



**CALL FOR PROPOSALS**  
**FOR**  
**Child/Youth e-Mental Health Impact Grant /**  
***Subvention pour les nouvelles technologies en santé mentale***  
***pour enfants et jeunes***

Mental illness affects 1.2 million children and youth in Canada. Recent statistics show that in Ontario, **1 in 5 children and youth** will experience some form of diagnosed mental health problem; **5 out of 6 of these children and youth** will not receive the treatment they need.<sup>1</sup> Equally troubling is the fact that these numbers don't capture a significant group of children and youth who "fly under the radar" of diagnosis or detection. At this critical development time, a lack of appropriate, timely supports for all these children and youth can impact their future success in school, personal relationships and career choices.<sup>2</sup>

Mental Health Research Canada (MHRC) and the Ontario Centre of Excellence for Child and Youth Mental Health (the Centre) are partnering on **three (3) grants of up to \$100,000 each** to advance evidence-based, innovative digital solutions to impact the mental health of children and youth in Ontario – and ideally beyond.

Examples of possible areas of research focus include (but are not limited to) how innovative technologies can be used to influence:

- mobile access to mental health supports;
- patterns of service use in child and youth mental health;
- methods of delivery and the impact of youth and family engagement;
- early detection of mental health disorders in children and youth;
- youth life promotion and/or suicide prevention, intervention and postvention (particularly in Indigenous communities);
- the delivery and support for school-based mental health initiatives; and
- peer-support programs.

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<sup>1</sup> Flett, G.L., Hewitt, P.L., Nepon, T., & Zaki-Azat, J.N. (2018). Children and adolescents "flying under the radar": Understanding, assessing, and addressing hidden distress among students. In *Handbook of School-Based Mental Health Promotion* (pp. 357-381). Springer, Cham.

<sup>2</sup> Waddell, C., Georgiades, K., Duncan, L., Comeau, J., Reid, G.J., O'Briain, W., Lampard, R., Boyle, M.H., & the 2014 Ontario Child Health Study Team (2019). 2014 Ontario Child Health Study Findings: Policy Implications for Canada. *The Canadian Journal of Psychiatry*, 64(4), 227-231.



**The Research Challenge:**

**Explore the use of technology to enhance or support mental health for Ontario's children, youth and families.**

**YOUR PROPOSAL MUST ADDRESS ALL OF THE FOLLOWING:**

- Ensure the meaningful engagement of children, youth and family members (those who have received services from a community agency for child and youth mental health) in developing the proposal and implementation plan.
- Demonstrate a need and case for action; this may include how your proposal aligns with the priorities of the Ontario Ministry of Health and, if applicable, the *French Language Services Act*.
- Clearly define your approach and provide a sound rationale and current evidence to support it.
- Be innovative and original.
- Have the potential to be transformative.
- Adhere to ethical guidelines as set out in the Tri-Council Policy Statement (*see Resources section on page 3*) and align proposed activities with expectations set out by the associations or professional bodies that govern the behaviour or practice of direct service providers (such as social workers, psychologists, counsellors and psychiatrists) working with children, youth and families.
- Provide a detailed workplan/critical path that includes details related to implementation.
- Provide a comprehensive budget that includes no more than 10% to cover administration; your budget must also include a fund-payment schedule that will hold back 10% of the grant total until receipt of your final report and/or other specified requirement.
- Include comprehensive plans for evaluation and knowledge mobilization (*see Resources section on page 3*).
- Be scalable – priority will be given to proposals that have the potential for scaling within and beyond the province of Ontario.
- Include up to three (3) letters of support from individual members of the community (and their contact information) who will directly benefit from your proposal/project.

**HOW MUCH IS THE GRANT & WHAT IS THE TERM OF THE GRANT?**

Three different projects will be awarded a grant, valued at up to \$100,000 each.

The term of the grant is 12 to 18 months, depending on the complexity of the individual three (3) winning proposals.

**ARE YOU ELIGIBLE TO APPLY?**

To be eligible for this grant, the applicants leading the project must be **co-principal investigators** who are landed immigrants or Canadian citizens and who are supported by a **team**.



The **co-principal investigators** must be:

- A. A researcher/academic\* OR an innovator\*\* who leads the development of digital/e-mental health solutions **AND**
- B. A leader or member of one of [Ontario's lead or core service providing agencies \(those who receive funding from the Ministry of Health for children's mental health programming\)](#).

In addition to the co-principal investigators, your **team** must include ALL of the following representatives:

- A child, youth and/or family member who has received services from these community-based agencies **AND**
- A researcher/academic (if not already represented as a co-principal investigator).

You can also choose to involve other health care providers, community organizations, additional researchers and possibly entrepreneurs to enhance the depth and scope of your team and support your proposed activities.

**\*Researcher/academic:** defined as an individual who has an academic or research appointment within an Ontario-based university or college, and who can pursue the proposed research project as part of the duties of their appointment.

**\*\*Innovator:** defined as an individual who generates, develops and implements ideas to produce new or improved methods, strategies, capabilities, products, services or processes.

**NOTE:** The **co-principal investigators** are considered part of the mandatory composition of the team. For example, if one of the **co-principal investigators** is a researcher/academic, they would fulfill the requirement of a researcher/academic for your team.

