

**EVIDENCE IN THE MAKING**

# THINK GLOBAL, ACT LOCAL

## Putting Design into Action: Child and Youth Mental Health in the Yukon

**THE CHALLENGE:**

One in five Canadians will experience a mental disorder in their lifetime. Most mental disorders can be diagnosed before age 25, yet mental health services for children and youth are hard to access. In 2010, the Mental Health Commission of Canada developed Evergreen, a resource for those affected by and responsible for child and youth mental health policy, plans, programs and services. This national framework was designed to be adapted to local circumstances. In the Yukon, this means taking into account remoteness, a small and dispersed population, and a high proportion of First Nations children and youth.

**Research:** McMaster University's Dr. Gillian Mulvale and Dalhousie's Dr. Stan Kutcher are leading a collaborative effort to apply the values and strategic directions of Evergreen to the Yukon's specific circumstances. Working with a 13-member Working Group representing Yukon policy makers and two First Nations groups, the team has consulted widely and reviewed experience in nine comparator jurisdictions. It gathered input on policy options for an Evergreen-modelled child and youth mental health framework at a policy roundtable discussion. The research aims to improve Yukon child and youth mental health services. It will also provide answers to the larger question of whether and how national health policies can be relevant to local contexts. The research demonstrates that national frameworks can assist in identifying necessary care components and context-relevant evidence-based practices for local application. It also underscores the importance of developing and delivering systems of effective mental health care based on the identified needs of young people and their families.

**Sources:** Mental Health Commission of Canada. Child and Youth Advisory Committee. *Evergreen: A Child and Youth Mental Health Framework for Canada* (2010): [www.mentalhealthcommission.ca/English/system/files/private/document/C%2526Y\\_Evergreen\\_Framework\\_ENG\\_0.pdf](http://www.mentalhealthcommission.ca/English/system/files/private/document/C%2526Y_Evergreen_Framework_ENG_0.pdf).

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