

DIVERT

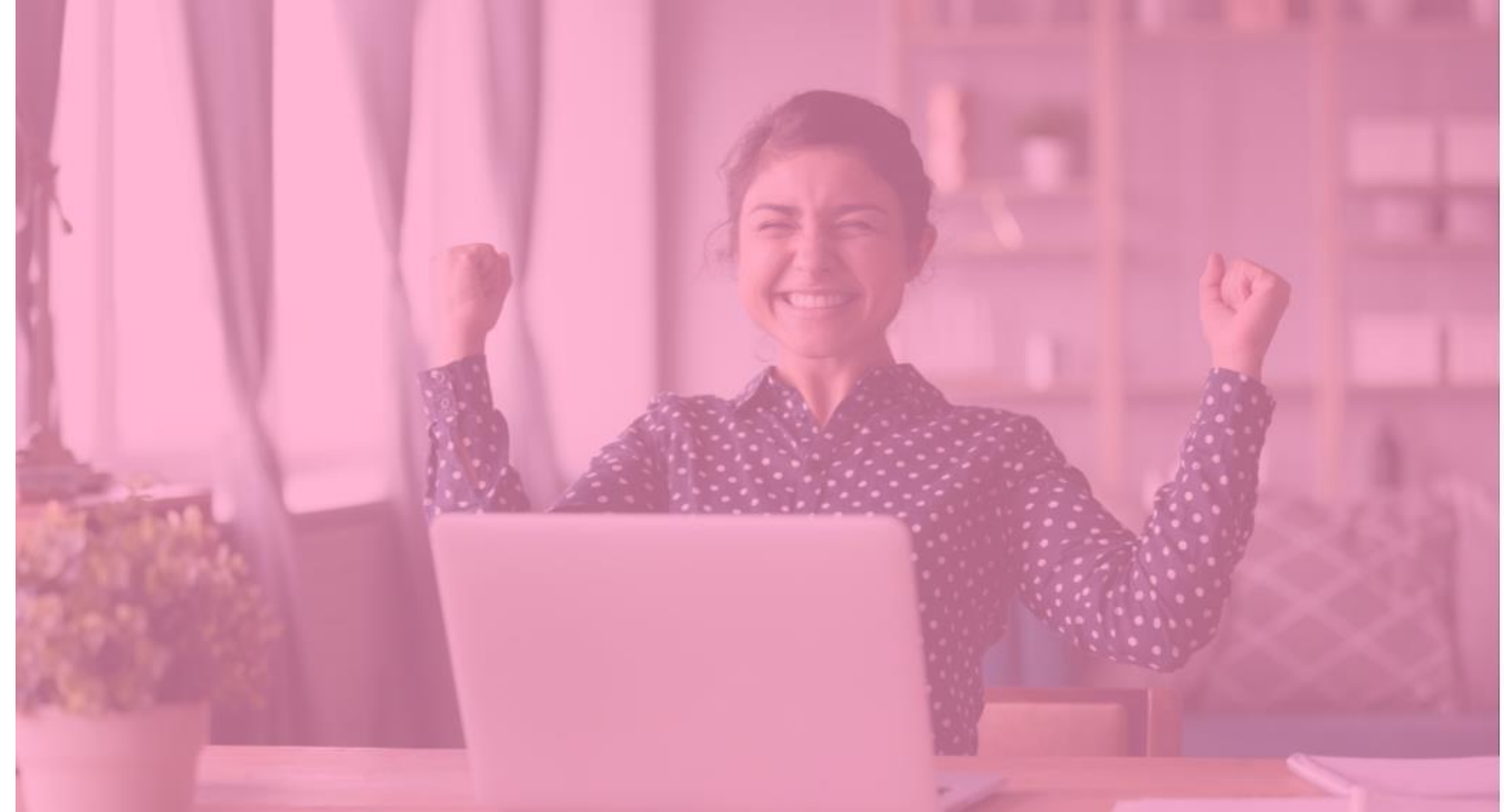
**MENTAL HEALTH
SANTÉ MENTALE**

Disrupting Mental Health Training, Research, and Practice in Canada: Integrating Inclusivity and Technology



Dr. Rebecca Pillai Riddell, C.Psych., FCAHS
Nominated Principal Investigator, DIVERT Mental Health
Tier 1 York Research Chair in Pain and Mental Health
York University, Toronto, Canada

November 14, 2024
Growing Strong Minds Conference



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**MENTAL HEALTH
SANTÉ MENTALE**



CIHR
IRSC
Canadian Institutes of
Health Research
Instituts de recherche
en santé du Canada

Land Acknowledgement/ Reconnaissance territoriale

York University recognizes that many Indigenous Nations have longstanding relationships with the territories upon which York University campuses are located that precede the establishment of York University. York University acknowledges its presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto has been cared for by the Anishinabek Nation, the Haudenosaunee Confederacy, and the Huron-Wendat. It is now home to many First Nation, Inuit and Métis communities. We acknowledge the current treaty holders, the Mississaugas of the Credit First Nation. This territory is subject of the Dish with One Spoon Wampum Belt Covenant, an agreement to peacefully share and care for the Great Lakes region.

