

Promising Interventions in Addressing Youth Mental Health

A Scoping Review

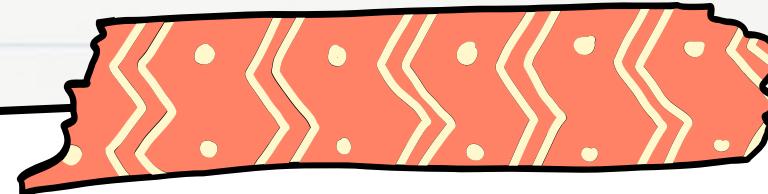
Society for Social Work Research
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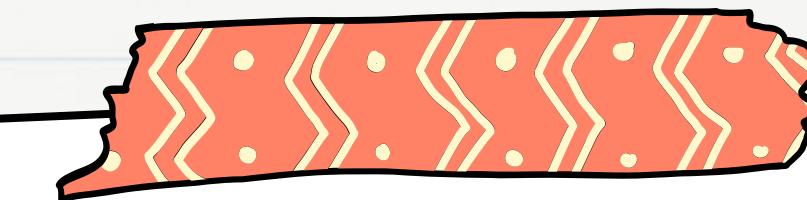
Land Acknowledgment

We want to acknowledge that we are guests and visitors on the traditional ancestral lands of the Piscataway and Anacostan (also documented as Nacotchtank) peoples. We gratefully acknowledge the Native Peoples on whose ancestral homelands we gather, as well as the diverse and vibrant Native communities who make their home here today. We are grateful for their past and continued stewardship of this land.

Overview

- Background
- Methods
- Results
- Implications
- Conclusion

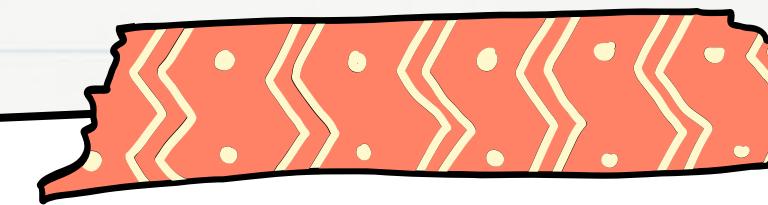




Background

- The World Health Organization (2020) identified that one in five adolescents experience a mental health disorder each year, and over 50% of all mental health conditions started before the age of 14.
- There has been a steady increase in the use of mood and anxiety medication by children and youth ages 5 to 24; with nearly one in four hospitalizations specifically for children and youth mental health issues (Canadian Institute for Health Information, 2020).

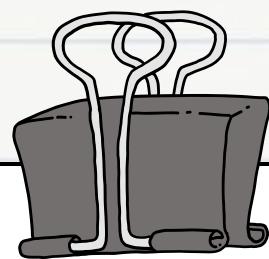




Purpose

The purpose of this scoping review is to identify and review the empirical evidence of promising non-medical, outpatient, community-based interventions that addresses youth mental health.





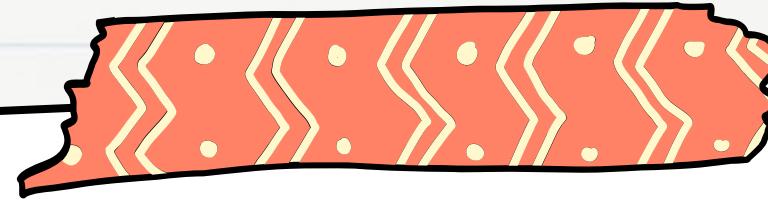
Methods

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 non-medical, outpatient, community-based programs or direct practice interventions that addresses youth mental health?



