

# FNP INSYTE Study Project Summary

**Study 2** – A qualitative exploration of youth, family, and provider perspectives on the supports needed for access to and transitions through youth mental health and addictions care

## Project Background

Mental health and/or addiction (MHA) concerns tend to first appear and/or increase in severity among transitional-aged youth (TAY). These youth may find themselves stuck in the gap between child and adult MHA care due to individual, social, and systemic barriers, resulting in a decrease in service utilization. Thus, an integrated solution that addresses the needs of TAY with MHA concerns and their families is critical to support them as they access and transition through care. System navigation is one solution to close this and other system gaps and improve service utilization and supports for TAY.

## Objectives

Two research questions guided this study:

What are the perspectives of TAY, family members, and system providers regarding:

1. the supports needed by TAY and their families when accessing MHA care?
2. the support that can be provided by navigation services in addressing these needs?

## Research Design and Analysis



Focus groups and interviews were conducted with 14 TAY, 26 family members, and 23 service providers.



Asked about **experiences** with navigating the MHA system, the **barriers** and **facilitators** to accessing care, and **opinions** about the role of navigation services.



Data was analyzed utilizing a thematic analysis approach.

## Descriptive Characteristics of Participants

### Average age:

TAY: 23 years

Family members: 54 years

Service providers: 36 years



**Service provider** participants had worked an average of 10 years with TAY with MHA concerns



65% of participants across all 3 groups were living in **Toronto**



87% of participants across all 3 groups were **female**



85% of caregiver participants were **mothers** of TAY



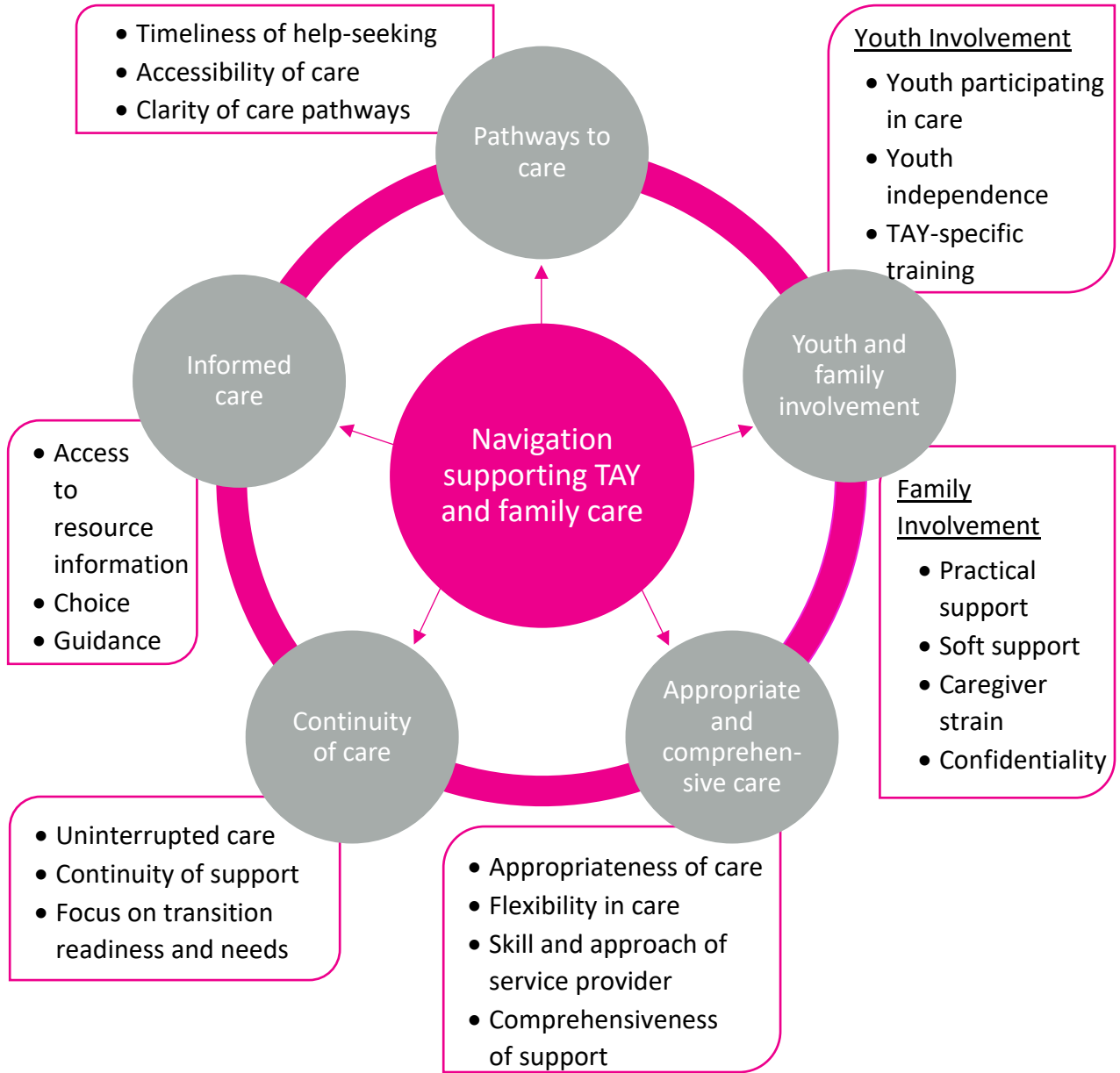
79% of TAY participants were **living at home** with family



72% of TAY participants indicated their families were slightly or not at all involved in their MHA care



## Key Learnings



## What We Heard!

*“It can look and feel like a whole different system, for both the youth and for the family. I think that can be daunting in itself. It could have a feeling of hopelessness, thinking oh my gosh, I have to do this all over again. Knowing that their youth is still going to present in the way they presented last year even though they’re a different age. And they have to now learn this whole new entire system on their own. That can be very overwhelming.” (Service Provider)*

## Conclusion

This information reveals the supports needed by TAY and their families along with the challenges they face within the MHA system. It also provides insight into the factors that facilitate effective transitions and positive care experiences. Findings from this study identified navigation supports as a meaningful way to mitigate these challenges and address these needs. Navigation has potential to play a significant role in enhancing access to and transitions through care and informing MHA system transformation.

Family Navigation Project is here to help youth & families:

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