L'Université York reconnaît que de nombreuses nations autochtones entretiennent des relations à long terme avec les territoires sur lesquels les campus de l'Université York sont situés, et ce, avant l'établissement de l'Université York. L'Université York reconnaît sa présence sur le territoire traditionnel de nombreuses nations autochtones. La région connue sous le nom de Tkaronto a été prise en charge par la nation Anishinabek, la confédération Haudenosaunee et les Hurons-Wendat. Elle abrite maintenant de nombreuses communautés de Premières nations, d'Inuits et de Métis. Nous reconnaissons les détenteurs actuels du traité, les Mississaugas de la Première nation de Credit. Ce territoire fait l'objet du Pacte de la ceinture de wampum Dish with One Spoon, une entente visant à partager pacifiquement et à prendre soin de la région des Grands Lacs.

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MENTAL HEALTH SANTÉ MENTALE

Digital Inclusive Virtual and Equitable Research Training in Mental Health

SPLITTING YOUR ATTENTION!



JOIN US!!

Sign up as an Associate Fellow

Agenda

1. Provoking you

- **The Need for Disruption**

2. Informing you

- **DIVERT Mental Health**

3. Inciting you

- **Personal Opinions & Shameless Plug**

4. Challenge me

- **Questions**

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**MENTAL HEALTH
SANTÉ MENTALE**

PART 1

provoking you...

Understanding the Need for Disruption in Research and Practice : A Personal Reflection



**Enmeshment as
Pathological**



**Why isn't there
more Diversity in
the Canada
Research Chairs
Program?**

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MENTAL HEALTH
SANTÉ MENTALE

CULTURAL SAFETY IS A PATHETICALLY LOW BAR

CULTURAL INTEGRATION



LEARN



INNOVATE



DISRUPT

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**MENTAL HEALTH
SANTÉ MENTALE**

PART 2

informing you...

Welcome to **DIVERT** Mental Health Bienvenue à **DIVERT** santé mentale

Mission

To create a national community of transdisciplinary mental health researchers and clinicians that will champion an inclusive and accessible mental health care system for children, youth, and families in Canada.

No one organization can do this alone.



What are we?

- An online and in-person bi-lingual learning community and Learning Management System (LMS).
- A pan-Canadian, multi-sectoral, and collaborative collective of learners and educators
- Working to build a curriculum based on the pillars of inclusiveness and accessibility through technology

DIVERT
MENTAL HEALTH

[About Us](#)

[Partnerships](#)

[Become a Member](#)

[Already a Member](#)

[Events](#)

[Contact Us](#)

[FR](#)



DISRUPT

Who are We?

- Canadian Institutes of Health Research (CIHR)
- IBM Canada & the Americas
- 9 Principal Investigators from 6 universities
- 5 Founding NGO partners
 - Strong Minds, Strong Kids, Psychology Canada
 - The Strongest Families Institute
 - 360° Kids
 - Indigenous Friends Association
 - The Knowledge Institute on Child and Youth Mental Health and Addictions
- 22 academic co-investigators across Canada



Rebecca Pillai Riddell,
Psychology,
York University



Patrick McGrath,
Psychology
Dalhousie University,
IWK



Allison Crawford,
Medicine (Psychiatry),
University of Toronto & CAMH



Quỳnh Doan,
Medicine (Pediatric emergency)
University of B-C, BC Children's
Hospital



Ruth Green,
Social Work
York
University



Annette Majnemer,
Rehabilitation
Sciences
McGill University



Amanda Newton,
Nursing
University of
Alberta



Rita Orji,
Computer Sciences
Dalhousie
University



Lori Wozney,
Mental Health &
Addictions

Meet our Co-Investigators - Academic

Rencontrez nos co-chercheurs - Académique



Aislin Mushquash
Psychology
Lakehead University



André Lauzon
Psychology
Acadia University



Cathy MacLean
Medicine
University of Saskatchewan



Cheryl Chow
Psychology
York University



Christopher Mushquash
Psychology
Lakehead University



Geneviève Belleville
Psychology
Université Laval



Graham Reid
Medicine
Western University



Igor Yakovenko
Psychology
Dalhousie University



Janet Curran
Nursing
Dalhousie University



Jennifer Zwicker
Public Policy
University of Calgary



Jill Hatchette
Consulting Scientist (Psychology)
IWK Health Centre



Mario Cappelli
Psychology
CHEO, University of Ottawa



Marlene Moretti
Psychology
Simon Fraser University



Marsha Campbell-Yeo
Nursing
Dalhousie University



Nicole Catherine
Public Policy
Simon Fraser University



Nicole Racine
Psychology
University of Ottawa



Olof Kristjansdottir
Nursing
University of Iceland



Penny Corkum
Psychology
Dalhousie University



Samina Ali
Medicine
University of Alberta



Sandra Meier
Psychology
IWK Health Centre



Shalini Lal
Rehab & Occupational Therapy
University of Montréal

Meet our Co-Investigators - Industry/NGO

Rencontrez nos co-chercheurs - Industrie/ONG



Alejandro M. Banos
Indigenous Friends Association



Anne Lovegrove
Strong Minds Strong Kids
Esprits sains, enfants sains



Clovis Grant
360 Kids



Stephen Timms
IBM Canada



Purnima Sundar
Knowledge Institute on Child and Youth Mental Health and Addictions
Institut du savoir sur la santé mentale et les dépendances chez les enfants et les jeunes



