

# 2018-2019 Annual Report



## Project Overview |

# The half-way point

*A pan-Canadian transformation and research project, providing care to youth in need when and where they need it*

ACCESS Open Minds (ACCESS OM) is a 5-year pan-Canadian research and evaluation project, piloting a novel youth mental health service framework across Canada. The project was conceived to transform current youth mental health systems that have been shown to not adequately meet the needs of the estimated 1.2 million youth in Canada affected by mental illness. With 75% of youth mental health problems emerging before the age of 25, the need for change is urgent. ACCESS OM is pioneering this change with an innovative framework, built around the provision of accessible, timely, and youth-friendly services.

This fiscal year (2018-2019) marked

the passing of the project's half-way point. The ACCESS OM framework is now implemented in and being evaluated by 14 diverse communities, where appropriate care is being provided to local youth when and where they need it.



### VISION STATEMENT

ACCESS Open Minds will transform and improve youth mental health care in Canada.



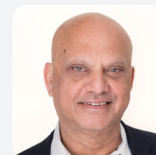
### MISSION STATEMENT

ACCESS Open Minds will generate new knowledge and foster innovation in youth mental health care in Canada.

*ACCESS OM is a SPOR network funded by the Canadian Institutes of Health Research (CIHR) and the Graham Boeckh Foundation*

## Year in review

Dr. Ashok Malla  
Nominated Principal Investigator  
ACCESS Open Minds



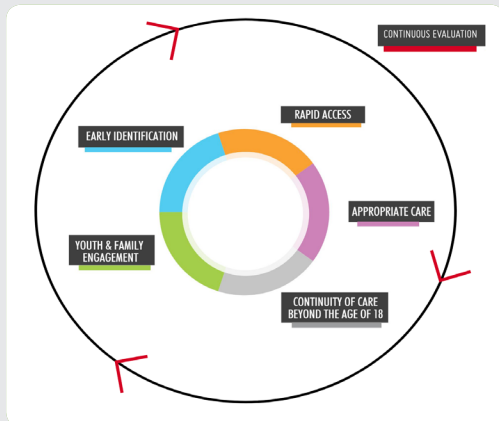
### Highlights:

1. Getting together with the Indigenous Council to look at the Indigenous sites' data and celebrating their enormous contribution to this project.
2. Preparing our 2019 *Early Intervention in Psychiatry Supplement*, the first supplement to contain details of how communities transformed youth mental health services using the ACCESS OM framework.
3. Preparing a peer-support randomized control trial initiated in collaboration with Gina Dimitropoulos, University of Calgary. This will be the first ever trial to be initiated in two urban settings and one Indigenous community. It will be funded by ACCESS OM.

### Challenges:

1. Finding sustainable funding for the ACCESS OM sites to ensure continuation of the current level of transformed services.
2. Some of the ACCESS OM Québec sites' transformational journeys and data collection practices have presented particularly complex challenges attributed to health care reforms.
3. Preparing for SPOR 2.0.

## The ACCESS OM Service Objectives



The ACCESS OM sites provide youth-friendly, accessible, and timely care to youth in need following these 6 objectives.

### 1 Early Identification

Increase awareness of mental health concerns and ACCESS Open Minds services to reach more youth in need, earlier.

### 2 Rapid Access

Offer youth an assessment within 72 hours of help-seeking, for any type of mental health problem, without the need for a formal referral.

### 3 Appropriate Care

Youth receive services that meet their needs and preferences within 30 days.

### 4 Continuity of Care

Services are integrated for youth aged 11 to 25.

### 5 Youth and Family Engagement

Youth and their family members/carers are involved in all aspects of service and care delivery.

### 6 Continuous Evaluation

Services are evaluated throughout the project so that adjustments can be made to better serve local youth.



Spring staff meeting

Central office |

## Updates from central office

How would I, along with the team at central office, describe the 2018-2019 fiscal year? Inspiring, hopeful and rewarding! The ACCESS Open Minds network has taught us that anything is possible.

All 14 ACCESS Open Minds sites persevered, despite facing enormous hurdles, to transform or create their youth mental health services and to open their doors to the youth and families of their communities. Despite all sites being very unique and reflective of their local contexts, they are united by the common principles that make up the ACCESS OM service objectives.

The wisdom held by the ACCESS Open Minds pan-Canadian network equals the power to move mountains, or in this case, to transform the youth mental health system!

