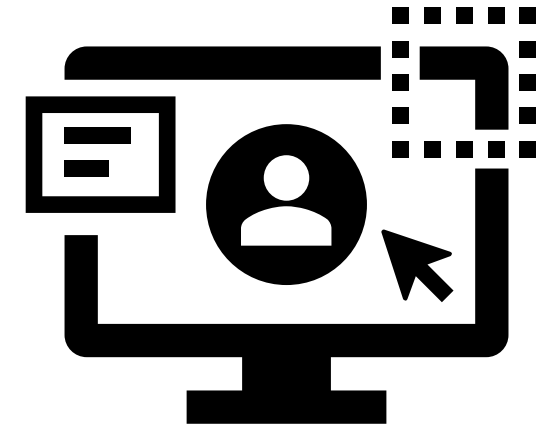


Technological Innovations for Social Change on Youth Mental Health

Dora Tam and CYMH Project Team
Members (Nov 17, 2023)





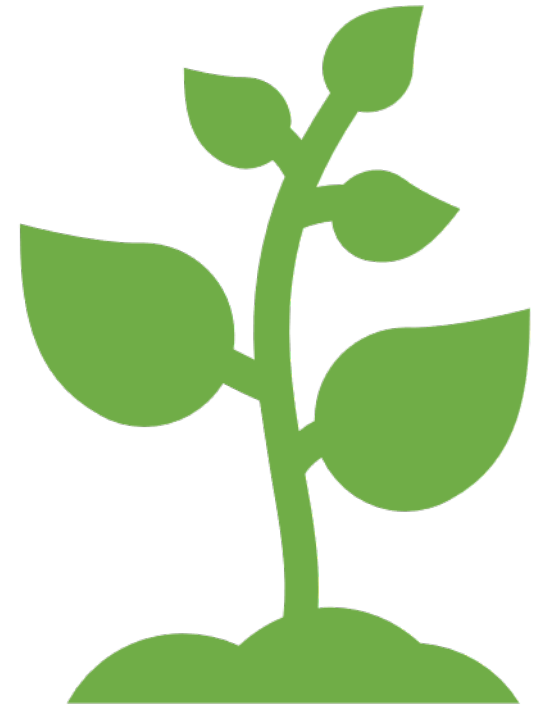
Overview: CYMH Web APP Co-Creation Focus Groups



CYMH Web APP Co-Creation Focus Groups

Presentation Work Group Members

- Dora Tam, PhD
- Louise Ng, MSW
- Candice Menzies, BSW
- Jensyn Wallan, Project Assistant
- Julia Kao, Project Assistant
- Devasish Joseph, Youth Volunteer



CYMH Web APP Co-Creation Focus Groups

Objectives

- To co-create a web app with youth for promoting mental wellness and providing early intervention on youth mental health concerns
- To engage youth through participation in fun and meaningful activities
- To empower youth by listening and ensuring that their voices are heard

YOUTH IDEAS X WEB APP

Promote Mental Wellness

Join our Co-Creation Focus Group to develop a web application to promote child and youth mental wellbeing

Children and youth ages 12-17 who live in Calgary are welcome to join at no cost on either day:

Date & Time:
Tuesday, July 19, 2022
5:00pm – 7:00pm

Location:
Central Library, Meeting Room
(800 3 ST SE)

OR

Date & Time:
Wednesday, July 20, 2022
1:30pm – 3:30pm

Location:
Village Square Library Meeting Room
(2623 56 ST NE)

To participate or for more info, contact our Project Coordinator at CYMH.Coordinator@ucalgary.ca or text/call 403-667-1216


UNIVERSITY OF CALGARY

This CYMH Project has been approved by the University of Calgary Conjoin Faculties Research Ethics Board (REB20-0719_REN1). This project is supported in part by funding from the Social Sciences and Humanities Research Council of Canada and the University of Calgary.

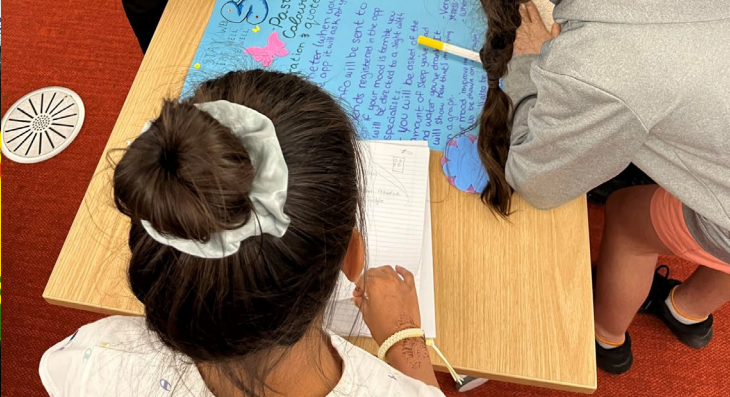
Posted 2022/06/24

CYMH Web App Co-creation Focus Groups

Design

- Built upon the gamification theory (Alsawaier, 2018) and self-determination theory (Ryan & Deci, 2000)
- Integrated participatory action research approach (Bozlak & Kelley, 2015)
- Each focus group met once for 2 hours
- Adopted play and create design
- Two facilitators and one youth support





