

You can support DMRF's Spring Molly Appeal for 2022, which is helping children and young people who deserve to have good mental health.

SPRING MOLLY 2022

Research in Adolescent Mental Health

Maritimers are making a difference in the lives of children and youth who are seeking the most effective ways to engage mental health services, by supporting a ground-breaking research project through DMRF's spring Molly Appeal. While the COVID-19 pandemic accelerated and supported opportunities for health care providers to effectively employ virtual health services, not everyone has benefited fully from these virtual treatment options. This spring's DMRF Molly Appeal is raising funds to support the development of a critical evidence-based mental health research framework and tool that will provide the easiest access and the best possible individualized care to young people struggling with their mental health.

"Imagine a young person, desperate for connection and help for their anxiety or depression, yet they don't have access to high-speed internet, or they don't have a private space in their homes in which to speak openly with a health care provider; those are the instances where we're seeing significant gaps in the effectiveness of virtual care," explains Dr. Leslie Anne Campbell, Dalhousie University researcher and the Sobey Family Chair in Child & Adolescent Mental Health Outcomes. "Conversely, perhaps it's not possible for a child or youth to meet in person, either logistically or because their comfort levels won't yet allow for that face-to-face connection. The development and testing of this evidence-based tool will allow us to efficiently and effectively determine the path to follow when offering mental health avenues for young people. I think we can all agree that time is of the essence when treating child and youth mental health concerns."

By donating to the spring Molly Appeal, Maritimers can support mental health research for children and youth right here at home. Donations to DMRF's spring Molly Appeal will help expedite the creation and testing of this tool that is poised to make a difference in the lives of the many young people who are struggling with their mental health. Good health is the foundation of a good life, and by focusing on youth health, we can ensure a healthier future for all.



To make a donation to Dalhousie Medical Research Foundation's Molly Appeal in support child and youth mental health research and development, please visit:

mollyappeal.ca



ABOUT THE RESEARCHER

Research in Adolescent Mental Health



Dr. Leslie Anne Campbell is the Sobey Family Chair in Child & Adolescent Mental Health Services, and the lead researcher for Mental Health Services Research for Children & Youth Mental Health. Dr. Campbell is in pursuit of health care solutions that provide the easiest access and the best care to young people struggling with their mental health. As a member of the Faculty of Health and Medicine at Dalhousie University and having begun her health care career as a public health nurse, Dr. Campbell has found herself face to face with the complications of managing mental health amongst our younger population. So, she decided to address it.

Dr. Campbell's research focuses on examining the functions of the current health care system to ensure that the right systems are in place, and to evaluate if those systems are functioning at their full capacity. The COVID-19 pandemic has led to many shifts in the way healthcare services are offered, including the ways in which we are providing virtual care.

“We can only treat those that we can get in the door, and sometimes that door is exclusively virtual”

Dr. Leslie Anne Campbell