

# BRIGHT LIGHTS AWARDS

2023

## GEORGIAN BAY FAMILY HEALTH TEAM

**Award: Embedding mental health and home care in primary care**

**Achievement: myDAWN Project**



After reviewing data from the CAMH Ontario Student Drug Use and Health Survey 2021, Georgian Bay Family Health Team (FHT) envisioned providing better access to mental health and addictions support at the population level to young people with depression and anxiety across South Georgian Bay and beyond.

By collaborating with a multidisciplinary, interagency team representing primary care, community agencies and specialized mental health services, the FHT and their partners developed and implemented a standardized, evidence-based pathway for child and youth depression and anxiety, myDAWN (Depression, Anxiety, Wellness Navigation). It is designed to streamline service while improving co-ordination between service providers.

The myDAWN pathway provides access to new clinical resources and the best-known evidence-based treatments to empower primary care providers to be confident in diagnosing and treating mental health concerns. It resulted in the creation of an EMR tool for physicians that uses evidence-based, clinical

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practice guidelines and tools (RCADS and HEADS-ED) to guide assessment, diagnosis, and co-ordinated access to the most appropriate, least intensive service for therapy.

Georgian Bay FHT has been conducting tutorial sessions to train physicians, nurse practitioners, and administrative staff on the use of the tool, since the opportunity for measurement-based care allows parents, youth, and care providers to monitor progress and make important treatment decisions together. The impact of myDAWN will be measured by both qualitative and quantitative evidence-based measurement, looking at such things as patient experience and prescriptions.

The myDAWN pathway has been presented to all other OHTs in Central Region, and the myDAWN team, including GBFHT, have developed a series of online training videos to support the use of these tools, clinical pathways, and resources in primary care.

#### KEY FACTS:

- A standardized, evidence-based pathway for child and youth depression and anxiety.
- Extrapolation of available data would suggest that 4,532 youth in need were identified: 2674 felt depressed about the future, 815 contemplated suicide in the past year, 2,130 expressed moderate to severe psychological distress, and 2,673 had unmet mental health needs.
- Stepped care approach to timely access.
- EMR tool created to guide assessment and diagnosis.
- Allows for youth, family, and care providers to make treatment decisions together.