



# IAYMH 2025 VANCOUVER

19th-21st March  
7th International Conference

## TURNING THE TIDE:

Creating a global blueprint  
for prevention and integrated  
care in Youth Mental Health

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The seventh International Conference on Youth Mental Health will be held in Vancouver which is located within the shared, unceded, ancestral territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səliwətał (Tsleil-Waututh) Nations. We respect the land and honour this tradition of land acknowledgement that dates back centuries for Indigenous people. We thank those Indigenous people who still live on and care for these lands.

## IAYMH 2025 PRE-CONFERENCE WORKSHOPS

English below

### **ATELIER 1 : Les services d'intervention précoce en santé mentale pour les jeunes dans la francophonie : état des lieux des besoins, défis et modèles de soins**

Dans cet atelier, des présentateurs de la francophonie offriront un portrait de l'intervention précoce en santé mentale pour les jeunes de leur pays/région. Chaque présentation exposera les besoins répondus et ceux encore à combler dans des territoires de la francophonie, ainsi que les modèles de soins privilégiés et les défis à l'implantation. Les présentateurs aborderont les changements apportés par leur modèle de soins au regard des services en place précédemment. Les principales composantes de l'intervention précoce en santé mentale des jeunes (co-construction des services avec jeunes et familles, pair-aidance, outreach, utilisation des technologies, réponses rapides aux requêtes, approches adaptés aux jeunes, etc.) et les adaptations locales seront abordées. L'atelier interactif sera une occasion de réseautage et permettra aux participants d'échanger sur les différents modèles de soins, les défis d'implantation et les expériences communes, et permettra d'accélérer la réflexion commune autour des services de santé mentale dans les régions francophones du monde.

Français ci-dessus

### **WORKSHOP 1: Early intervention mental health services for young people in the French-speaking world: needs, challenges and models of care (FRENCH LANGUAGE WORKSHOP)**

In this workshop, presenters from the Francophone world will offer a portrait of early intervention mental health services for young people in their country/region. Each presentation will outline the needs met and those yet to be met in their territories, as well as preferred models of care and implementation challenges. Presenters will discuss the changes their model of care has brought to previously existing services. The main components of early intervention in youth mental health (co-construction of services with young people and families, peer support, outreach, use of technology, rapid response to requests, youth-friendly approaches, etc.) and local adaptations will be discussed. The

interactive workshop will provide a networking opportunity for participants to exchange views on different models of care, implementation challenges and common experiences, and will accelerate joint thinking around mental health services in French-speaking regions of the world.

### **WORKSHOP 2: Cultural Competency and Inclusivity in Mental Health Care and How does Power Manifest: Cultural Backgrounds**

The history of mental health care has derived from research that has overwhelmingly been developed in Anglo/European cultural contexts. As a consequence, many approaches in mental health do not consider cultural elements to mental health presentations, or cultural needs in care. This workshop will explore how services can address their cultural blind spots and create a safer and more inclusive approach to the provision of mental health care.

### **WORKSHOP 3: Indigenous Workshop**

Further information to follow.

### **WORKSHOP 4: Global Improvements: How to Adapt Global Policies to Local Communities**

There are a plethora of international and national policy documents pertaining to the mental health of young people all around the world. But how are these high level documents translated into meaningful programs on the ground? And how can you work in your community to effect such translation? This workshop will offer perspectives on integrating mental health care into primary health care systems, crucial for low and middle-income countries.

### **WORKSHOP 5: Substance Use and The Drug Toxicity Crisis**

This workshop is designed to tackle the pressing issue of substance use and the overdose crisis among youth. Participants will explore the complex factors contributing to substance use, including mental health challenges, social pressures, and the ongoing impact of the pandemic. Through evidence-based discussions, case studies, and practical tools, the workshop will equip attendees with the knowledge and strategies needed to address this crisis effectively.

Key topics will include early intervention, harm reduction, and the role of community and policy in supporting youth. The workshop will also emphasize the importance of youth engagement, ensuring that young people are not just participants but active shapers of the solutions that impact their lives. Attendees will leave with actionable insights and a deeper understanding of how to create safer environments for youth, both locally and beyond.

### **WORKSHOP 6: Social Media**

Social media is the root of all the problems young people face today. Or so you might think reading some of the media around the issue of youth mental health and social media right now. But what is really going on? Billions of young people use social media which is a relatively new technology, and in many places there has been a simultaneous rise in youth mental health problems. But is the relationship so simple? And does it run only in one direction? In this workshop participants will hear from young people, industry leaders, researchers and others and will work together to produce a better understanding of the risks, benefits and healthy ways to use social media.

### **WORKSHOP 7: Innovation in Mental Health**

This workshop will offer a deep dive into innovative approaches and novel solutions to youth mental health. Workshop participants will listen to experts who brought about new mental health models and innovative solutions to mental health services across diverse contexts. Participants will also get the chance to engage in discussions about new ways of tackling stigma, improve services and services access, and raise awareness of mental health across different sectors and countries.

### **WORKSHOP 8: Climate Change and Mental Health**

This workshop will explore the intersection of climate change and mental health, focusing on how environmental changes impact psychological well-being and resilience. Participants will engage with discussions on the mental health effects of climate anxiety, stress, and trauma caused by climate-related events. The session will provide insights into strategies for building mental resilience and adaptive capacities in the face of a changing climate.

## **WORKSHOP 9: Peer Support and Lived Experience**

This workshop will delve into the crucial role of peer support and dedicated lived experience roles in youth mental health care, highlighting how personal experiences can inform and enhance support systems. Attendees will learn about different peer support models, the benefits and challenges of integrating lived experience roles in mental health services, and strategies for effectively supporting the lived experience workforce. Through interactive discussions and practical examples, the session will emphasize the importance of shared personal and professional experiences, and collaboration between lived experience workers and their allies in promoting mental health recovery and support.