Patricia Lingley-Pottie
Strongest Families Institute
Institut des familles solides



Sean Wagner
IBM Canada

DIVERT's Fellows (Canadian) and Associate Fellows (Global)

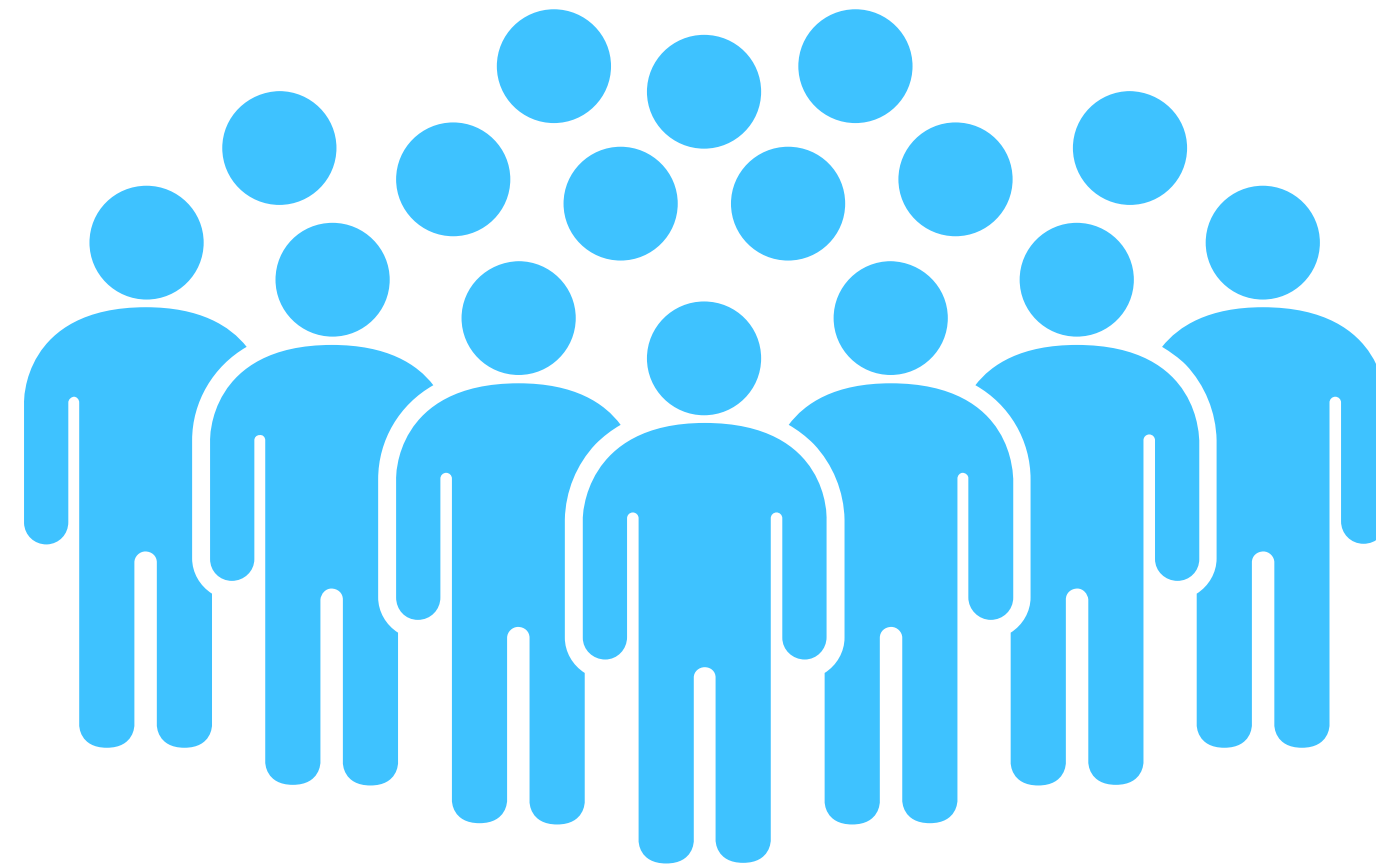
Les membres de DIVERT

Fellow Members
(2023 and 2024 cohorts)

47

Associate Fellow Members
(2022-2024)

641



What do we do?

Experimenting at the Intersection of Inclusivity, Technology in Research and Practice

(Available in French and English!)



ADAPTING AN ONLINE SELF-TREATMENT TARGETING POST-TRAUMATIC STRESS, DEPRESSION AND INSOMNIA FOR UNDERREPRESENTED POPULATIONS: THE EXAMPLE OF RESILIENT

November 28, 2023 12:00
Online Event



HOW TO SPEAK SO SCIENTISTS WILL LISTEN

October 25, 2023 12:00
Online Event



WILL YOUR RESEARCH BE TRANSLATED INTO CARE?

