

The BEAM* Study

*Better Access to and Integration of Mental Health and Addictions Services through Navigation: A Mixed Methods Adaptive Pragmatic Clinical Trial

This is a research study where **researchers and community members work together** to set up the Family Navigation Project (FNP) in Sudbury and Manitoulin. FNP is a program that **helps youth and their families find mental health and addictions (MHA) services**.

Project Goals

- Learn about the needs of the community
- Make a plan to adapt FNP for the area
- Set up FNP and see how it works for youth and families
- Make changes to improve the service
- Share what we learn for other communities to use

Project Phases



Phase 1: Listening & Planning

- Learn from others who have set up similar programs before
- Find out what MHA services are already available in the area
- Work with the community (youth, caregivers, workers) to design FNP in Sudbury and Manitoulin



Phase 2: Action & Learning

- Open the new FNP service and study how it is working
- Ask youth and families about their experiences with FNP

Artwork by
Kayode
Akande

Working Together

This project brings together researchers, people with lived experience*, and MHA staff from communities across the Greater Toronto Area and areas of Sudbury and Manitoulin. Many local organizations are helping with this project:



Health Sciences North
Horizon Santé-Nord



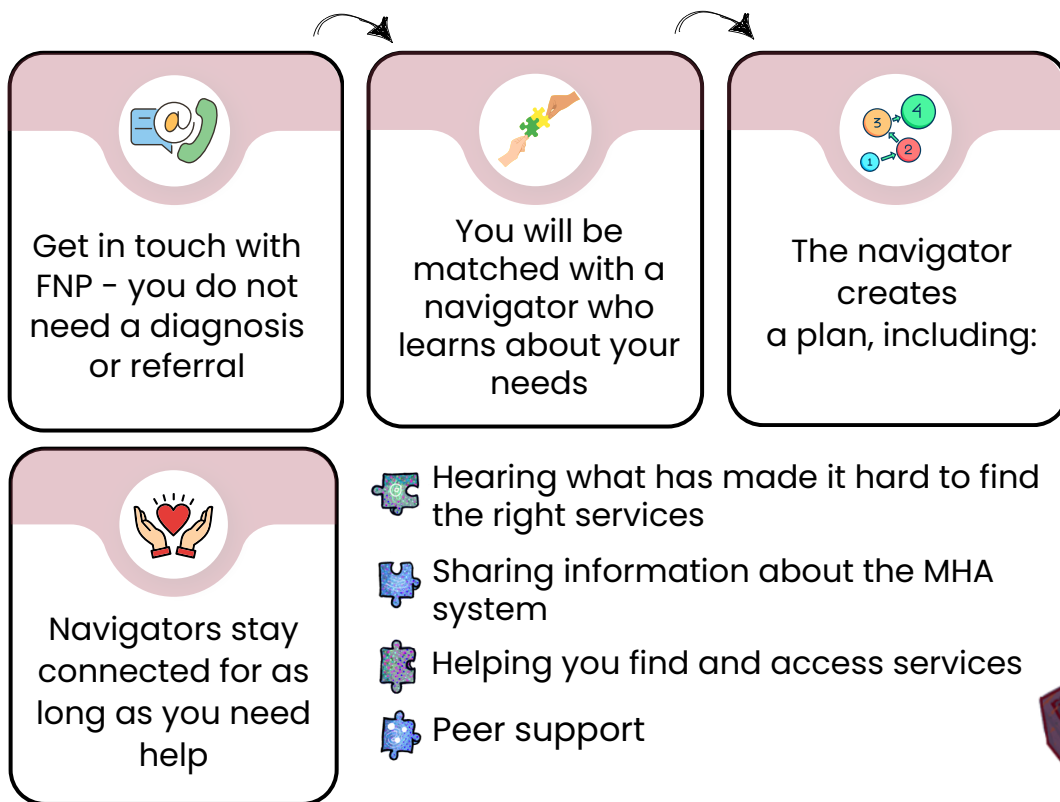
PCMH
Parents & Caregivers for Mental Health

*Persons with lived experience are those who have faced or have knowledge of MHA issues, such as youth and/or their family of choice, like caregivers, siblings, friends, and significant others

About FNP

FNP helps youth **ages 11-29** and their family of choice **connect with MHA services**. It started in 2013 after hearing from caregivers with lived experience. FNP has helped **over 6,000 clients**. FNP is a part of Sunnybrook Health Sciences Centre.

HOW IT WORKS:



To learn more, please contact
fnpresearch@sunnybrook.ca

Thank you to our funders for making this work possible: