



KIDS COME FIRST HEALTH TEAM ÉQUIPE SANTÉ LES ENFANTS AVANT TOUT



uOttawa



Exploring experiences of service providers transitioning to virtual service delivery in the child and family mental health and addiction sector

PROJECT OVERVIEW

Our FRAYME-funded research project is focused on examining the **implementation process** of online group-based mental health and addiction services offered to youth and parents.

WHY?

The pivoting of community organizations from in-person to virtual services has been prompted by social distancing requirements resulting from Covid-19. Prior to the pandemic, research evaluating the feasibility and efficacy of mental health services delivered virtually, especially in group-based format, was limited. Our evaluation will allow for the informed development of service delivery approaches by drawing upon the emerging, situated learnings of those providing and receiving said services.

HOW?

Through web-based surveys and interviews, mental health and addiction providers will share their experiences implementing their therapeutic practices with only limited pre-existing knowledge and guidelines to draw from. Specifically, our evaluation will focus on aspects such as understanding the administrative and site processes required to implement virtual services, identifying some of the barriers and gaps to available services, and understanding the impacts from the perspective of those providing services.

Findings from the research project will contribute to:

- (1) the effective delivery of online mental health and addiction services by Kids Come First agencies
- (2) the development of practice guidelines for virtual group mental health sessions that will be made available to mental health and addiction practitioners and organizations in Eastern Ontario and beyond.

PARTNER ORGANIZATIONS

Our partnership team consists of mental health and addiction professionals from Kids Come First agencies in Eastern Ontario, researchers from the University of Ottawa, and family and youth.

