

UMIND is an online community, built to foster a national community of practice that transcends provincial boundaries, including educational and mentoring opportunities within the network of children's mental health treatment providers.

Benefits

- Provides a community of practice to support professionals in their daily work on topics they have identified as most relevant.
- Puts existing resources in the hands of professionals, enabling them more time to provide direct services to children, youth and families.
- Promotes the importance of the whole child and family in the assessment, intervention and evaluation process



Need:

The research knowledge on mental health care for children and youth is growing fast, however transfer of this knowledge to practice and use in everyday care is lagging. In these areas, most mental health care is provided by primary care health or community workers, who are often not adequately trained to deal with mental health issues. According to Boydell et al. (2008), most mental health research (and knowledge translation research) has an 'urban bias'. To address these issues and bring improvements to children's mental health treatment, Grof (2008) suggests bringing expertise from specialists and research to those at the frontline of care. Boydell et al. (2008) suggest addressing strategies at the service provisional and practical level first: such as crisis based and day to day concerns, including access to child and youth mental health resources. These authors found three main ways in which knowledge translation strategies could address some of the challenges facing children's mental health; increasing awareness about children's mental health problems by increasing the number of qualified service providers through evidence based training; increasing awareness of services that are available and making the most of those services; and building community capacity through knowledge sharing and networking, such as video conferencing.

Audience & users:

Umind has a target audience of frontline and administrative children's mental health professionals across Canada; and is also available to health care professionals, educators, university students, and other professions working with children and families.

"Health is...a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."
 World Health Organization

"It's very enlightening to see that a whole group of us, from all around Canada and the world, are getting together this way and actually sharing ideas and resources....."
 - UMIND Webinar Series Participant, January 2015

Umind today:

- 458 Child and Youth Mental Health Professionals are registered members of Umind from over 145 organizations across Canada
- The website currently has over 820 practical tools and resources contributed by over 110 child and youth mental health agencies across Canada
- The Umind Twitter account has over 1,600 followers

Umind areas of Focus:

- On-line collection of practical tools and resources for child and youth mental health professionals, developed by children's mental health treatment and resource centres across Canada
- Resources for program planning (e.g. Policies and procedures, training, program models, evaluation)
- Resources for clinical practice (e.g. Assessments, toolkits, compassion fatigue supports, strategies)
- Resources for caregivers (e.g. Handouts, sibling guides, factsheets)
- Resources for teachers and educators (e.g. Toolkits, guidebooks, curriculum samples)
- Diagnosis Topic and Specific Resources (e.g. Suicide prevention, Aboriginal mental health, youth criminal justice)

Umind Webinar Series:

- Launched in December 2014
- To date, 180+ attendees have participated in three (3) interactive educational events.
- Created in response to an expressed need by mental health professionals for more accessible and practice-specific professional development opportunities.

Umind Webinar Topics:

- Vicarious Trauma (completed)
- The Importance of Community In Youth Suicide Prevention (completed)
- Inspiring Hope in Youth After a Suicide Attempt (completed)
- Mental Health and Drug Use in Teens (05/2015)
- Boundaries in the Mental Health Profession (06/2015)
- Youth Transitioning Into the Community (09/2015)
- Self-Harming Behaviours (10/2015)
- 2 Webinars Focused on Youth Audience (Topics and dates to be determined)

UMIND FUNDING REQUEST

- Ongoing collection of existing resources & best practices on a national scale
- Development of new and evidence based resources
- Hosting, Security, Hardware and Content Management
- Webinar development, hosting and presentation (5 per year minimum)

\$30,000 per year
for 3 years

3 year commitment: \$90,000

This represents the total cost to Kids' Health Links Foundation. For a 3-year commitment, KHLF will provide a 1/3 match for a net donation by donor of \$60,000.

About Kids' Health Links Foundation

Kids' Health Links Foundation (KHLF) is a registered Canadian charity that, through the use of technology, helps young hospital patients stay connected to their family, friends and schools, and with other patients across Canada (www.upopolis.com) Upopolis was developed in partnership with TELUS. KHLF has also developed and offers online resources for front line pediatric care professions (www.upedia.ca) and child and youth mental health professionals (www.UMIND.ca), across Canada. Find out more at www.kidshealthlinks.org. UPOPOLIS®, UPEDIA®, and UMIND® are registered trade-marks of Kids' Health Links Foundation.

