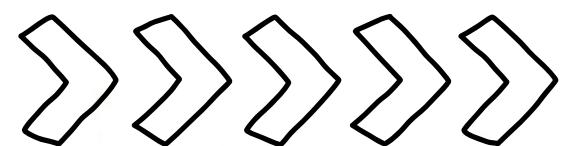
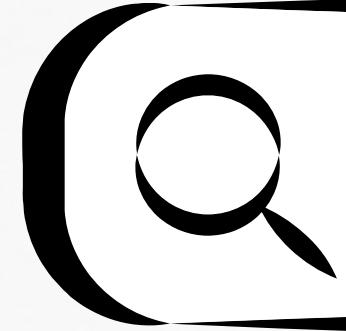


# Promising Preventions for Addressing CYMH: A Scoping Review

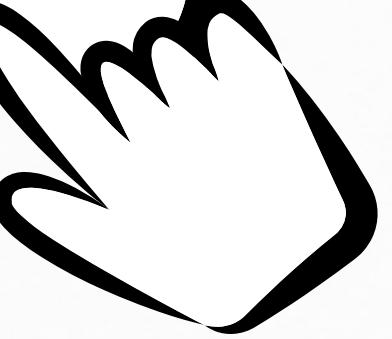
Barbara Lee, Dora Tam, Tara Collins, Shauna Burke,  
Siu Ming Kwok, Sylvia Yuk Ching Lai Kwok,  
Ron Chi-wai Kwok, And Lindsay Savard

Joint Conference on Social Work, Education and Social Development  
Panama City, April 6, 2024





# Affiliation



**Barbara Lee**, PhD, Assistant Professor, University of British Columbia

**Dora Tam**, PhD, Professor, University of Calgary

**Tara Collins**, PhD, University of Calgary

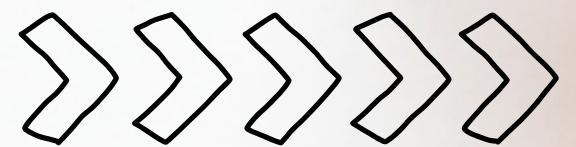
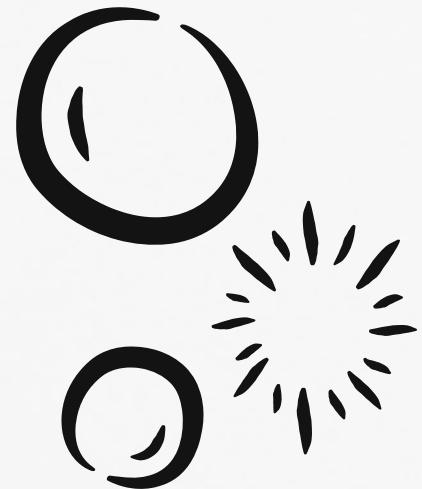
**Shauna Burke**, PhD, Associate Professor, Western University

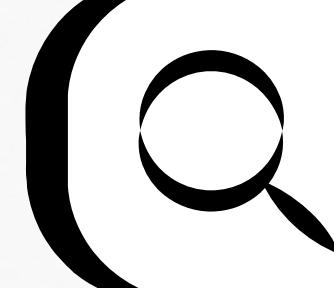
**Siu Ming Kwok**, PhD, Professor & Academic Director, University of Calgary

**Sylvia Yuk Ching Lai Kwok**, PhD, Professor, City University of Hong Kong

**Ron Chi-Wai Kwok**, PhD, Associate Professor, City University of Hong Kong

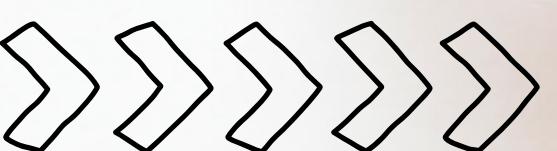
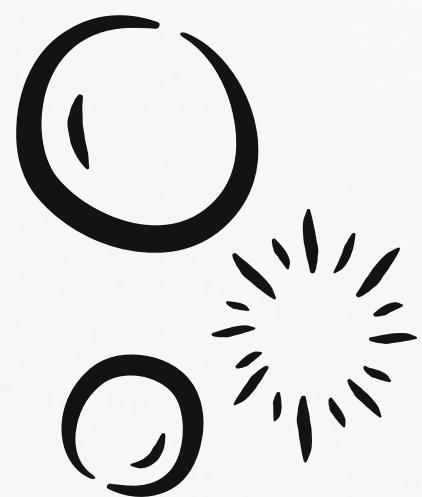
**Lindsay Savard**, PhD Student, McGill University