Stage 2: Identify Relevant Studies

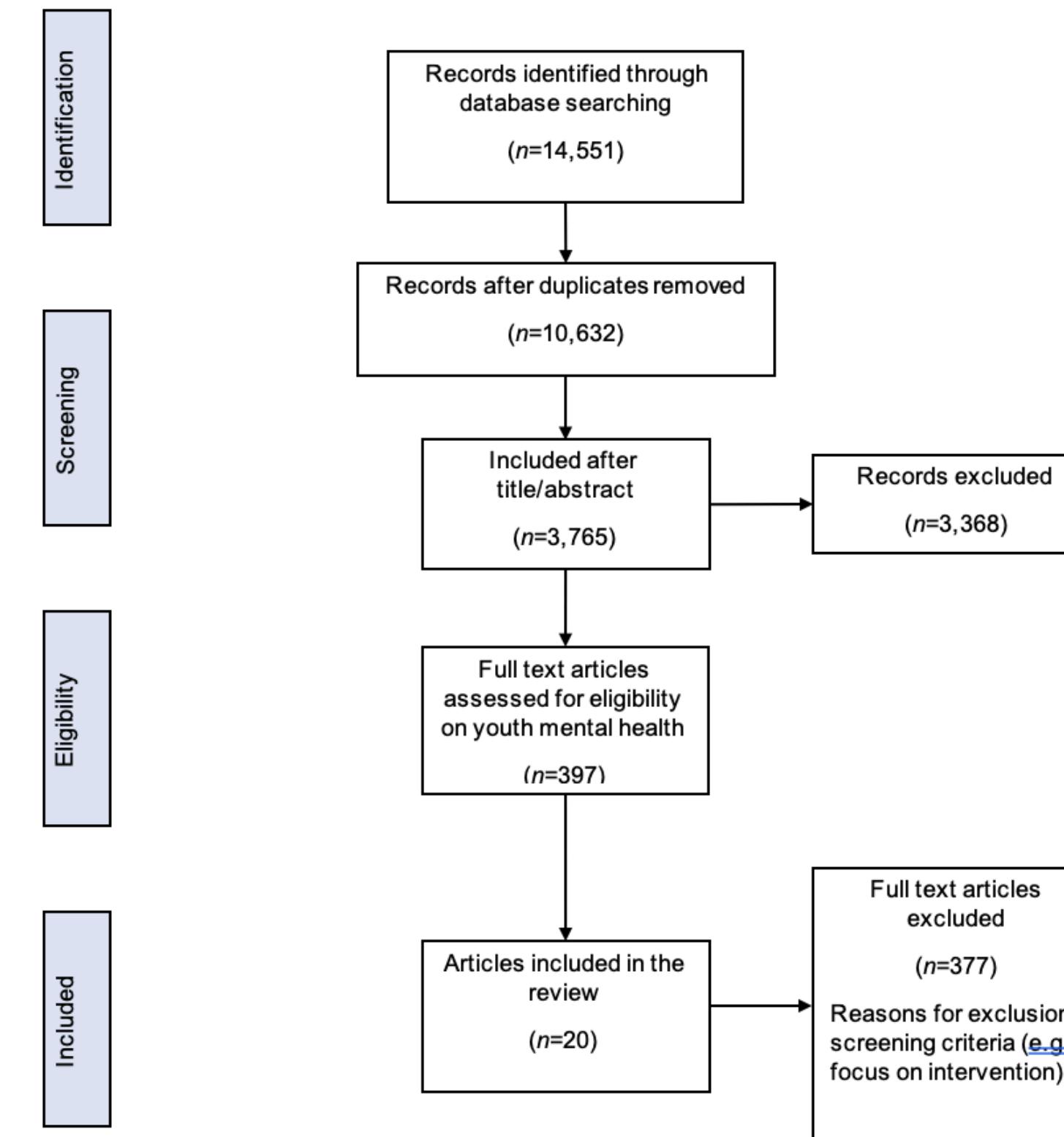
Electronic Databases (N=11)
<ul style="list-style-type: none">• Education Research Complete• ERIC• Academic Search Complete• CINAHL Plus• Family Studies Abstract• Social Work Abstracts• SocINDEX• LGBTQ+ Source• Medline• APA PsycINFO• Social Service Abstract



