

Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative

Local Action Team Aims and Measures for April 1, 2015 to March 31, 2016

Each Local Action Team will develop a one page document linked to the BC CYMHSU Collaborative Charter which will identify its aims and measures for the upcoming Action Period.

Local Action Team:		Central Okanagan	
Co-Chairs:		Scott Slater & Dr. Marianne Morgan	
Project/Community Development Lead:		Rachel Laird	
Members – Names, Title & Affiliations/Organization:			
<i>Name</i>	<i>Title, Affiliation/Org</i>	<i>Name</i>	<i>Title, Affiliation/Org</i>
Amanda Swoboda	CMHA	Irene Maier	School District #23
Andrea Antonishen	DDMHS/IHCAN	J.B. Cole	UBCO – School of Social Work
Andrew Portwood	The Core Kelowna	Jane Mushta	KGH
Anita Desjardins	COK LAT Administrative Assistant	Jason Mackenzie	MCFD
Ashley Sherbino	CMHA	Joanne Deguevara	School District #23
Beth Flynn	MCFD	Karen Davies	IH, Public Health
Buffy Mills	Westbank First Nations	Karen Wnuk	MCFD
CJ LeBlanc	CMHA Youth Services	Keddi-Ann Sherbino	Youth
Cheryl Longeway	The Bridges Services	Kelly Andrews	School District #23
Christa Akins	Parent	Kelly L'Hirondelle	Métis Community Services Society of BC
Christine Walsh	KCR	Liz Talbot	NOW Canada
Cindy Rhodes	School District #23	Lori Sauer	KGH ER RN
Colleen McEwan	KGH	Lynette Stirling	Parent
Colleen Szalka	Parent	Lynn La Mothe	Family
Dana Steele	KGH ER RN	Marnie Bland	ARC Programs
David Wood	MCFD	Melissa Feddersen	UBCO
Dawn Watters	CO Regional District	Melody Brewer	CMHA Family Navigator
Dawn Wilkinson	KCR	Michelle Evans	Parent
Deanna Rolston	Parent	Mike Gawliuk	CMHA

Deborah Wood	PSP Coordinator	Niki Stevenson	Ki-Low-Na Friendship Society
Donna Jansons	KGH	Peter Molloy	School District #23
Dr Edward H. Taylor, Ph.D.	UBCO – Health & Social Development	Rachel Laird	COK LAT Project Lead
Dr. Fernando Diaz	Psychiatrist, Adult MH Services	Rana Grace	School District #23
Dr. Jeanne Mace	GP (CODFP)	Renee Hetu	Aboriginal Navigator, IH
Dr. Jim Ketch	GP (CODFP)	Sandra Robertson	IH Manager
Dr. Marianne Morgan	GP (CODFP)	Scott B. Slater	MCFD
Dr. Michael Ocana	Psychiatrist	Sharon Marshall	Outreach Youth Counselling
Dr. Stan Szombathy	Paediatrician	Tasie Haluska-Brown	MCFD
Dr. Tom Warshawski	Paediatrician	Teresa Murray	Kelowna Boys & Girls Club
Einar Poulsen	MCFD	Tom Harbour	School District #23
Ellen Boelke	KCR	Traci Cooke	F.O.R.C.E. Society
George Curran	ARC Programs	Tricia Labrie	School District #23
Georgina Josefsson	School Liaison, RCMP, SD #23	Tristan Smith	CODFP
Harry Holman	Youth		