**Ina Winkelmann, Director of Services and Engagement**

## New faces



**Chloé Guinaudie**  
Knowledge Translation  
and Research  
Coordinator



**Kathleen Charlebois**  
Research Associate



**Géraldine Étienne**  
Research Coordinator



**Tanya D'Amours**  
Research and  
Knowledge Mobilization  
Coordinator



image: rawpixel.com

### Have questions about the ACCESS OM project?

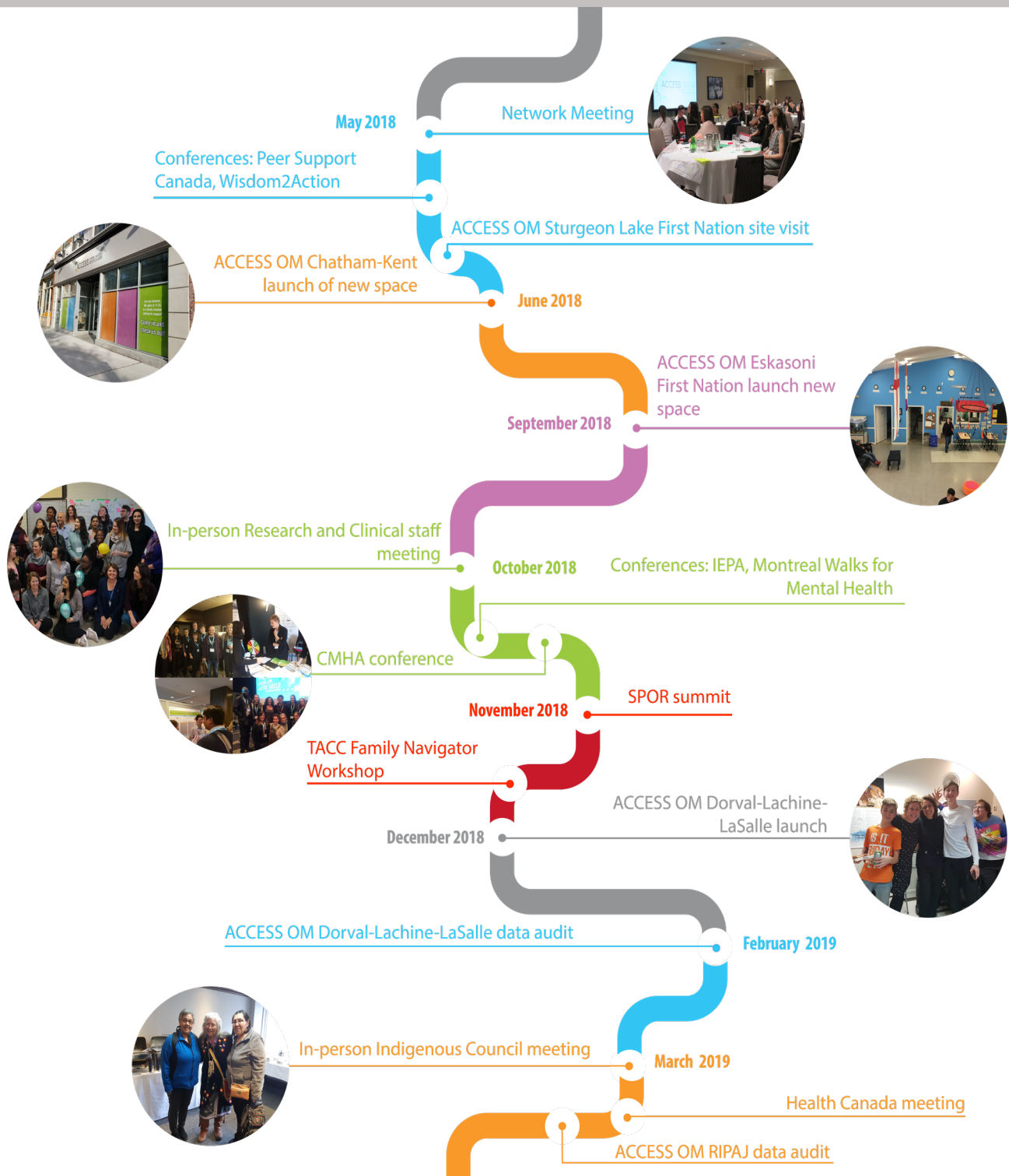
You can call us at 1-833-761-6131 or email us at [access@douglas.mcgill.ca](mailto:access@douglas.mcgill.ca)

2017-2018 Timeline |

# What we've been up to



Last year was a busy one; for the sites, the councils, and central office. Here are the highlights! Read the sections about the sites and councils to know more about what they've been up to, and don't forget to follow us on social media to keep up to date with the project.







## Network Meeting

The ACCESS OM Network Meeting of May 2018 brought together over 150 stakeholders from across the network including service providers, site research staff, site leads, decision makers, youth, and families/carers. The goals of the meeting were to build capacity at sites (in service delivery and research), introduce



key concepts related to knowledge translation, change research practice, and increase learning from each other and collaboration among sites.

In addition, all councils and committees held in-person meetings, including the first-ever collaborative meeting between the National Youth Council and the Family and Carers Council to identify priorities and opportunities for collaboration.



## A tale of two communities



### Eskasoni First Nation Visits Puvirnituk

From March 8-18 2018, three members of the Eskasoni First Nation site team travelled northwest to the village of Puvirnituk, located in Nunavik, the arctic region of northern Québec. Both communities have ACCESS OM sites and the exchange was planned so that youth from both sites could share knowledge and engage in capacity-building activities. The visitors from Eskasoni were given a tour of Puvirnituk, and learned about local activities, customs, and Inuit culture. They learned about dog sledding, played hockey with local youth, and participated in preparations for the upcoming winter festival.

