

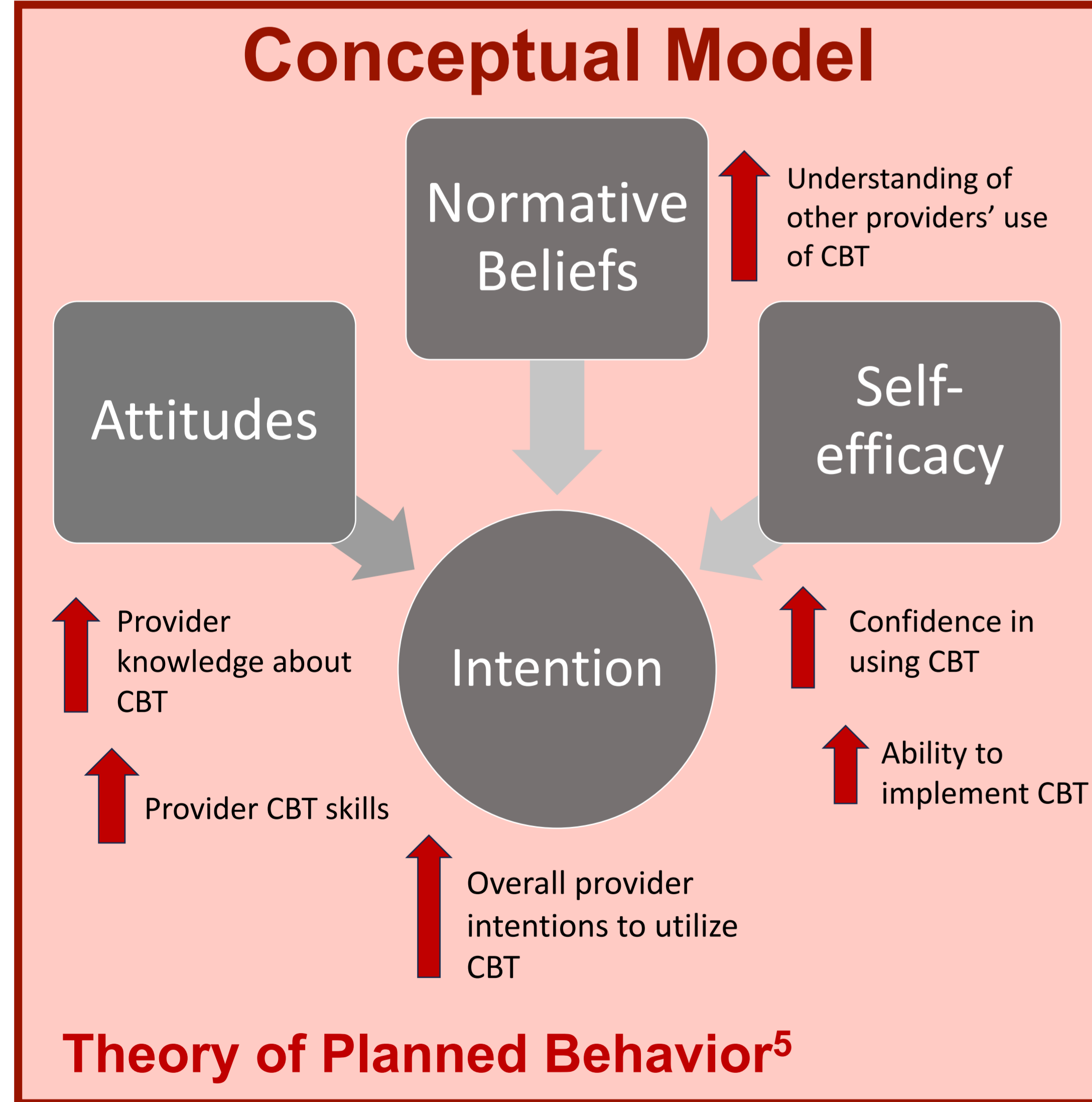
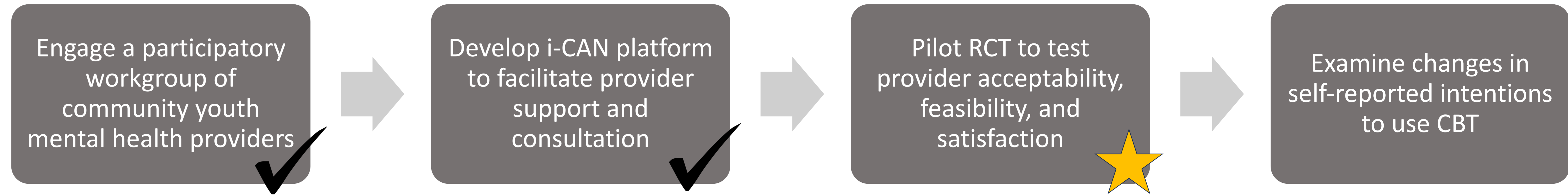
Use of a community-based participatory research approach to develop an internet-based consultation and networking platform (i-CAN) for increasing use of CBT among youth mental health providers