INCLUSION CRITERIA		EXCLUSION 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		KEY TERMS
Population		adolescent, youth, or teenager
Intervention		mental health service, promotion, or support
Outcome		wellness, resilience, self-efficacy

Stage 3: Study Selection - PRISMA

Figure 1: Prisma Chart on Promising Intervention in Addressing Youth Mental Health - Scoping Review





Stage 4: Charting the Data

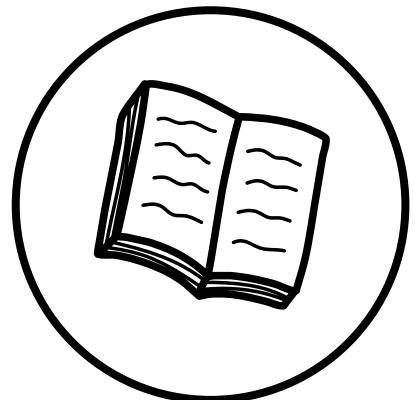
Development of a data extract form
which documented



1. Study: author(s), year of publication, study location.
2. Study Objectives
3. Methodology
4. Study Sample
5. Measurement
6. Intervention Information
7. Results



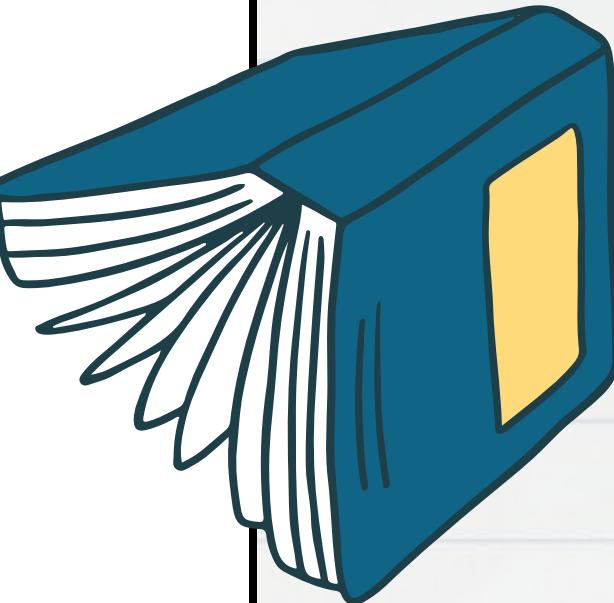
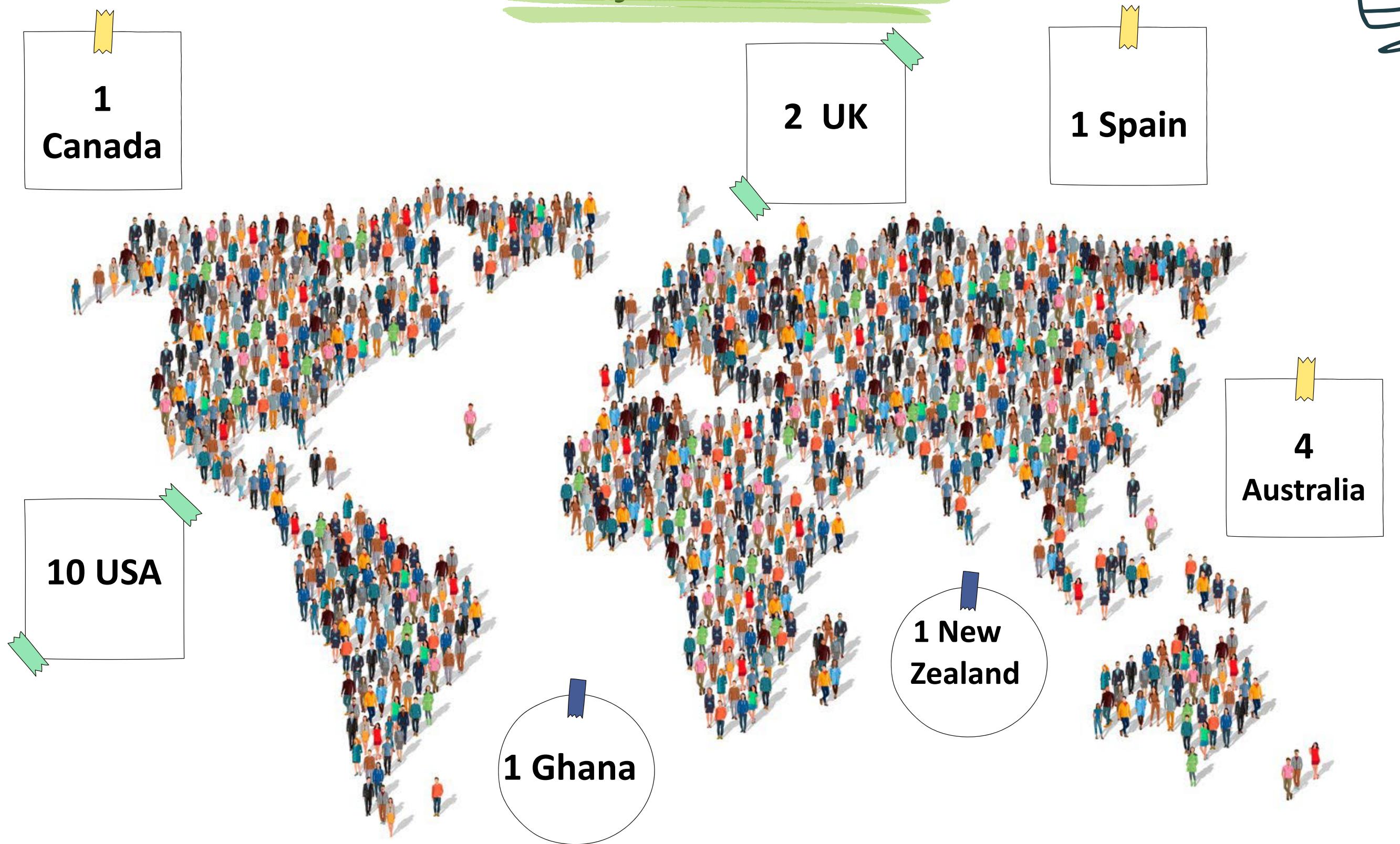
Stage 5: Collating, Summarizing & Reporting Results



