

Key characteristics of Aire ouverte, Québec's provincial initiative for Integrated Youth Services: a Delphi study

- **Goal :** Integrated Youth Services are a new and innovative way of providing care. These services have not been in place long enough to evaluate their long-term outcomes. We aim to evaluate and understand better Aire ouverte services.
- **Research Question :** What are the essential components, values, needs and principles of Aire ouverte services? To what extent do different participants agree on the importance of these aspects?

Co-design with youth

Important to ensure that services are adapted to youth needs, and that their voices are represented

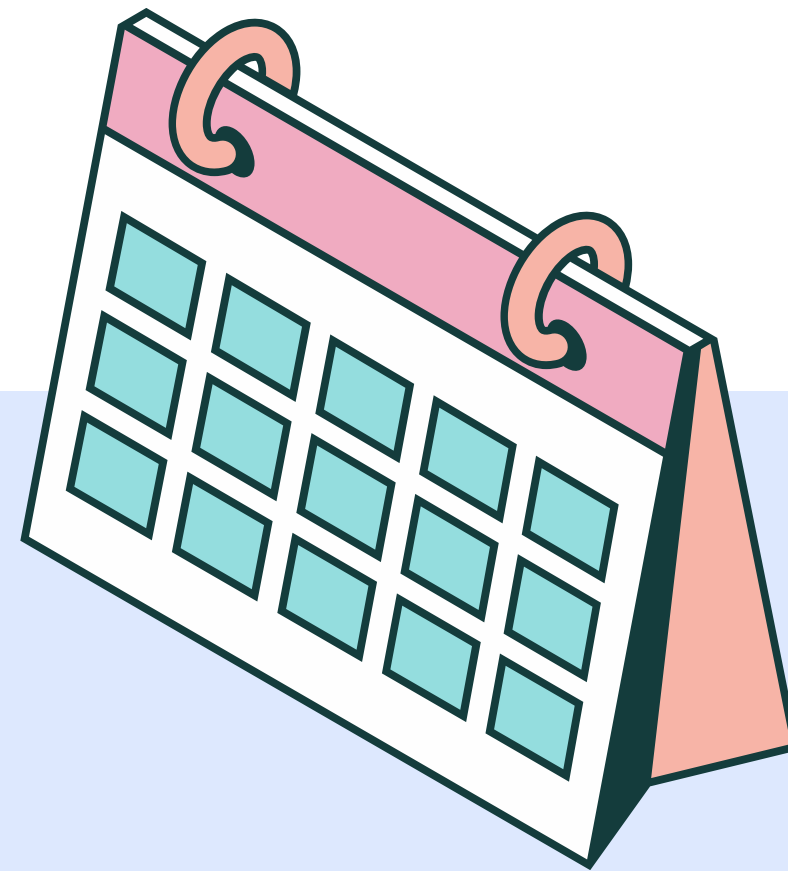
Learning Health systems

Based on continuous data collection, learning health systems is model that can address changing realities and improve continuously

Integrated care

Offer holistic care that serves youth needs for many different kinds of services





Methods

This project aims to identify components, values, needs, and impacts of Aire ouverte

The participants are youth (n=18), families (n=7), managers (n=25), clinicians, researchers and decision-makers (n=22)

Procedure: The Delphi method uses multiple rounds of surveys to reach consensus on key questions.

- 14 quantitative questions (1–7 likert scale) (components)
- 11 qualitative open questions (values, principles, impacts, needs)
- Demographic data

