

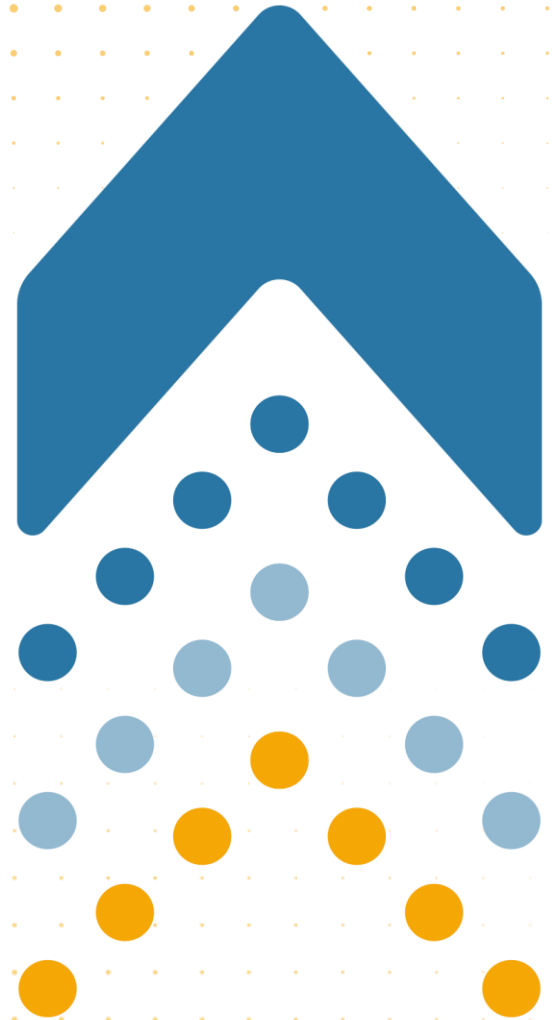


Virtual
2020 CMHO Conference
**Innovating and Advancing Child
and Youth Mental Health**
November 23 to December 4

Sponsored by



Ontario Centre of Excellence
for Child & Youth Mental Health
Centre d'excellence de l'Ontario en santé
mentale des enfants et des adolescents



Implementing a Canadian Database to Identify and Evaluate Youth Mental Health Apps (YMHAs) in Canada

Presented by Wisdom2Action



Wisdom2Action
Savoir pour agir



Future Launch

Land Acknowledgement



- Wisdom2Action started in K'jipuktuk (Halifax) in Mi'kma'ki (Nova Scotia), the traditional and unceded territory of the M'ikmaq people. Settlers and the M'ikmaq have lived in this territory under the provisions of the Peace and Friendship Treaties starting in 1725. Nova Scotia is also home to 50 African Nova Scotian communities, who were settled here starting with European colonialists.

Introducing the W2A Team

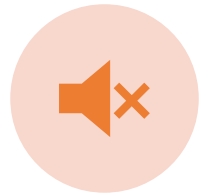


- **Fae Johnstone (they/she)**
 - Principal Consultant with Wisdom2Action
 - Project Lead – Youth Mental Health Apps Database
 - Based on Algonquin territory (Ottawa, Ontario)



- We are a progressive consulting firm and social enterprise working with organizations across Canada to facilitate change and strengthen communities.
- What we do:
 - Knowledge Mobilization and Resource Development
 - Community and Youth Engagement
 - Innovative Facilitation and Creative Curation
 - 2SLGBTQ+ Inclusion and Community Development
 - Evaluation and Research

Housekeeping



Please stay muted unless you are speaking.



If your internet connection is unstable, try turning off your video.



Raise your hand if you are having a hard time jumping into the conversation.



You know your body and your needs best.



Braver and Safer Space.



Recorded conversations with anonymized contributions



Adopting an anti-oppressive and intersectional lens



Creating space for honest and hard conversations

Project Overview



- Wisdom2Action is working with RBC Future Launch to explore a Canadian database for youth mental health apps.
 - What is a YMHA Database: A virtual space youth, service providers and families can use to search for and find a mental health app that works for their unique context and needs.
- We are engaging with key stakeholders, including youth, families, researchers and service providers to explore what a Canadian YMHA database could look like, and how it can best meet the diverse needs of people across Canada.

Relevant Background 1.0



- There is a plethora of mental health apps available to young people across Canada.
- There is insufficient independent and evidence-based evaluation taking place to ascertain the scientific effectiveness of most youth mental health apps.
- There are few mechanisms available to validate the effectiveness of youth mental health apps.
- Families, young people and service providers continue to struggle to find apps that can be effectively used to improve young peoples' mental health and well-being.

Relevant Background 2.0



- Databases have been implemented in other countries to help young people, families and service providers find the youth mental health apps they need.
- We have an opportunity to create a Canadian database – but we need to connect with key communities and stakeholders to make sure we do this right – and that we create something that works for everyone who needs it.
- And there's exactly where you come in.

Context and Clarity

- Our purpose in creating a database is not to recommend particular apps, or to ‘validate’ certain apps as the best.
- Our intention rather, is to help youth, families and service providers find the apps that ***works best for them.***

Approach for today



- We will be using a combination of Zoom Polls and Google Jam Board to maximize engagement and help ensure everyone has a chance to share their thoughts and ideas.
- If folks aren't a fan of virtual tools like these, you're welcome to weigh in with your thoughts in the Zoom chat!
- We are recording this session, so you're also welcome to jump-in and we'll make sure we capture your contributions!
- We're all adapting to a virtual world, so let's be patient with ourselves, and each-other!

Let's start with some polls!



Shifting to Jam Board

- In a moment, each of you will be sorted into a breakout room. In the breakout room, you'll find a link to a Google Jam Board page.
- In your jam board breakout session, connect, share and explore with your peers as we work our way through key questions.

Next Steps – Where do we go from here?



- Continued consultation with key stakeholders
 - This is our first focus group on the YMHA initiative, but we're launching a fulsome suite of engagement opportunities in the new year, including a survey, additional focus groups and key informant interviews.
 - As we continue, we'll report back to ensure everyone (as much as possible) is looped in and informed about where this work is headed.
- Stay tuned – we'll be in touch soon!
 - Sign up for our newsletter – www.wisdom2action.org

Thank you

Contact Us

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www.wisdom2action.org