April 3, 2024 12:00
Online Event



UNDERSTANDING AND TREATING COMPLEX RACIAL TRAUMA

February 28, 2024 12:00
Online Event



SUPPORTING YOUTH MENTAL HEALTH IN ARCTIC COMMUNITIES: ASSESSING THE USEFULNESS OF A CULTURALLY FOCUSED CBT E-INTERVENTION

January 25, 2024 12:00
Online Event



DECOLONIZING TRAUMA WORK WITH YOUTH

December 19, 2023 12:00
Online Event

Hosting a National Listening Tour with Youth, Family, and Staff

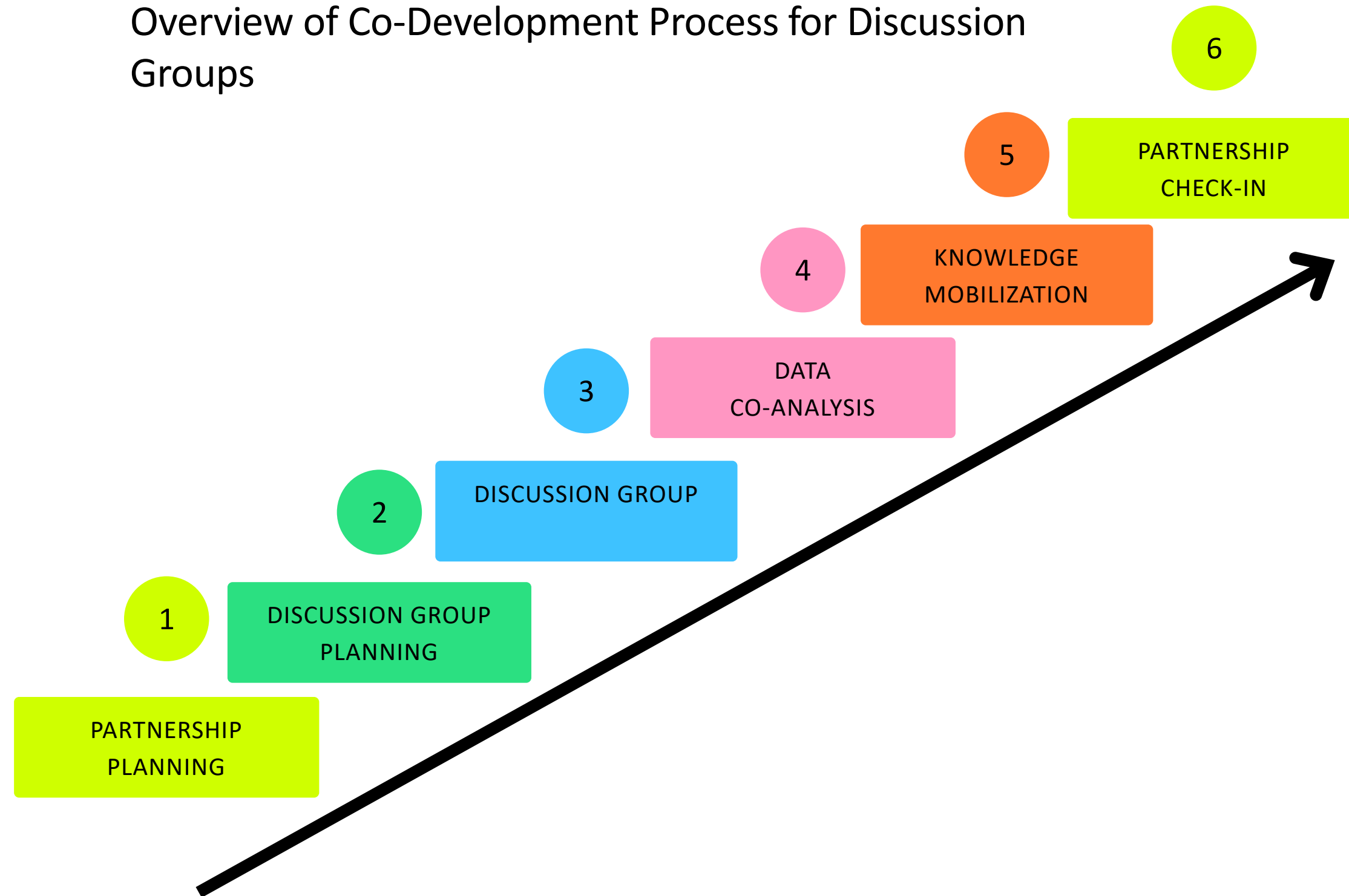
- Goals
 - Partner with organizations who serve children, youth, and families who may identify as marginalized by the mental health system to co-host discussion groups
 - To ground our future curriculum on what is needed by less-privileged communities across Canada.



