e-Mental Health
Expression of Interest

May 2023

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Join the Future of Mental Health Innovation

Photo by Jonas Leupe on Unsplash

The e-Mental Health (eMH) for Youth and Young Adults in Alberta project is seeking enthusiastic mental health innovators to join us in using a shared digital tool for providers and clients.

We want to ensure young people have access to high-quality, person-centred mental health supports. eMH provides an access point along the continuum of recovery-oriented services for young people to meet their mental health needs in the community. By introducing these online supports, young people are empowered to work with their mental health provider with resources at their fingertips. Our goal is to improve access while curbing suicidality and the increase in young people accessing emergency services for mental health.

> "This presents us the opportunity of a rather large swath of assessments and get a really good picture of the individual that I just wouldn't have had. Rather than me fumbling around in the dark, they're giving what they've shown me is their issue. I get a broad understanding of where they are at and then we can discuss the issues that present.
>
> - Provider, Bonnyville"

Project Criteria

Provide free services	Youth and young adults aged 15-24	AHS, PCNs, Schools or Community Partner	Ability to collect PHNs

We're seeking enthusiastic partners to join us in using the e-Mental Health platform to improve care for Alberta's young people.

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The Innowell Platform

- The eMH project uses Innowell, a web-based platform
- Innowell allows mental health providers to deliver personalized care and track client progress.
- Innowell is rooted in providing:

Measurement-based care: Assessments across 20 mental health domains used in appointments to inform treatment planning and track client progress.

Care options: In addition to provider-led options, Innowell includes over 60 apps & e-tools to provide additional support to clients.

Crisis resources: Easy access to resources to support clients in crisis and through periods at high-risk of suicidal thoughts & behaviours.

Domains

- Alcohol Use
- Anxiety
- Cannabis Use
- Cultural Connectedness
- Depression
- Eating Behaviours
- Grief & Loss
- Mania-like Experiences
- Physical Health
- Post-traumatic Stress
- Psychological Distress
- Psychosis-like Experiences
- Resilience
- Self-Harm
- Sleep/Wake Cycle
- Social & Occupational Function
- Social Connection
- Spiritual Health
- Suicidal Thoughts & Behaviours
- Tobacco Use

> It's a really good dashboard [for seeing] how I'm doing. I can use these apps when I need to, and it's helped me learn along the way that accessing support is not a bad thing.
>
> - Youth, Central Alberta
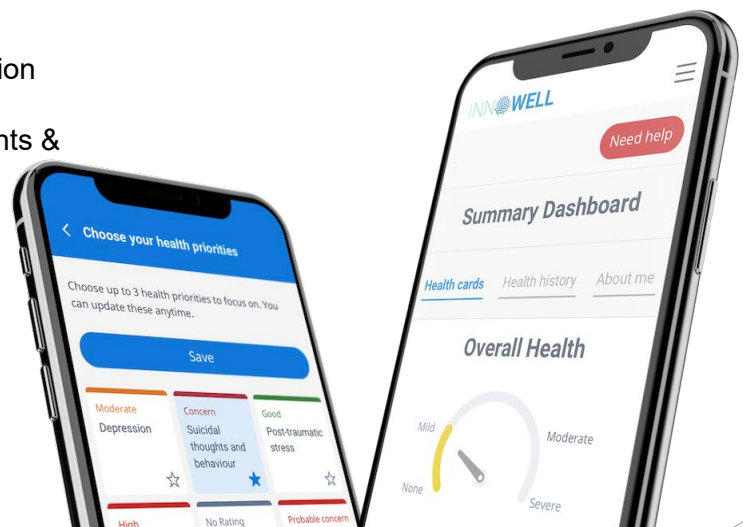
Benefits of the e-MH project

Adopting a measurement-based care approach by integrating the Innowell platform enhances the flow of information between client and provider. The benefits of the tool are:

> "Students need the reminder they are moving forward even when they feel like they are moving backward.
>
> \- Provider, Cold Lake"

For providers

- Supports provider judgement through multi-dimensional assessments.
- Automatically scores, displays, and tracks assessment results.
- Allows for earlier detection of deterioration or improvement.
- Supports multiple therapeutic modalities and approaches.

For clients

- Clearer monitoring of symptoms, recovery, and decline.
- Provides young people with curated apps & e-tools while they wait to see a mental health provider.
- Encourages active participation in treatment and care planning.
- Empowers clients to suggest care options and areas of focus.