They also visited the local ACCESS OM space where staff organize outdoor activities for community members. At the ACCESS OM site, youth are taught how to make sleds for snowmobiles, how to repair ATVs and how to prepare the sleds for hunting and transporting supplies. All these are part of the land-based activities that the local site team employs to promote mental wellness.

The event was a success and serves as a model for how sites within the network



*"My trip to Puvirnituk, Nunavik, Quebec was the experience of a lifetime, and I will never forget it. I got to experience their lifestyle firsthand by learning about their food sources and how they hunt them, about communicating with elders and their families, and about how they live in extremely cold temperatures. It was an honour to explore and understand their way of life."* - M.R. Gould

Youth Eskasoni ACCESS Open Minds Team Leader/Youth Support Worker

## In-person research and clinical meeting

The ACCESS OM network research meeting took place at the Douglas Institute in Montreal on October 1 and 2, 2018. The purpose of this meeting was for research and clinical staff, and the central office team, to problem-solve challenges faced during data collection at sites. This meeting brought together an array of expertise and experience, with participants including research assistants, research coordinators, clinical research practitioners, peer navigators, peer support workers, family peer support workers, community brokers, as well as members of both the National Youth Council and the Family and Carers Council. An additional goal of the meeting was to establish more reliable and uniform assessments from site to site.





# In-person Indigenous Council Meeting



On March 20 and 21, 2019, the central office hosted an in-person Indigenous Council meeting in Montreal. Members from the six Indigenous ACCESS OM sites (Cree Nation of Mistissini, Puvirnituk, Elsipogtog First Nation, Eskasoni First Nation, Ulukhaktok, and Sturgeon Lake First Nation) as well as members of the central office team came together to build capacity, learn, share strategies, and plan next steps.

## Highlights:

- Amelia McGregor, Elder of the Kahnawà:ke Mohawk Nation, shared valuable insights and led traditional opening and closing ceremonies
- Invited guest, Normand D'Aragnon, registered psychologist and member of First Peoples Wellness Circle (partner of the Thunderbird Foundation), facilitated a session on protecting life, suicide prevention, and trauma
- Dr. Mike DeGagné (President and Vice-Chancellor of Nipissing University and member of the ACCESS OM Advisory Council) joined the meeting for a discussion on sustainability and strategies to influence policy
- The Council visited the ACCESS OM RIPAJ-Montréal/Homeless Youth Network site, and were hosted at Dans la rue's day centre (member of the ACCESS OM RIPAJ) where they learned about the local site's operations
- There was a discussion around data in preparation for upcoming publications

The event fostered in-depth discussions between the Indigenous sites about the implementation of ACCESS OM in their communities, as well as successes, challenges, and knowledge sharing.



## In conversation with Brittany Dalfen



Brittany Dalfen, member of the National Youth Council, sat down with the central office team to talk about her two-month internship at central office from June to July 2018:

### What were the highlights of your internship?

*As a Communications student, I really enjoyed leading the creation of ACCESS OM's first advertisement. From coming up with the concept, directing on the filming day, to putting it all together during the edit, I was really passionate about this project and am very happy with the result!*

### What did you learn?

*I learned how to use the Adobe editing software. I also developed my directing skills, and this made me realize that directing is definitely a career path I want to pursue.*

### What was your biggest challenge?

*This experience really showed me how much goes into making an ad. I had to maintain good communication with everyone to make sure that everything ran smoothly.*

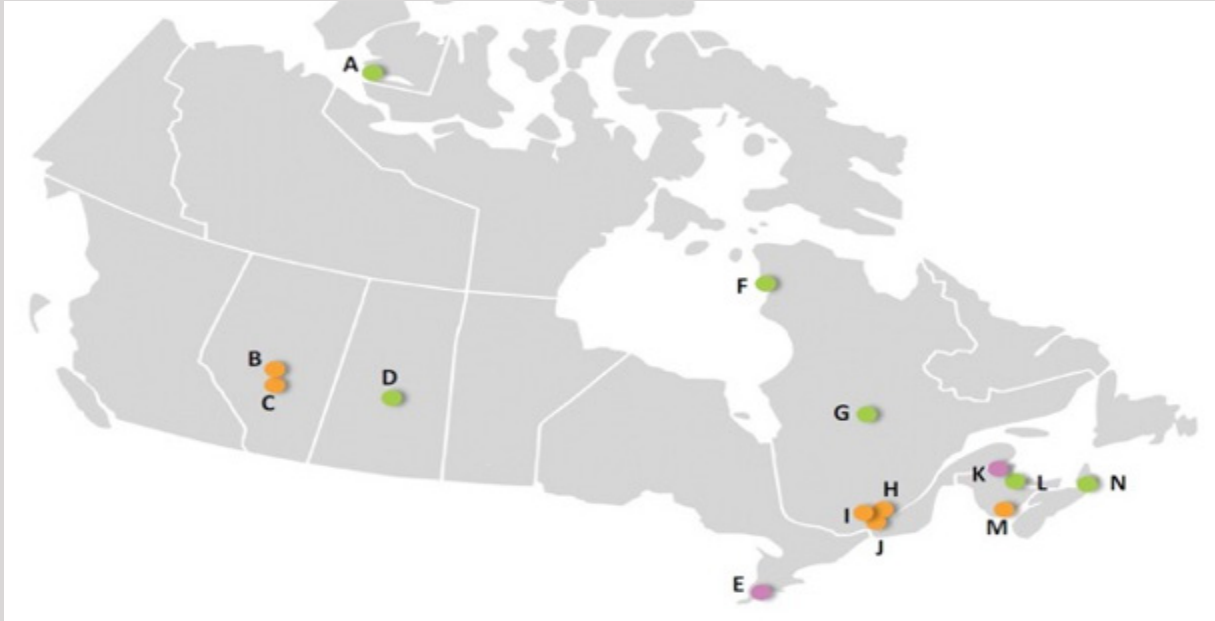
### Any last words?

