading cutting-edge research to understand youth mental health needs and impact of services across Canada

**Engage youth and families:** Partnering with, and listening to, youth and families/careers in everything we do – from our governance, to designing local services and supporting patient-led research projects

**Lead innovation:** Facilitating knowledge sharing and scaling up the best approaches across Canada and beyond



## OUTCOMES

**+1,500**

Resource downloads



Knowledge exchange & sharing

At the end of September, the new [ACCESS Open Minds website](#) was launched, showcasing a much more accessible platform to find resources, learn about different sites and our network. New sections on quantitative research and impact have been added. There's only more to come, so watch out for updates!

## Photovoice Online



## OUTCOMES



Community impact



Youth & family engagement

The [photovoice project](#) with participating sites and councils was published online via interactive booklets. It was also promoted on social media through a Twitter discussion with prompts around youth mental health care in the context of patient engagement, the journey and using photovoice to share perspectives.

## Early Results Launch

At the end of January 2021, [early results](#) from the research project were publicly released, showcasing the services that ACCESS Open Minds provides, how they work, who uses them and the impact that it has made.

Results were visualized using images in an infographic style to make data accessible and understandable to a lay audience.

The report was shared in many forms, including a webpage, a downloadable document and as images on social media platforms to increase reach.

### RESEARCH

#### Impact of ACCESS Open Minds: Early Results

ACCESS Open Minds is transforming mental health care for urban, rural, remote, Indigenous, non-Indigenous, post-secondary and homeless youth in 16 diverse communities in seven provinces and one territory. Our pan-Canadian network includes youth, families, service providers, researchers, community organizations and decision-makers.

Learn more about [ACCESS Open Minds](#).

ACCESS Open Minds services operate in varied structures and organizations.



## OUTCOMES



Research & evidence

**+100**

Downloads



Knowledge exchange & sharing

**+200**

Webpage views

# Acknowledgements

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