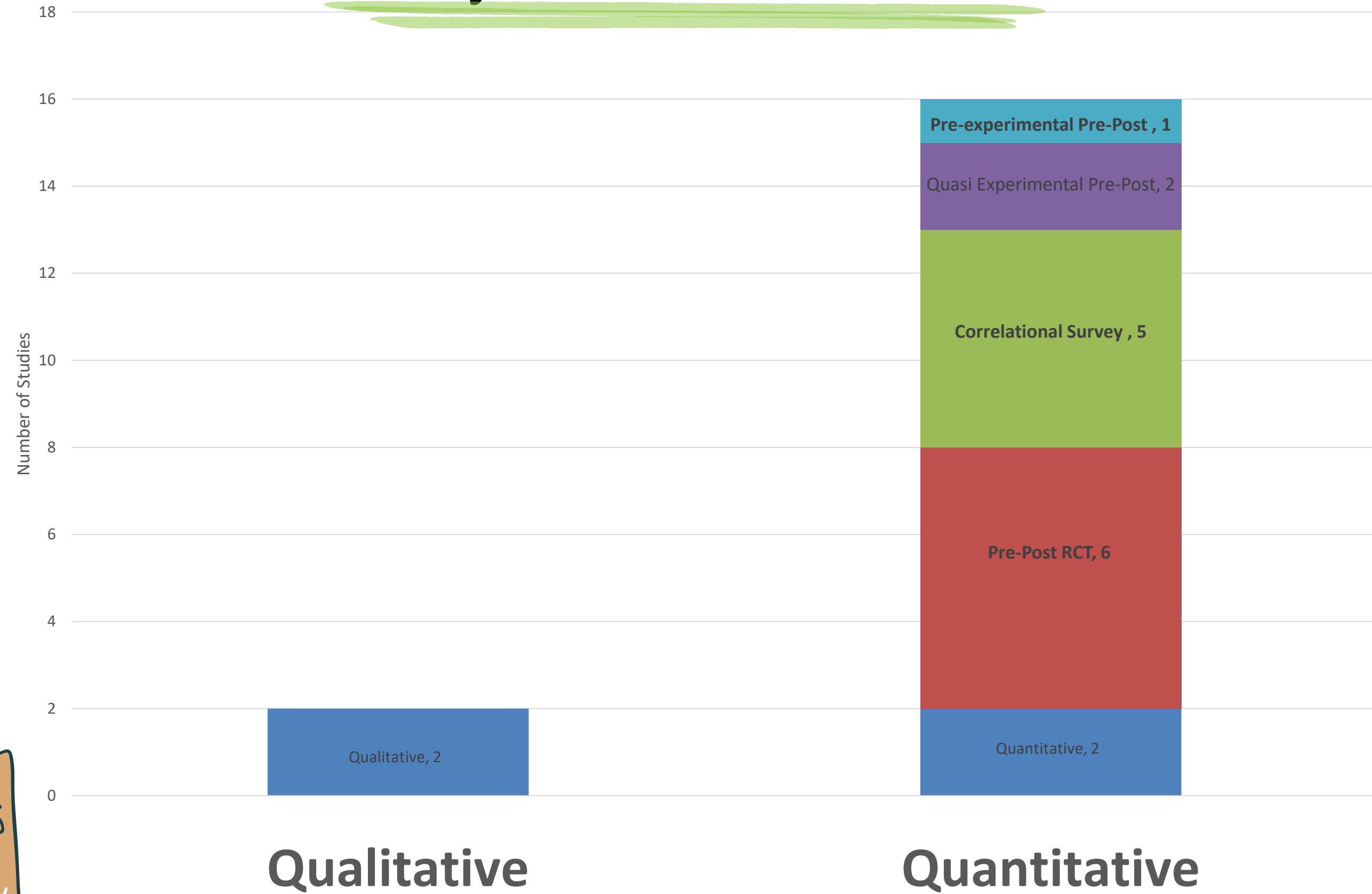
This process yielded 20 studies that were focused on the efficacy of social programs or direct practice interventions aimed at addressing youth mental health.



