

UNICITY: UNITING TO CONNECT INNOVATIVE TECHNOLOGY FOR YOUTH MENTAL HEALTH AND ADDICTIONS SERVICES

Participatory Asset Map

OVERVIEW AND PURPOSE

Improved access to mental health and addictions services and reduction in wait-times for children and youth is considered a key priority for the Nova Scotia Department of Health and Wellness.

It was determined that an asset map would be a useful tool to outline and organize information on eMental Health programs, tools, resources and services currently available in Nova Scotia.

eMental Health refers to mental health services and information delivered or enhanced through the internet and related technologies, such as apps, video conferencing and text.

As a result of this interest, this topic was identified as a provincial health priority for discussion at the Maritime SPOR SUPPORT Unit (MSSU) Bridge event in June 2018. A team of decision-makers, clinicians, researchers, and patient advisors was formed, and supported by the MSSU to carry out this work.

METHODS

ASSET MAP PROCESS

A collaborative approach was taken that included input from team members to determine the parameters of the asset mapping. The asset map development process included:

- Defining the purpose
- Identifying assets
- Defining criteria
- Determining process for gathering information

DATA COLLECTION

Types of eMental Health assets were defined through team member input, and website review. Information about the assets were extracted from websites, or by email and/or telephone correspondence with organizations, when possible.

Information on eMental Health assets was collected between March 2019 and June 2019.

RESULTS

31 eMENTAL HEALTH ASSETS

ASSET TYPE

TYPE OF SUPPORT

- 9 PROGRAMS
- 2 TOOLS
- 20 RESOURCES / SERVICES
- 11 CLINICAL INTERVENTIONS / COACHING
- 8 PEER-LED SUPPORT
- 6 CRISIS SUPPORT
- 6 ONLINE SELF-HELP

Detailed information on the eMental Health assets are outlined in a Supplementary Document, with priority information displayed in table format in the report:

Wozney L, MacAuley R, Hibbert R, Aubrecht K, Adams J, Campbell LA, Grant A, Jeffers E, Jerrott S, Kontak J, MacDougall S, Macqueen J. UniCITY: Uniting to Connect Innovative Technology for Youth Mental Health and Addiction Services. Halifax, Nova Scotia: Maritime SPOR SUPPORT Unit (MSSU); 2020. 14 p.

INFORMATION COLLECTED ON ASSETS:

DESCRIPTIVE INFORMATION
<ul style="list-style-type: none"> • Name of asset • Type of Asset • Source (link to online information) • Contact • Institution / Developer • Years Offered
DESIGN
<ul style="list-style-type: none"> • Target Population / Condition • Types of Support • Description • Parties Involved in Asset Delivery • Goal of Asset • Geographic Location • Eligibility Criteria • Restrictions • Asset Method of Access
METRICS / CREDENTIALS
<ul style="list-style-type: none"> • Uptake • Evaluation • Credibility • Evidence-Base • Scalability and Mobilization Potential

LIMITATIONS

The asset map is meant to provide a foundation and glimpse of the range of eMental Health assets available to children and adolescents/youth in Nova Scotia, but is not an exhaustive list. Despite thorough data collection, not all questions were answered in this process given our timeframe. Also, it should be noted that more sophisticated mapping techniques have yet to be utilized for this project. The information is provided in an inventory format, with potential to be further built upon and developed.

Download the full report from:

www.mssu.ca/unicity