

## Mental Health and Society

April 28, 2023

1:00-2:00pm

Zoom

### **Stepped Care Models in Youth Mental Health: Promise, Challenges and Opportunities**

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Stepped care models in mental health have recently emerged as a way to organize services. In these models, less invasive interventions can be offered to people with less intense needs, while more invasive or risky treatments should be provided to those who have more complex, severe or persistent conditions. From the perspective of patients, services can be "stepped" up or down based on their individual needs and preferences. In this way, stepped care integrates a range of community-based treatments to create a full continuum of accessible services and supports. However, stepped care models vary widely in terms of the total number of steps, clinician involvement, what is offered in specific steps, and more. This presentation and the ensuing discussion will offer an initial orientation to stepped care approaches in youth settings, as well as their putative strengths, weaknesses, and current opportunities and challenges to their implementation.

**Zoom Meeting ID: 852 3289 4680**

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Please join us with your great ideas and thoughts on this topic!