



Adversity and Resilience: Digital Health Interventions

Youth have shown increasing rates of depression and anxiety post-COVID pandemic, creating a surge in mental health support needs and a greater tolerance receiving such support remotely. Youth with histories of adverse childhood experiences or trauma symptomatology were at high need for support. An under-utilized intervention in many phases of support is digital health, which could be effectively deployed while youth are on waitlists, experiencing transitions, as adjunct to evidence-based treatment, and proactively, as prevention and crisis mitigation. The JoyPop mobile application (iOS; English & French language; youthresilience.net) has been researched in diverse youth and young adult stakeholders: (a) entering university students (Mushquash), (b) youth served by combined mental health/child welfare agency (Mushquash), (c) social work trainees (Maurer), and (d) on reserve Indigenous youth (Wekerle). This presentation seeks to present some common findings across the various studies, and advances a youth empowerment perspective, with a youth advocate presenting on their experience in utilizing JoyPop.

Dr. Christine Wekerle
Dr. Aislin Mushquash
Dr. Katherine Maurer
Keely Mioduszezski

- ENGLISH PRESENTATION -

