

RURAL YOUTH MENTAL HEALTH INTERVENTIONS

C. Waid, L. Sinclair, L. Priest, S. Petrie, D. Carson, S. Steven, P. A. Peters (2019)

20% of the world's youth experiences **mental health issues**, leading to **future disadvantages** in:



Youth in rural and remote areas must travel long distances to access speciality services like mental health professionals

Rural Australian and Canadian youth experience similar inequities in mental health and accessibility of services

Only to be met with longer wait times than urban counterparts



When health services are not accessible:



but communities are not trained in mental health care

The lack of robust rural and remote mental health care and the unique characteristics of each community leads to need for **community based interventions**

Barriers inform **facilitators** to community based interventions for rural and remote youth mental health

Individual

Youth and providers may not trust confidentiality and privacy of the intervention



Stigma may be present at various stages of program implementation



Youth must be active participants in design, implementation, and feedback stages of interventions



Interventions should be reflective of community needs and values

Interpersonal

Some interventions may not create genuine interpersonal connections between youth and provider



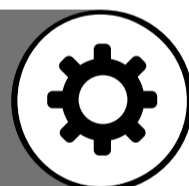
Youth-youth and youth-care provider relationships should be facilitated to impact establishment of intervention



Each provider should display cultural competence so that interventions are culturally sensitive

Community

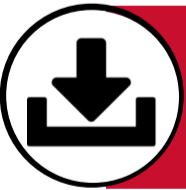
The community may lack the infrastructure or workforce training required to implement intervention



Technological problems may impact service delivery



Knowledge on program aim and strategies can be pooled from many different communities



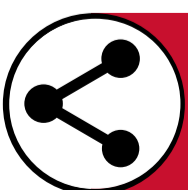
Facilitating and welcoming input from stakeholders and community members is crucial

Organizational

Administrative issues (ex. wait times) could promote discontinuation of program



New services should be integrated with local, familiar services



New services should consider social context of community at all times