Caring for those growing up in the pandemic

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Ontario College of Family Physicians;
Centre for Addiction and Mental Health,
and Trillium Health Partners

Faculty/Presenter: **Dr. Javed Alloo**

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Grants/Research Support: CIHR, UofT
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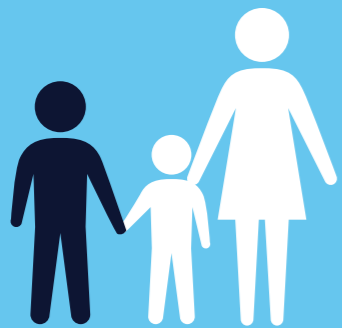Other supports: Centre for Addiction and Mental Health

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Caring for those growing up in the pandemic
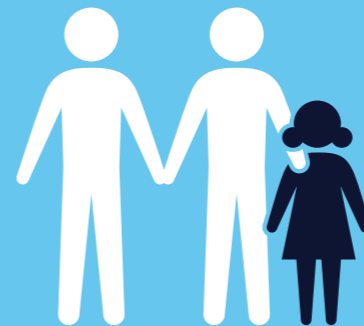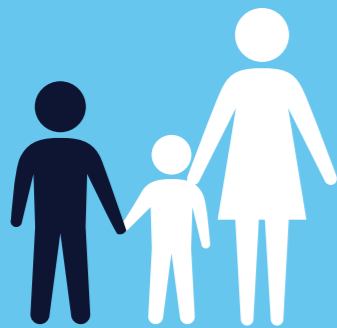
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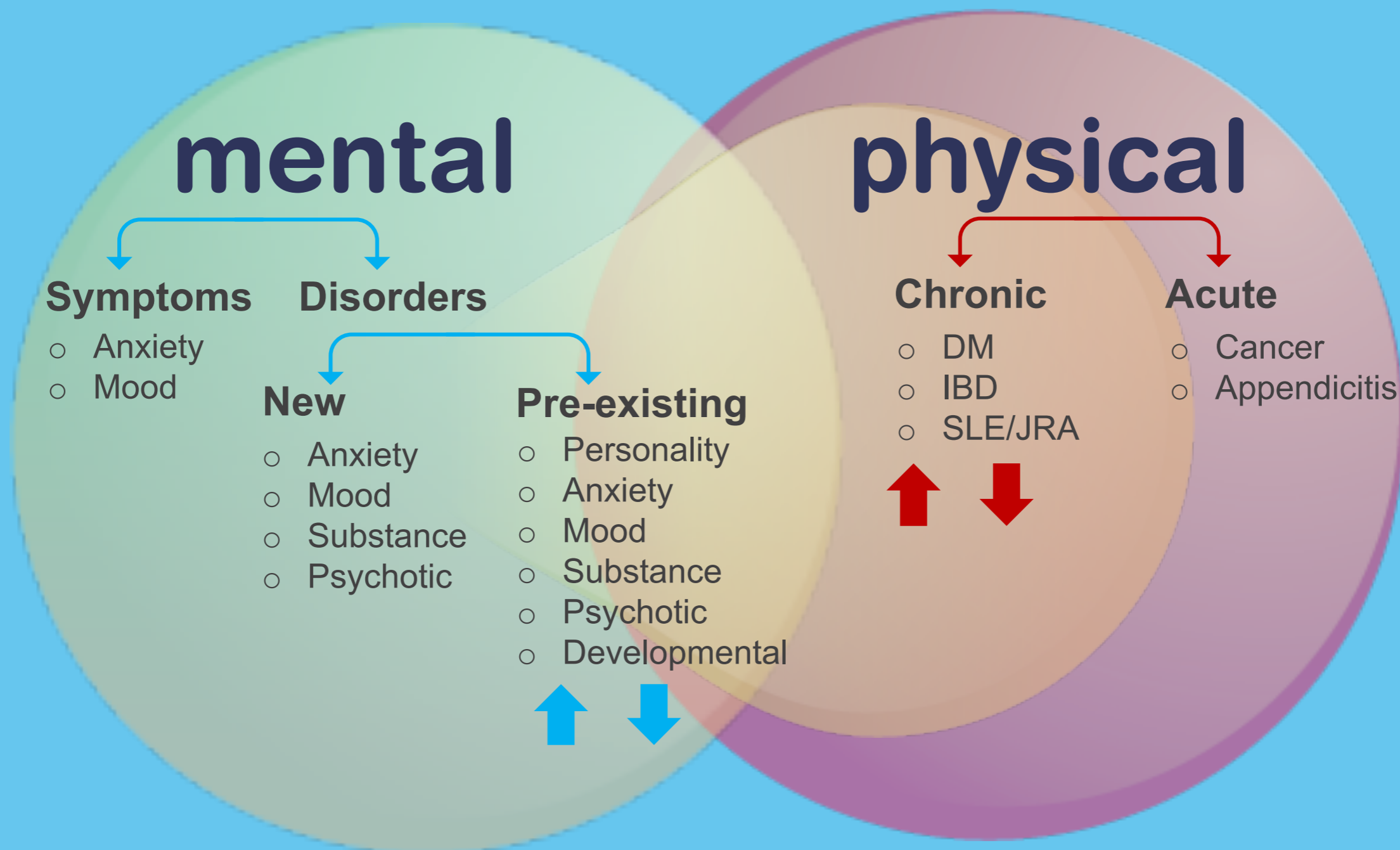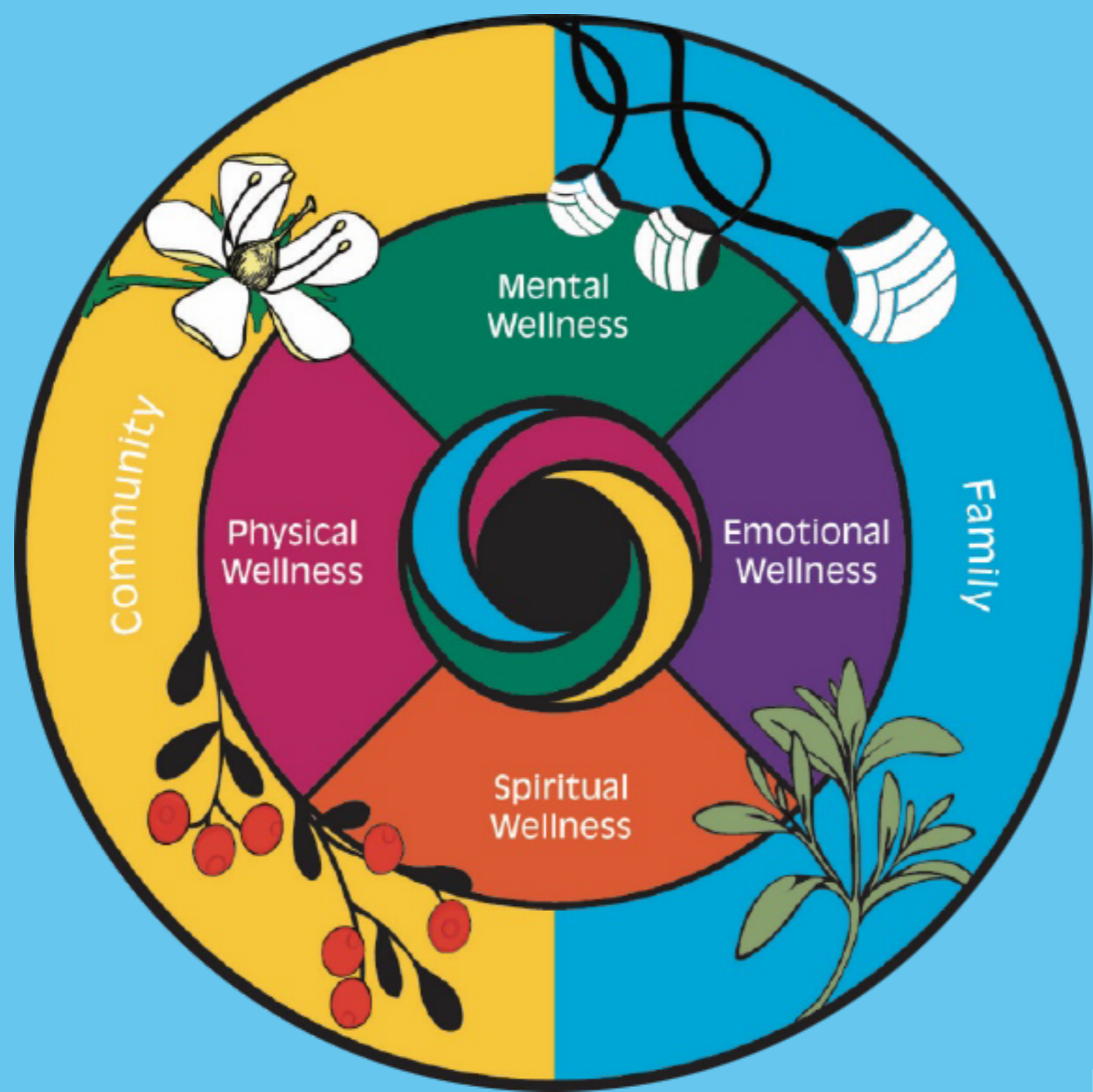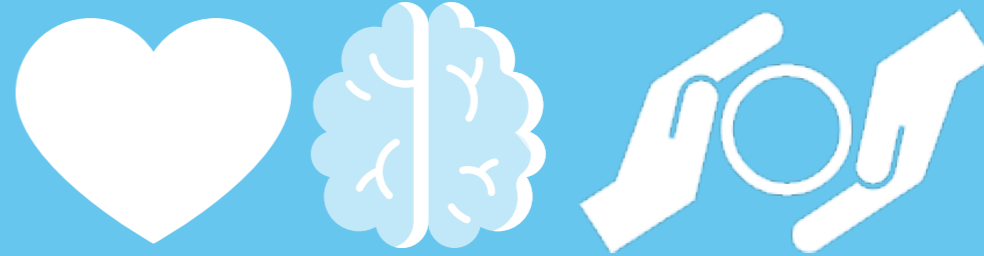
giving help in
the pandemic

