



Promising Interventions in Addressing Youth Mental Health

A Scoping Review

Society for Social Work Research

Friday January 12, 2024

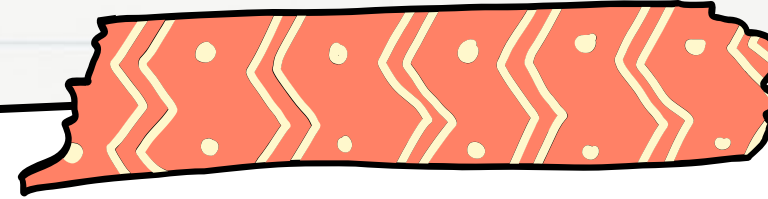
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Land Acknowledgement

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)

- 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

Original, peer-reviewed empirical studies

English

Abstracts and full-texts available

EXCLUSION CRITERIA

Conceptual articles

Literature reviews

Systematic reviews

Book reviews

CONCEPT

Population

Intervention

Outcome

KEY TERMS

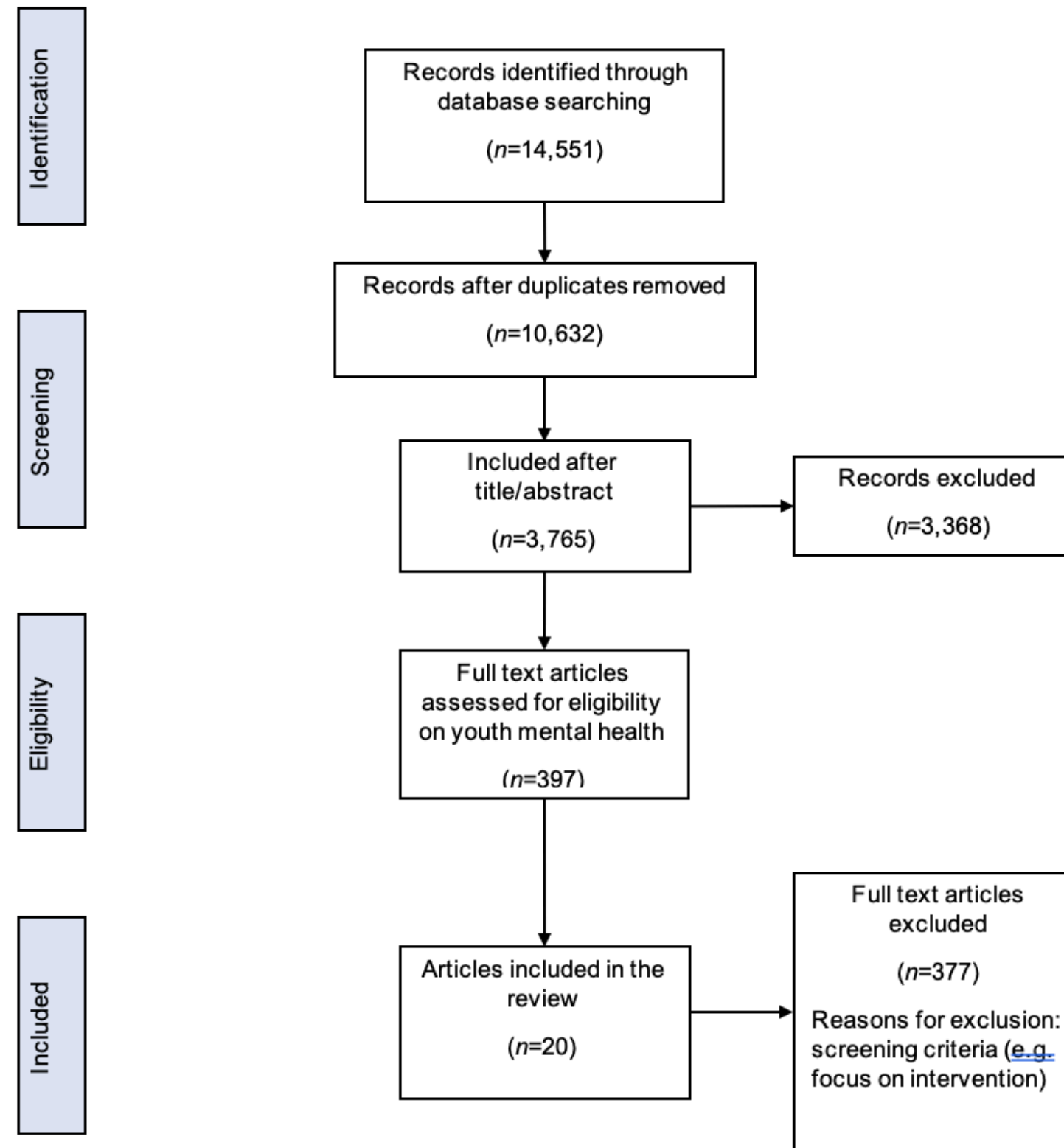
adolescent, youth, or teenager

mental health service, promotion, or support

wellness, resilience, self-efficacy

Stage 3: Study Selection - PRISMA








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





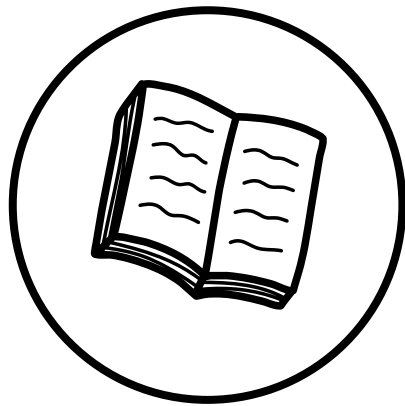
Stage 4: Charting the Data

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



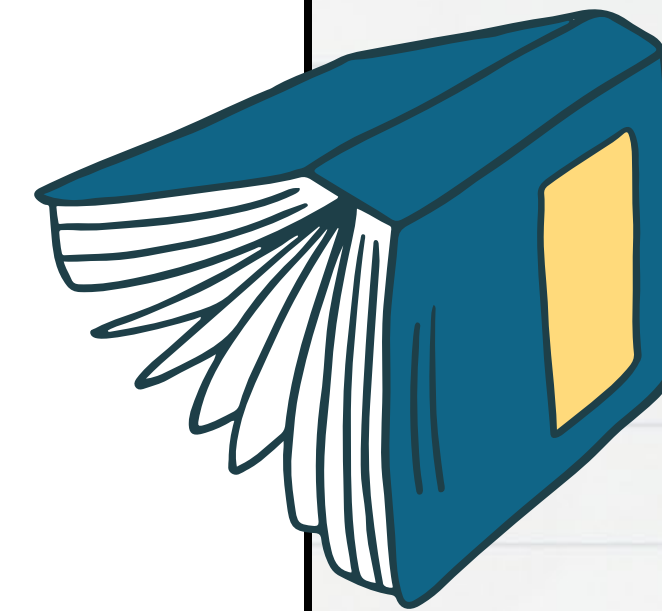
Stage 5: Collating, Summarizing & Reporting Results



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



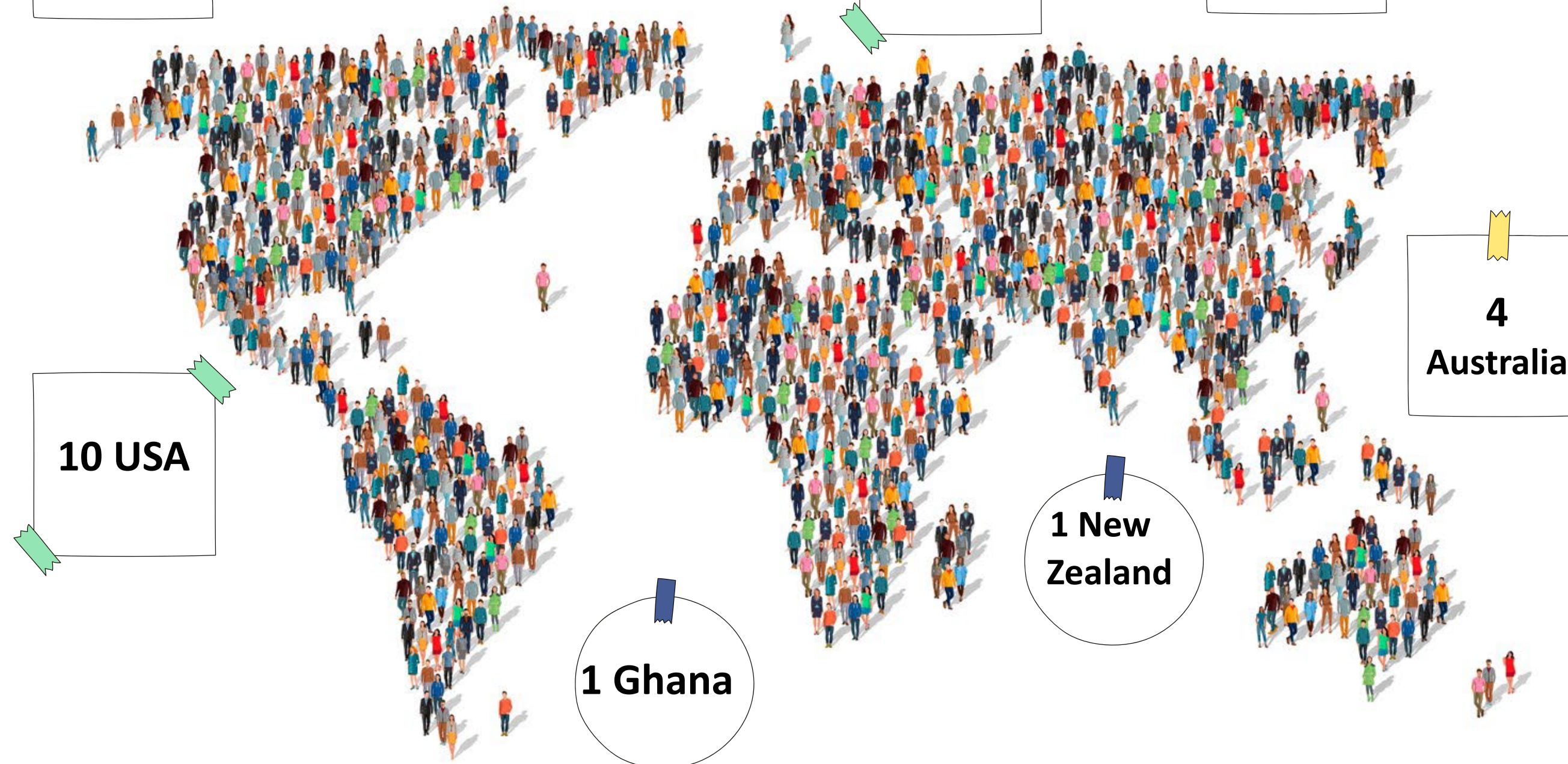
Study Location



1
Canada

2 UK

1 Spain



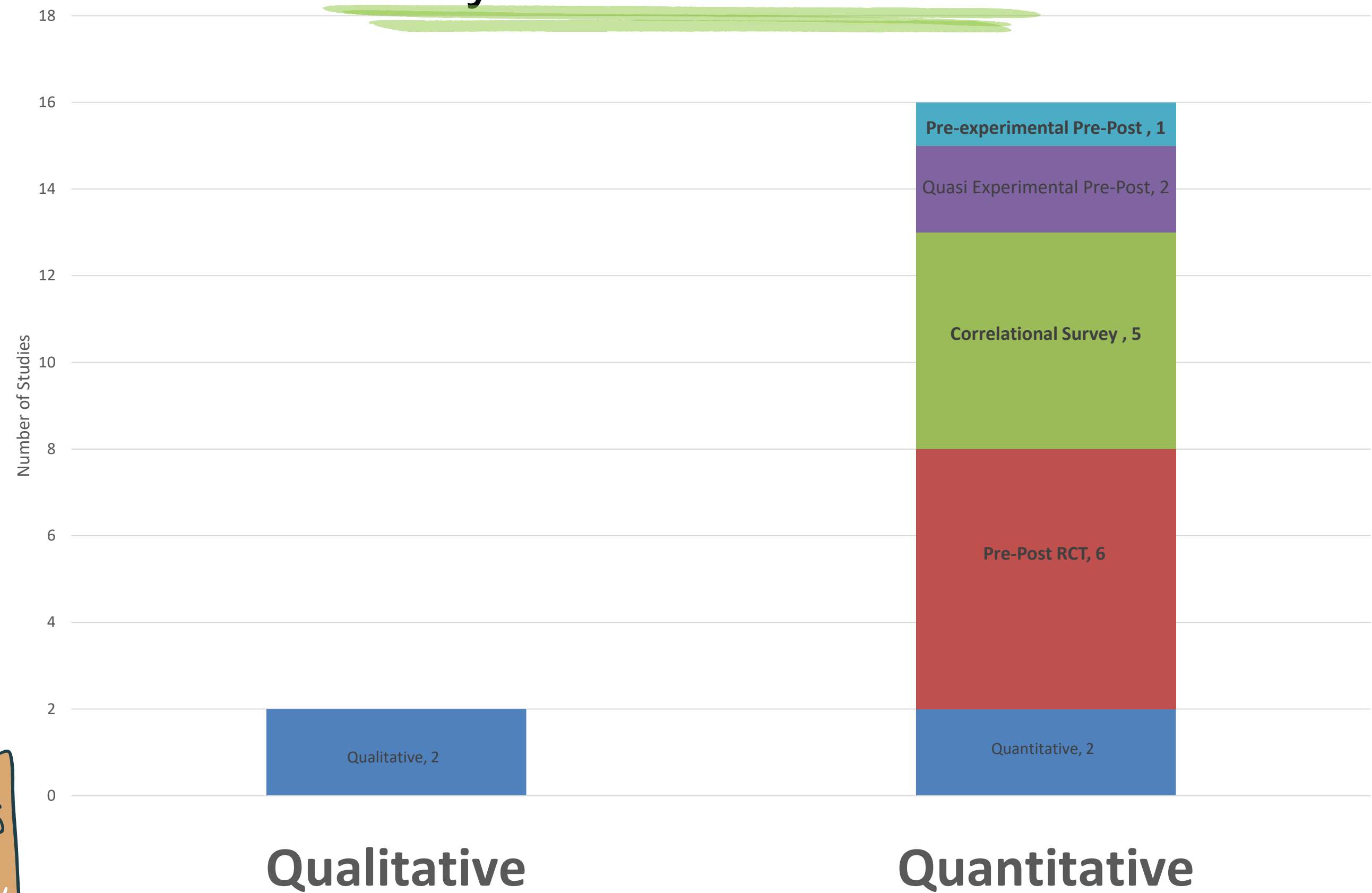
4
Australia

1 New Zealand

1 Ghana

10 USA

Study – Methods Used



Study – Age of Participants