LAT CYMHSU Charter Objective(s) Action Period ending October 2015 (Learning Session 6).	Specific Aims Action Period ending October 2015 (Learning Session 6).	Measurements
“What objective (s) from the Charter are we addressing for this action period”?	“What are we trying to accomplish and how”?	“How will we know that a change is an improvement”?
<ul style="list-style-type: none"> • New LATs to achieve one or more objectives. • Established LATs to achieve two or more objectives. 	<ul style="list-style-type: none"> • Aims are steps intended to meet an overall objective but can be specific and unique to your community’s needs. • Who, What, Where, When? • Be specific and keep it realistic and achievable. 	<ul style="list-style-type: none"> • Make measures meaningful. • Measure by quantifying/counting, observing, asking... • Keep measures simple and establish a baseline if possible. • Did you make a positive difference? If not, adapt your aim(s) and try again.
<p>LAT Objective 1: Identify and communicate to service providers and community members how to access local and provincial mental health and substance use services and supports for children, youth, youth in transition, and their families in their local communities, to move towards FamilySmart Practice.</p>	<p><u>Inclusivity of Professionals</u> involved in CYMHSU</p> <ul style="list-style-type: none"> • Continue to make the Local Action Team inclusive to all <p><u>Focus groups for populations</u> that aren’t attending LAT meetings</p> <ul style="list-style-type: none"> • Identify methods of participation and engagement for youth, parents, and aboriginal representatives in the work of the LAT • Conduct youth focus groups to ensure that youth voice is informing and guiding work of LAT • Ensure, through leadership of steering committee, that focus groups are targeting meaningful questions/feedback that will inform work of LAT subgroups • Focus groups should support creating knowledge, building solutions, engaging youth that are at risk. 	<p><u>Inclusivity of Professionals</u></p> <ul style="list-style-type: none"> • Extent of diversity of membership • Establish baseline of existing membership for future measurement • Continue to invite potential participants from the COK community <p><u>Focus Groups</u></p> <ul style="list-style-type: none"> • Run two pilot groups in June • Schedule remainder for late summer and early fall • Ensure at least one or more focus groups target aboriginal youth populations • Ensure focus groups engage with both ‘leaders’ and ‘non-leaders’ (i.e. youth who may not be as naturally engaged but are the population the LAT is trying to serve/meet the needs of).

<p>LAT Objective 2: Establish multi-sector, sustainable practices of care that are effective for children, youth and their families. These practices can include any areas of care that align with community priorities, for example: i.e. crisis intervention, suicide and self-harm prevention, and early intervention care for mild to moderate.</p>	<p><u>Substance Use:</u> Working Group is meeting regularly and represents all facets.</p> <ul style="list-style-type: none"> • Working group headed by Beth Flynn MCFD, in participation with IH, ARC, CMHA, schools, physicians, and others • Regular updates of the KCR database based on SU services available <p>Improve access to youth and families to services; increase services.</p> <ul style="list-style-type: none"> • Train more SU clinicians • Educate resource providers • Provide YCAP Training in order to: <ul style="list-style-type: none"> ○ Increase capacity of first responders to effectively identify, assess and refer young people to service ○ Increase understanding of what services are available, access points and referral criteria for acceptance, to facilitate quality referrals and ensure existing services are efficiently and effectively utilized ○ Increase dialogue between first responders and substance use clinicians, with an eye to improve service coordination and interagency collaboration, while identifying gaps in service delivery. 	<p>Working Group:</p> <ul style="list-style-type: none"> • KCR Database accurately represents services available and provides correct contact information for service providers • Increase numbers of clinicians trained (currently 7 only) <p>YCAP</p> <ul style="list-style-type: none"> • Target training participants from: MCFD, SD23, RCMP School liaisons & downtown Enforcement Unit representative, youth focused service providers, and other collaborative identified recipients. • Identify and designate up to 5 service providers representing different youth service organizations to receive the Y-CAP ‘train the trainer’ programming so they may confidently assume a peer mentorship role for workshop participants post session completion. • Baseline substance use training for approximately 60 youth focused service providers (three separate training sessions)
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<p>LAT Objective 5: Partner with schools to provide mental health and substance use literacy for teachers, students, school personnel and families through initiatives targeted to address specific and community needs.</p>	<p>Prevention/Intervention/Education Has active Working Group</p> <ul style="list-style-type: none"> • Continue project to bring education to parents of infants to teens-Key Messaging • Support PSP programs <p>Resiliency Training</p> <ul style="list-style-type: none"> • Follow through on sustainability planning for resiliency training 	<p>Prevention/Intervention/Education</p> <ul style="list-style-type: none"> • Finalize messaging • Roll out Key Messaging program in schools. • Propose pilot phase to IH for COK (not regional yet). • Number of resource providers with improved training/skills <p>Resiliency</p> <ul style="list-style-type: none"> • Set expected # of trainees to receive resiliency training from the newly “trained trainers” • Establish timeline and project plan for fall ’15 roll out

