

Required Components

of Community-Based Youth Mental Health Hubs in Alberta

1 Multiple partners across sectors.

A community's existing health, mental health, and social serving organizations are involved to promote the integration of services and enhance access.

2 Authentic youth and family engagement.

Youth and families are engaged, have opportunities to participate, and their input is reflected in decisions made during development, implementation, and operations.

3 Low-to-no-barrier access.

Youth can easily access the Youth Mental Health Hubs in a youth-friendly environment. This can be accomplished through a range of delivery modalities that are not mutually exclusive (e.g., single site, network, pop-up, and mobile).

4 Integration beyond co-location.

To achieve integration, consideration needs to be given to changing the supportive structures, people and values, and operational processes, while noting that simply co-locating services may not achieve integration.

5 Stepped care.

Stepped care is an approach that involves first delivering the least intrusive treatment option that should still be likely to provide significant health or well-being.

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