

Atlantic Future Project: Mental Health as a Public Good

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Background

This cross-university project, which forms part of a larger cross-border Atlantic Futures Project, is concerned with the development of accessible digital supports and services in promoting youth mental health and wellbeing, especially for young people who are disadvantaged, in partnership with young people themselves. This project constitutes Work Package 4 of the larger project and focuses specifically on innovation in supporting youth mental health and wellbeing and early intervention.

Aims and Objectives

The project aims to develop and test innovative participatory approaches to digital mental health promotion and service development with and for young people. The specific objectives are to:

- Engage young people and on-the-ground mental health professionals to identify the main features of digital mental health interventions to improve the accessibility and efficacy of mental health services.
- Identify sets of appropriate digital mental health applications and identify how they might be used to support mental health services and improve accessibility in the Atlantic area.
- Examine the impact of novel, alternative and community-co-produced ways of delivering mental health promotion and early intervention in community settings.



Methods

The project will develop and use innovative participatory approaches to mental health promotion and service development with and for young people, and will comprise the following activities:

- Literature review: A literature review and scoping exercise of potentially relevant digital approaches supporting either mental health promotion or mental health intervention.
- Digital interventions review: A systematic review and meta-analysis of the efficacy of existing digital interventions in youth mental health.
- Co-production study: A Personal and Public Involvement (PPI) co-production study to identify essential features of digital apps and platforms for the purposes of mental health promotion or intervention.
- Quasi-experimental feasibility study: A pilot feasibility trial of a novel digital app or platform targeting youth mental health promotion or intervention.
- Implementation research study: An implementation study for embedding a digital app or platform in youth mental health services in Atlantic areas.

Findings and Dissemination

Academic and briefing papers will be produced based on the findings of each of the work package activities outlined above.

Patient Public Involvement

This project will be carried out in collaboration with young people in the region and with a range of statutory and non-governmental agencies who support young people's mental health. A co-production study with young people will form a central element of this project.

Knowledge Translation

It is anticipated that the dissemination of the findings will influence the implementation of mental health strategies in both the Republic and Northern Ireland and will support the integration of the digital mental health packages into mental health services in the region.