

# Mental Health Identification and Navigation (MH-IN) An Integrated Pathway to Care Model Feasibility Test at Forest Heights Community School

## What are we trying to achieve?

We are trying to improve mental health in young people through integrated mental health promotion to care. We have developed a care pathway model that involves educators, health providers and the wider community.

## What is “An Integrated Pathway to Care Model”?

It is a holistic school mental health model that addresses youth mental health through promotion, early identification and prevention intervention and community-based continuing care in a coordinated manner. The model relies on several partners working together with a similar goal of improving youth mental health in the school setting.

## Testing the model

We are planning to conduct a feasibility test of this model so that we can prepare for future systematic evaluation and application.

## Where are we testing this model?

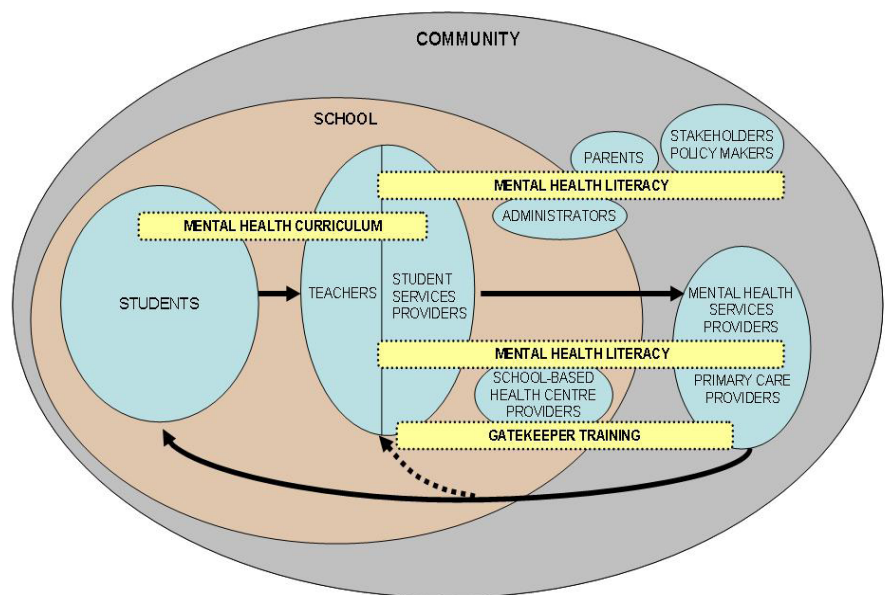
We are pilot testing the model with Grade 10 students at Forest Heights Community School at South Shore Region.

## Why do we focus on school mental health?

- Mental disorders are the single largest health problem affecting young people globally.
- In Canada approximately 10-20% of adolescents suffer from some form of mental disorder, but only 1 in 6 of those in need receive care.
- Poor mental health in Canadian school children poses a significant risk to their academic development and puts them at greater risk of dropping out of school, substance abuse and suicide.
- Schools are well positioned to be at the vanguard of public health strategies designed to prevent and detect mental health disorders among young people.

## Who is involved up to date?

- The Sun Life Financial Chair in Adolescent Mental Health, IWK
- School Plus Program, the Department of Education, Nova Scotia
- South Shore Regional School Board, Nova Scotia
- South Shore Health District Authority, Nova Scotia



## Who participates?

- Grade 10 students, teachers, and student service
- General practitioners
- Mental health professionals
- Parents/families
- Community services/NGOs

## How do we do it?

- Implement mental health curriculum in Grade 10 classroom
- Provide teacher training session
- Provide student service providers training session
- Provide GPs with intervention strategies
- Upgrade knowledge of mental health professionals
- Establish referral mechanism

## How can you make a difference?

Your engagement and participation!