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Topic: YMHFA for Educators: A Mixed-methods Evaluation of the Virtual Delivery Approach.

Project Summary

The goal of this research project is to examine the effectiveness, utility, acceptability and cultural fit of the virtual format of the Youth Mental Health First Aid (YMHFA) training program among educators who work with immigrant-origin youth (IOY). The study takes a mixed-methods approach using quantitative and qualitative methods. Quantitative methods are conducted through survey questionnaires to determine the extent to which the virtual format of the YMHFA training program improves educators' mental health knowledge, recognition of mental health disorders, intentions to help, confidence to help and attitudes towards mental illness, and the program's utility and acceptability as a training program for educators. Qualitative methods are conducted through focus groups with educators to delve deeper into the cultural relevance of YMHFA for IOY and inform improvements that can be made to the training.