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Background

- Anxiety is one of the most common mental health problems, affecting 32% of youth^{1,2}.
- Cognitive-Behavioral Therapy (CBT) has the strongest evidence base for treating youth anxiety, yet it is not consistently implemented, even by trained providers³.
- Provider-level obstacles to uptake and sustained use of evidence-based intervention (i.e., CBT) include insufficient knowledge, skills, and limited access to ongoing support and consultation.
- Consultation facilitates uptake, but clinicians in smaller practices, or serving multiple entities, or in rural areas may have limited access to consultation resources⁴.
- The goal of i-CAN is to increase community providers' use of CBT for youth anxiety via (1) remote peer engagement, (2) consultation, and (3) enhanced resource access.



Participatory Workgroup

10 weeks

- Interactive Workshop #1
- Interactive Workshop #2
- Interactive Workshop #3

- Contributed to format, content, and user interface
- Interacted with beta version of i-CAN across 6 weeks
- Input integrated within real-time
- Advised research team on development of primary outcome measure for the RCT

N=11 Targeted end-users
Community mental health providers

multiple disciplines

- Counseling
- Social Work
- School Psychology

variety of settings

- Schools
- Community Agencies
- Private Practice

The i-CAN Platform

- 1) ASK QUESTIONS!**
We are all here to help each other, and there are NO dumb questions.
- 2) SEEK HELP ABOUT A DIFFICULT CASE**
Post in the channels about any cases that currently have you stumped, to solicit feedback or ideas from your peers.
- 3) SHARE RESOURCES**
• Share helpful resources that you have used
• Looking for helpful resources on a particular topic? Maybe others can help!
- 4) HELP YOUR PEER CLINICIANS**
Reply or react to other participants' posts! Help answer questions & provide feedback where you have helpful expertise!
- 5) ACCESS THE RESOURCE HUB**
The "Resource Hub" Channel provides a catalog of assessment measures, research articles, and additional CBT resources
- 6) USE THE "SEARCH" FEATURE**
Search prior posts/threads for specific topics or key words that you are curious about!
- 7) PRIVATE MESSAGE THE NAVIGATOR**
Contact the navigator for 1:1 consultation help or any individualized questions!

References

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Peer Navigator Approach

- Uses a peer-navigator approach⁶ = initially utilized to facilitate access to care among women with breast cancer.
- Adapted for the provider-level, where key strategies (i.e., consultation, sharing resources) is applied by peer providers.

Research to Practice

- Leverages readily available, commercially available products (i.e., Slack, Github).
- Easily customizable to fit the ever-evolving research base.
- Reduces technological barriers to future replicability.
- Easily scalable for other areas and hosts.

Randomized Controlled Trial (RCT)

The RCT is ongoing now with a target enrollment of 100 community providers from across the state of Alabama

N = 75 enrolled

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