Media Release

FOR IMMEDIATE RELEASE

10-28-2026

AI for Good: Can Artificial Intelligence Give Mental Health Clinicians More Time With Kids?

Capitalize for Kids is demonstrating how AI can reduce the administrative burden in child and youth mental health care without compromising safety, privacy, or trust.

TORONTO, October 28, 2026 – One in three young people are turning to AI for emotional and mental health support. Governments are debating how AI chatbots should be regulated to better protect children. And inside Canadian health care, the rapid adoption of AI scribes is raising new questions about privacy, consent, accuracy and oversight.

At the same time, artificial intelligence may offer a positive opportunity for a child and youth mental health system struggling with growing demand and limited clinical capacity.

For Capitalize for Kids, the question is, where and how does AI fit into the child and youth mental health care system, safely? What safeguards need to be in place before it becomes part of care? This national charity is working with community child and youth mental health agencies to explore one potential use: reducing the amount of time clinicians spend on note taking and report writing so more of their time can remain focused on supporting children, youth and families. At the George Hull Centre for Children and Families, Capitalize for Kids oversaw a pilot of AI-assisted clinical documentation technology with six clinicians. Early findings showed that their time spent on paperwork fell by approximately *54% for reports and 70% for progress notes, freeing up this time to treat more kids and families*

“AI shouldn’t replace the relationship between a clinician and a young person. The opportunity is to use technology to open up more time for that relationship,” says **Angela Simo Brown, CEO of Capitalize for Kids**. “If we can safely reduce the administrative work surrounding care, clinicians can spend more of their time actually providing it.”

But introducing AI into mental health care, particularly when children, youth and families are involved, also raises significant alarms around privacy, consent, accuracy, as well as how much information should ever be captured by technology and entered into a client’s file.

“Community mental health agencies should not have to become AI experts overnight,” says **Jason Pun, Chief Impact Officer at Capitalize for Kids**. “Our role is to bring the expertise, ask the difficult questions and help organizations put the right safeguards, policies, and measurements around the technology, before it is scaled.”

The work is part of a broader Capitalize for Kids effort to help community child and youth mental health organizations evaluate emerging technology and determine where innovation can meaningfully improve the systems behind care to drive better mental health outcomes

The organization has also developed a **Community Child and Youth Mental Health Artificial Intelligence Knowledge Hub** with agency and sector partners.

AI has already moved into health care. The question for the child and youth mental health sector is no longer whether it will be used, but how, where, and with what safeguards.

Interview Opportunities:

Angela Simo Brown, CEO, and Jason Pun, Chief Impact Officer at Capitalize for Kids, are ready to discuss:

- What AI is already beginning to look like inside child and youth mental health care
- What Capitalize for Kids learned from its early AI documentation pilot
- The 54–70% reduction in documentation time observed during the pilot
- What happens when AI "listens" to a mental health session
- Privacy, consent, accuracy and clinician oversight
- Where the greatest risks exist when organizations adopt AI too quickly
- Whether community mental health agencies risk being left behind as AI advances
- How time saved on administrative work could ultimately create more capacity for children and youth
- What responsible AI adoption should look like before these tools are scaled

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About Capitalize for Kids

Capitalize for Kids is the only charity in Canada dedicated to making the child and youth mental health system work better for kids and families so they can access the urgent and expert care they need to thrive.

We do this through delivering efficiencies, technology and innovation to over 50 child and youth mental health providers each year, enabling over 200,000 kids and families access vital care annually. Learn more at CapitalizeforKids.org

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Interviews can be arranged by contacting **Alexander McAvoy**
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