*Thank you very much to ACCESS OM for giving me the opportunity and tools to develop my skills in communication. I am so grateful to be part of such an important project and am humbled to have made a product that can be used across Canada.*



Site updates |

# The 14 ACCESS OM sites



A: Ulukhaktok, NT

B: Edmonton, AB

C: University of Alberta, AB

D: Sturgeon Lake First Nation, SK

E: Chatham-Kent, ON

F: Puvirnituq, Nunavik, QC

G: Cree Nation of Mistissini, QC

H: Dorval-Lachine-LaSalle, QC

I: Parc-Extension, QC

J: RIPAJ-Montreal, QC

K: Acadian Peninsula, NB

L: Elsipogtog First Nation, NB

M: P.E.E.R. SJ, NB

N: Eskasoni First Nation, NS

● Indigenous Community

● Urban Community

● Semi-Urban/Rural Community

## Edmonton, AB



ACCESS OM Edmonton team

### Highlights:

- Increased the number of youth recruited for research and maintained engagement of most recruited youth during assessment periods
- Recognition of the impact and contributions of ACCESS OM in the community is rising
- Expanded the clinical space to allow for more follow-up services, activity groups, and drop-in support on-site

### Biggest accomplishments:

- Having an abstract for an oral presentation accepted for the 2019 IAYMH conference
- Creating a cohesive, multi-disciplinary, clinical team of workers who are dedicated to each other, and to ensuring that their clients have a positive help-seeking experience



## Acadian Peninsula, NB



ACCESS OM Acadian Peninsula team

### Highlights:

- June meeting to celebrate the first year of ACCESS OM Acadian Peninsula activities. Partners, young people, families and the media were all in attendance
- Meeting and surpassing our objectives for data collection
- A rich program of activities in the areas of well-being, music, physical activity, arts, social skills, and learning to be autonomous

### Biggest accomplishment:

- Maintaining an advisory committee of 10 young people, with monthly meetings

### Biggest challenge:

- Meeting all the complex needs of youth and all the program requirements in our remote rural area (with limited funding and a mobile site requiring a lot of travel)

## Cree Nation of Mistissini, QC



Members of the Central office visit the ACCESS OM Aschiikuwaadauch space in Mistissini

### Highlights:

- In August we finally achieved our goal to ramp up our clinical service to 4 rotating clinicians each month which has helped maintain high levels of clinical service coverage
- The average attendance of referred clients is 67%. Our clinicians report that their client load is heavy and steady
- We are close to reaching, our data collection targets

### Biggest accomplishment:

- Providing a consistent level of clinical service

### Biggest challenge:

- Building clinical linkages to other services in the community. We still have communication challenges with the local clinic and have not had much success with Youth Healing Services (which includes the Youth Protection department)

## Chatham-Kent, ON



ACCESS OM Chatham-Kent site team

### Highlights:

- ACCESS OM Chatham-Kent is being recognized by the community as the place to go to for youth mental health needs
- Since offering the Family Connections program in the spring of 2016, 97 individuals and 72 families from the Chatham-Kent area have participated in this supportive skills-building initiative
- Hosting the kick-off event for the Ontario youth mental health transformation initiative called Youth Wellness Hubs Ontario (YWHO). The YWHO model will be recognized as the opportunity for sustainability of the ACCESS OM C-K program

### Biggest accomplishment:

- Since opening its doors, ACCESS OM C-K has provided services to 68% more youth. The site's reach to youth under 16 has increased 8.5-fold, as services were not typically offered to that age group previously

### Biggest challenges:

- Reaching our research targets and staff turnover

## Elsipogtog First Nation, NB



ACCESS OM Elsipogtog First Nation team

### Highlights:

- The community's ACCESS OM youth space was granted funds to build an extension, expanding the space available to youth and clinical activities
- Two of our team partners presented to the federal Minister of Health – the Honourable Ginette Petitpas Taylor (during a ministerial advisory council on mental health)

### Biggest accomplishment:

- Achieving our data collection target for ACCESS OM- it shows the need in our community

### Biggest challenge:

- Finding people who are emotionally fit and ready for the job is a huge challenge. The job itself can be a trigger, we have begun to recognize that self-care is just as important for staff as it is for our clients

