

## A Preventative Online Mental Health Program for Youth

### Keywords

Preventative online program;  
COVID-19; youth mental  
health; co-design

### Helpful Terms

**Co-design:** A collaborative approach to design that involves working with participants to create participant-centered solutions.

**Evidence-based:** An approach to program development that uses the best and most current research, clinical expertise and patient preferences.

**Preventative:** An approach that aims to prevent or reduce the worsening of.

**Resilience:** Having the ability to recover quickly from challenges.

**Scaling:** The ability for the program to grow to benefit more people.

**Project Title:** *Building youth resiliency: A collaborative approach*

**Principal Investigators:** [Soyeon Kim, PhD](#) and [Elnaz Moghimi, PhD](#)

**Funding:** TD Ready Commitment, 2022-2024

### Key Question

- How can a co-designed preventative online mental health program support youth mental wellbeing following the onset of the COVID-19 pandemic?

### Project Aims

The COVID-19 pandemic introduced and intensified many of the mental health challenges faced by youth. Waypoint Centre for Mental Health Care is engaging Ontario youth and stakeholders to co-develop, implement and evaluate a preventative online mental health program that aligns with youths' mental health needs and programming preferences. Our goal is to provide a tailored and efficient preventative intervention program for youth to help with mental health difficulties throughout and beyond the COVID-19 pandemic.

The program, A Preventative Online Mental Health Program for Youth (POMHPY), is a free, 6-week online mental wellness program for youth between the ages of 12 to 25 living in Ontario. Each week, participants build wellness strategies through evidence-based and interactive activities. These activities work to improve participants' mental wellbeing and resilience, physical wellness and social connectedness. POMHPY is designed with youth, for youth, and program sessions are facilitated by youth.

### Activities

- Co-designing POMHPY with youth and stakeholders.
- Piloting POMHPY in Simcoe Country (Summer 2023).
- Conducting focus groups and surveying youth. Refining program sessions, resources and activities based on youth feedback.
- Developing partnerships across Ontario to support the sustainability and scaling of POMHPY.
- Providing a refined version of POMHPY to the broader youth population in Ontario (Fall 2023).

Want to learn more? Email [WaypointResearchInstitute@waypointcentre.ca](mailto:WaypointResearchInstitute@waypointcentre.ca)