

CREATING CHANGE, TOGETHER

Frayme leads a national network that connects mental health, health and social services working with youth and caregivers to accelerate the integration and implementation of youth care.

Created in 2017, Frayme has sparked system transformation across Canada through collaboration, reducing duplication of efforts and bridging the gap between research and practice.

This is our story and our impact so far. This is Frayme.

A PLATFORM FOR CONNECTING RESEARCH, PRACTICE AND LIVED EXPERTISE

THE CHALLENGE

Young people, their caregivers, and communities across Canada are calling for system transformation. Youth mental health and substance use (YMHSU) systems are fragmented and siloed. Many jurisdictions independently undertake transformation of services, investing scarce and valuable resources to gather and assess knowledge and practices (often previously completed by others), and implementing initiatives which duplicate instead of leverage existing work.

Frayme is uniquely poised to answer the call for increased collaboration, knowledge sharing and implementation: Over the past four years, Frayme has been building a network of over 400+ partner organizations representing various jurisdictions, contexts and demographics across Canada. This network is dynamic, responsive and ever-changing. More importantly, this network provides the ability to amplify the voices of all stakeholder groups that should be involved in system transformation and service design including youth and caregivers, clinicians and service providers, researchers, policy makers and academics.

HOW WE WORK

Frayme is a system intermediary, meaning it does not provide direct service but rather supports all those working in the youth mental health and substance use sector through multi-faceted efforts in knowledge mobilization and equity, communications, evaluation, and funding and strategic partnership development in order to broker linkages, reduce duplication and make the best use of the latest evidence available.



GRANTING

Frayme runs multiple grant programs a year in order to equitably flow funds to services across Canada that address urgent needs in the YMHSU sector



YOUTH AND CAREGIVER ENGAGEMENT

Groundbreakers is Frayme's National Network of Lived Experts consisting of over 200+ youth & caregiver advocates actively being matched to service providers to better inform systems and programs



CONNECTING

Frayme connects service providers in the YMHSU sector through activities such as, our annual Learning Institute in order to broker learning, sharing and connections across the system



CAPACITY DEVELOPMENT

From suicide prevention training, to single session brief therapy, Frayme has upskilled over 300+ service providers, youth and caregivers since 2017



PARTNERSHIPS

As a national entity, Frayme is uniquely informed on the latest happenings within the YMHSU sector and uses this knowledge to develop strategic partnerships between service providers, policy makers and youth & caregivers



KNOWLEDGE MOBILIZATION

Frayme is actively translating research into practice through our webinar series, conference workshops, lived experience blog, grant streams, fellowships and other knowledge mobilization initiatives

THE IMPACT

The potential of Frayme to increase collaboration and knowledge sharing in the YMHSU system is high. We have heard firsthand from those delivering services to the system that Frayme is effectively and meaningfully amplifying the voices of lived experts, highlighting programs that demonstrate excellence and encouraging collaboration across Canada. In just 4 years, Frayme has been able to push the needle forward in the sector through the following milestones:

Over \$1.6 Million

in funding flowed to research, programs and services through four grant streams and 13 partnerships

400+ Partners

currently collaborating, learning and sharing within the Frayme network

200 Groundbreakers

helping advocate, volunteer and embed their lived expertise in service and system design

52 Knowledge Products

including webinars, blogs and rapid responses shared with over 1,500 stakeholders on topics ranging from substance use, Indigenous engagement and virtual care

45 Presentations

including 2 national learning institutes attended by 650+ stakeholders and over 96 workshops delivered by Frayme and Frayme partners

43 Research Projects

supported through Frayme funding, partnership development, knowledge mobilization and disseminated to the wider YMHSU sector

150+ Service Providers

engaged in the development and dissemination of knowledge products that drive research into practice

VOICES FROM THE SYSTEM

“On behalf of our team at YWCA Hamilton and Speqtrum, and all the youth we serve, I want to extend a heartfelt thank you to Frayme for not only funding our Speqtrum Storytelling Project, but for your enthusiastic support of the project from beginning to end. Thank you for being a valued partner in this work. We are so grateful for your support and proud of what we have created together.

Sarah Ernest
Director of Philanthropy, YWCA Hamilton
Frayme Grant Recipient

“So impressed by the work of Shauna MacEachern, her team at Frayme, and the youth network Groundbreakers.

This initiative is bringing the lived experiences of youth to the cutting edge of service innovation and knowledge mobilization.

David Channer
Chief Executive Officer, A Better Way
Frayme Partner

“I just wanted to thank you so much for the opportunity to be involved with the LTL Grant Adjudication this year. I am very grateful for the opportunity to learn about the value of exploratory and experimental research methods and how youth voices can be meaningfully integrated. I am always very keen to volunteer with Frayme as I deeply resonate with the vision and mission.

Monica Taing
Youth Groundbreaker, Frayme

“Thank you once again for the chance to participate in the Frayme Learning Institute this year.

I truly had a blast and it was such a transformative moment for me.

I appreciate all the incredible work you are doing at Frayme.

Vanessa Schirripa
Youth Groundbreaker, Frayme

“I love the idea that Frayme is going in a more active, connector role and bringing transparency to projects that are happening nationally, and potential opportunities to link up to those projects. Sounds like they are really responding to a lot of the frustrations that many of us in the youth mental health space have vocalized for a little while now, so this is really promising to see. Great work!

Aidan Scott
Co-Founder, Speakbox
Frayme Partner

“The International Initiative for Mental Health Leaders (IIMHL) values its partnership with Frayme in advancing knowledge mobilization for youth mental health and substance use. Advances in Canada are leading the way for our member countries. Frayme has generously shared their knowledge to help this Collaborative deepen its international reach.

Kathy Langlois
North American Regional Lead, IIMHL
Frayme Partner

ARE YOU READY TO JOIN US?

Frayme is proud of the work accomplished so far, but there is still more growing, expanding and listening to all those within the YMHSU system to achieve. We need to collectively shift to a place where every young person and their caregivers have access to the help they need to be well, when they need it, in the context in which they live.

Until we reach that moment, our work will not be done.

We welcome you to reach out to our Executive Director, Shauna MacEachern, to discuss how we can align and partner together in this mission. We also welcome you to review our Strategic Plan 2021-2024 to see how we plan to continue transforming the system:

[Contact Us](#)

[View Strategic Plan](#)