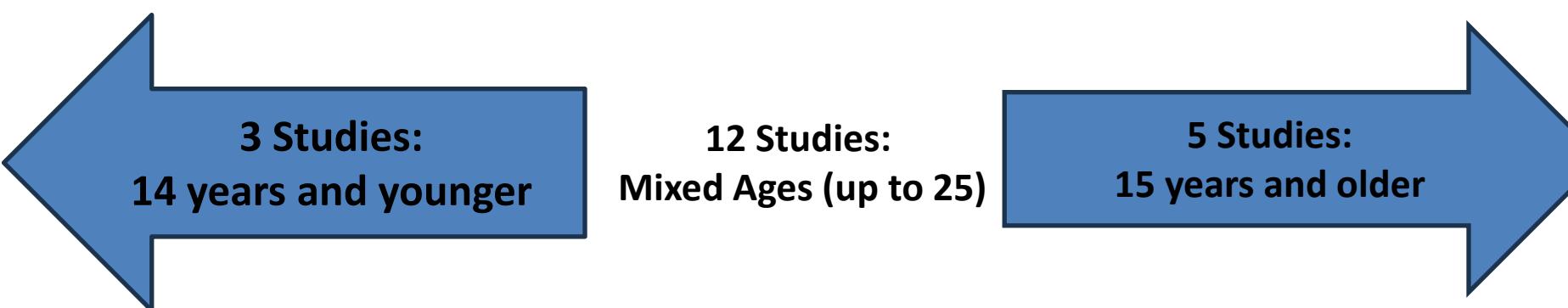
Study Location



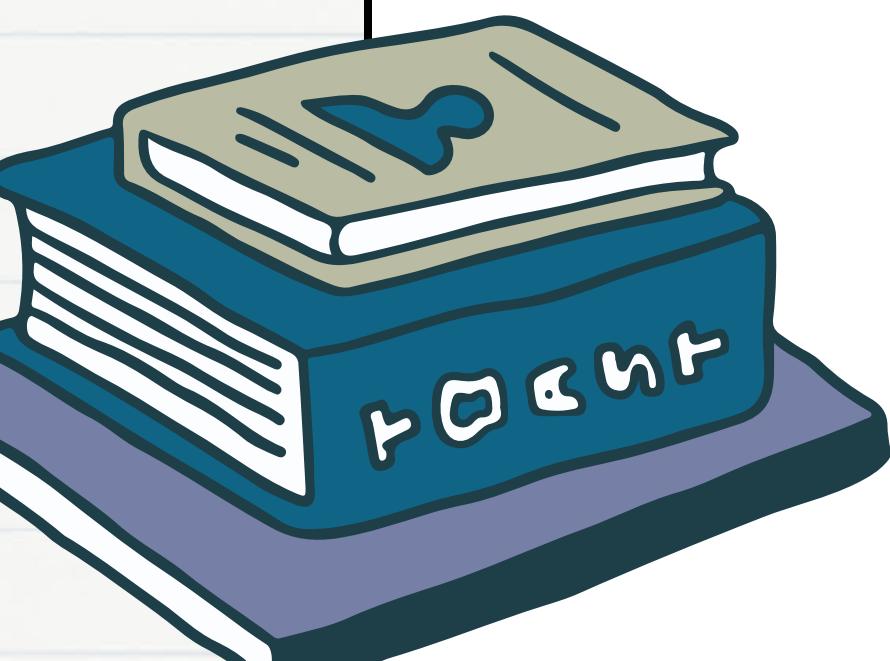