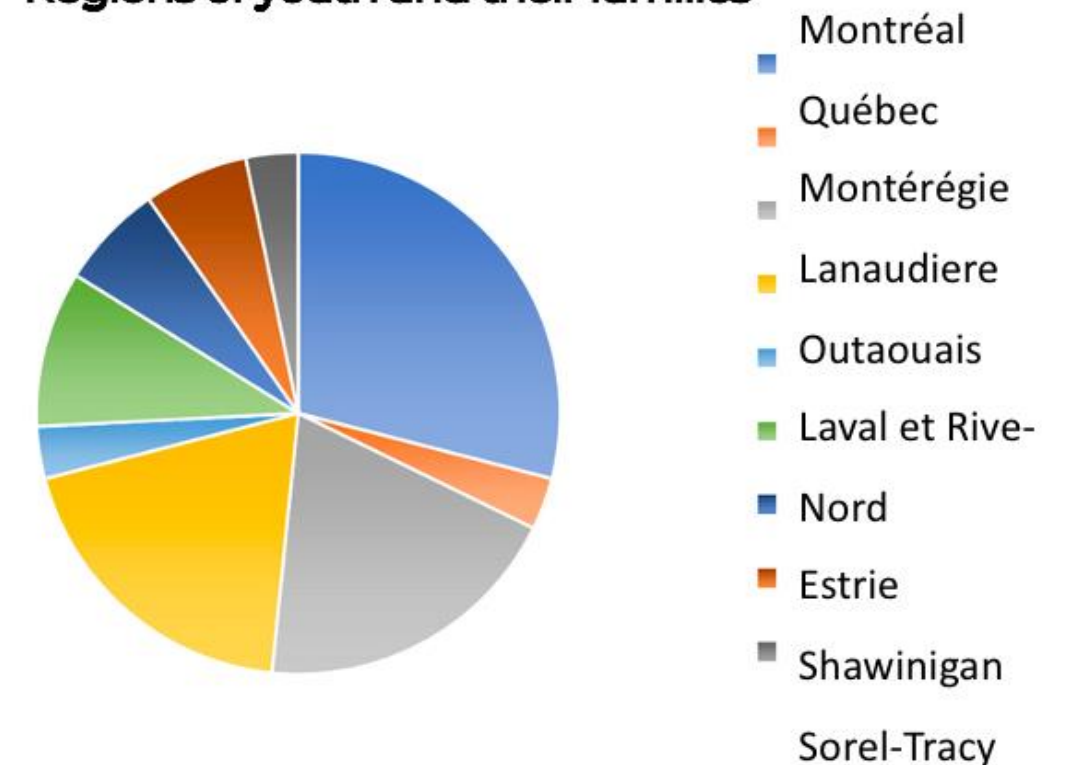
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Participants

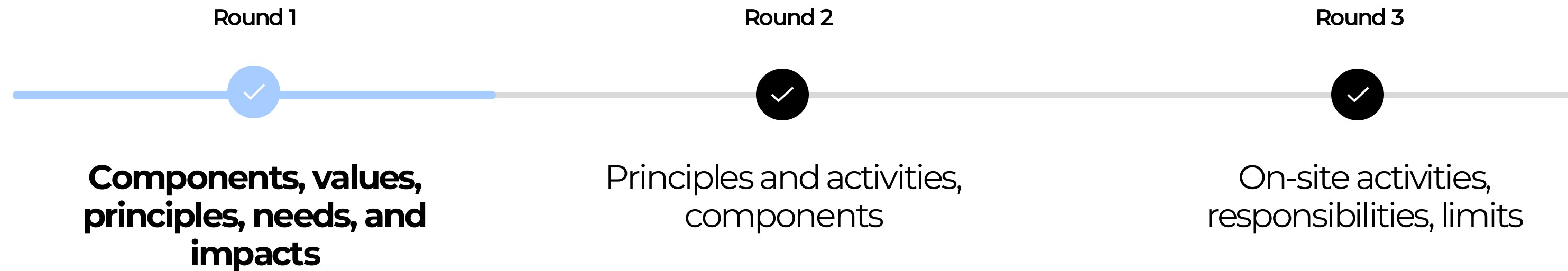
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Sites

18
Youth

Regions of youth and their families



Results from the youth's perspective



Key findings :

- Young people wish to **include physical and sexual health** support in mental health care.
- **Support towards adult life transition is important to them in a clinical context.**

Key indicators of impact on wellbeing according to youth:

- Attainment of **autonomy**
- Satisfaction with **holistic** care
- Support with the **transition towards adult life**

What do these results tell us?

They can inform the planning and evaluation of Aire Ouverte services and improve its adaptability.
Next steps will help us further evaluate and tailor services to youth's needs.