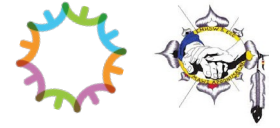


Delivering Impact on the Front Lines



ACCESS Open Minds

Eskasoni First Nation,
Nova Scotia

“ We have a lot of youth with mental health issues and for them to receive both mental health services and programming (traditional teachings, crafts, cooking, art, sports and recreation events, educational sessions) at the same place has been one of our means of being able to do everything possible to prevent suicides, crisis situations and to meet youth needs. ”

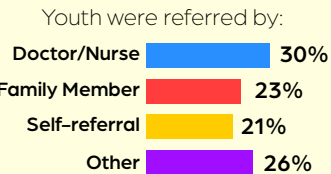
– Chief Leroy Denny
Eskasoni First Nation



Faster access, better care



Since 2016 **over 700** youth have received mental health services; achieving **490%** of the target estimated of youth with mental health needs in the community.



We are the largest Mi'kmaq population in the country with **more than 50%** of the population being **under the age of 25**. It is crucial for this community to have youth-friendly mental health services that incorporate local knowledge traditions and values.

“ I have never been this happy sober in years. All the treatment I am receiving is working and it's not over yet. ”

– Youth Client



89% of youth reported being satisfied with services overall.
100% of youth would recommend our service to a friend.

“ During our toughest times the ACCESS crew came together and helped us through. They have been wonderful stepping stones to our healing. ”

– Family Client

“ Having a Mi'kmaq speaking Behavior Interventionist/Family Support Worker has been invaluable when working with children and their parents/guardians both in the office and their homes. For many children, youth and adults, the ability to speak Mi'kmaq increases their comfort levels and grants them the ability to express themselves, and be understood fully and completely. ”

– Daphne Hutt-MacLeod, Site Lead, ACCESS Open Minds Eskasoni First Nation

We are a trusted, safe space for youth.



30%

of youth clients identify as gay, lesbian, queer, questioning or bisexual



21%

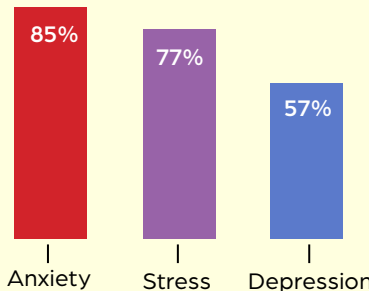
not in employed, in education or training



15%

of youth having reported living in or having lived in in foster care

Top 3 reasons youth reported seeking services



Over **95%** of youth that needed a follow up service received it **within 30 days**



Youth show improvements in distress, symptom severity and functioning, especially for those with serious mental health problems.

Delivering real benefits to youth: The ACCESS Open Minds Approach

Innovative and transformative solution

ACCESS Open Minds (AOM) is helping Canadian youth get the care they need – when and where they need it. Our vision is pan-Canadian in scope but local in positive impact. The ACCESS Open Minds service framework is about flexibility, quality and results. Our evidence-based approach means more youth get help faster, **reducing wait times and improving access for more youth and families to get the help they need.**

From helping rural Canadians to partnering with Indigenous communities and making sure homeless youth in urban centres receive mental health support, ACCESS Open Minds is delivering real results on the front lines.

ACCESS Open Minds is changing the game across Canada

- AOM has been transforming services and collecting data on youth mental health needs and service impacts (wait times, outcomes) in partnership with 16 sites across Canada for over three years
- For over one-third of urban and rural non-Indigenous youth, as well as for over **70%** of Indigenous youth, AOM was their first experience of help-seeking, rather than an emergency room
- Youth who are at risk of marginalization – whether by racialization, sexual orientation, or poverty – connected with AOM in significant numbers **35%** identifying as LGBTQ+2S and **38%** identifying as being part of a visible minority and **39%** reporting having difficulty meeting basic needs
- AOM sites are supporting youth with high mental health needs; with **69%** of youth rating their mental health as poor or fair and **30%** reporting having suicidal thoughts at intake
- AOM helps, most youth show significant improvement in distress, functioning and symptom severity at follow-up, these improvements are **greater for those with serious mental health problem**
- **83%** of youth contacting AOM site were offered an appointment within **72 hours**
- Early economic evaluation results in one site indicate that the AOM model could save up to **\$4,500** per patient per year and provide an ROI of **over \$10** in health care savings for **\$1** invested
- Youth endorsed: **96%** of youth said they would recommend AOM to a friend

A modern model of care

- Partners seamlessly with existing service providers
- Cuts red tape and duplication
- Trusted, built for youth by youth
- Supports families and caregivers
- Cuts wait times improves access to care for more youth and families
- Strengths-based and culturally appropriate
- Evidence-based & high quality; integrating best practice & continuous evaluation into front-line care
- Nimble & adaptable to communities and changing needs (e.g. COVID-19)

For more information