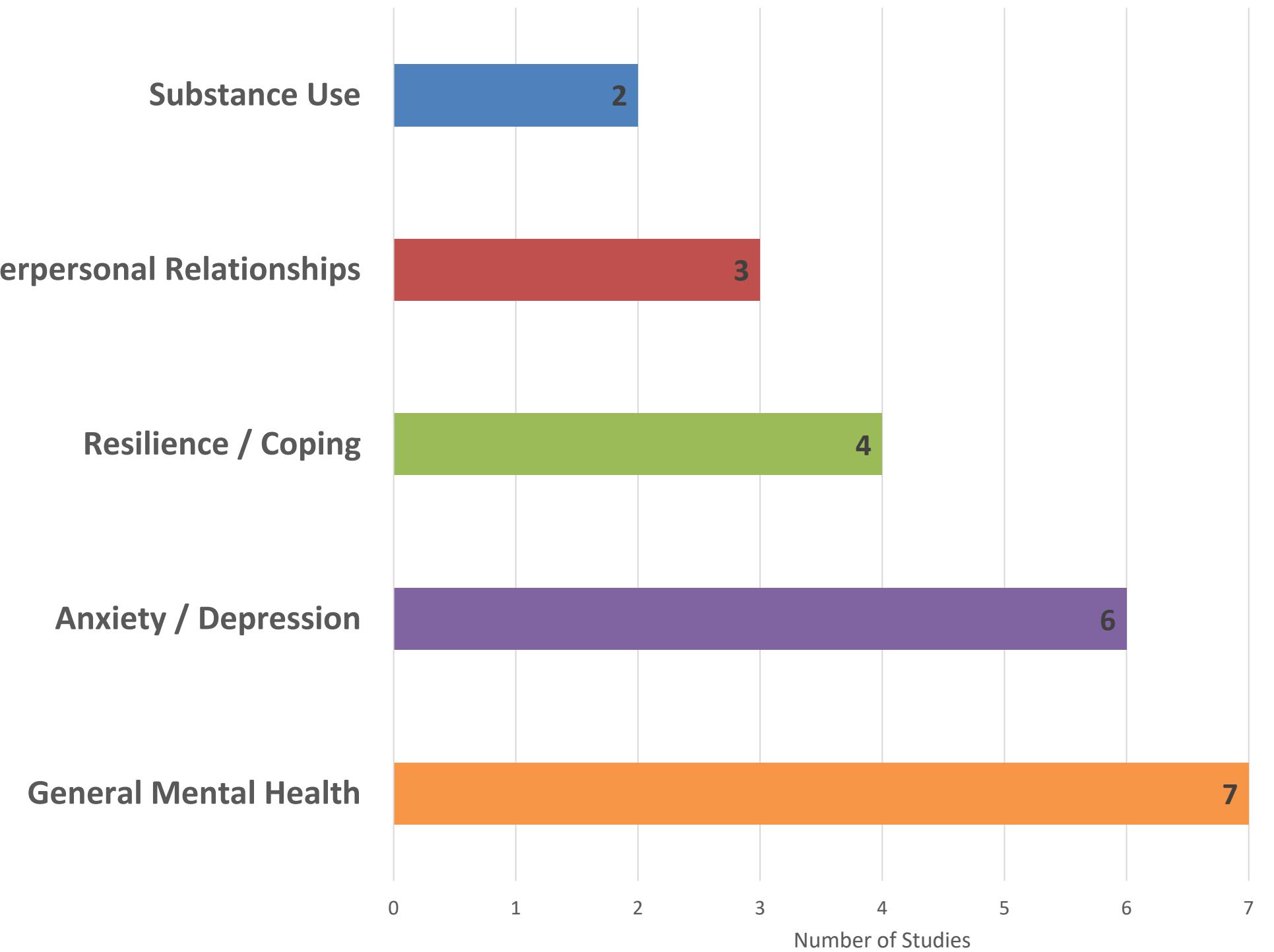
Study – Methods Used