Our engagement approach

- Complexity of a multi-jurisdictional, multi-organizational methodology – Ethics took over a year to write!
- Logistics Template
 - Organizations tell us who, when, and how
- Provide tangible supports, administrative resources, and compensation to people with lived experience

Overview of Co-Development Process for Discussion Groups



N = 24 Community Discussion Groups
 (Youth, Parents, Frontline Staff)



Completed Discussion Groups

- Inuusiq - Embrace Life Council (Nunavut - Far North)
- Piruqatigiit (Nunavut - Far North)
- Nunavut Arctic College (Nunavut - Far North)
- Choices for Youth (NL – East)
- Eating Disorders Nova Scotia (NS - East)
- AMI-Québec (QC - Central)
- Children's Centre Thunder Bay (ON - Near North)
- Firefly (ON - Near North)
- Dilico Anishinabek Family Care (ON - Near North)
- Family Dynamics (MN- West)




Discussion Groups in Progress


- Saskatchewan Health Authority (SK -West)
- Foundry (BC - West)



What are we hearing...

 **TECHNOLOGY: Questioning Feasibility of Technology for Marginalized Communities**

- Overcrowding
- Internet Access
- Device Access/Safety
- Online Fatigue Post-pandemic
- Wanting choice

 **INCLUSIVITY: Lack of Lived Experience of Health Professionals**

- Credentials as a liability
- Incredulous ignorance
- “Sameness” is not as important as lived experience



IBM Partnership and Introduction to IBM SkillsBuild

- Mental health training programs have overflowing curriculums
- Mental health faculty are not computer scientists
- How do we train non-computer scientists efficiently?
- Enter IBM Skills Build
 - Piloting content right now with 25 brave DIVERT Fellows and Associate Fellows!



IBM SkillsBuild

DIVERT Learning Pathway through IBM SkillsBuild

IBM SkillsBuild Recommendations Progress Team Search Help CE

Learning Plan
DIVERT - Explore Technology! Share

Weeks

- Emerging Technology and Ways of Working (Agile and Design Thinking) 0 of 3 complete
- Artificial Intelligence and Big Data 0 of 6 complete
- Cybersecurity 0 of 3 complete
- Technology Tools and Information Technology (IT) Support 0 of 7 complete

Emerging Technology and Ways of Working (Agile and Design Thinking methodologies)

Complete 3 required

About this section

Look at this section to get foundational knowledge in new technology topics and methodologies that can be applied to both technology AND non-technology projects. This wording can also be adjusted (including the section titles).

<p>What is the Internet of Things? 10 mins 25,120 337 Optional</p>	<p>What is blockchain? 35 mins 23,847 335 Optional</p>	<p>How is blockchain used? 35 mins 23,736 297 Optional</p>
<p>Agile Explorer - Powered by Agile at I... Hours 8,086 343</p>	<p>Enterprise Design Thinking Practitioner... 2 hrs 74,220 417</p>	<p>Enterprise Design Thinking Co-Creator... 3 hrs 52,008 310</p>

Course Options - Cluster 1

Option 1 - Emerging Technology and Ways of Working	<ol style="list-style-type: none">1.What is the Internet of Things?2.What is blockchain?3.How is blockchain used?4.Enterprise Design Thinking Practitioner5.Enterprise Desing Thinking Co-Creator
Option 2 - Artificial Intelligence	<ol style="list-style-type: none">1.Artificial Intelligence in Practice2.Introduction to Generative AI3.What is artificial intelligence?4.Machine Learning and Deep Learning5.AI Ethics
Option 3 - Technology Tools	<ol style="list-style-type: none">1.What is cloud computing?2.How is cloud computing used?3.Build Your Own Chatbot?4.Mastering the Art of Prompting5.Computer Basics6.Computer Networking Basics: How Computers Communicate

Course Options - Cluster 2

Think of your ranking now!

Option 1 - Big Data 101	<ol style="list-style-type: none">1.What is Big Data?2.Beyond the hype3.Big Data and data science4.Big data use cases5.Processing Big Data
Option 2 - Cybersecurity	<ol style="list-style-type: none">1.What is cybersecurity?2.How is cybersecurity used?3.Security Basics

