



Canadian Mental
Health Association
Newfoundland-Labrador
Mental health for all

CALL FOR PARTICIPANTS IN NL MENTAL HEALTH AND ADDICTIONS STUDY

Researchers are seeking adult participants who can share their experience(s) navigating and using mental health and/or addictions services in Newfoundland and Labrador.

ABOUT THE STUDY

This study will help advance CMHA-NL's Public Reporting Project with data-driven and evidence-based research. The purpose is to identify gaps in mental health and addictions services, opportunities for improvements, highlight beneficial services, and act as a public voice to support positive change in the Newfoundland and Labrador mental health and addictions system.

WHO CAN PARTICIPATE?

CMHA-NL is seeking participants who:

- 1) identify as persons with lived experience with mental health challenges and/or mental illness and/or addictions,
- 2) have used or navigated mental health/addictions services in Newfoundland and Labrador, and
- 3) are 18 years of age or older.

WHY PARTICIPATE?

By participating in this study, you will help CMHA-NL identify gaps in mental health and addictions services, opportunities for improvements, and highlight beneficial services. Your participation can help support positive change in NL's mental health and addictions system. Participants will be paid \$25.00 on completion of the study.

WHAT WILL PARTICIPATION LOOK LIKE?

Participation in this voluntary study will involve an interview of approximately 60-90 minutes. Interviews will be conducted using encrypted video technology (Zoom) or by telephone at a mutually-determined time between the interviewer and the participant in June 2020.

The interview will allow participants to share their story about their own lived experience navigating and using mental health and/or addictions services in NL. Participants will remain anonymous in the report publication resulting from this study unless consent is signed. The data collected through this study will be kept for a period of five (5) years in CMHA-NL's secure records.

HOW TO APPLY

To submit your interest in participating in this study, please contact Bailey Reid, CMHA-NL Central Regional Coordinator, by telephone at 709-683-1848 or by email at breid@cmhanl.ca.



Canadian Mental
Health Association
Newfoundland-Labrador
Mental health for all

DO YOU HAVE QUESTIONS OR NEED MORE INFORMATION?

For all questions, or if you would like additional information to assist you in reaching a decision about participation, please contact Bailey Reid, CMHA-NL Central Regional Coordinator, by telephone at 709-683-1848 or by email at breid@cmhanl.ca.

ABOUT US

The Canadian Mental Health Association, Newfoundland and Labrador Division (CMHA-NL), is a provincial division of CMHA—the nation-wide leader and champion for mental health. Our mission is to facilitate access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

PLEASE NOTE

- Interviewers cannot give medical advice to study participants.
- If you have specific questions regarding your health care, please contact your family physician or call 811.
- We regret that not everyone screened for this study will be eligible to participate.
- Only those participants who complete their scheduled interview are eligible to receive compensation.
- For more information about resources and services for mental illness or addiction offered in NL, please visit <http://cmhanl.ca/> or call 1-877-753-8550.

STUDY DETAILS

Title: Narrating and Navigating: Your Lived Experience Using Mental Health and Addictions Services in Newfoundland and Labrador

What is the purpose of the study?

The purpose of this study is to advance CMHA-NL's Public Reporting Project with data-driven and evidence-based research; identify gaps, opportunities for improvements, and highlight beneficial services in mental health and addictions services in NL; gain an understanding of accessibility, quality of care, and responsiveness to need; and act as a public voice to support positive change in the Newfoundland and Labrador mental health care and addictions system.

Who is needed?

Individuals with: Lived experience using/navigating the mental health and/or addictions system in Newfoundland and Labrador.

Age range: 18 years and older.

Gender: All

Ethnicity: All

What does the study involve?

Number of contacts: One (single interview completed over encrypted video or by telephone).

Time period: Once.

Length of contact(s): 60-90 minutes.

Treatment offered: No.

Location: Online (Zoom video conferencing) or by telephone.

Compensation: \$25.00

Principal Investigator(s): Bailey Reid, Fiona Wilson

Phone: 709-683-1848

E-mail: breid@cmhanl.ca

Study end date: June 30, 2020

Keywords: Mental Health, Mental Illness, Addictions, Health Care, Newfoundland and Labrador, Storytelling, Lived Experience, Social Determinants of Health, Community Care, Patient Oriented Research, Self-rated

Study Area: Mental Health and Addictions