#### WHAT RESOURCES SHOULD YOU ACCESS?

The following resources may be useful in preparing your proposal:

##### **Ethics, respect & inclusivity:**

Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans  
[https://ethics.gc.ca/eng/policy-politique\\_tcps2-eptc2\\_2018.html](https://ethics.gc.ca/eng/policy-politique_tcps2-eptc2_2018.html)

##### **Youth engagement:**

<https://www.cymh.ca/en/projects/youth-engagement.aspx>

##### **Family engagement:**

<https://www.cymh.ca/en/projects/family-engagement.aspx>



**Knowledge mobilization:**

Doing more with what you know: Knowledge Mobilization Toolkit

[www.kmbtoolkit.ca](http://www.kmbtoolkit.ca)

**Evaluation:**

Program evaluation toolkit: Tools for planning, doing and using evaluation

<https://www.cymh.ca/Modules/ResourceHub/?input=evaluation>

**Implementation:**

Implementation guide: CIHR module

<https://www.nccmt.ca/registry/resource/pdf/159.pdf>

**HOW DO YOU APPLY?**

Visit the website of Mental Health Research Canada ([www.mhrc.ca](http://www.mhrc.ca)) to apply via MHRC's Submittable portal and fill out the application form. Provide supporting documents, if applicable.

An independent Advisory Group, members of which will be jointly selected and approved by MHRC and the Centre, will assess the proposals and make recommendations for funding.



**EVALUATION CRITERIA FOR PROPOSAL**

<b>A. RELEVANCE/NEED</b>	
<b>1. Demonstrated need/ case for action</b>	The proposal demonstrates evidence-based need/case for action in local context.
<b>2. Meaningful engagement of persons with lived experience</b>	The proposal ensures the meaningful engagement of a child, youth or family member at every stage – from development of the proposal to implementation of the project.
<b>B. MERIT OF PROPOSED SOLUTION</b>	
<b>3. Approach – clarity, rationale, evidence-based</b>	The proposed approach is clear and based on a sound rationale. Proposed activities represent a reasonable approach to address the stated challenge/need. The proposed solution/approach is informed by evidence.
<b>4. Innovation, originality</b>	The initiative is grounded in/informed by evidence but stretches the boundaries of the status quo (existing knowledge or practice), using novel (promising) concepts, approaches, tools or intervention.
<b>5. Workplan</b>	The project workplan is reasonable and feasible given proposed objectives, timelines and budget. The workplan includes activities, deliverables, roles of project team member and timelines for implementation.
<b>6. Collaboration</b>	The proposal demonstrates plans for collaboration and meaningful engagement with the broader community/service area (e.g., among lead and core service agencies and/or with cross-sectoral partners).
<b>7. Family &amp; youth engagement</b>	The proposal demonstrates a commitment to and plans for meaningful and appropriate engagement of youth and/or family members throughout all stages of the proposal development and project implementation.
<b>8. Rigorous research &amp; evaluation design</b>	The proposal includes reasonable preliminary plans for both process and outcome <a href="#">evaluation</a> .
<b>9. Ethical standards</b>	The team must follow <a href="#">ethical standards and procedures</a> for research at all stages of the proposal and its implementation.
<b>C. POTENTIAL FOR IMPACT</b>	
<b>10. Transformative potential</b>	The proposal demonstrates that the initiative has potential to advance broader provincial priorities to child and youth mental health services in Ontario.
<b>11. Knowledge mobilization plans</b>	The proposal demonstrates short-term and long-term plans to mobilize knowledge generated through this work, including a <a href="#">dissemination</a> strategy to inform the broader community of research relevance and findings.



### **REPORT-BACK MECHANISM FOR THREE WINNING PROJECT TEAMS**

There will be multiple check-ins at various points with MHRC and the Centre, as well as a requirement to report back on the evaluation findings and key outcomes.

MHRC and the Centre will provide guidance and support as needed to ensure the success of each project.

### **INTELLECTUAL PROPERTY**

All rights to any inventions and/or research reside solely with the applicant. Neither MHRC nor the Centre possess ownership of, or equity in, the winning submissions; however, applicants will engage with both organizations to ensure mobilization of relevant knowledge that emerges from successful projects.

### **MHRC & THE CENTRE'S RIGHT TO A SECOND CALL**

MHRC and the Centre reserve the right to put forth a second call for proposals if the submissions received do not fulfill the criteria of the grants.



## **ABOUT THE GRANT FUNDING ORGANIZATIONS:**

### **Mental Health Research Canada (MHRC):**

MHRC is a national, charitable organization that is dedicated to improving the lives of the one in five Canadians – over 7 million people – living with mental illness. The impact is profound: mental illness affects their physical well-being, their relationships with family and friends, and their ability to work. MHRC is here to change that. We advance mental health research that is problem-solving, cost-effective and usable in the real world, transforming treatments and prevention in creative and collaborative ways. We are building on the 55-year legacy of our predecessor organization, the Ontario Mental Health Foundation, which had invested \$34 million to fund 332 mental health research projects over a 10-year period. Because we are committed to building knowledge that will have practical application and deep impact, we begin with those who will use it – people with lived experience. We also consult and partner with other stakeholders, including other mental health organizations, social agencies, entrepreneurs, business and government. We funded 10 innovative research projects over the last year. [www.mhrc.ca](http://www.mhrc.ca)

### **The Ontario Centre of Excellence for Child and Youth Mental Health (the Centre):**

The Centre brings people and knowledge together to strengthen mental health care for Ontario's children, youth and families. We work across relevant sectors to share knowledge, build capacity and create the connections needed to improve mental health care for children, youth and families across the province. Our work is focused on identifying crucial knowledge gaps in child and youth mental health and then on assembling the best teams and relevant information required to fill these gaps. We also maintain a valuable collection of resources to continue to guide our work, inform decision-makers and help agencies ensure high-quality mental health services and tools. We collaborate with individuals and organizations from a range of care settings, to align our efforts and produce the best outcomes for Ontario's children, youth and families. [www.cymh.ca](http://www.cymh.ca)