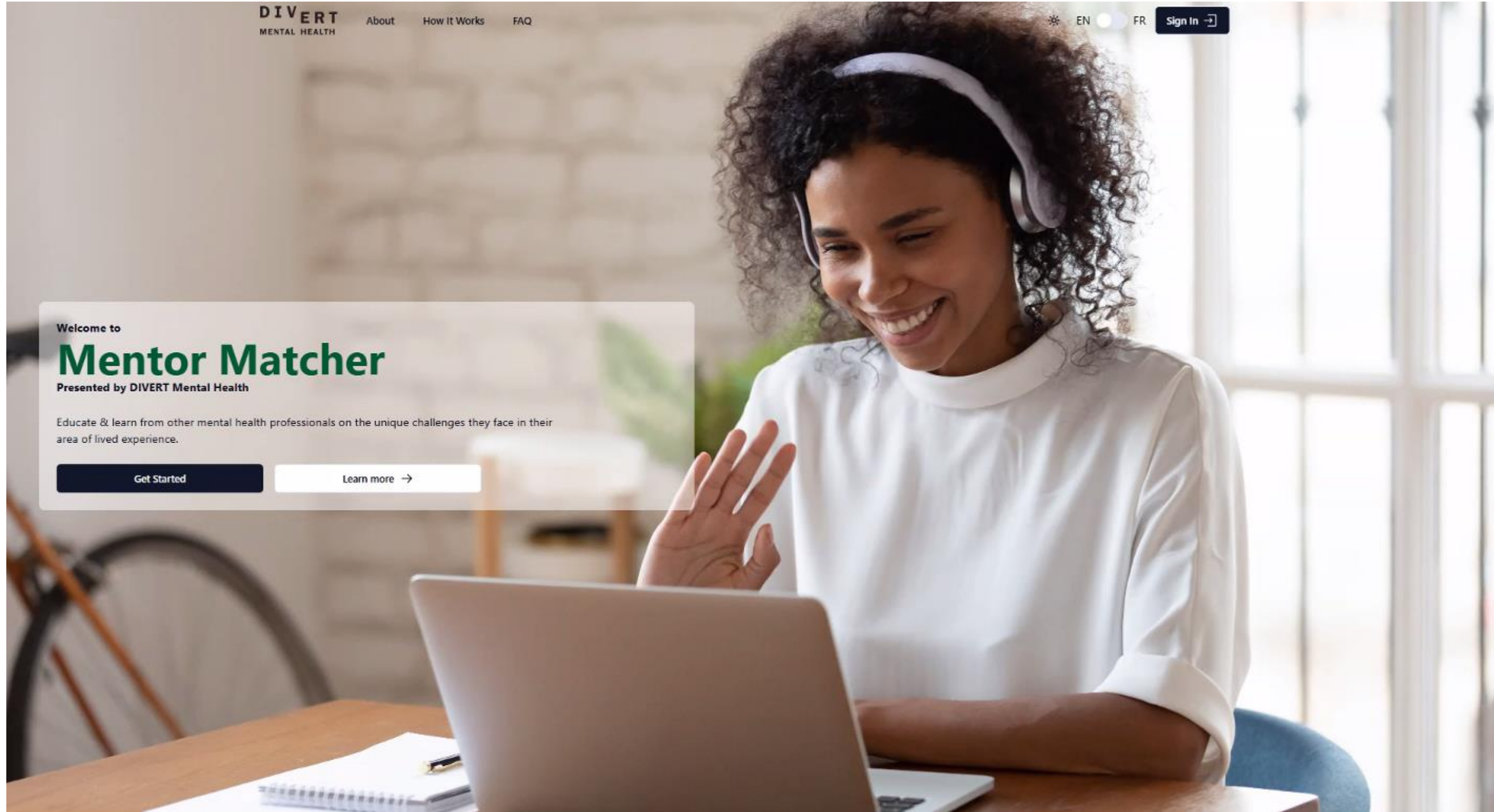
Harnessing Technology to Improve Mentorship for Diverse Trainees

Mental health faculty within universities do not represent the diverse lived experiences of the trainees coming into the training pathway.

Need more safe spaces, particularly outside one's training program

- **A mentorship app that asks mentees about 11 areas of 'lived experience' or expertise**
- **Algorithm is matching with intersectionality in mind of 3 broad areas and specifics when possible**
- **Creating small groups to touch base to talk about issues they are facing to get both mentor and peer mentor advice**
- **Pilot launched Last week**

Screenshot from a Mentees Perspective



Screenshot from a Mentees Perspective

Suggested Mentors



Rebecca Pillai Riddell

Broad Criteria: **Discipline -> Psychology** **Racialized? -> Yes** **Female? -> Yes**

Specific Criteria: **Race -> South Asian**

Dr. Rebecca Pillai Riddell is the Nominated Principal Investigator for DIVERT Mental Health, a Full Professor of Psychology at York University, Tier 1 York Research Chair in Pain and Mental Health, and Honorary Professor at University College London (UK). Her innovative program of research has provi...

[Read more](#)



Lori Wozney

Broad Criteria: **Discipline -> Psychology** **Racialized? -> Yes** **Female? -> Yes**

Specific Criteria: **Race -> South Asian**

Dr. Lori Wozney is the Scientific Lead in Mental Health and Addictions at IWK Health and co-lead for multiple national and international digital health research initiatives. As an embedded multidisciplinary scientist within the health system she aims to re-think legacy approaches to health service p...

[Read more](#)



Patrick McGrath

Broad Criteria: **Discipline -> Psychology** **Racialized? -> Yes** **Female? -> Yes**

Specific Criteria: **Race -> South Asian**

A clinical psychologist with experience in research, senior administration and teaching. I have a large research program using randomized trials to evaluate digital health interventions in children and adults. Current trials include: prevention of cancer; PTSD treatment; Health Anxiety treatment; su...

[Read more](#)



Rita Orji

Broad Criteria: **Discipline -> Psychology** **Racialized? -> Yes** **Female? -> Yes**

Specific Criteria: **Race -> South Asian**

Dr. Rita Orji is a Canada Research Chair, Director of the Persuasive Computing Lab and an I Professor at the faculty of Computer Science, Dalhousie University. Her research is the area of Human-Computer Interaction, with a major focus on Persuasive and Behaviour Change



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LEARN | INNOVATE | DISRUPT
APPRENDRE | INNOVER | DÉRANGER

divert@yorku.ca

www.divertmentalhealth.ca

[@DIVERT_mhsm](https://twitter.com/DIVERT_mhsm)

Attention industry, not-for-profit organizations, and academic trainees/supervisors who want to build cross-sector relationships!!