# Outline

1. Background
2. Methods
3. Results
4. Implications
5. Conclusion

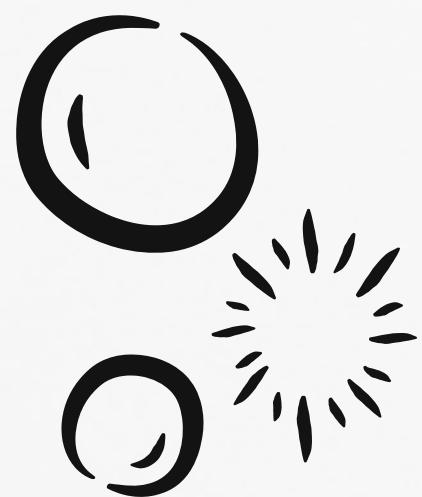


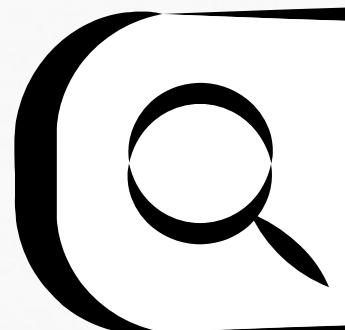


# Background

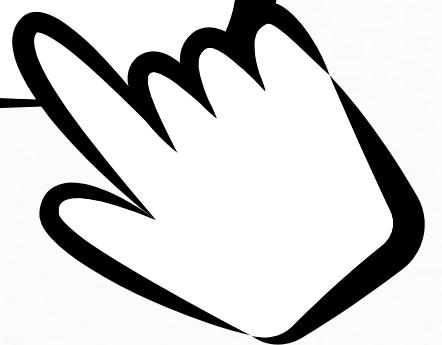


Adolescence is a unique period for physical, social and emotional development. Yet, this development can be hampered by structural inequalities, adverse childhood experiences, and difficulties in the environmental contexts. These conditions may exacerbate mental health issues and negatively impact adolescence well-being

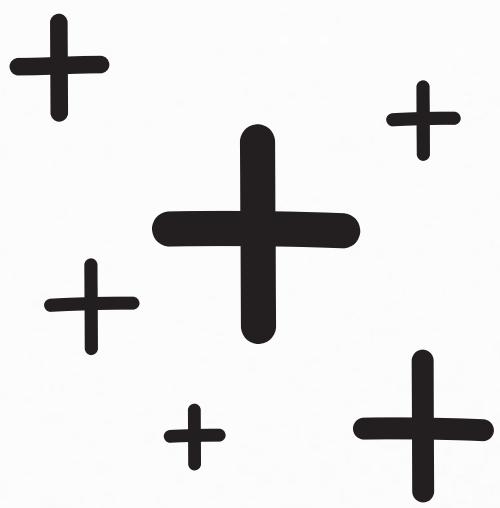


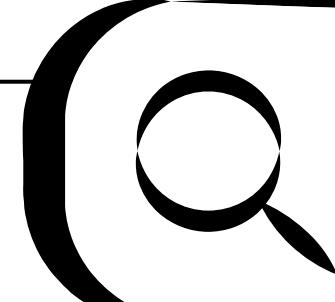


# Purpose



The purpose of this scoping review was to examine the empirical literature on promising prevention on youth mental health and consider its application for Canada and China.





# Methods

## Scoping Review

Conducted in 5 stages (Arksey & O'Malley, 2005):



1. Identify the research question(s)



2. Identify the relevant studies



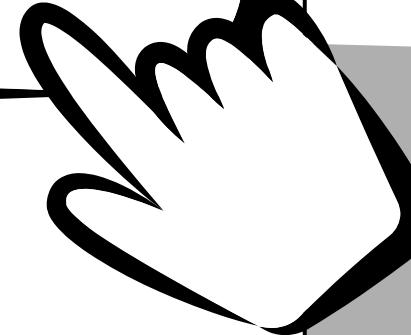
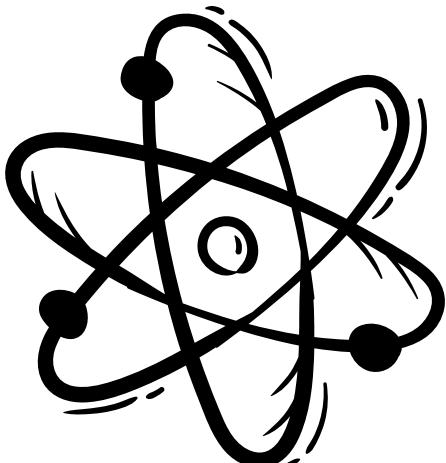
3. Study selection



