

Exploring Patient Navigation for Youth and Young Adults with Mental Health and/or Addiction Concerns in New Brunswick

Why is this project important?

- Canadian youth and young adults (YYA) have the greatest prevalence of mental health and/or addiction (MHA) concerns across all age groups and have the most unmet MHA needs.
- Barriers to accessing mental health and addiction (MHA) services include limited awareness and information, geographic barriers, insufficient outpatient and community-based care, poor integration, high out-of-pocket costs, and long wait times.
- New Brunswick's limited infrastructure exacerbates challenges with access to, and coordination of MHA services.
- One promising solution to address the gaps in service access for YYA with MHA concerns is patient navigation (PN).
- The purpose of this project is to explore how PN could be delivered to best meet the needs of this population.



What are we doing?

- We are in the process of conducting a needs assessment to identify gaps and opportunities for PN programs for YYA with MHA concerns that will inform the development and implementation of a PN program for this population.
- Participants include YYA (age 16-29) with MHA concerns, informal caregivers of YYA with MHA concerns, health and social care providers, and decision makers/health administrators in NB.
- Data collection will take place over approximately four months.
- Audio-recorded interviews will be conducted virtually, in English or French, with individuals from each participant group.
- A thematic analysis will be conducted to identify commonly occurring topics about services, programs, and the delivery of MHA services.

How will this help?

- The findings from this needs assessment will serve as the foundation for developing a structured framework for a PN program tailored to the specific needs of youth and young adults with MHA concerns, their informal caregivers, and healthcare providers in New Brunswick.

Who can I contact?

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