



## Who we are

The Knowledge Institute on Child and Youth Mental Health and Addictions is a department of CHEO. For over 20 years, we've been working to make mental health and addictions services better for children, young people and families across Ontario. We combine research with the lived and living experience of young people and families because real change happens when knowledge meets real experiences.

## What we do

We support over 150 mental health and addictions agencies across Ontario. Whether it's crisis support, counselling or therapy, we help turn research into practical tools and resources so that the best support is always within reach when it's needed. We also work at the system level by collaborating with service providers, leaders and policymakers to improve quality, increase access and advance equity across Ontario's mental health and addictions system.

## How we work

We work collaboratively with service providers, system leaders and government partners. Our work is guided by advisory councils and grounded in the voices of young people, families and caregivers. We help the mental health, substance use health and addictions sector use evidence to improve services and better respond to the evolving needs of Ontario's young people and those who care for them.

## Why we do it

Everyone deserves access to high-quality mental health and addictions care. When the right support is available early and close to home, we set children and young people on a path to lifelong resilience and success. We work with agencies, service providers, leaders and communities to help build a system that works. Our goal is to strengthen services across the province so that care is easier to access when and where it's needed.

## When we started

Our journey began in 2004 as the Ontario Centre of Excellence for Child and Youth Mental Health. We became the Knowledge Institute on Child and Youth Mental Health and Addictions in 2021 to reflect our evolving role and the growing focus on complex needs, including the connection between mental health and substance use.

## Where we are

Our office is in Ottawa, but we work across the province.