



Association of Psychology in Newfoundland & Labrador applauds Government announcement that supports access to mental health services for youth and their families

*Re: New partnership aims to reduce wait list for services, March 23, 2015.*

March 26, 2015

Child and youth mental health services are a very significant unmet need in Canada; currently, only 1 in 6 children in Canada who are in need of mental health care are receiving it. The recent announcement that the Department of Health & Community Services will invest \$300,000 in regional health authorities to fund Strongest Families Institute; an e-health solution for mental health, is one step towards addressing the gap in mental health services for Newfoundland and Labrador's youth. The Association of Psychology in Newfoundland & Labrador (APNL) applauds our government for making mental health care more accessible to youth and are looking forward to Psychologists being part of the planning and evaluation of this important project. The program model itself was developed by a Canadian Psychologist and there is ample evidence to support its effectiveness and its ability to drastically reduce waitlist times.

As the largest, regulated, specialized mental health care providers in the country, Psychologists are trained to assess, diagnose, and treat mental health conditions. Additionally, Psychologists are trained experts in the areas of program development and evaluation.

Research has shown that approximately 10% of Strongest Families program participants may require additional support after they complete the program. We anticipate that these families will receive appropriate follow-up as part of the continuum of care for children and youth with mental health concerns in Newfoundland and Labrador. As a result, APNL has been and will be continuing to advocate for ongoing and increased support for child psychology services within our province.

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