

INNOVATION INITIATIVES 2021–22

Application questions

Integrating virtual care options in
mental health service delivery for
children and youth in Ontario

The application deadline is
5 p.m. on January 25, 2021.
Incomplete or late applications
will not be reviewed. Email
initiatives@cheo.on.ca
for more information.

INNOVATION INITIATIVES

The Innovation Initiatives grant provides funding and consultation to lead and core service providing agencies in Ontario's child and youth mental health sector to test innovative solutions to pressing problems in the system.

Grants of up to \$50,000 will be awarded for an 18-month term (April 1, 2021 – September 30, 2022). Projects should be focused on testing innovative, evidence-based approaches to integrate high quality virtual care options into their suite of mental health services for Ontario's children and youth.

We define virtual care broadly, as any type of child and youth mental health service delivered using telecommunication technology. This includes services and support provided over videoconference, phone, chat and text.

1.0 Applicant Information

To be considered eligible for this funding, the principal applicant must be a representative of a Ministry of Health funded lead agency *or* core service agency providing child and youth mental health services in Ontario. Co-applicants from other organizations and sectors are encouraged, but funds must be administered through the lead agency or core service providing agency who will act as the sponsor for this project.

Innovation initiative project title:

Total amount of funds requested (Max. of \$50,000):

1.1 Principal applicant information:

Sponsoring agency and executive officer

Name of institution/agency:

Agency is a MOH-funded:

- Lead agency or
- Core service agency

Service area in which the agency operates:

Service area in which the proposed project will take place (if different from above):

Agency executive officer (E.D./ C.E.O.) information

Name:

Title:

E-mail:

Office phone:

Cell phone:

Street address:

City, Province:

Postal code:

Signature:

Date:

Project lead/ Primary contact from sponsoring agency (if different from above)

Name:

Title:

Department:

Institution/agency:

E-mail:

Office phone:

Cell phone:

Street address:

City, Province:

Postal code:

Signature:

Date:

1.2 Co-applicant information:

Please list details regarding co-applicants for the proposed project.

Name:

Title:

Department:

Institution/agency:

E-mail:

Office phone:

Cell phone:

Street address:

City, Province:

Postal code:

Signature:

Date:

2.0 Project Description

Please address each of the following questions.

2.1 The Challenge

Grants of up to \$50,000 will be awarded for an 18-month term (April 1, 2021 – September 30, 2022).

The Centre is offering Innovation Initiative grants to lead and core service providing agencies (and their partners) to address one or more of the following recommendations to support agencies in integrating high quality virtual care into their suite of mental health services.

We define virtual care broadly, as any type of service delivered using telecommunication technology. This includes services and support provided over videoconference, phone, texting and apps.

NOTE: Detailed information about these and other recommendations can be found in [Transition to virtual care: An evaluation of changes to child and youth mental health service delivery in Ontario in response to COVID-19](#).

Please indicate which of the following recommendations your project will address:

- a. Offer virtual care as part of a menu of services that a client, in consultation with their service provider, can choose. Evaluate under what conditions and for which populations virtual care is most effective.
 - For example: evaluate the effectiveness of virtual care in specific therapies (e.g. trauma-informed approaches, dialectical behavior therapy) and populations or groups (children with co-occurring diagnosis of ADHD), or conducting group sessions using virtual services.
 - In addition to client preference, the service provider should consider the complexity of mental health concerns, efficacy of the intervention, privacy issues and potential access issues when creating an individualized treatment plan for their client. The service provider and client may decide on in-person services, virtual services or a combination of the two approaches.
- b. Consider how best to engage a greater number of diverse children, youth and families in virtual care.
 - It is well established that certain populations experience more barriers in access to mental health services than others, such as newcomers, individuals identifying as 2SLGBTQI+ and those from Indigenous communities. In particular, homeless youth, children and youth in rural and remote locations where the internet is not easily accessible and those with older parents or guardians who may have low technological skills are more difficult to engage in virtual care. Youth in these smaller communities may also experience more stigma and have privacy concerns when accessing services in their local community.
- c. Enhance staff training and support knowledge exchange.
 - With virtual services becoming the new norm, service providers' needs have moved beyond basic to more advanced training. High quality, evidence-based training focused on specific types of therapy and population groups is necessary to ensure that staff have the skills and competencies needed to continue to meet clients' needs effectively and with confidence.

d. Promote staff wellness and prevent fatigue from delivering virtual care.

- Service providers were vocal about their fatigue at the pace of change, need to balance childcare and work and the additional energy required to conduct virtual sessions. Agencies responded to this by encouraging staff to take frequent breaks throughout the day, flex their hours and engage in self-care activities. Despite these efforts, service providers still reported feeling exhausted. To prevent burnout, it may be necessary to re-evaluate caseloads, conduct targeted education around self-care or plan periodic wellness activities for staff.

Does the principal applicant's agency have responsibilities under the French Language Services Act?

- YES
- NO

IF YES, please describe how your project will address access challenges experienced by the Francophone community that your agency serves.

- What is the challenge you will address? Describe the challenge you plan to address. Provide relevant background information and reference existing literature and local evidence.

2.2 The solution

- What are you planning to do about it? What is the intervention that you plan to implement and test?
- Why do you think this will work? What outcomes do you expect to achieve? Why do your intervention or approach to produce these outcomes? Please draw on existing evidence to support your plan.
- What is innovative about this initiative? How is your approach different, new and/or interesting?

2.3 The plan

Identify key team members, partners and stakeholders for this work and provide a brief description of the role they will play in project governance, design, implementation, and evaluation.

Please outline your project workplan that includes key activities, deliverables, roles, and timelines for

- stakeholder engagement (youth, families, community partners)
- project design
- implementation
- evaluation
- Please outline a preliminary evaluation plan outlining process and outcome evaluation questions, indicators, methods, tools, roles and timelines.

Please outline preliminary plans to mobilize knowledge gained through this project. Please see www.kmbtoolkit.ca for ideas for innovative knowledge mobilization processes and activities.

2.4 The next steps

Describe the potential you see for this initiative to have a broader impact on child and youth mental health services in Ontario.

3.0 Budget sheet

A. Personnel

Backfill or salary costs for personnel.

- Personnel name:
- Position title:
- Full/part time:

- Full time rate per annum (\$):
- Projected budget costs (\$):

B. Consultants and other services

Consultant services up to a maximum of 50% of the total budget. Please provide written letters of estimates.

C. Other expenses

Please specify (e.g. travel for service coordination, meetings, etc.). NB: computer hardware and equipment are ineligible expenses.

D. Administration (overhead) costs

List specific items. Administration costs up to a maximum of 10% of the total budget.

E. Knowledge mobilization activities

Up to \$5000 maximum.

Total budget (Add lines A to E): \$