Parts of the Groups



CYMH Web App: The Prototype

@ CYMH Project Team 2022

Faculty of Social Work, University of Calgary



[SignUp](#)[Login](#)[Home](#)[About](#)[Resources](#)[Contact](#)

Welcome to Children and Youth Mental Health Innovation. Our aim is to promote mental wellness and to provide early intervention resources.

You are not alone if you have experienced any mental health issue. Please login/sign up if you have not done so.

We provide several features that are aimed to develop mental wellness. For instance, maintaining a journal of all your worries and happiness, and get connected to people you trust. See the video for an illustration and what you will get from this website.





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Are you 13 years old and above?

YES

NO



Sign up

First Name*

Last Name*

Email Address*



My Journal

Today I am feeling...

UPLOAD

Today I am grateful for...

UPLOAD

My Past Entries

List of entries

[SignUp](#)[Login](#)[Home](#)[About](#)[Resources](#)[Contact](#)[SUMMARY](#)

Mood Tracker

Hi! How are you feeling today?



On a scale from 1 (lowest) to 5 (highest), how would you say the intensity of such feeling?

 1 2 3 4 5

Let your friends know how you are feeling

[SHARE](#)

Not Feeling good? Click below to see the list of resources that may be useful.

[RESOURCES](#)



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Not Feeling Well?

Are you feeling sadness, lonely, or stressed? You are not alone.

Click below and a message will be sent to the closest friends or support persons you have identified.

Let your supports know:





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Useful Resources for Mental Health

[Anxiety Canada](#)- Feeling Anxious. Click here to get step-by-step instructions on how to deal with symptoms.

[Canada Suicide Prevention Service](#)- If you're thinking about suicide, are worried about a friend or loved one, the Canada Suicide Prevention Service is available 24/7 for voice and 4pm to 12am ET for text.

[Bullying Helpline](#)- Connect with helplines if you or someone you know is experiencing bullying or abuse.

[Connecteen](#)- Do you want to talk to someone? Connect with a peer on this website.

[Crisis Text Line Canada](#)- Want to connect to a crisis counselor?

[Hope for Wellness Helpline](#)- Try on-line chat counseling service.

[Kids Help Phone](#)- Need help now? You can reach a professional counsellor at Kids Help Phone in English or French.

[LGBT Youthline](#)- Find confidential and non-judgmental peer support.

[Wellness Together Canada](#)- Find resources for all age groups.

Participants



Completed four groups with 29 participants (26 completed feedback)

- 69% of the participants aged 12 to 14; and 31% aged 15 to 17
- 27% from Grande Prairie, and 73% from Calgary
- 35% identified as female, 50% identified as male, and other 16% identified themselves as non-binary, two-spirit, straight, or don't know
- Diverse ethnic backgrounds
 - 31% were African/Black/Caribbean; 19% were East/South/North Asian; 15% were White/Caucasian; 15% were mixed racial backgrounds; 8% were Hispanic or South Americans; 4% were Indigenous or Metis, and 4% were South European

Qualitative Feedback on the CYMH Web App Focus Group (1)

How enjoyable in the Co-creation group

- Ranged between 8 and 10; Mean = 9.29

Things group members liked the most about the Focus Group

- Conversation, work together as a group, sharing of ideas, meet new friends, work with favorite people, making the poster together, creating the App together, a strong league, gift card

Qualitative Feedback on the CYMH Web App Focus Group (2)

Question on things members liked the least

- One member expressed that ***“...we were not able to write down the specifics of what might have improved the apps more, although I understand that may take a really long time to read through ahah”***
(C016)

Qualitative Feedback on the CYMH Web App Focus Group (3)

How meaningful to create a Web App for young persons

- Six participants expressed that it was very meaningful/important/very engaging
 - ***“...there are many children struggling with this issue and would likely need this sort of help” (C017)***
 - ***“...in many situations there is a great intent to help others; however. the way the helpful information is presented just isn't designed well enough for young people to care to spend the time. Presentation and graphic/app design is as crucial as the app its being applied to” (C016)***

Qualitative Feedback on the CYMH Web App Focus Group (4)

What could be improved for future similar focus group

– One participant provided very useful feedback:

“I really enjoyed, giving my 2 cents about the apps, perhaps in the future, there could be more specific feedback I could give? I know the leaders went around jotting it down, but I think perhaps allowing us to just write some things down in the feedback form we got about the apps would also be helpful” (C016)

Reflection from Focus Group Facilitators

“The engagement of the youth was very positive...They did not hesitate to provide feedback...I was amazed at how engaged the youth were and how many ideas they wanted to share with everyone.” (Julia)

“By the end of the focus groups the youths' voices and desires were loud and clear. They articulated verbally and creatively what mental health and wellness meant to them, what they needed as an unheard population and suggested how mental health and wellness could be achieved...The participants in the Web App Co-creation group were very excited about the idea that they were creating something for their generation.” (Candice)

“The youth we met with found the topic of mental health is meaningful to them and were eager to give insight for the project within the development of the web-app. They shared many ideas, but the one that stood out was having to take care of an inanimate object to take care of themselves. To succeed in a task for their ‘pet,’ they had to do it themselves.” (Jensyn)

Suggested Modifications for the CYMH Web App by Youth (1)

Received 139 suggestions to the CYMH Web App

- A team of 4 reviewed the suggestions and selected 53 top three ranked items
- Seven main categories of features for modification on the CYMH Web App



Suggested Modifications for the CYMH Web App by Youth (2)

1. Tracking data and seeing progress

- The app includes challenges, exercises and social goals

2. Mental Health Information

- Buttons can give you information on mental health and resources

3. Sharing with friends or peer support

- Be able leave supportive notes on their friends' pages or profiles

4. Relief or relaxation

- In the app there is a teacher/guide for meditation

5. Simplicity

- Easy to read

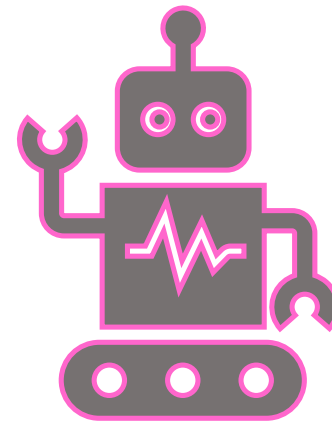
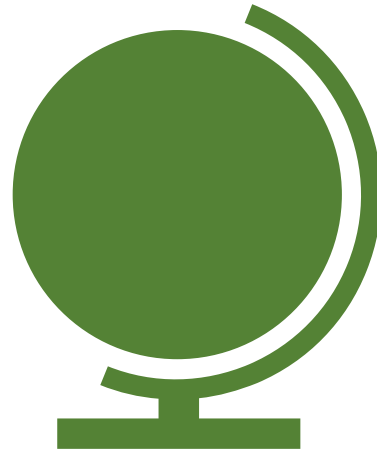
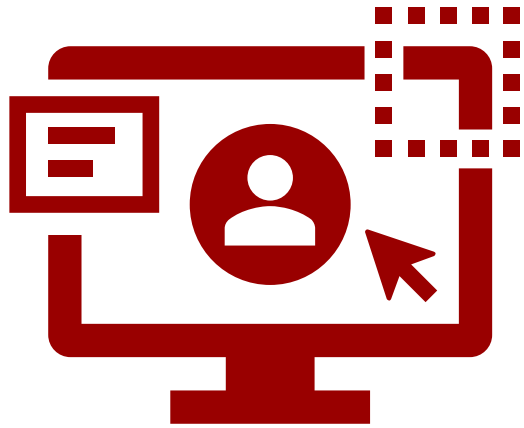
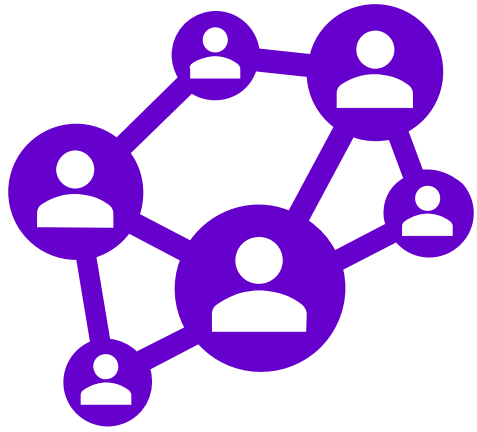
6. Choices or inclusivity (personalization)

- Profile options including icons, pronoun, colors, etc.

7. Engaging visuals

- Suggest adding more emojis to represent more emotions

Future Outlook



Select References

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Acknowledgements

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Diversecities in Calgary

Hull Services in Calgary

Wood's Homes in Calgary

Center for Young Parents in Grande Prairie

Big Brothers Big Sisters of Lethbridge and District

McMan Youth, Family and Community Services Lethbridge and areas

Dept. of Family and Community Support Services in the County of Grande Prairie