

SASKATCHEWAN CALL FOR PROPOSALS

FOR

Impact of COVID-19 on Child, Youth & Family Mental Health

COVID-19 is having a tremendous impact on life in Saskatchewan and beyond. The Secretary General of the UN released a statement in May 2020 highlighting in particular COVID-19's extensive impact on mental health, and how critical mental health is to our collective wellbeing.¹ In this global crisis, anxiety, depression, and social isolation affect all Canadians and those with more acute needs struggle with reduced engagement with their mental health services. Children, youth and families who are now dealing with disrupted routines, isolation from friends, potential job losses among parents, and the struggles of maintaining a quality of education from home are a particularly affected group.

Even in normal times, mental illness affects 1.2 million children and youth in Canada. Between 2017 and 2018, one in eleven youths in British Columbia, Saskatchewan, and Manitoba were prescribed a medication meant to treat a mood or antipsychotic disorder.² It is estimated that 10%-20% of Canadian children and youth may develop a mental disorder.² The impacts of COVID-19 on the mental health of this population is not yet well understood. At this critical development time, a lack of appropriate, timely supports for these children and youth can impact their future success in school, personal relationships and career choices.

Mental Health Research Canada (MHRC) and the Saskatchewan Health Research Foundation (SHRF) are partnering to offer a grant of **\$50,000** to advance our understanding of the mental health impact of COVID-19 on families in Saskatchewan, and ways to mitigate it through the development of evidence-based programs and interventions.

¹ Guterres, A. (2020). Launch of the policy brief on covid-19 and mental health: "Mental health services are an essential part of all government responses to COVID-19". *United Nations*. Retrieved from: <https://www.un.org/en/coronavirus/mental-health-services-are-essential-part-all-government-responses-covid-19> [Accessed 2020-07-17]

² Canadian Institute of Health Information. (2019). Child and youth mental health in Canada — Infographic. *Canadian Institute of Health Information (CIHI)*. Retrieved from: <https://www.cihi.ca/en/child-and-youth-mental-health-in-canada-infographic> [Accessed 2020-08-10]

The Research Challenge:

Understanding and mitigating the mental health impact of COVID-19 on Saskatchewan’s children, youth and families.

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

The grant is valued at up to \$50,000, and term of the grant is 12 months.

ARE YOU ELIGIBLE TO APPLY?

To be eligible for this grant, there must be two applicants leading the project (co-principal investigators) who must be Saskatchewan residents and who are supported by a **team**.

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

- A. A researcher/academic* from an institution holding an MOU with SHRF** **AND**
- B. A leader or member of a Saskatchewan-based care or service provider with direct experience in the proposed research and interest in its intended outcomes.

In addition to the principal investigator, your **team** must include a child, youth and/or family member who has lived experience with the topic of research focus.

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 and who can pursue the proposed research project as part of the duties of their appointment.

****Eligible institutions:** The following institutions have signed a Memorandum of Understanding (MOU) with SHRF and are eligible to host SHRF grants and awards:

- Parkland College
- Saskatchewan Health Authority
- Saskatchewan Polytechnic
- St. Thomas More College
- University of Regina
- University of Saskatchewan

EVALUATION CRITERIA:

Your proposal will be assessed according to the following criteria, and must clearly explain how it meets all of the below.

A. RELEVANCE/NEED (20%)¹	
1. Demonstrated need/ case for action	<p>The proposal demonstrates evidence-based need/case for action in local context.</p> <p>It must include a high-level overview of work that has already been done in the sector, and how the current project will complement (and not duplicate) work that is already underway.</p> <p>Please cite your sources in-text using an (Author, Year) format. A full reference list is not necessary.</p>
2. Meaningful engagement of persons with lived experience	<p>The proposal ensures the meaningful engagement of a child, youth or family member from the relevant community at every stage – from development of the proposal to implementation of the project.</p>
3. Letters of support from the community	<p>The proposal includes up to 3 letters of support from members of the community, (and their contact information) who will directly benefit from the proposal/project.</p>
B. MERIT OF PROPOSED SOLUTION & METHODOLOGY (50%)	
4. Approach – clarity, rationale, evidence-based	<p>The research question is clearly stated.</p> <p>The proposed approach is clear and based on a sound rationale.</p> <p>Proposed activities are well-suited to addressing the stated challenge/need. The proposed solution/approach is informed by evidence.</p>
5. Family & youth engagement	<p>The proposal demonstrates a commitment to and plans for meaningful and appropriate engagement of those with lived experience, in this case, youth and/or family members from relevant communities <u>throughout all stages</u> of the proposal development and project implementation.</p>
6. Innovation, originality	<p>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.</p>
7. Workplan	<p>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.</p>
8. Collaboration	<p>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).</p>
9. Rigorous research & evaluation design	<p>The proposal includes reasonable preliminary plans for both process and outcome <u>evaluation</u>.</p>