For sites

- Ability to screen and prioritize young people who are at greater risk or need by viewing assessment results in real time.
- Simplifies quality improvement by identifying aggregate trends.
- Provides compelling, data-driven rationale to help shape resourcing, training, and staffing needs.
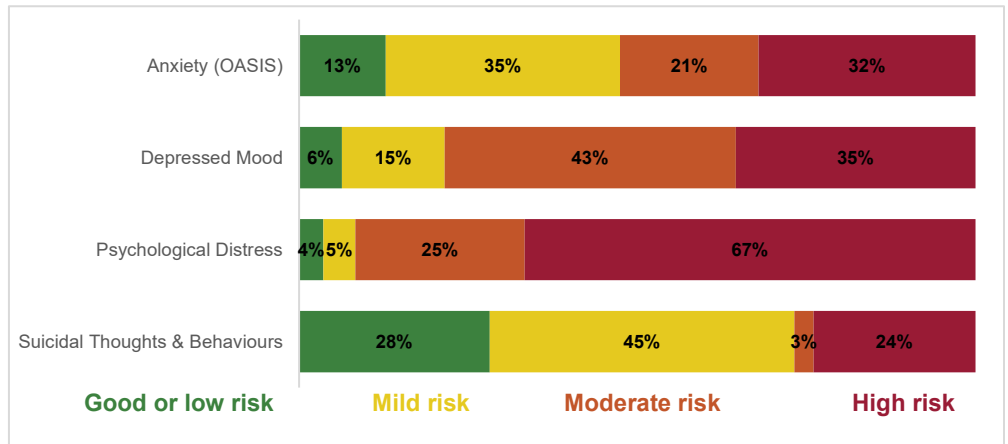
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What does mental health innovation look like?

Data

At the core of the Innowell platform is a powerful health data repository that adds value to clients, mental health providers, and site managers. By aggregating data, we can help sites learn about their client population, as well as enhance the ability to monitor and evaluate mental health outcomes to aid in evidence-based decision making.

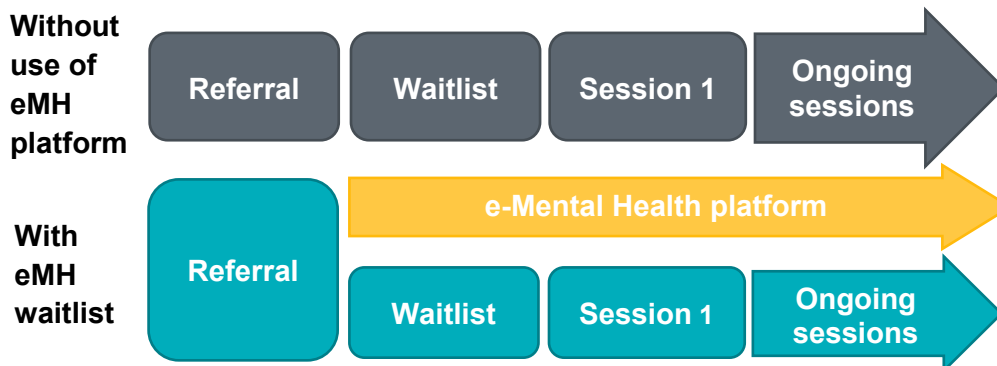**Of the clients using the platform up to January 2023, 67% had high-risk scores for psychological distress on intake.**

High risk scores for suicidal thoughts & behaviour were lower at 24%

	Good or low risk	Mild risk	Moderate risk	High risk
Anxiety (OASIS)	13%	35%	21%	32%
Depressed Mood	6%	15%	43%	35%
Psychological Distress	4% 5%		25%	67%
Suicidal Thoughts & Behaviours	28%	45%	3%	24%

N=78, 79, 84, 71

Waitlist management

We have the option of allowing clients to access the Innowell platform while they are waiting for an appointment, providing easy access to apps & e-tools for interim support, and allowing the client to move into treatment at their first session since they already completed assessments.

Without use of eMH platform
Referral → Waitlist → Session 1 → Ongoing sessions

With eMH waitlist
Referral
e-Mental Health platform
Waitlist → Session 1 → Ongoing sessions

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What does our implementation support look like?

✓ A dedicated practice lead to help support you through implementation and sustainment

✓ Free access to the Innowell platform, including demo accounts

✓ An exploration phase and co-design process to ensure the eMH project fits into your current workflows

✓ 5 hours of provider training

✓ Free information resources and recruitment materials

✓ Ongoing meetings between site and practice leads to sustain effort and continue to provide support

"
The process of implementation has gone well. It's a great program. I absolutely believe in its ongoing value for our clients and really want to see it expand.

- Provider, Peace River
"

What's next?

We are seeking enthusiastic partners to join us in using the e-Mental Health platform to improve care for Alberta's young people.

To get involved, email your completed Expression of Interest Application to emh@ahs.ca.

Contact

If you have questions, contact us at emh@ahs.ca

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