

PRIHS: Partnership for Research and Innovation in the Health System

FUNDING AWARDS



e-Mental Health (eMH) for Youth and Young Adults in Alberta

PROJECT FAST FACTS

LEAD: David Johnson

INSTITUTION: University of Calgary

PRIHS AWARD: \$1.0M

THE PROBLEM

Communities across Canada are mobilizing to respond to rapidly increasing rates of Addiction and Mental Health (AMH) issues in youth and young adults (age range 15 to 24). In Alberta, a number of communities have created youth-friendly multidisciplinary AMH services, improved clinician AMH education, and fostered education, health and children's service partnerships. Unfortunately, these efforts are insufficient to adequately support youth and young adults with mental health issues and substance misuse.

THE SOLUTION

This project will provide a critical missing piece to the Alberta AMH service landscape: an electronic mental health (eMH) platform that provides early identification and intervention (assessment, monitoring, and self-management) tools into care delivery. Integrating Australia's InnoWell Platform, which has been rigorously designed and tested with significant youth engagement over the last decade, into Alberta AMH services has the potential to create a fulsome solution to access and treatment that rounds out the service model for this population.

GOAL

The study will determine for youth and young adults whether incorporation of the eMH platform into ten Alberta communities improves system cost-effectiveness and outcomes such as decreased ED use, decreased suicide attempts, and similar use of AMH services, but with shorter wait-times. We will also determine if the eMH platform improves youth and young adults' mental health.

With ample evidence already demonstrating that eMH is effective and readily scalable, the InnoWell Platform has the potential to cost-effectively expand and improve delivery of AMH services to Alberta's youth and young adults.

PROJECT OBJECTIVES:

- Provide early identification and intervention (assessment, monitoring, and self-management) tools into care delivery.
- Create a solution to access and treatment that rounds out the service model for this population.

ABOUT PRIHS

The PRIHS program is designed to align the knowledge production efforts of researchers with the evidence needs of the health system. This is achieved by providing opportunities for researchers to propose solutions to priority health system challenges and access support from SCNs and other expertise within AHS to administer implementation studies. These implementation studies will help AHS identify and advance solutions that improve health care quality, health outcomes and value for Albertans.

VALUE & TERM

Combined pool of funds available: \$7 million. Individual award's period of support: up to three years.

FOCUS AREAS

PRIHS V provides a streamlined process for connecting Alberta's academic institutions with Strategic Clinical Networks™ (SCNs), patients, providers and leaders in AHS to:

- Translate research evidence into testable solutions that address priority health system challenges in Alberta as articulated by the SCNs; and
- Generate the evidence needed to identify and accelerate the spread and/or scale of solutions that foster more efficient and/or effective use of health care resources.

Learn how

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