[Who We Are](#) ▾

[Who We Serve](#) ▾

[Services](#) ▾

[Programs](#) ▾

[Impact](#) ▾



Bringing Innovation Into Reach

As Canada's leading innovation organization, we connect businesses and researchers. We provide the resources needed to drive competitiveness and productivity in sectors such as digital technology, AI, energy, sustainable solutions, and advanced manufacturing.

Make Innovation Possible



About the Mitacs program and DIVERT's goal

Mitacs offers funding for internships where students and postdocs apply their academic skills to solve real-world problems.

DIVERT's goal:

- To inspire industry-academic partnerships on Canadian projects that focus on using technology with traditionally marginalized populations in child and youth mental health.

Successful Mitacs applicants who are part of DIVERT can receive a one-time stipend of \$2,500!



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PART 3
inciting you...

Turn the Focus on You

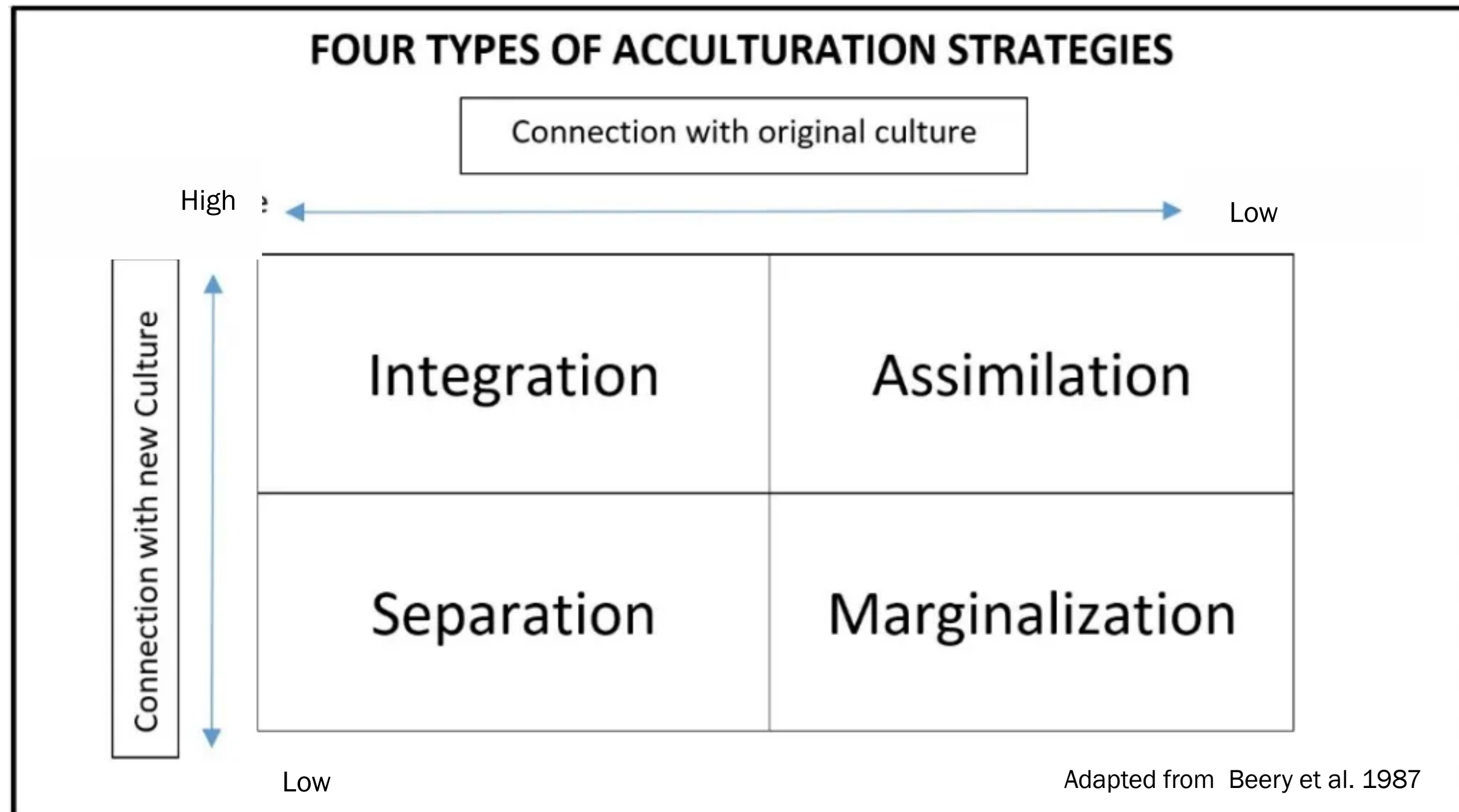
Know your own lens and how others may see you

- Individualistic versus Collectivist?
- Western Knowledge Systems?
- Parenting versus Adulting?
- Urban versus Rural?
- Privileges?
- Disadvantages?
- Power in the system?