## Dorval-Lachine-LaSalle, QC



Youth in the ACCESS OM DLL space at Halloween

### Highlights:

- Establishing a relationship with the Carrefour Jeunesse Emploi, an important community partner
- Establishing a relationship with the Centre d'éducation des adultes Champlain and the Maison des Jeunes.
- Arrival of a new youth space educator

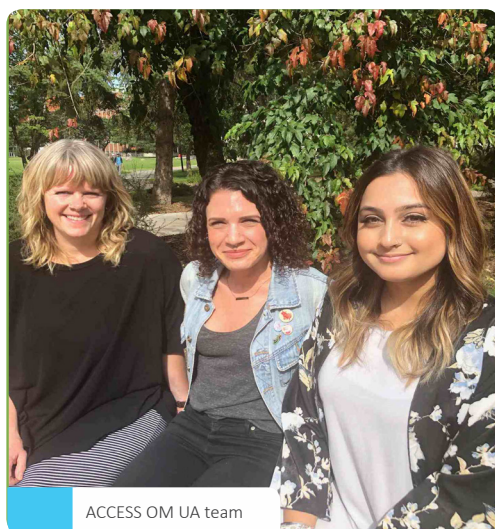
### Biggest accomplishments:

- Offering high quality mental health services at the Carrefour Jeunesse Emploi and launching our space

### Biggest challenge:

- The biggest challenge was the departure of the pivotal Youth Space worker. As a result, other clinicians had to take turns filling this role, making it difficult to connect with youth. We have now managed to find an educator, who is also an art therapist, who has taken charge of the Youth Space

## University of Alberta, AB



ACCESS OM UA team

### Highlights:

- Collaborating with ACCESS UA Network partners
- Engaging new partners (e.g. with FreshStart and CCS- Counselling and Clinical Services UA) to join the ACCESS UA Network
- Increase in the number of students using services. More students dropped by the space and/or were referred by UA staff

### Biggest accomplishment:

- Establishing ACCESS OM UA as an integral component of the UA campus mental health services and student services as a whole

### Biggest challenge:

- The student lifestyle not only had an impact on research recruitment, but also meant that clinicians were incredibly busy at particular times of the year and had to balance multiple expectations all at once (i.e. clinical, administrative, research, community needs). This is an ongoing learning opportunity; we are still navigating the student life cycle and the demands on services



## Ulukhaktok, NT



On the land programming in Ulukhaktok

### Highlights:

- The capacity that has been built in the community with the staff
- The ongoing work and near completion of the youth space
- The collaboration that is now happening among service providers to provide youth programming in the community

### Biggest accomplishment:

- Although slow, and seemingly small to the rest of Canada (or other sites) there has been some great progress in the community with regards to mental health awareness

### Biggest challenge:

- Data collection is our biggest challenge. We have found ways to gather data through outsourcing and partnering with a student to get information from our site without it seeming like “research” to the participants. At the end of the day, this small community is very tired of being ‘researched’ and so it has been a struggle for the staff to even start building relationships with participants if they mention research

## P.E.E.R. SJ, NB



ACCESS OM P.E.E.R. SJ site outing

### Highlights:

- Members’ artwork made during our outings to the Clay Café now decorates our space
- Our partnership with Integrated Service Delivery became stronger throughout the year
- We became fully staffed, including a research assistant

### Biggest accomplishment:

- We moved to a brand new space

### Biggest challenge:

- Recruitment and engagement have been challenging. To improve this, we have gone out to local high schools, events, and wellness fairs to engage with youth. We have brought youth council members to assist with this

## Eskasoni First Nation, NS



ACCESS OM Eskasoni Youth Workers

### Highlights:

- Increased number of youth accessing services and increased number of youth programs. This is the end result of constantly engaging youth in our program and services design. Ask, listen, make it happen, and they will come!
- Increased data entry by our service providers
- Seeing our site-level data and the project-level data, which allows us to almost immediately adjust (within a month) our site’s services/programs/delivery to better meet the needs of the population we serve

### Biggest accomplishment:

- Sustainability for 1.5 clinical positions after March 2020

### Biggest challenge:

- Despite efforts, sustainable funding for all ACCESS OM positions has not yet been secured

## Parc-Extension, QC



ACCESS OM Parc-Extension team

### Highlights:

- Presented at many conferences and forums (Canadian Mental Health Association, 5e Journée scientifique du Regroupement stratégique Santé mentale des populations, Journées annuelles de Santé mentale, Forum Jeunes et Santé mentale, Colloque interuniversitaire sur la jeunesse, Grand-rassemblement jeunesse pour la santé mentale) and participated in an exhibition-workshop at the Montreal Museum of Fine Arts
- Inaugurated our mural, a project undertaken by the ACCESS EO Parc-Ex youth and supported by our art therapist

- The team is growing – 6 new people have joined the team

### Biggest accomplishment:

- We are participating in a major transformation of youth mental health services at the CIUSSS Centre-Ouest-de-l'Île-de-Montréal, in line with ACCESS OM's main goal. The team participated in the 12-25 year Integrated Practice Unit, where ACCESS OM Parc-Extension "drop-in" services were cited as a best practice and where the Service Delivery Working Group recommended maintaining a youth space that integrates different clinical youth services (physical health, sexual health, and mental health)

