

RECRUITING KEY INFORMANTS

Elementary Mental Health Literacy Resource: Cultural Adaptation Through Co-Creation



THE UNIVERSITY
OF BRITISH COLUMBIA

What is the Elementary Mental Health Literacy Resource?

The EMHLR is an interactive, classroom-ready resource that educates Grades 4-6 students about mental health, mental disorders, and stigma reduction. It promotes help-seeking behaviors and healthy lifestyles for positive mental health. The resource was developed in consultation with students, mental health professionals and educators, and is freely available at mhlcurriculum.org.

The EMHLR was pilot-tested in 2023 with 3,400 students across AB, and demonstrated significant and substantial improvements in students' mental health knowledge, help-seeking intentions, stigma related to mental disorders, and overall stress levels.

Who Are We?

We are a team of researchers from the University of Alberta, University of British Columbia, and Dalhousie University. We are interested in learning how the EMHLR can be culturally adapted to better impact underrepresented students' mental health literacy outcomes. Four of our researchers identify themselves as from the Chinese, Black, Indigenous and 2SLGBTQI+ communities. This research project has been made possible by the One Child, Every Child grant.

How Can You Participate?

We are seeking key informants within the Chinese, Black and Indigenous communities, who have professional experience in education and/or mental health. Indigenous Knowledge Keepers and Elders are also eagerly invited to participate. We aim to have culturally responsive reviews of the EMHLR and meaningful conversations about how the EMHLR can be adapted to better meet students' needs from these underrepresented groups. Our hope is to build on this learning and inform future adaptations of the EMHLR for additional underrepresented communities.

In recognition of their time and input, participants will be offered a \$100 honorarium.

To express interest or request more information, please contact: vieweger@ualberta.ca

**This study has been approved by the University of Alberta Health Research Ethics Board (REB #: Pro00144067)*