

# Accelerating Innovations into CarE – Validate Program (AICE-Validate)



## Innovating for Impact: Streamlining Child Advocacy Services at the Central Alberta Child Advocacy Centre (CACAC)

### PROJECT FAST FACTS

**RECIPIENT:** InstaCARE Co. (MARA Group Ltd.)

**AWARD:** \$295,000

**AWARD DATE:** December 1, 2023

**PROJECT DURATION:** 18 months

## THE PROBLEM

Mental health remains a pressing concern that continuously necessitates innovative interventions. The Mental Health Commission of Canada paints a disconcerting picture: an estimated 1.6 million Canadians report unmet mental health care needs annually. However, even when individuals engage with the healthcare system, the journey isn't always smooth. A fragmented system characterized by isolated appointments with multiple providers, each often unaware of the other's interventions, results in disjointed care. Without a consolidated patient narrative, both patients and clinicians navigate the mental health maze with a fractured map, reducing the efficacy of interventions. Emphasizing patient engagement can be a game-changer in this context. Research has repeatedly underscored the positive correlation between active patient engagement and better health outcomes. The digital evolution in the health sector has brought forth several platforms, from telehealth solutions to mental health applications. However, many of these operate in silos, targeting singular facets of mental health without offering an all-encompassing solution.

## THE SOLUTION

InstaCARE has developed a virtual, specialized mental health software delivered featuring personalized patient engagement portals. InstaCARE's Mental Health Patient Portal incorporates features for mood and goal tracking, diaries, questionnaires, appointment scheduling, and more. These tools give patients a sense of control over their mental health journey, empowering them to participate actively in their care through clinician-provided resources and documents. Service providers and support staff operate using their own dedicated portals with service providers managing appointments, providing virtual prescriptions, charting, sharing documents, and accessing patient records. This comprehensive system meets the unique needs of mental health service delivery while ensuring the seamless operation of a virtual practice.

## PROJECT OBJECTIVES

*InstaCARE proposes implementing and validating the Mental Health Patient Portal at the Central Alberta Child Advocacy Centre (CACAC) with the aim of assessing the impact of our technology on patient satisfaction, clinician productivity and overall system efficiency. The anticipated outcomes of this project will demonstrate the feasibility and value of our Mental Health Patient Portal in a real-world clinical setting, thereby proving its readiness for wider market deployment.*

## ABOUT THE AICE-VALIDATE PROGRAM

*AICE-Validate is an opportunity for Alberta's health-tech innovators to accelerate commercialization of digital and data-enabled health technologies through the early validation phase. If you'd like to learn more, please check out [AICE Validate on the Alberta Innovates website](#).*

Learn how

[albertainnovates.ca](https://albertainnovates.ca)