### Biggest challenge:

- Our biggest challenge has been to stay focused on the primary objective of the ACCESS OM project (i.e. to provide prompt and appropriate care to the young people and families in Parc-Extension) despite limited resources

## Sturgeon Lake First Nation, SK



ACCESS OM Sturgeon Lake First Nation team

### Highlights:

- This year has seen an increase in community engagement and participation, including youth and families in activities organized in collaboration with the ACCESS OM project. The Chief and Council have been very supportive and this has led to activities being more culturally integrated
- A new youth worker has joined the youth hub team
- The project target for data collection has been met and is now being surpassed

### Biggest accomplishment:

- Mental health and addiction services have been building in momentum, and harm reduction addiction services have significantly increased in Sturgeon Lake. There are weekly AA and NA group meetings in the community, and addiction workers are working within the high school. Creative harm reduction interventions have been put in place, such as a Hip-Hop group, which is very well attended

### Biggest challenge:

- Continuing to provide a high number of activities and interventions

## Puvirnituk, QC



Puvirnituk youth space

### Highlights:

- Hosting members of the ACCESS OM Eskasoni First Nation site team for a knowledge exchange
- Opening our youth space workshop
- Continuously expanded our program

### Biggest accomplishment:

- Having the educators and coordinator begin to take a stronger leadership role

### Biggest challenge:

- Having more women come to the space



## RIPAJ, QC



Members of the ACCESS OM RIPAJ team

### Highlights:

- Speed of access to mental health services for young people and the possibility for them to be accompanied to appointments with psychologists, doctors, and psychosocial workers within the RIPAJ/Homeless Youth Network
- We managed to get young people to join the advisory committee despite numerous obstacles that put their participation in the project at risk
- Increase in the number of RIPAJ stakeholders who wish to participate in monthly partner meetings

### Biggest accomplishment:

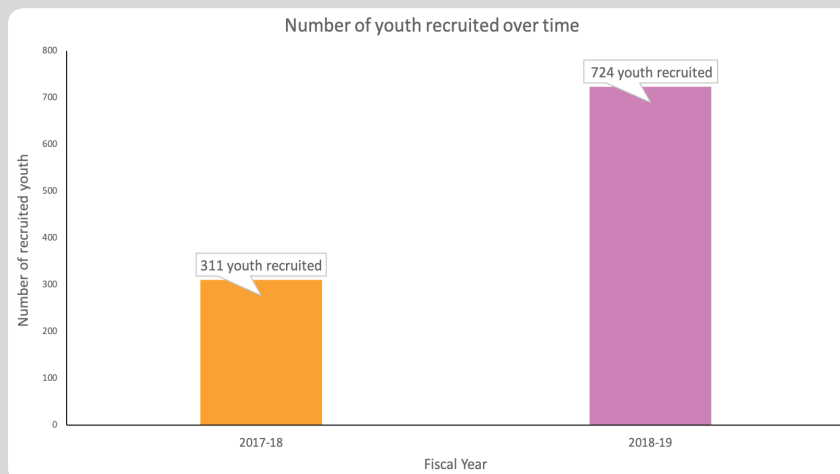
- RIPAJ's greatest achievement over the past year has been participating in partner meetings and the local consultation table. These meetings are much more than a place of exchange between different organizations. The RIPAJ network allows participating organizations to share each other's strengths and build bridges to provide better services

### Biggest challenge:

- Within our "core" team our challenges have included: maintaining a healthy work-life balance and taking care of our own mental wellbeing despite the departure of our coordinator, the lack of human resources, the many structural changes and shifts within our team, a reshuffling of all coordination positions, the absence of a psychologist, and a significant turnover of front-line workers. These staff changes have highlighted the importance of creating connections between services within the network that can be maintained even after a person's departure

### Research Updates |

## Quantitative research project



- The sites recruited 724 participants between April 2018 and March 2019
- The quantitative research project is evaluating the impact of ACCESS OM on the delivery of rapid access to services
- The project is examining the change in number of youth referred to ACCESS OM programs over time
- Sites are currently collecting youth mental health and health outcomes as they receive services from ACCESS OM
- The project will assess satisfaction with services and explore the change

in the pathways to care made by youth and families

- Central office is currently finalizing the data analysis plan for testing the study's six hypotheses
- Central office has started conducting site data audits



## Qualitative research project

- The qualitative project began in October 2018
- An e-survey was sent out to network members. Their input was used to shape the qualitative study protocol.
- The qualitative study will be a case study of the common characteristics of the implementation of the key model elements across sites. It will also look at the specific contextual elements that shaped those processes
- Interviews are being conducted with stakeholders as well as with youth and family/carers. Stakeholder participants are recruited based on a set of criteria (role in the design of the ACCESS OM model, within the ACCESS OM network, in the implementation of their site and of youth mental health services in the community). Participants from all sites will be interviewed to ensure that an accurate representation of the network is presented. For youth and family/carers, the aim is to recruit between 1-2 participants (1-2 youth, 1-2 family/carers) per site
- Data will be collected until September 2020. Stakeholder interviews, service user interviews as well as documentation will be analyzed separately and then combined and integrated into the analysis. The aim is to complete data analysis by March 2021