Remaining LAT CYMHSU Charter Objective(s) LAT to meet this objective between October 2015 and March 31, 2016.	Aims (option to complete this section after Learning Session 6, October 2015).	Measurements (option to complete this section after Learning Session 6, October 2015).
LAT Objective 3: Integrate new provincially developed system-level information sharing guidelines into existing local practices.		
LAT Objective 4: Increase participation of schools and communities in fostering “caring adults” to provide support and protective factors for children and youth.		
LAT Objective 6: In consultation with PSP Regional Support Teams, increase participation in the Practice Support Program’s (PSP) Child and Youth Mental Health Module by family and specialist physicians, as well as CYMHSU partners and service providers, such as MCFD, CYMH, school counselors, psychologists and community agencies. Targets for improvement will be locally determined in conjunction with the PSP program and should be robust and significant.		
LAT Objective 7: Promote uptake of the PHSA Indigenous Cultural Competency (ICC) Training and/or other education and practices to address and enhance cultural safety and competency in child and youth mental health and substance use for Aboriginals.		

<p>LAT Objective 8: Test and implement system-level guidelines and protocols in the local community, as recommended by the Collaborative Working Groups.</p>		
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The above tool was derived from a Model for Improvement. Please visit http://www.impactbc.ca/sites/default/files/documents/Resources_Model%20for%20Improvement.pdf for more detail.

Appendix: Excerpt from BC CYMHSU Collaborative Charter, September 2014 to June 2015

WHAT ARE WE AIMING TO ACCOMPLISH?

Local Action Teams:

Local Action Teams (LATs) are key components in the provide the foundation for approaching improvements at is to establish multi-sector partnerships for a sustainable children, youth and families experiencing mental health Creation of these LATs requires significant time and ongoing engagement of all partners to achieve desired

include identifying system barriers, and adapting and trialing new strategies and resources to combat these barriers. Teams are comprised of a diverse cross-section of mental health and substance-use service providers, stakeholders, and youth and families from the local community.

By June 2015, well established LATs will achieve two or more and newly engaged LATs will achieve one or more of the following objectives in their community. Members will establish measurements for their work, supported by their Collaborative Coach. The number, and timing of LATs created will depend on the ability of all partners to contribute the necessary time and resources to ensure success.

1. Increase the awareness and engagement of children, youth, families, practitioners and community members with CYMHSU services through activities such as identifying and communicating current access to services and supports for children, youth, youth in transition, and their families.
2. Establish or link to existing initiatives to provide multi-sector wraparound care to children, youth and their families.
3. Deploy local protocols to implement new provincially developed system-level information sharing guidelines.
4. Increase participation of schools and communities in fostering “caring adults” to provide support and protective factors for children and youth.
5. Work with schools to provide mental health literacy for teachers, students and parents through initiatives such as: professional development/training programs related to CYMHSU and youth and parent peer support.
6. In consultation with PSP Regional Support Teams, increase participation in the Practice Support Program’s (PSP) Child and Youth Mental Health Module by family physicians, as well as CYMHSU partners and service providers, such as MCFD, school counsellors, and community agencies. Targets for improvement will be locally determined in conjunction with the PSP program and should be robust and significant.

“I feel really good about the Collaborative. I feel even more hopeful about the direction that the province could possibly be headed.”

– Mother on Action Team

structure of the Collaborative and the local level. The long-term goal infrastructure to support local and substance use challenges.

commitment to ensure initial and objectives – objectives that

7. Promote uptake of the PHSA Indigenous Cultural Competency (ICC) Training to address cultural safety challenges in mental health and substance use for Indigenous peoples.
8. Test and implement system-level prototypes, guidelines and protocols as recommended by the Collaborative Working Groups, such as ER Guidelines, or the recently revised provincial Youth to Adult Transition Protocol.