

ACCESS Open Minds Road Map

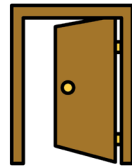


Different sources of referrals



Including school counsellors, community workers, parent/carers or social media

Walk-ins are welcome



Clinic hours and location of meetings are flexible (including evening and weekend hours)

Drop-in Activities



Sites host activities (e.g., arts/music, on-the-land activities) which can act as a referral source



CHANGING THE YOUTH MENTAL HEALTH SYSTEM



ACCESS Open Minds is all about improving the access and quality of youth mental health care. Services provided at ACCESS OM sites are specifically designed to address the main challenges of usual services: barriers, wait lists, engagement, and quality of care.



Ongoing Support

Continued support to youth, and their families or carers, is provided as long as needed.



Meeting ACCESS OM Team

Team members include clinicians, research evaluators, youth and family peer support workers who assess the youth's needs.



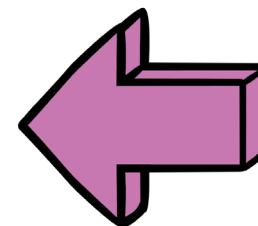
Research & Evaluation

ACCESS OM team member discusses both the research and evaluation component of the project.

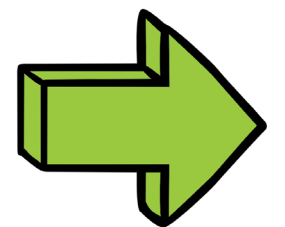
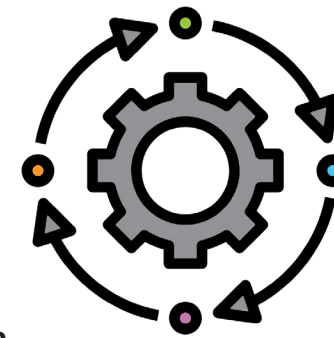


Completing Questionnaires

Questionnaires are completed either on their own or with the support of an ACCESS OM team member at different time points if desired.



What happens when youth visit an ACCESS OM site?



How is ACCESS OM different from the current system?

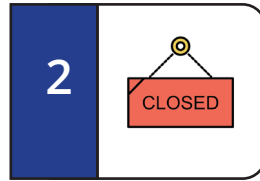
Current Experience



1

Many Doors

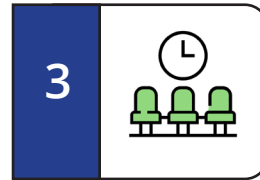
Knocking on countless doors for help, and constantly being told that you aren't in the right place.



2

Set Clinic Hours

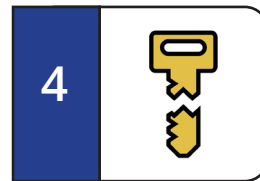
Often limited hours from 9 to 5, in a setting that is clinical and sterile-feeling.



3

Long Wait Times

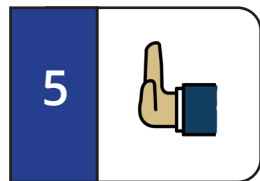
Once you get in touch, it can take months before your first appointment.



4

Poor Services

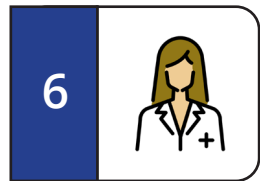
Overworked systems designed to "churn" people out with minimal advertising or youth-oriented activities.



5

Age Limit

Services end at age 18, or youth are required to change service providers when they turn 18.



6

Uninformed Design

Services are designed by health professionals and policy makers.



7

Following what has been done

Services are not always evidence-informed, and evaluation is not integrated into planning or care.

ACCESS OM Experience

1) One Door

You can get the help you need in one place by reaching out through phone, email, text, or in person.



2) Prioritizing Youth Needs

Spaces are designed by and for youth, with flexible hours that meet their needs (including evenings and weekends).



5) Including Youth over 18

Youth aged 11-25 access the same services, without having to make a transition at age 18.

6) Diverse Engagement

Youth and families or carers are actively involved as partners in their own care, and in the design of services.



3) Timely Responses

First appointment is offered within 72 hours, or often immediately, after asking for help.



4) Building Community

Active outreach activities help connect people with services and build community.



7) Evaluation

Services are evidence-informed, and continuously evaluated to make sure they are meeting the needs of youth, families and carers.