- Alongside the larger qualitative study, ACCESS OM is conducting a photovoice project involving ACCESS OM sites and councils. Photovoice is an arts-based methodology that allows participants to answer questions or tell their stories through photography and analysis
- The first step of the project will be to train youth and family/carers council members from sites so that they have the skills necessary to lead a photovoice project at their own site. They will then work with participants from their sites to take meaningful pictures and engage in group discussions about the meaning and stories behind the images
- An art exhibit will be held in April 2020 to highlight the work of the participants



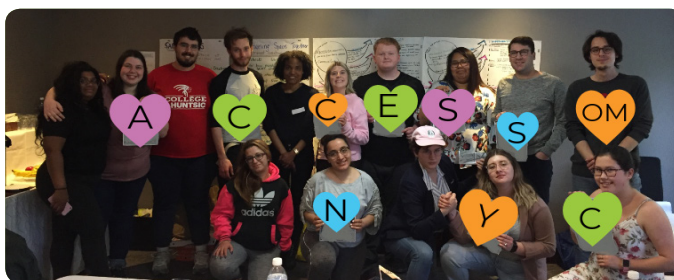
## Economic Evaluation

As part of the mandate to conduct economic evaluations of youth mental health service transformations, we are aiming to pursue these in three settings: Eskasoni First Nation, NS; Chatham-Kent, ON; and Edmonton, AB. It is our hope that the outcomes of these evaluations will contribute to the case for investing in these transformations. These evaluations are either being designed or waiting on the review of their proposal for administrative data access by the appropriate bodies. We will share more about this as they progress; please contact Jai Shah if you have questions:

[jai.shah@douglas.mcgill.ca](mailto:jai.shah@douglas.mcgill.ca)

Council Updates |

## The National Youth Council



### Highlights:

- Participating in councils and committees locally and nationally
- Attending the annual network meeting
- Attending conferences across Canada
- Hosting the National Youth Council in Montreal for our in-person meeting
- Being a part of the ACCESS Open Minds supplement publication

### Biggest accomplishments:

- Maintained good group communication
- Developed the visibility of the group to external stakeholders
- Being able to actively contribute to all areas of the ACCESS OM project process from the hiring committees to youth engagement at local levels

### Biggest challenges:

- Managing to maintain a stable team given availability and priorities
- The coordination and communication between with sites still poses some challenges



## The Indigenous Council



### Highlights:

- The opportunity at the in-person Indigenous Council meeting to interpret our data through a cultural lens, ensuring that Indigenous voices are heard through the research (see section on in-person Indigenous Council meeting)
- Meeting our data collection targets
- Visiting other Indigenous ACCESS OM sites (see section on Eskasoni-Puvirnituq exchange)

### Biggest accomplishments:

- Taking the time to discuss the pros and cons of our different sites at the in-person Indigenous Council meeting
- Constructively discussing sustainability and future funding

### Biggest challenges:

- Difficulty scheduling time to contact other council members outside of meetings
- Meeting conflicts due to competing priorities (work, other council meetings, etc.)

## The Family and Carers Council



### Highlights:

- Presenting a workshop on the ACCESS OM family perspective at Peer Support Canada Conference in Calgary
- Sharing knowledge and experiences about the mental health difficulties of our loved ones with other council members
- The hosting of two workshops at the ACCESS OM network meeting about knowledge translation and culture of care for youth and families
- Presenting on our council at the 19th Canadian Collaborative on Mental Health in Toronto
- Meeting the other councils in person at the ACCESS Network Meeting
- Participating in the Research Advisory meetings

### Biggest accomplishment:

- Perseverance of council members
- We worked diligently on our work plan which encompassed visibility across Canada, an on-going plan for sustainability, shared decision making and continuous drive to build capacity
- Making headway in helping others to realize the importance of including families in the care and recovery plan of their youth
- Raising awareness among service providers and policy makers to the importance of family engagement in mental health research by means of various presentations, events, awards and roundtable discussions with key stakeholders

### Biggest challenge:

- Encouraging participation from family and carers at all sites
- Being recognized and included as an equal patient partner in youth mental health care practices and research

# ACCESS Open Minds' first publication



Received: 23 March 2018 | Revised: 18 October 2018 | Accepted: 4 November 2018  
DOI: 10.1111/eip.12772

EARLY INTERVENTION IN THE REAL WORLD

WILEY

## Canadian response to need for transformation of youth mental health services: ACCESS Open Minds (Esprits ouverts)

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ACCESS Open Minds published its first article in *Early Intervention in Psychiatry* in December 2018. This publication sets the context for the ACCESS OM project. It describes the challenges posed by the current youth mental health systems and how ACCESS Open Minds is addressing some of these challenges. It presents the methods we are using to transform youth mental health services at the 14 ACCESS OM sites across Canada. It describes the ACCESS OM transformation framework, process and objectives. It's available on open access and we invite you all to go and read it!