To truly value diversity, you must live diversely

ACCULTURATION



KNOWING SOMEONE'S IDENTITIES WITHOUT KNOWING HOW MUCH THEY IDENTIFY CAN BE LESS THAN USELESS!!!

Genuine research relationships with communities and individuals take time

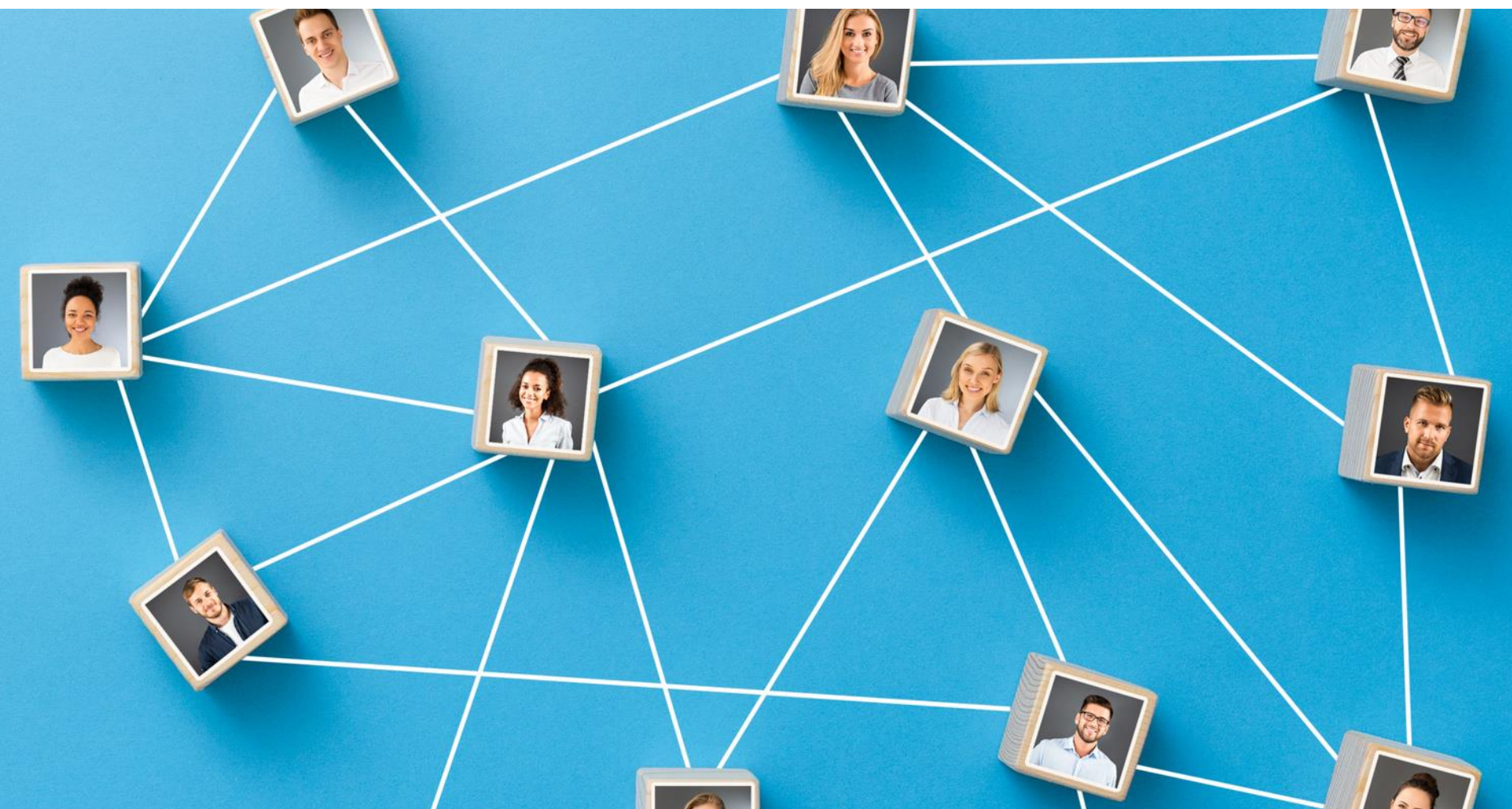
The insult of the last-minute ask

Earn that trust by genuinely engaging for mutual beneficence

Keep broadening and deepening your understanding

TRUST TAKES

TIME AND EFFORT



Shameless Plug for Further EDI Learning in Research Adjudication



**HOW TO ADJUDICATE
RESEARCHERS
INCLUSIVELY**

Part 4

Challenge me...

- **Questions?**

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JOIN US!!
Apply to be a Fellow
(Graduate Students, Postdocs, ECRs)

Thank you!
Questions?

Send an email to DIVERT's Program Manager,
Mary-Jo Daher (ENG/FR) divert@yorku.ca



JOIN US!!
Sign up as an Associate Fellow