



UNIVERSITY OF TORONTO
LESLIE DAN FACULTY OF PHARMACY

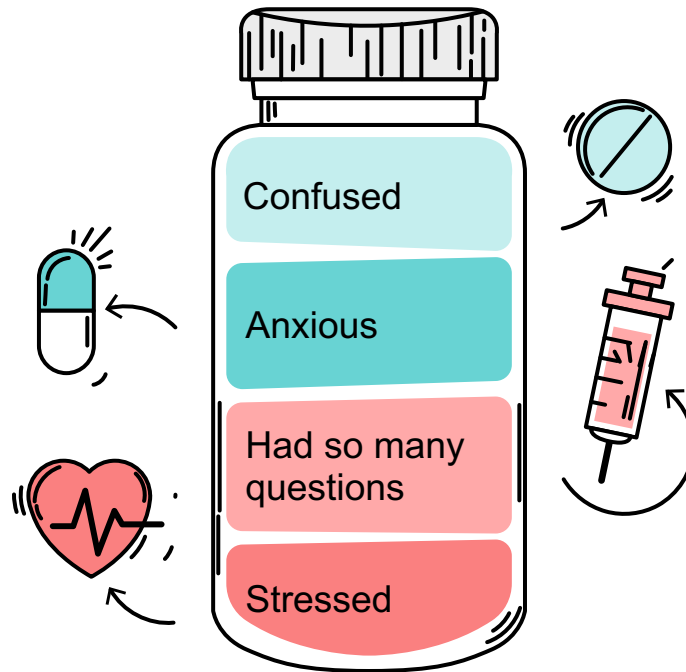
Exploring the Pharmacist's role in supporting post-secondary students with psychotropic medication management

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The story...



CANADA

Demand for youth mental health services is exploding. How universities and business are scrambling to react

Data collected from across the country shows the extent of the problems. "There is a perception that this age group is healthy, but they're not."

By **Robert Cribb** Staff Reporter

Noella Ovid Ryerson School of Journalism

David Lao Ryerson School of Journalism

Blair Bigham Munk School of Global Affairs

MACLEAN'S

ON CAMPUS

The mental health crisis on campus

Canadian students feel hopeless, depressed, even suicidal

By Kate Lunau



The kids aren't alright: It's time to get serious and invest in student mental health

STEPHEN LIPTRAP

- 70% of lifetime cases of mental illness occur before the age of 24
- Current medical and social system in Ontario make seeking help for psychotropic medication management difficult
- Mental health resources exist on campus and the university is doing a great job in introducing new programs but psychotropic medication management resources have not yet been introduced.



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Methodology

Primary research question	What experiences do post-secondary students describe with psychotropic medication management and what do they identify as needs?
Secondary research questions	How can pharmacists support post-secondary student psychotropic medication management needs?; How can digital technologies be optimized to help pharmacists support post-secondary student psychotropic medication management needs?
Design	Descriptive Interpretative Qualitative Research



Online one-on-one interview (30 minutes)



Semi-structured interview guide used



Interviews recorded, anonymized and transcribed verbatim

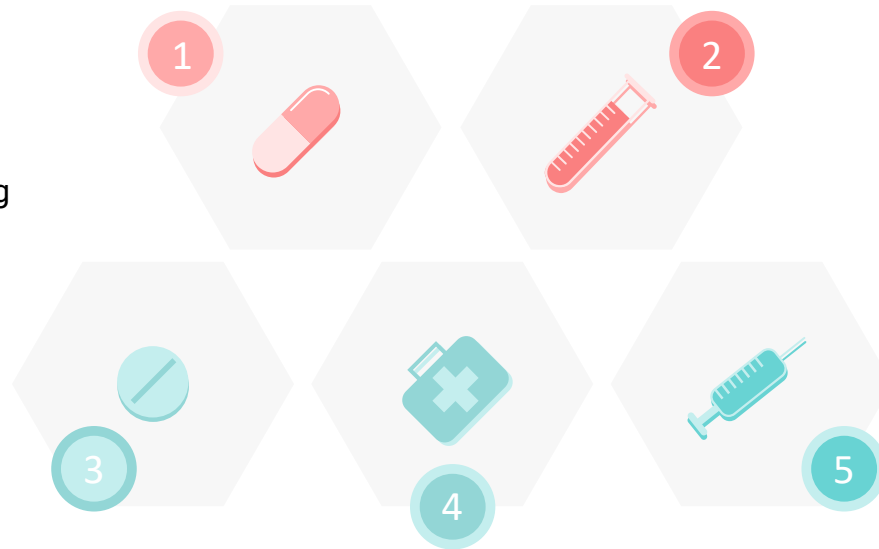
Results & Analysis

EXPERIENCE

Post-secondary students feel alone and experience challenges when managing mental illness and psychotropic medications

NEED

For more information on the extended impact and challenges with psychotropic medication use



ENGAGEMENT

There is potential for pharmacists to have an active role in mental health care and psychotropic medication management

INTERNET

The main source for advice on mental health and psychotropic medication management

CONNECTION

Persistence of stigma around mental illness conversations and establishing connections with health providers to facilitate trust in seeking advice



Conclusion

Students experience with psychotropic medication management in unique and requires age-related care and support



There exist opportunities for pharmacists to meet expressed needs using digital approaches but the presence of significant knowledge gap on the full scope of pharmacists needs to be addressed so that post-secondary students are aware of supports available at pharmacy.





THANK YOU

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