## In the media

ACCESS OM was featured in the news a number of times over the past year! From articles in local newspapers to CBC radio and video interviews, people were keen to know about this project and how it is being implemented across the ACCESS OM sites.

- *Radio Canada*: Access, un programme qui permet à de jeunes Autochtones de sortir de leur isolement
- Chatham Daily News: Youth hub holds grand opening
- CBC's Information Morning- Saint John : Youth find skills, support towards mental health at P.E.E.R. SJ
- CBC's Information Morning – Cape Breton with Steve Sutherland: "Seeing them happy makes me happy" - Eskasoni Youth Centre
- CBC's Information Morning – Cape Breton with Steve Sutherland: "This is what I was meant to do, to help my people" - Jeannine Paul, Eskasoni Crisis Centre
- The Suburban: WI Health Board reaches out to youth
- *Journal Métro*: Une nouvelle ressource en santé mentale à la maison des jeunes de LaSalle
- Montreal Gazette: 'Chill space' in Lachine offers swift access to mental-health care for youth

### 'Chill space' in Lachine offers access to mental-health care

Young people can just drop by ACCESS Open Minds to socialize or they can request help.

KATHRYN GREENAWAY MONTREAL GAZETTE | Updated January 30, 2019



The Centre for Education and Mental Health reports that, in an annual study, one in five Canadian youth...

11/25/19 January 30, 2019 | The Montreal Gazette

### Une nouvelle ressource en santé mentale maison des jeunes de LaSalle

11/25/19 January 30, 2019 | The Montreal Gazette

11/25/19 January 30, 2019 | The Montreal Gazette

11/25/19 January 30, 2019 | The Montreal Gazette

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## Making Connections

Last year, ACCESS Open Minds' footprint expanded and extended to many new partners and collaborators across the country including:

- **Ndinawe Youth Services, Winnipeg, Manitoba**

This vibrant organization provides a safe place to go for Indigenous youth living in Winnipeg Manitoba. Interest: training and development of new mental health workers operating out of the 24-hour safe space

- **The Alex, Calgary, Alberta**

This cornerstone of community services in Calgary,

the Alex Youth Hub provides easy access to multiple mental health services for youth aged 12 to 24. Interest: integration of standardized evaluation metrics and alignment with national efforts

- **Daysie, a collaboration led by ACCESS OM with Foundry, Youth Wellness Hubs Ontario, and Frayne**

Initiated in 2018, this consortium of national partners has been working together to align evaluation metrics across integrated youth





mental health service centres, as well as collaboration and knowledge sharing with regard to the design and implementation of youth mental health services across the country.

- **Military Family Services**

ACCESS OM was hired to perform a feasibility study at two sites, the Halifax & Region Military Family Resource Centre and the Kingston Military Family Resource Centre. We look forward to more collaboration with Military Family Services soon!

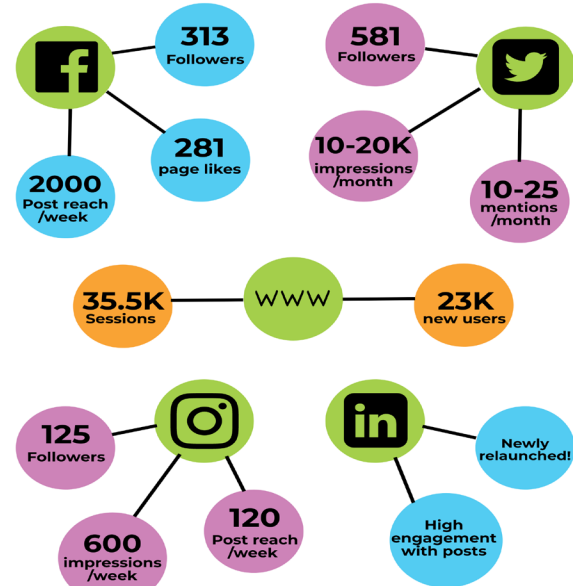
- **Kids Help Phone**

Partners since 2015, ACCESS OM and KHP continue to collaborate in ensuring that youth across Canada have access to accurate information about services available to them and quick access to support in times of need.



## SOCIAL MEDIA

A quick view of the 2018-2019 fiscal year



Next steps |

## A look ahead

The 2019-2020 fiscal year is the last full year of ACCESS OM site activities, with data collection wrapping up and preliminary analysis underway. In conjunction with wrapping up the research project, a key priority for the network will be sustainability; sustainable funding would ensure that sites are able to provide and evaluate high-quality services on an ongoing basis and that the unique, vibrant, and revolutionary pan-Canadian network can continue to thrive and grow to new communities across Canada.

## Acknowledgements

ACCESS Open Minds is an initiative of the Canadian Institutes of Health Research (CIHR) and the Graham Boeckh Foundation (GBF), and is the first network launched under CIHR's Strategy for Patient-Oriented Research (SPOR). We would like to thank the project's funders for supporting the transformation of youth mental health services in communities across Canada. We would also like to thank all of our network members: youth, site teams, service providers, families and carers, community partners, policy makers, researchers, and academics for making this project such a success!