4. Charting the data

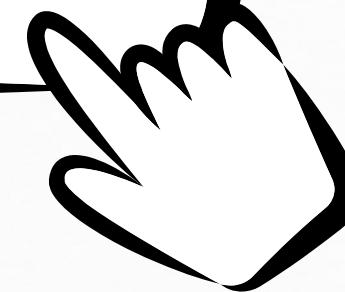


5. Collating, summarizing, and reporting results





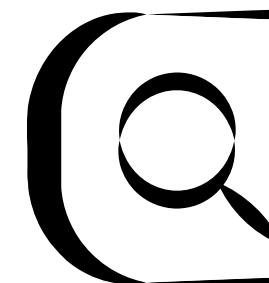
## Stage 1



### Research Questions

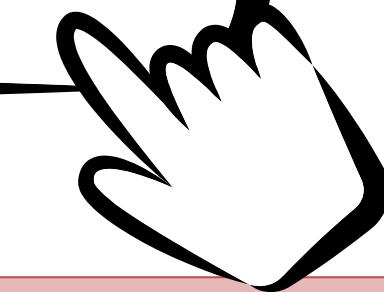
What is the research evidence of promising preventative community-based programs that address youth mental health?





# Stage 2

## Identify Relevant Studies



### Electronic Databases (N=11)

- Education Research Complete
- ERIC
- Academic Search Complete
- CINAHL Plus
- Family Studies Abstract
- Social Work Abstracts
- SocINDEX
- LGBTQ+ Source
- Medline
- APA PsycINFO
- Social Service Abstract