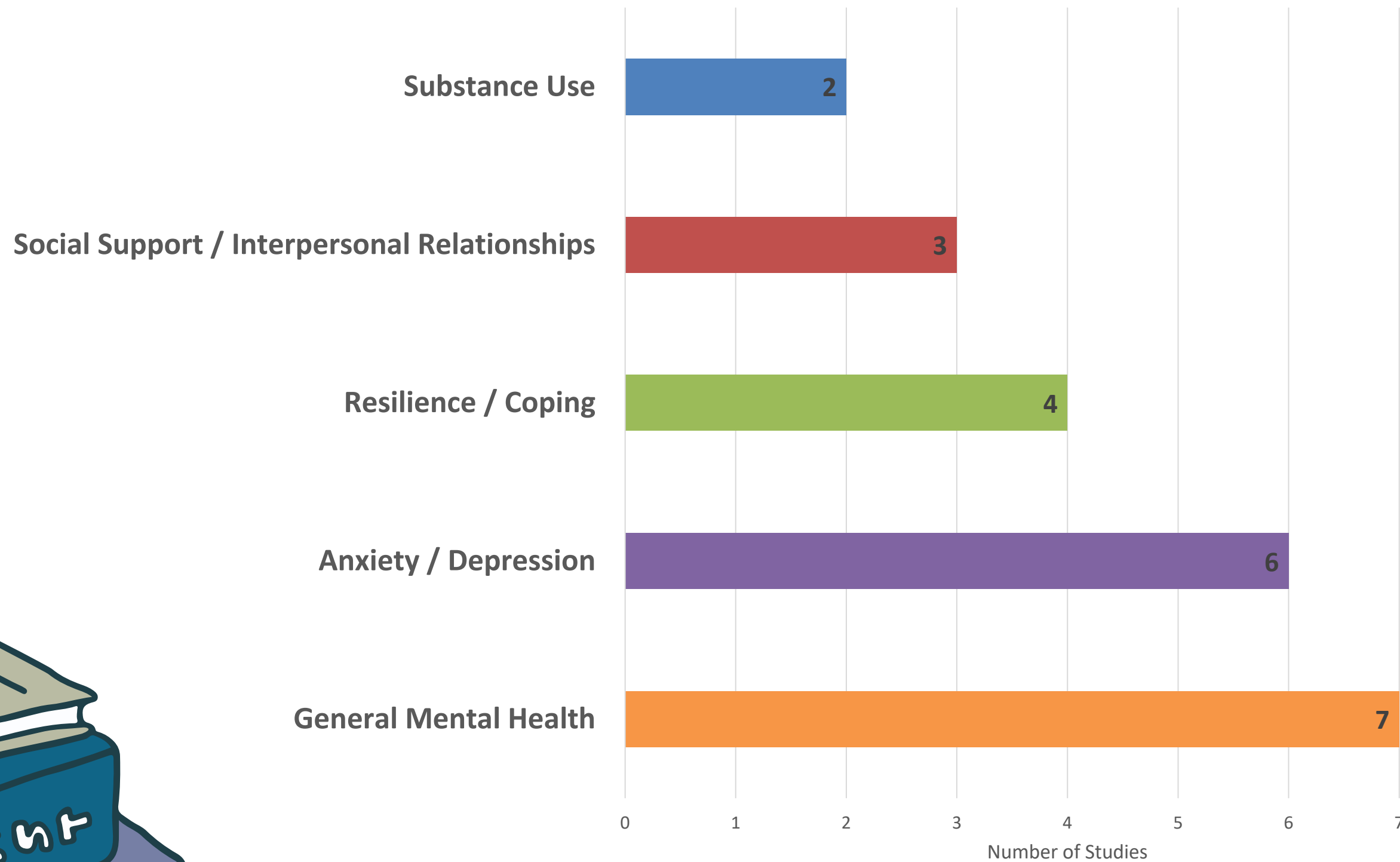
3 Studies:
14 years and younger

12 Studies:
Mixed Ages (up to 25)

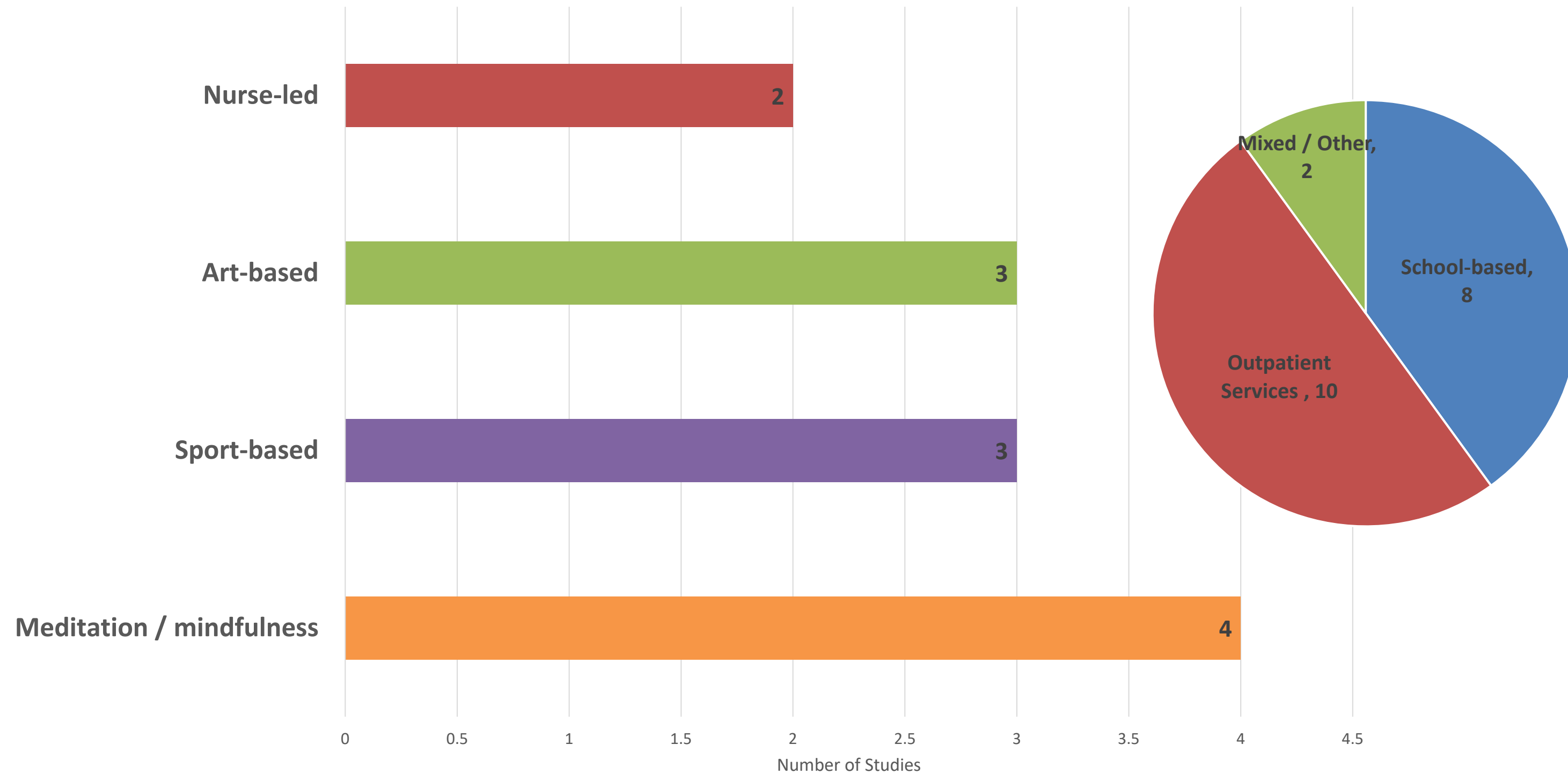
5 Studies:
15 years and older



Mental Health Concerns Addressed in the Studies



Intervention Setting and Modality



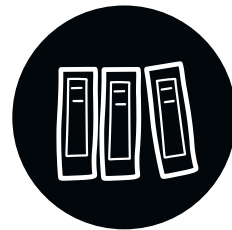


Implications & Conclusion



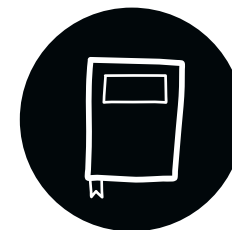
Positive Outcomes

- 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

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Children and Youth Mental Health Project

The development of promising practices through a participatory approach

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The Team

Learn about who's involved.

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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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