

# CAMH RESEARCH STUDY OPPORTUNITY

## WHAT MORE CAN WE DO FOR

APPROVED  
CAMH REB

## YOUTH WITH DEPRESSION?

We are looking for participants to take part in this research study! The following outlines an optional research opportunity for Foundry centre staff to take part in.

### Have you ever been in this situation?

You just wrapped up the weekly intake meeting with your team. There are several new referrals for youth with depression. You are struggling to meet the needs of youth, who are currently assigned to clinicians. You are feeling overwhelmed and wonder "Is there more that can be done?"

**If the answer is YES, then we can help!**

### What is CARIBOU by CAMH?

- ➔ A **multidisciplinary care plan** that is **evidence-based** and was created for treating youth (13-18 yrs) with depression.
- ➔ It uses **measurement-based care** to provide youth with detailed feedback on their progress. This **allows youth to make important treatment decisions with their care providers**.
- ➔ A pilot study has shown that it is **user-friendly, feasible**, and associated with **improved outcomes**.

Care for  
Adolescents who  
Receive  
Information  
'Bout  
Outcomes

### What does CARIBOU by CAMH look like for youth?



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# Here's what a community health services provider has to say...

*"CARIBOU by CAMH ensures collaborative, streamlined, and excellent care for youth struggling with depression, and their families. This easy-to-use pathway enhances service provision through its evidence-based programming, depression assessment tool, and engaging educational videos and handouts."*

-Michelle Vennard  
Director of Services,  
New Path Youth and Family  
Services, Barrie, ON

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## What are we asking?

We are hoping to better understand the needs of the youth you serve. As a first step, agencies will receive extensive detailed information about CARIBOU by CAMH. We will conduct an organization-wide meeting to explore receptiveness to deliver CARIBOU by CAMH. Questions about need, fit, and capacity will be covered during 2 virtual discussion meetings, which typically last 1.5 hours each. If you treat a high volume of youth with depression, this is the perfect opportunity to see what else can be done to help youth with depression. There is no expectation to implement CARIBOU by CAMH.

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## What are the benefits to CARIBOU by CAMH?



**FRAMEWORK FOR  
ONGOING CLINICAL  
EVALUATION**



**STRENGTHEN  
TREATMENT**



**ACCESS TO  
NEW CLINICAL  
RESOURCES**



**FREE PROFESSIONAL  
DEVELOPMENT  
OPPORTUNITY**



**ACCESS TO SUPPORT OF  
COMMUNITY  
OF PRACTICE**



**LASTING  
CHANGE**

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## Who are we?

We are a team of clinicians, implementation specialists and researchers at the Cundill Centre for Child and Youth Depression at CAMH who are interested in exploring the benefits of implementing **CARIBOU by CAMH**—with the goal of improving care for youth with depression.

**Together we can do more.**

## HAVE QUESTIONS?



Contact the CARIBOU by CAMH team via email at [caribou2.study@camh.ca](mailto:caribou2.study@camh.ca)

The security of information sent by email cannot be guaranteed. Please do not communicate personal sensitive information by email. For information about programs and services at CAMH, please visit [www.camh.ca](http://www.camh.ca) or call 416-535-8501 (or 1-800-463-6273).

**Dr. Skye Barbic, local Principal Investigator and Associate Professor at the University of British Columbia, is also available to connect with for any questions about the CARIBOU study at [skye.barbic@ubc.ca](mailto:skye.barbic@ubc.ca) or at +1 778-846-6134.**

**We look forward to hearing from you!**



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