

# FNP INSYTE Study Project Summary

**Study 1** – A scoping review of mental health and/or addiction care needs, barriers, and facilitators for transitional-aged youth and their families

## Project Background

Transitional-aged youth (TAY) with mental health and/or addictions (MHA) concerns and their families experience significant challenges in finding, accessing, and transitioning through needed MHA care. In order to develop appropriate supports that assist TAY and their families in navigating MHA care, their experiences in the MHA care system must be better understood. This scoping review identified and explored the roles of, and barriers and facilitators for, TAY and their families when seeking MHA care.

## Objectives

Questions guiding this study:

- 1) What is the role of families in help-seeking activities for TAY with MHA concerns?
- 2) What are the barriers and facilitators to accessing MHA care for TAY and their families?

## Research Design and Analysis

- > Scoping reviews promote greater exploration and conceptual breadth of the literature, as well as identification of existing gaps in the knowledge base.
- > Scoping review commenced with a search in five relevant academic databases.

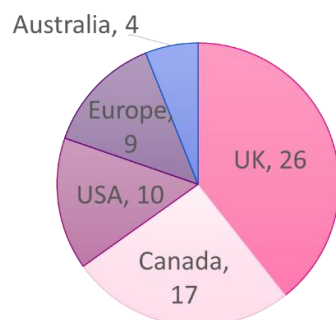
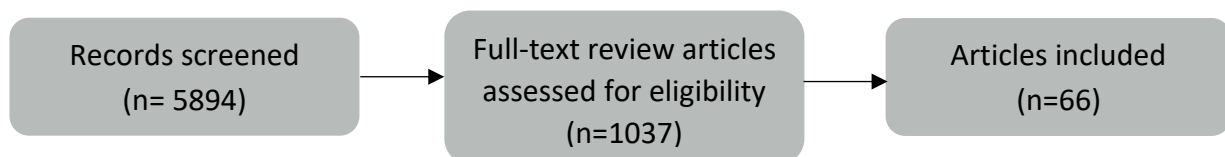


Figure 1. Publishing location of included studies

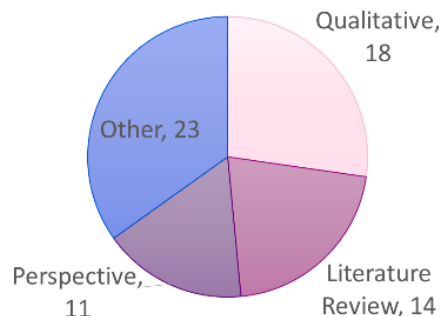


Figure 2. Types of studies included in review.

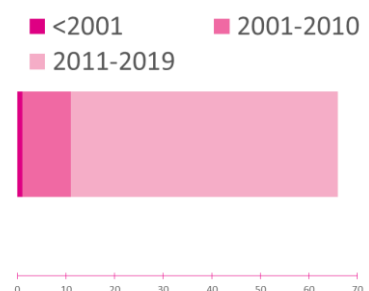


Figure 3. Publication year of included studies.

## Key Learnings

### Holistic Supports

Flexible  
Individualized  
Consideration of Family



### Proactive Preparation

Resource Needs  
Planning for Transition



### Systemic Considerations

Appropriateness of Services  
Service Access  
Differences between Child & Adult Systems  
Evidence & Research  
Mental Health Awareness & Promotion



### Collaborative Relationships

Youth-Provider Relationships  
Relationships among Providers  
Relationships between TAY & Families



### Empowering TAY & Families in Transitions

Engagement  
Education  
Mentorship



## Conclusion

- > **Family considerations** are not being consistently incorporated into studies exploring TAY needs, barriers, and facilitators to care.
- > This scoping review reveals that navigation is considered a **continuous process** and adopting a TAY- and family-centered approach leads to better supporting this population's needs, reducing the barriers they experience, and working to build upon existing facilitators.
- > Future research should include **family perspectives** on transitions in care alongside TAY, service providers, and decision-makers.

Family Navigation Project is here to help youth & families:

 1-800-380-9FNP  [familynavigation@sunnybrook.ca](mailto:familynavigation@sunnybrook.ca)  [familynavigationproject.ca](http://familynavigationproject.ca)

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