#### INCLUSION CRITERIA

January 1, 2006 to June 30, 2020

Conceptual articles

Original, peer-reviewed empirical studies

Literature reviews

English

Systematic reviews

Abstracts and full-texts available

Book reviews

#### CONCEPT

Population

#### KEY TERMS

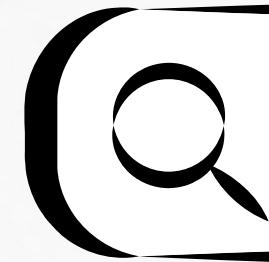
adolescent, youth, or teenager

Programs

promotion, or support

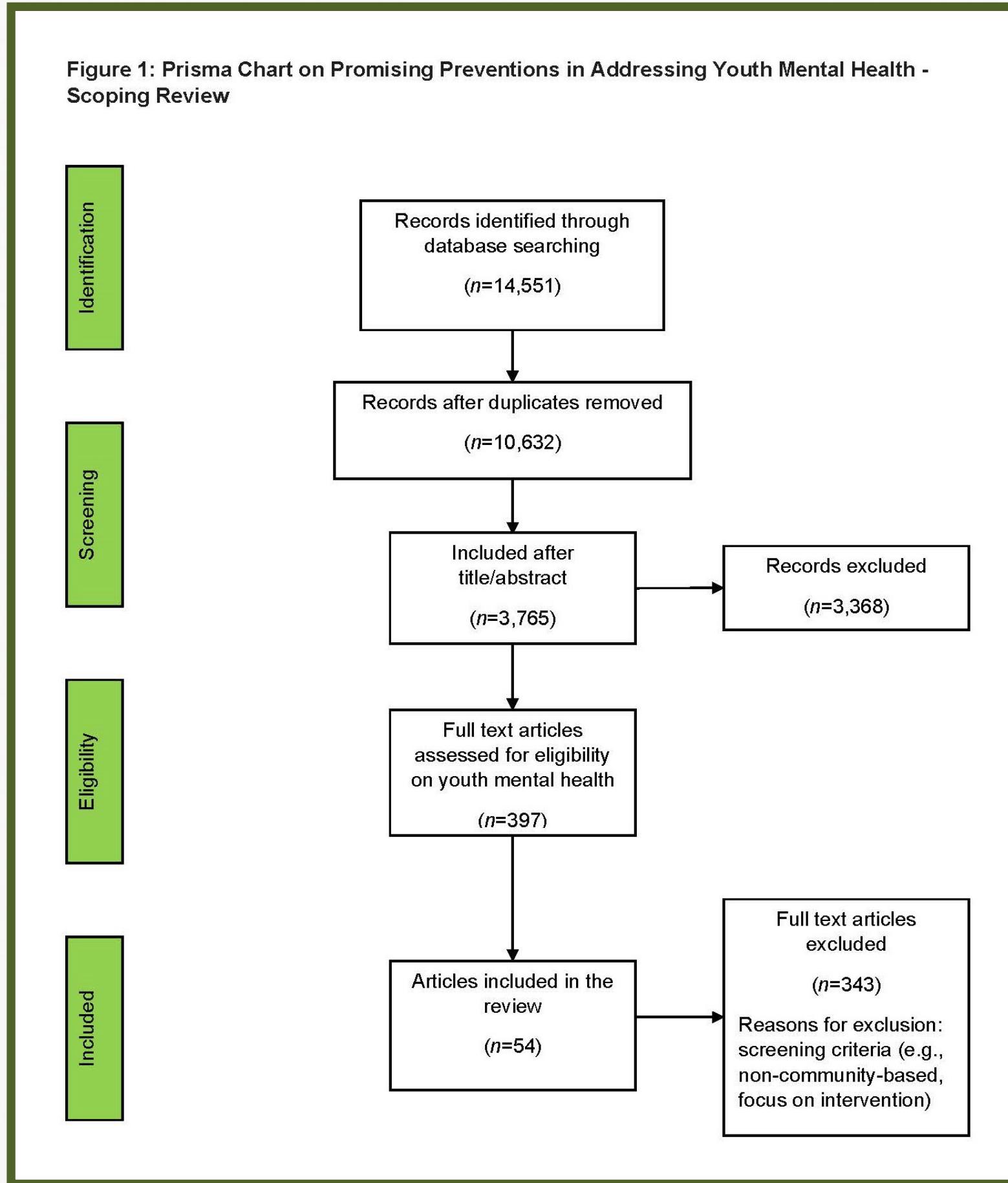
Outcome

mental health, or wellness



# Stage 3

## Study Selection-PRISMA





## Stage 4



Development of a data extract form  
which documented



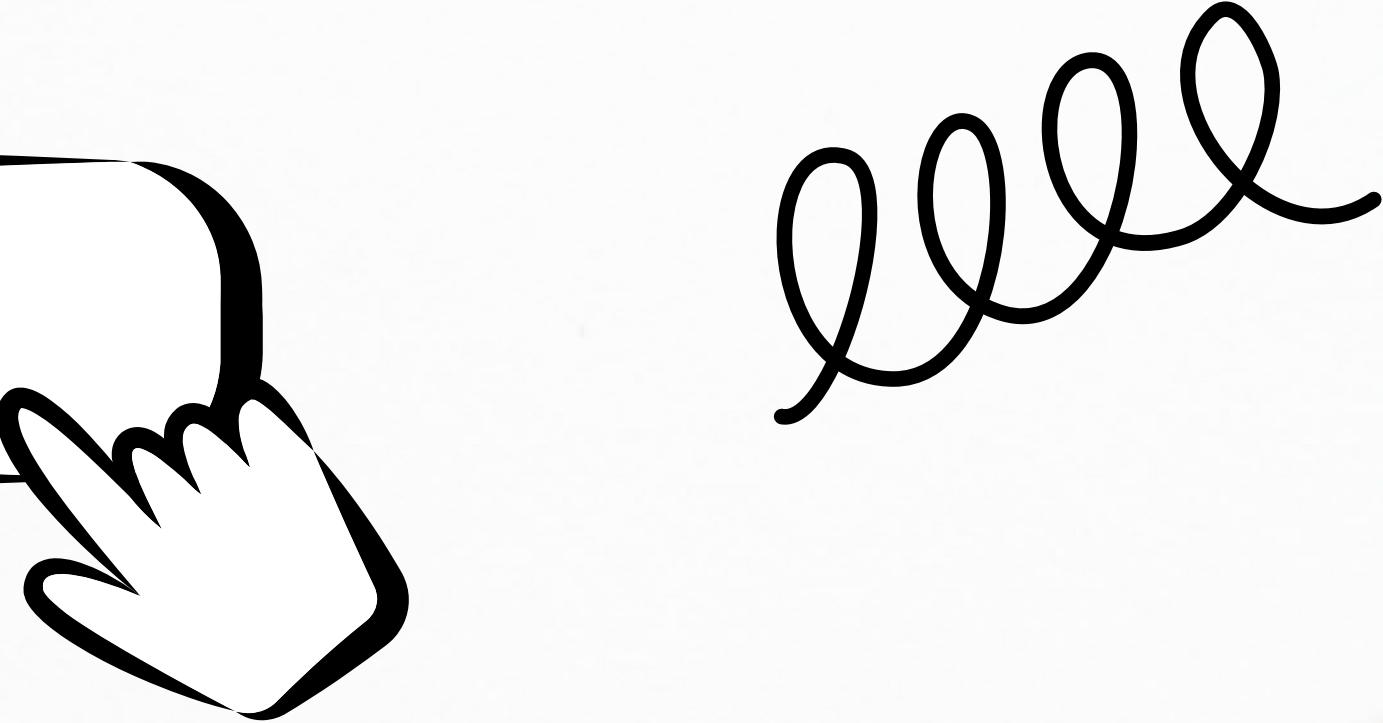
1. Study: author(s), year of publication, study location.
2. Study Objectives
3. Methodology
4. Study Sample
5. Prevention Programs
6. Findings



