

<https://journals.sagepub.com/doi/pdf/10.1177/2158244015581019>

<https://www.frontiersin.org/articles/10.3389/fpsy.2019.00595/full>

<https://www.statnews.com/2020/06/17/cliff-teens-mental-health-transition-adulthood/>

Summary:

After reviewing these three articles about the mental health situation in youth, the articles described many of the same concerns for the worsening mental health for youth in the U.S. Although the U.S mental health system for youth has been transitioning to more early intervention programs and accessible technology resources, the system does not prepare teenagers and young adults for navigating mental health care in the future. In response, the articles explore suggested solutions by teenagers and young adults. Many of the responders emphasized that they would like digital tools for mental health that are personalized for their needs and not necessarily in a one-size-fits-all format. Also, in the SAGE research article, teenage participants preferred mental health solutions that can be done on their phone and do not involve any social media relationship between themselves and their mental health clinician.

In the Frontiers article, a digital mental health platform that was described is the Innowell Platform. The Platform assists with the assessment, feedback, management, and monitoring of their mental ill health and maintenance of well-being by collecting personal and health information from a young person, their clinician(s), and supportive others. This information is stored, scored, and reported back to the young person, their clinicians, and the service provider to promote genuine collaborative care. The clinical content is determined by the health service who invites the young person to use the Platform. The Innowell Platform does not provide stand-alone medical or health advice, risk assessment, clinical diagnosis, or treatment. Instead, it guides and supports (but does not direct) young people and their clinicians to decide what may be suitable care options. Importantly, all care aligns with the existing clinical governance (e.g., policies and procedures) of the service provider.

The Platform facilitates personalized and measurement-based care within a mental health service by enhancing key processes, which themselves may not be new, but their combined use and integration with face-to-face services is.