<p>10. Budget</p>	<p>A budget has been provided using the given template (See Appendix A, page 7). Budget appears reasonable for work being proposed. Note that SHRF does NOT allow funding to be used for administration or overhead fees. Travel and technology/hardware costs are should be limited to only those absolutely necessary to complete the proposed project and not available through other means.</p> <p>Half of the funds, from SHRF, granted will be disbursed in equal monthly increments over the course of the project’s year team. The other half, from MHRC, will be disbursed based on the achieved of project milestone. Your budget must also include a proposed fund-disbursement schedule for the MHRC portion of this project’s funding based on project milestones (we recommend two project milestones with an amount payable on signing of contract, and a 10% hold-back of the grant total until receipt of the final report).</p>
<p>11. Ethical standards</p>	<p>The team must follow ethical standards and procedures for research at all stages of the proposal and its implementation. Proof of ethics approval must be provided.</p>
<p>C. POTENTIAL FOR IMPACT (30%)¹</p>	
<p>12. Transformative potential</p>	<p>The proposal demonstrates that the initiative has potential to advance broader provincial priorities to child and youth mental health services in Saskatchewan. Preference will be given to proposals with potential for scaling within and beyond the province of Saskatchewan.</p>
<p>13. Knowledge mobilization plans</p>	<p>The proposal demonstrates short-term and long-term plans to mobilize knowledge generated through this work, including a dissemination strategy to inform the broader community of research relevance and findings.</p>

¹A score of at least 70% must be achieved in both subcategories A and C to be considered for the grant

HOW DO YOU APPLY?

Visit the website of Mental Health Research Canada (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 SHRF, will assess the proposals and make recommendations for funding.

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

Knowledge mobilization:

Doing more with what you know: Knowledge Mobilization Toolkit
www.kmbtoolkit.ca

Implementation:

Implementation guide: CIHR module

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

REPORT-BACK MECHANISM FOR WINNING PROJECT TEAMS

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

MHRC and SHRF 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 SHRF 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 & SHRF'S RIGHT TO A SECOND CALL

MHRC and SHRF 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

The Saskatchewan Health Research Foundation (SHRF):

Saskatchewan Health Research Foundation (SHRF) funds, supports and promotes the impact of health research that matters to Saskatchewan. SHRF collaborates with stakeholders to contribute to the growth of a high-performing health ecosystem, culture of innovation and the improved health of citizens by strengthening research capacity and competitiveness, increasing the investment in health research in Saskatchewan and aligning research with the needs of our stakeholders. www.shrf.ca

Appendix A: Budget Template

Please detail all costs for this project as per the categories below; to add a line, insert an extra row in the relevant category.

BUDGET FOR PROJECT: [INSERT TITLE]		
A. Employment and Compensation (including salaries, hourly wages, stipends, etc)	Amount Requested	Amount from other sources
TOTAL Employment and Compensation	\$ -	\$ -
B. Goods and Services	Amount Requested	Amount from other sources
TOTAL Goods and Services	\$ -	\$ -
C. Gifts, Honoraria and Incentives	Amount Requested	Amount from other sources
TOTAL Gifts, Honoraria and Incentives	\$ -	\$ -
E. Other (specify)	Amount Requested	Amount from other sources
TOTAL Other	\$ -	\$ -
TOTAL FOR THIS PROJECT	\$ -	\$ -

MHRC Fund Disbursement Schedule:

Project Milestone	Anticipated Date of Completion:	Proposed Amount to be Disbursed:
1. Signing of Contract & Submission of Ethics Approval		\$
2. [Milestone 1]		\$
3. [Milestone 2]		\$
4. Final Report Submission (Recommended 10%)		\$ 2,500
Total MHRC Payout:		\$ 25,000