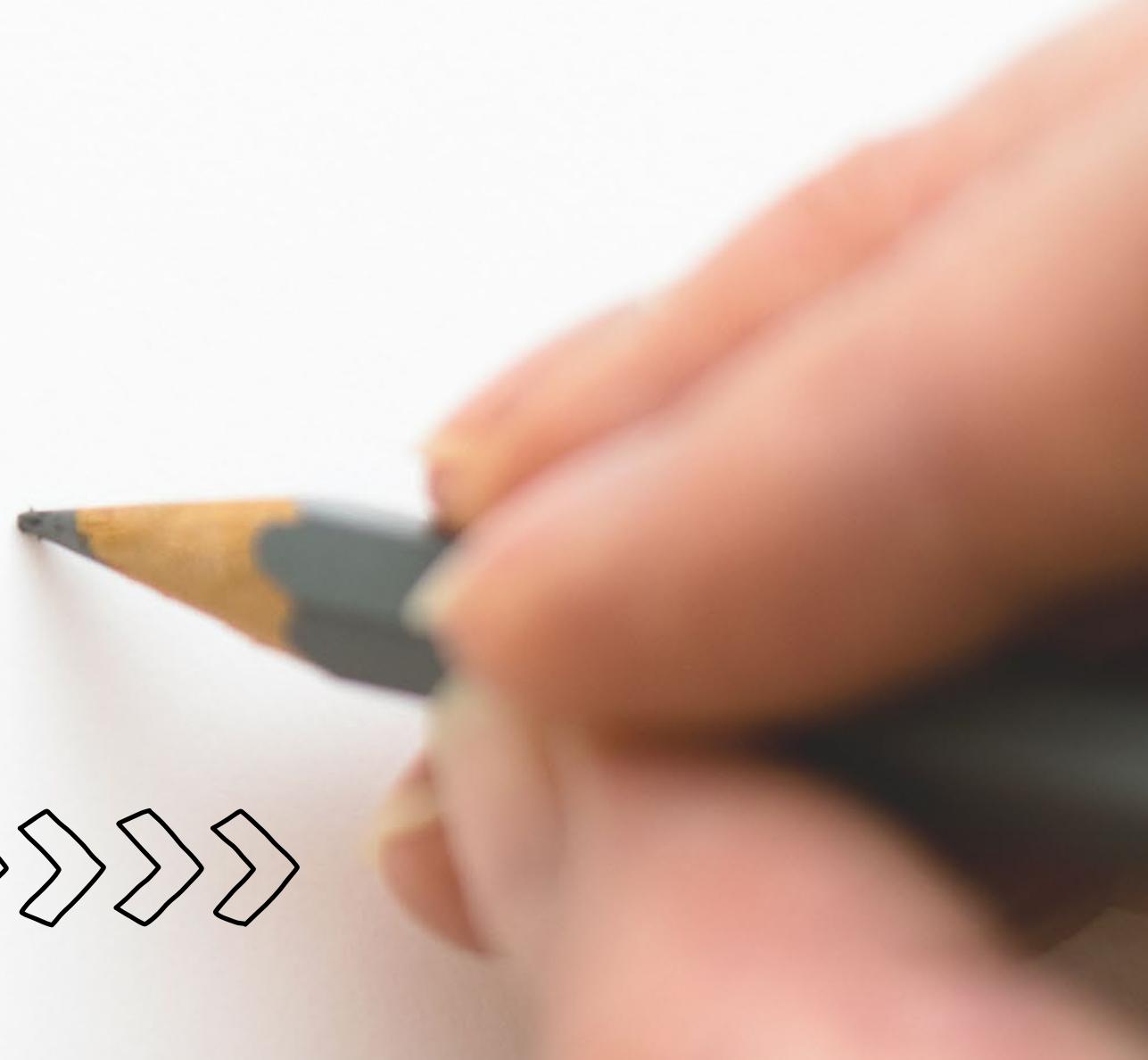


## Stage 5

### Collating, Summarizing & Reporting Results



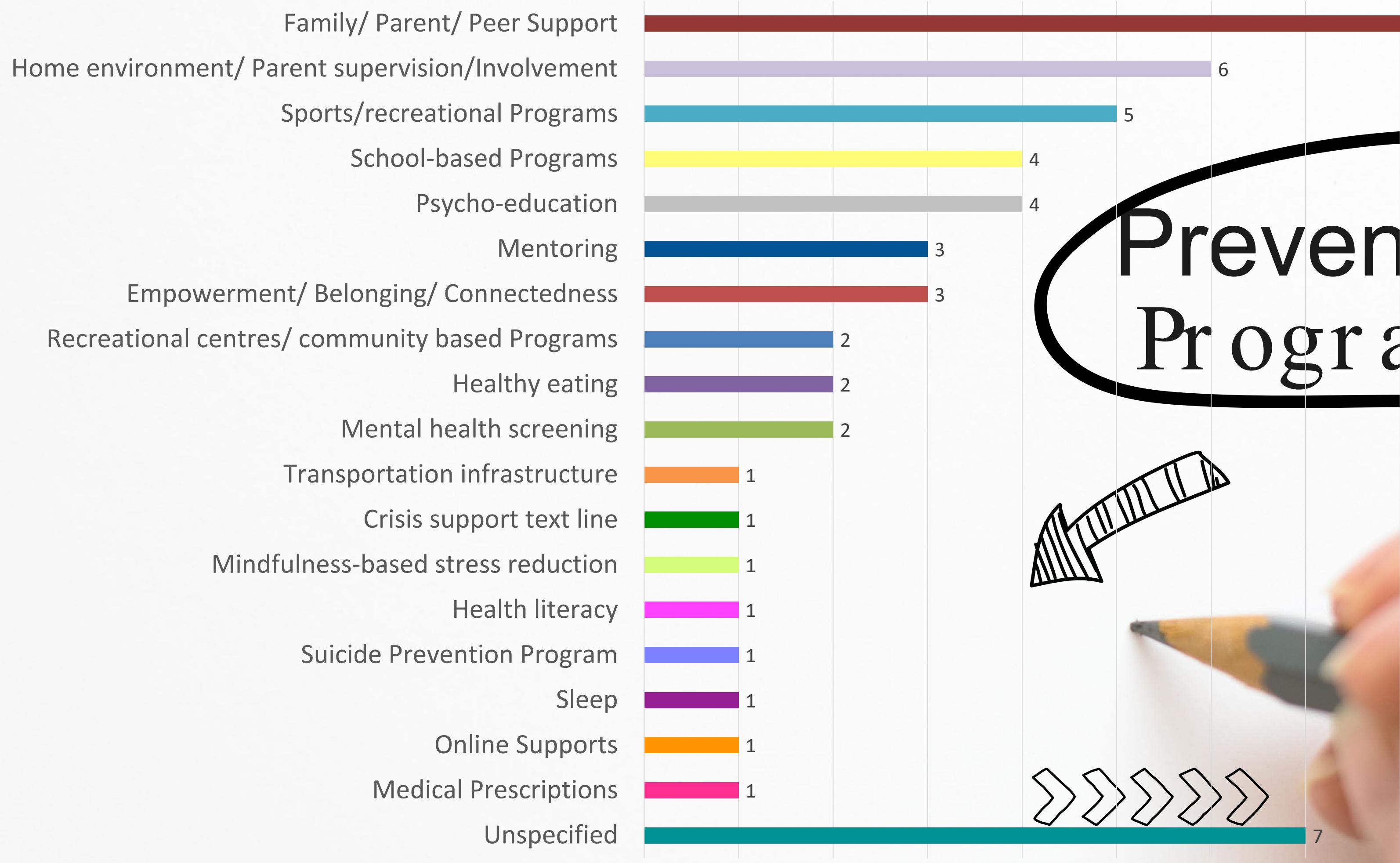
This process yielded 54 studies that were focused on the efficacy of prevention programs aimed at addressing youth mental health.