for what?

how?

Medicine Wheel

First Nations, Inuit and Metis Wellness
ECHO at CAMH

shifts in care settings

PHQ-A, GAD-7 (PARS)

phqscreeners.com

{ Screening
Measurements-based care
Psychoeducation
Validation

Collaborative formulation framework:

Predisposing / Precipitating / Perpetuating / Protective factors

https://www.andreasastier.com/blog/the-4p-factor-model-
and-its-purpose-in-psychological-medicine

ReachOut.com (Aus + US)
YouthBeyondBlue.com
AnxietyCanada.com : youth
BounceBackOntario.ca (15yrs+)

Headspace, Woebot …

connectedlearning.ucl.edu

Mossman,S et al: The Generalized Anxiety Disorder 7-item (GAD-7) scale in adolescents with generalized anxiety disorder: signal detection and validation
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5765270/pdf/nihms929209.pdf

Collaborative formulation framework:

4P Factor Model	Biopsychosocial Approach		
	Biological	Psychological	Social
Predisposing			
Precipitating			
Perpetuating			
Protective			

au.reachout.com

Health & Fitness	Being Independent	Relationships & Helping Others	Thoughts & Emotions	Dealing with Tough Times
Find new ways to increase your energy and fitness, form healthy habits and sleep better.	Discover apps that help you work out and achieve your goals, solve problems and be resilient.	Learn practical ways to connect with others, be kinder and improve your relationships.	Sort out your feelings and manage anger, stress and panic attacks, so you can make the most of every day.	Find apps to help you be resilient and cope with anxiety, depression and panic attacks.
This is important to me! ☐ Select	This is important to me! ☐ Select	This is important to me! ☐ Select	This is important to me! ☐ Select	This is important to me! ☐ Select

youthbeyondblue.com

UNDERSTAND WHAT'S GOING ON   DO SOMETHING ABOUT IT   HELP SOMEONE YOU KNOW   GET INVOLVED AND HELP OTHERS

Brains can have a mind of their own.

Understand yours ›

Scottye J. et al: Comprehensive Approaches Using Technology to Address Mental Health M.A. Moreno, A. Radovic (eds.), *Technology and Adolescent Mental Health*, https://doi.org/10.1007/978-3-319-69638-6_19

Fight Flight Freeze - Anxiety Explained For Teens

Fight Flight Freeze – Anxiety Explained For Te...

