



MYDAWN PATHWAY

IMPLEMENTING MYDAWN IN PRIMARY CARE: AN INTERAGENCY PROJECT

Pathway Components

Triaged to mild/moderate or moderate/severe



Our Vision

Young people with depression and anxiety have better access to good mental health services in Ontario and beyond.

What is MYDAWN?

MYDAWN is a **D**epression, **A**nxiety **W**ellness **N**avigation tool to support primary care providers, frontline clinicians and youth as they manage their anxiety and depression.

Uses stepped care, **evidence-based** clinical practice guidelines[1].

Uses **measurement-based** care to provide feedback on treatment progress, allowing youth and care providers to make important treatment decisions together.

Our Vision

Young people with depression and anxiety have better access to good mental health services in Ontario and beyond.

The Project

We are implementing myDAWN in South Georgian Bay, Ontario. Who are we? A multidisciplinary interagency team representing primary care, community agencies and specialized mental health services, along with implementation and evaluation experts. We plan to scale to other agencies and regions coping with increased demand for mental health services.

Why is this Project Important?

Many young people in Ontario experience system challenges in accessing mental health services.

Coordination between primary care and community services can be poor. Some primary care clinicians report not feeling equipped to manage child and youth mental health concerns, so they refer to tertiary care. Access to child and adolescent psychiatrists is limited in many regions, resulting in long wait times.

There is also great variability in services across the province, and many interventions are not based on evidence.[2]

Why Our Pathway?

Outlines evidence-based treatments, which are more likely to be successful.

Trains and empowers primary care clinicians to feel more confident when addressing mental health concerns.

Provides access to new clinical resources and a framework to evaluate success. Improves coordination between service partners.

[1] Bennett, K. et al. (2018). An appraisal of the trustworthiness of practice guidelines for depression and anxiety in children and youth. *Depress Anxiety*. doi:10.1002/da.22752

[2] Watson, P. et al. (2019). Service provision for depressed children and youth: a survey of the scope and nature of services in Ontario. *BMC Health Serv Res*. doi.org/10.1186/s12913-019-4784-8