# Location

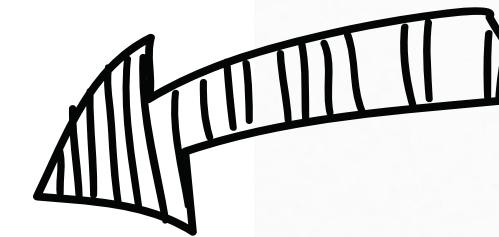


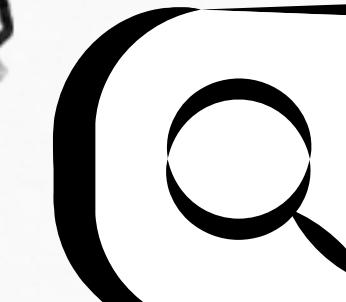
# Prevention Programs



Healthy behaviours  
**Self-efficacy**  
Depressive symptoms  
**Suicide prevention**  
**Mental health**  
School connectedness  
Life satisfaction  
**self-esteem**  
Anger and aggression management  
Wellbeing  
**Anxiety**

**Outcomes**





# Conclusions

01

**Positive Outcomes**  
Overall, the studies demonstrated promising positive outcomes for participants who received preventative mental health supports.

02

**Comparison Difficulty**  
Variances in prevention models and their implementation, research design, measurement, and sample, makes it difficult to compare impact.

03

**Specialized Areas**  
Researchers and practitioners with specialized areas of youth mental health might consider a narrower scope of research to more effectively assess the state of evidence for their practice area.

04

**Contextual Need**  
Policies and practices need to consider the contextual circumstances for the successful implementation and sustainment of preventative programs, especially across vastly different geographical and social/political regions.

# <https://www.childrenandyouthmentalhealth.com/>



The screenshot shows the homepage of the Children and Youth Mental Health Project. The header navigation includes Home, The Project, The Team, Presentations, Testimonials, Resources, In the News, and Get Involved. The main title "Welcome to the Children and Youth Mental Health Project" is displayed in a large, bold, white font. Below the title, a subtitle reads "The development of promising practices through a participatory approach". The page features three main call-to-action buttons: "The Project" (orange), "The Team" (orange), and "Get Involved" (red). Each button has a description and a circular arrow icon. A large teal callout box on the right side contains text about the project's aim to engage children and youth, their guardians, and community partners to develop service user-focused initiatives for mental wellbeing. A small red speech bubble in the bottom left corner says "Need help now? Get crisis support.".



This section is titled "This project is funded by" in orange. It lists the funding partners: SSHRC (Social Sciences and Humanities Research Council of Canada) and the University of Calgary. Below this, the "Our Partners" section is titled "Our Partners" in orange and lists various organizations with their logos: ASSIST Community Services Center, Diversecities, Hull Services, University of Calgary Faculty of Social Work, FCSS WeBuildAlbertans, Big Brothers Big Sisters of Lethbridge and District, McMan, CityU Department of Social and Behavioural Sciences, University of Calgary Werklund School of Education, School of Social Work, Western Health Sciences, and Friends and Supporters. The "Friends and Supporters" section is titled "Friends and Supporters" in orange and includes logos for Alto Sante, Falcon's Senator Joyce Fairbairn Middle School, Liminal Psychology Inc., pledge, Vymbin, Autumn Sunrise Counselling, ohtisiil, Bow Valley College, and golden ears counselling.



Thank You!

## Acknowledgement:

Gratitude goes to all CYMH project assistants and practicum students.