



Grand Challenges Canada®  
Grands Défis Canada

## Resource Guide: Definitions

### GLOBAL MENTAL HEALTH – DEFINITIONS

#### **Mental Health**

Mental health includes our emotional, psychological, and social well-being<sup>1</sup>. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

#### **Target Users**

Individuals living with or at risk of mental health challenges.

#### **Underserved Young People**

Young people who have a lack of access to adequate mental health services, resources, and supports.

#### **Mental Health Literacy**

Understanding how to obtain and maintain positive mental health; understanding mental health problems and their treatments; decreasing stigma related to mental health problems; and enhancing help-seeking efficacy<sup>2</sup>.

#### **Youth-Friendly Mental Health Services**

Services that are responsive to the specific needs, vulnerabilities, and desires of young people. These services are designed to address the unique barriers faced by young people in accessing mental health services.

#### **Youth-Led Organization**

Organizations in which fifty percent (50%) or more of the individuals in key leadership positions are 35 years of age or under.

#### **Youth-Led Project**

Projects in which fifty percent (50%) or more of key staff are youth 35 years of age or under.

#### **Person-Centered and Rights-based Approaches**

Holistic and recovery-oriented practices that consider people in the context of their whole lives, respecting their will and preferences in treatment, implementing alternatives to coercion, and promoting people's right to participation and community inclusion.<sup>3</sup>

#### **Peer Support**

Consists of one-to-one or group-based mental health support provided by trained individuals to those who wish to benefit from their experience and support. A peer supporter may have lived experience of mental health challenges.

---

<sup>1</sup> Centers for Disease Control and Prevention. 2021. About Mental Health. [online] Available at: <<https://www.cdc.gov/mentalhealth/learn/index.htm>>

<sup>2</sup> Kutcher S, Wei Y, Coniglio C. Mental Health Literacy: Past, Present, and Future. The Canadian Journal of Psychiatry. 2016;61(3):154-158. doi:10.1177/0706743715616609

<sup>3</sup> Who.int. 2021. Guidance on community mental health services: Promoting person-centred and rights-based approaches. [online] Available at: <<https://www.who.int/publications/i/item/9789240025707>>

### **Social Determinants of Health**

The non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life<sup>4</sup>. Examples include education, gender, income, etc.

### **Trauma-Informed**

Practices that promote a culture of safety, empowerment, and healing. The six core principles of a trauma-informed approach to care includes safety, trustworthiness and transparency, peer support, collaboration, empowerment, and humility and responsiveness<sup>5</sup>.

### **Safeguarding**

Measures to protect the health, well-being, and human rights of individuals, including vulnerable groups such as children and young people, enabling them to live free from abuse, harm, and neglect.<sup>6</sup>

### **Stakeholder**

A person, group, organization, member, or system that can affect or be affected by an innovation. For seed projects funded through the Global Mental Health program key stakeholders include young people and young people with lived experience as well as families, communities and community leaders, businesses, healthcare providers and institutions, teachers, policy makers, governments, and international agencies.

### **Innovation**

An innovative idea that is addressing specific critical barriers, that if removed, would help solve an important health and/or social problem in underserved populations in low- and middle-income countries. This can include transforming how a challenge is addressed, increasing the scale and sustainability of an evidence-based intervention, improving the impact per unit resource by creating a more effective alternative, or introducing an evidence-based intervention to new populations/contexts. Innovations need to apply the scientific/technological, social, and/or business pillars of integrated innovation.

### **Proof-of-Concept**

Grand Challenges Canada's ultimate goal is to save and improve lives in low and middle-income countries and fund projects with real-world impact on the mental health and wellbeing of eligible young people.

We define Proof of Concept as:

- Evidence generated in a controlled or limited setting that demonstrates that the proposed innovation improves mental health literacy and/or access to services for young people. For seed projects funded through the Global Mental Health program, this entails measuring at least one of the following priority outcomes to demonstrate lives improved:
  - Increased wellbeing
  - Increased resilience
  - decreased symptom severity
  - Improved functioning
- Evidence your innovation can be feasibly implemented, sustained, and financially supported at scale in the target region(s)

---

<sup>4</sup> World Health Organization. 2021. Social determinants of health. [online] Available at: <[https://www.who.int/health-topics/social-determinants-of-health#tab=tab\\_1](https://www.who.int/health-topics/social-determinants-of-health#tab=tab_1)>

<sup>5</sup> Trauma-Informed Care Implementation Resource Center. 2021. What is Trauma-Informed Care? [online] Available at: <<https://www.traumainformedcare.chcs.org/what-is-trauma-informed-care/>>

<sup>6</sup> Care Quality Commission: 2021. Safeguarding people. [online] Available at: <<https://www.cqc.org.uk/what-we-do/how-we-do-our-job/safeguarding-people>>

- Demonstrated interest, financing, and/or commitments from key stakeholders, influencers and partners for scaling up and sustaining the innovation.

A strong proof-of-concept should have measurable indicators of success that clearly provide evidence that the innovation works. See Appendix B of the Request for Proposals for more guidance.

## **GRAND CHALLENGES CANADA - DEFINITIONS**

### **Transition-to-Scale**

A GCC funding instrument that catalyzes the scale and sustainability of innovations with a proven impact on health. These projects have successfully achieved proof-of-concept.

### **Integrated Innovation®**

The coordinated application of scientific/technological, social, and business innovation to develop solutions to complex challenges. This approach does not discount the singular benefits of each of these types of innovation alone, but rather highlights the powerful synergies that can be realized by aligning all three. Integrated Innovation recognizes that scientific/technological innovations have a greater chance of going to scale to achieve global impact and sustainability if they are developed from the outset in conjunction with appropriate social and business innovations<sup>7</sup>.

### **Scientific/Technological Innovation**

Has a scientific or technological base that can come from the natural, health, social or behavioural sciences or from engineering. Examples of this type of innovation are a more efficient drug delivery system, a new point-of-care diagnostic device or a mobile phone application to facilitate access to health care.

### **Social Innovation**

Recognizes the broader social, structural, and political determinants of health, and addresses one or more of these to improve health outcomes. It addresses local and/or cultural contexts that factor into implementation and scaling up. Examples of this type of innovation are an intervention to address the low social status of women, the engagement of religious leaders to spread health messages or a novel process to alleviate financial barriers.

### **Business Innovation**

Maximizes the value, relevance, and unique quality of the global health solution to create demand. It addresses affordability and accessibility barriers and recognizes that someone (i.e., end users, funders, buyers) needs to be convinced the solution is a worthwhile investment. Examples of this type of innovation are an affordable business model to get investor or government buy-in, a strategy for developing, manufacturing, and distributing products or services, or a novel incentive scheme.

---

<sup>7</sup> Grand Challenges Canada. 2010. Integrated Innovation. [online] Available at: <[https://www.grandchallenges.ca/wp-content/uploads/2015/11/integratedinnovation\\_EN.pdf](https://www.grandchallenges.ca/wp-content/uploads/2015/11/integratedinnovation_EN.pdf)>