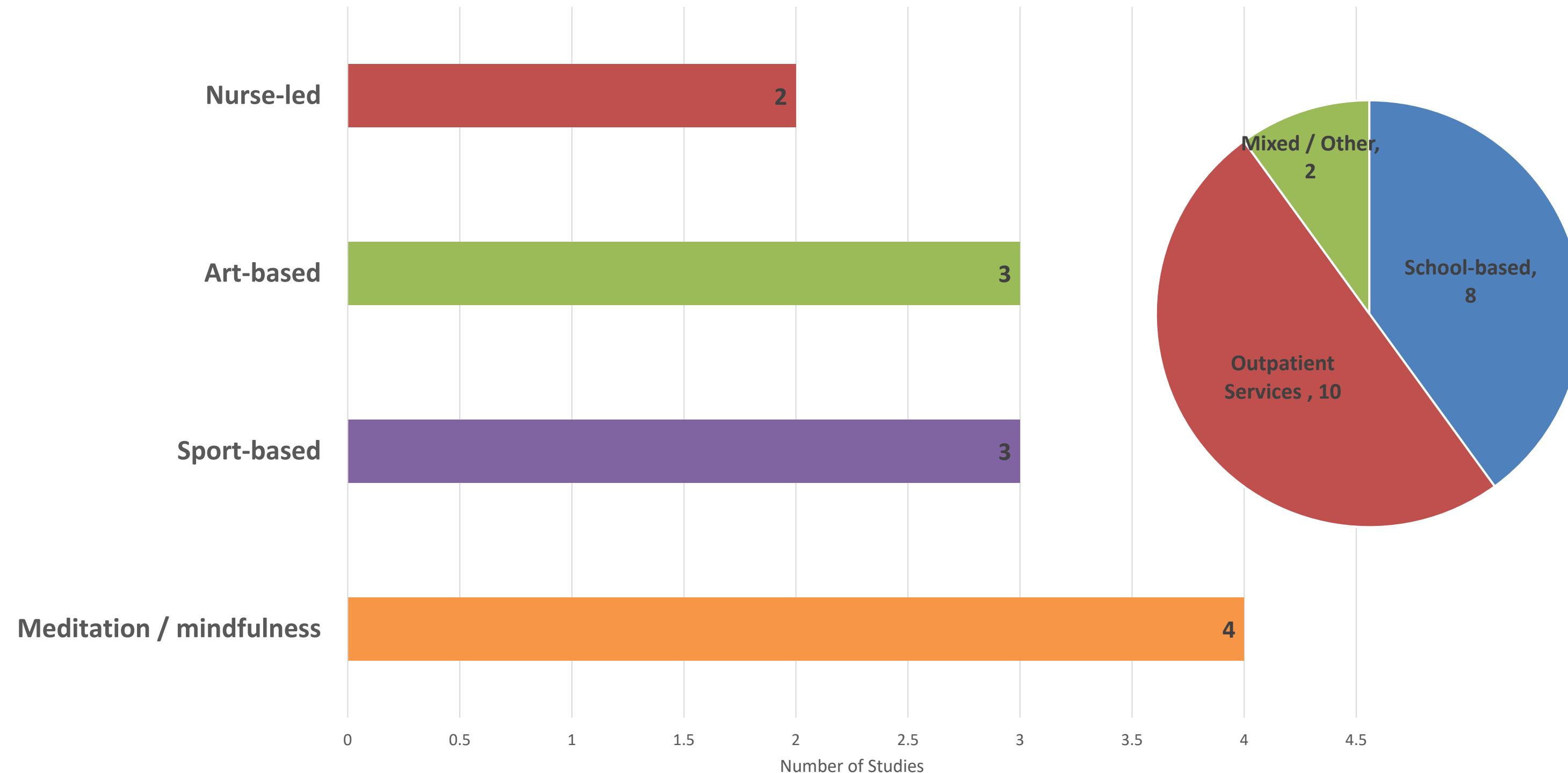
Study – Age of Participants



Mental Health Concerns Addressed in the Studies



Intervention Setting and Modality



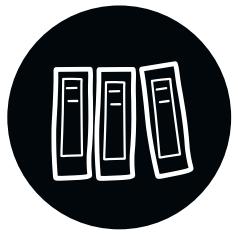


Implications & Conclusion



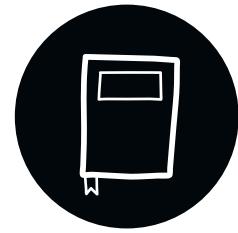
Positive Outcomes

- Overall, the studies demonstrated promising positive outcomes for participants who received mental health interventions.



Comparison Difficulty

- Variances in intervention models and their implementation, research design, measurement, and sample, makes it difficult to compare the interventions.



Consider Specialized Areas

- Researchers and practitioners with interest in specialized areas of youth mental health or treatment modalities or intervention settings might consider a narrower scope of research to more effectively assess the state of evidence for their practice area.



Select References

- Arksey, H., & O'Malley, L. (2005). Scoping studies: towards a methodological framework. *International Journal of Social Research Methodology*, 8(1), 19-32, DOI: 10.1080/1364557032000119616
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<https://www.childrenandyouthmentalhealth.com/>

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Welcome to the **Children and Youth Mental Health Project**

The development of promising practices through a participatory approach

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Learn about the project and what we do.
→

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Learn about who's involved.
→

Get Involved
Co-create something with us.
→

Promoting mental wellness

The Children and Youth Mental Health (CYMH) Project is a three-year project aimed to engage children and youth, their guardians, and community partners, policy makers, university researchers to develop service user-focused initiatives for the promotion of mental wellbeing among children and youth aged 12-17 in Canada and China.

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This project is funded by

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