Anxiety 101 →

Facing Fears →

Thinking Right →

How To Chill →

Healthy Habits →

Common Problems →

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Managing our new reality
A pocket self-care toolkit

Take a Breather

Smiling Mind

Headspace

Stop, Breathe & Think

Talk it Out

Woebot
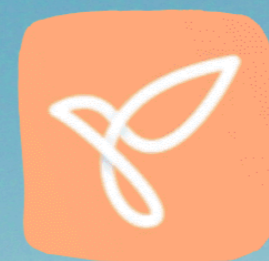
Youper

Wysa

Game your Goals

Happify
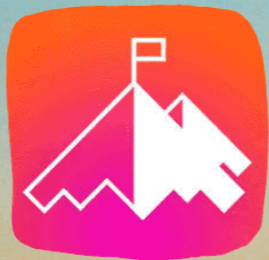
MoodMission

SuperBetter

Track your Thoughts

Sanvello

Catch It

Daylio

All of these apps are free to download on Google Play and iTunes stores. To learn more about these apps and find the one that's right for you, visit www.psyberguide.org.

PsyberGuide
A PROJECT OF ONE MIND

Youth Connections for Wellbeing

Connected Learning Lab

https://connectedlearning.uci.edu/youth-connections-for-wellbeing/#infographics

adolescents + virtual / e-mh:
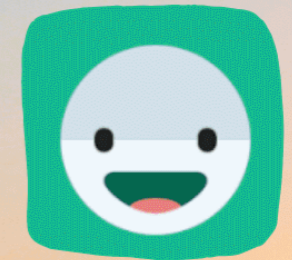
88% of Adolescents have access to a smartphone;

94% of these go online at least 1/day;

68% of teens who don't have a smartphone go online >1/day.

90% text at least once a day, sending/receiving avg 30 texts/day.

84% use the internet to search health topics.

12% have played health-related games.

7% have worn a wearable health device.

Scottye J et al: Comprehensive Approaches Using Technology to Address Mental Health. M.A. Moreno, A. Radovic (eds.), Technology and Adolescent Mental Health
https://doi.org/10.1007/978-3-319-69638-6_19
Lenhart A. Teens, Social Media & Technology Overview 2015 [Internet]. Pew Research Center: Internet, Science & Tech. 2015 [cited 2017 Mar 10]. http://www.pewinternet.org/
2015/04/09/ teens-social-media-technology-2015/
Wartella E et al: Teens, Health, and Technology: A National Survey. C.o.M.a.H. Development. , editorNorthwestern University; 2015

Therapeutic alliance can be maintained with distance interventions.

Lingley-Pottie P and McGrath PJ. A paediatric therapeu- tic alliance occurs with distance intervention. J Telemed Telecare 2008; 14: 236–240

Mixed preference comparing in-person, video, telephone, email or text communication.

Bradford S and Rickwood D. Adolescent's preferred modes of delivery for mental health services. Child Adolesc Ment Health 2014; 19: 39–45.
Joshi S et al: The Use of Technology by Youth: Implications for Psychiatric Educators https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6394428/

adolescents + virtual / e-mh:

👥 ⟶ 📞 📱 📧 **?**

Adolescents described using technology for their health:

1. To gather information;
2. a. To share their own experiences, and
   b. To view others' experiences in order to gain social support or inspiration;
3. To track behaviours and health goals.

Radovic et al: Adolescents' Perspectives on Using Technology for Health: Qualitative Study JMIR Pediatr Parent. 2018 ; 1(1): . doi:10.2196/pediatrics.8677.

adolescents + virtual / e-mh:

? → 📞 📱 ✉ ?

Adolescents wanted to use technology with their provider for:

1. To have questions answered outside of appointments;
2. Have greater access to providers as a way to build relationship or rapport.
3. Share data regarding behaviours in between visits.

Radovic et al: Adolescents' Perspectives on Using Technology for Health: Qualitative Study JMIR Pediatr Parent. 2018 ; 1(1): . doi:10.2196/pediatrics.8677.

meeting them were they are