

# Inclusive community-based youth mental healthcare wins

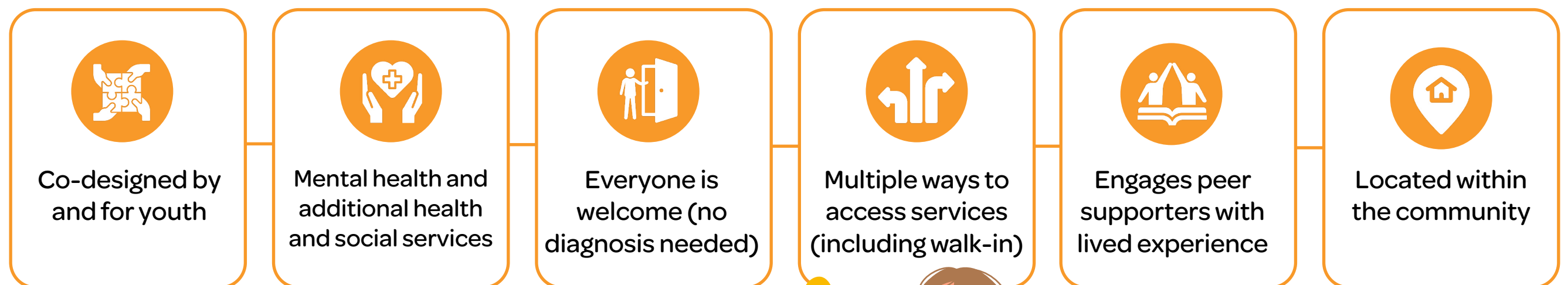
## ACCESS Open Minds delivers healthier outcomes for youth and a strong return on investment

Researchers carried out the **first peer-reviewed** and **data-based** economic evaluation from an enhanced integrated primary youth mental health care model in Canada, whereas previous evidence were based on simulations and models.

**1,415** young people (15-25 years old) received care from ACCESS Open Minds (AOM) Edmonton

Data from these youths were compared to those with similar demographics receiving traditional community mental health services.

### Core principles at ACCESS Open Minds



### Timely access to care



Reached large number of youth from underserved and marginalized communities



Reduced wait times for initial evaluation and services



Community-based care delivered by multi-disciplinary teams



Saw youth with more difficulties but had greater improvements than matched youth at other community services

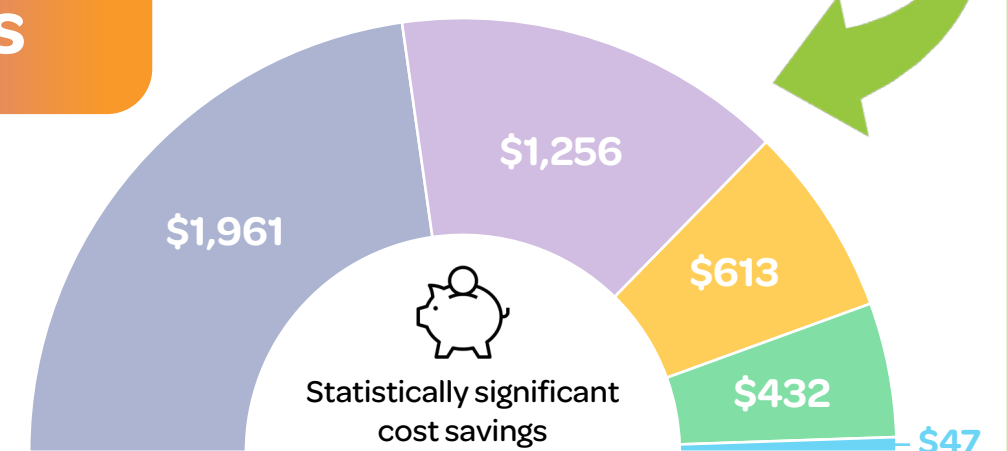
### Return on investment

**\$4,355** in annual savings per young person from reductions in

- Hospitalisations
- Residential services
- Outpatient clinic visits
- Specialist services
- General practitioner visits

### ACCESS Open Minds

**\$9.70**  
net savings per  
dollar invested in AOM



### Inclusivity impacts savings



**Welcoming youth across the full range of concerns** helps meet their needs sooner, reducing costs down the line.



Young people referred to AOM Edmonton entered care with a history of intensive service use, **yet used fewer high-intensity services afterwards.**

### Looking forward

**Foster community-based care that is inclusive** of the full spectrum of youth needs to:



Address rising youth mental health needs



Ease pressure on public health systems