

# Child and Youth Mental Health and Substance Use Collaborative

## Learning Session 8 Bear Dens

### 1. Youth Engagement – How to engage youth on their level: What you are doing and how you can do it better?

**Leaders: Laurie Edmundson & Corey Reid**

This session will engage participants in discussion and give them valuable tips on how to engage youth on Local Action Teams, in the community and at events. Results from the first Fraser Regional Youth Networking Event surveys will allow for insight into what the youth want and need from their LATs. Other topic areas, including youth speakers and support for youth, may be discussed.

### 2. Interior Health Authority Parkview Child and Adolescent Mental Health Program's response to acute CYMHSU crisis

**Leaders: Raj Chahal & Dr. Sheik Hosenbocus**

This session will focus on how the Parkview program responds to acute crisis by providing: ER assessments/discharge planning for the catchment area, emergency psychiatric assessment for GPs/Pediatricians, follow up/Case management for Pediatric Inpatient Psychiatric Unit, and case management for complex mental health cases.

### 3. Smithers trauma-informed schools work

**Leaders: Cheryl Hofweber & Shawna Audet**

The Smithers LAT is guiding schools down the path towards becoming trauma-informed. Learn about our action plans and Trauma Informed Toolbox project, and then participate in sharing ideas about transforming schools into safe, predictable, supportive environments that provide social, emotional and academic connections to increase the engagement of all students.

### 4. MCFD and Health collaborate: How CYMH and Fraser Health staff redesigned a crisis program and still like each other!

**Leaders: Janet Campbell, Cheryl Conant, Mary Anna Ennis, Paul Enns & Karen Tee**

This session will invite participants to join in a dialogue about interagency collaboration between Health and MCFD. Learn about how our struggles, key successes and the process of collaboration in redesigning a pivotal crisis program can enrich your own interagency partnerships.

### 5. Working Upstream: A Collaborative partnership between family physicians and trauma consultant Leader: Jan Ference

This session will focus on a small group learning pilot project that used an innovative approach to support family physicians in their work with vulnerable families. The goal was to help doctors better understand how trauma, neglect and chaos impact the developing brain, as well be able to better identify early attachment concerns. We will discuss the serious nature of not addressing early childhood trauma, and the impact on the child's developmental trajectory.

**6. Information Sharing Guidelines**

**Leader: Jonny Morris**

This session will focus on the resources developed to support information sharing in the context of mental health and substance use in BC. We will discuss (a) how the resources have been received, (b) what the next steps are for knowledge mobilization, and (c) how this work can impact information sharing culture and practice.

**7. Family Focused Therapy**

**Leader: Dr. David Smith**

How can we better partner with families to help them help their child or youth to recover from MHSU conditions? What is family based therapy and how can we better implement this in the systems we work within?

**8. Surveying the landscape: A conversation about the 2018 BC Adolescent Health Survey**

**Leaders: Annie Smith & Duncan Stewart**

In 2018, around 30,000 public school students aged 12-19 will complete the 6<sup>th</sup> BC Adolescent Health Survey. This conversation will discuss what members of the Collaborative view as the most relevant questions to be included in that survey and how the survey results can best support the work of LATs.

**9. Acute to Community Transition Agreement: A provincial framework for local protocol development for mental health and substance use services for children and youth**

**Leaders: Verlie Martin & Tammy Music**

This session provides an opportunity to discuss the implementation of the Acute to Community Transition Agreement, including the development of local protocols.

**10. Why Police? RCMP, a key community partner**

**Leaders: Leisl Kaberry, James McLaren, Tom Norton, S/Sgt. & Patty Perens, S/Sgt.**

Who in your mind are the first responders? How do children and youth with mental health and/or substance use concerns come into contact with the police?  
Working together – what does this look like?

**11. Sleep Dysfunction: Its impact on mental health and one community's response**

**Leaders: Dr. Allyson Davey, Kirsten Graham, Amar Kaila & Grace Pater**

Sleep disruption is very often an important part of mental illness in our children and youth, yet these problems are under recognized and therefore poorly treated. In our community we have recognized the sleep challenges our kids and families face and have tried a different approach to support them. Ms. Graham has research to help describe the struggles these families face and the barriers to care within the system. We hope to share information between our and other communities about what is transcending those barriers.

**12. Safe Relationships, Safe Children**

**Leader: Sonja Sinclair**

Safe Relationships, Safe Children is a provincial partnership between the Ministry of Health and MCFD to better identify children in homes affected by Parental Mental Health, Substance Use and/or Intimate Partner Violence. Using a Practice Pathway to identify and collaboratively provide support across ministries and agencies to support the whole family, improving parenting capacity and reducing risk to children.

**13. Enhancing access to specialty expertise in rural and remote communities**

**Leaders: Dr. Susan Baer & Dr. Jana Davidson**

A review of the results from the psychiatry resource survey in BC will be provided, followed by a discussion on current and novel approaches to aid rural and remote communities in accessing child and adolescent psychiatry expertise. Ideas on how to use telehealth to access direct care, as well as to build community capacity to manage mental health concerns, will be discussed.

**14. Improving services for LGBTQ youth in both urban and rural settings**

**Leaders: Ryan Khungay & Jessica Mott**

This session will be focused on engaging LGBTQ youth on a continuum of mental health services in both urban and rural communities. We will explore how we as individual professionals and also agencies at large are providing services to this specific population. We will discuss what is working, what isn't working, and how the location of a youth impacts their access to appropriate and safe supports.

**15. Supporting youth and families who present to hospital with a mental health crisis**

**Leaders: Andrea Klassen & Colleen McEwan**

This session will focus on the support that is provided to youth and families who present at Kelowna General Hospital in a crisis – in the Emergency Department, on the Pediatric Unit and after discharge.

**16. Children & youth with neurodevelopmental & mental health disorders: A model for collaborative support**

**Leaders: Collette Mann, Dr. Aven Poynter & Michelle Schmidt**

Children with complex neurodevelopmental disorders and high behavioural needs require collaboration from multiple agencies. During this session, we will discuss the results of a forum that involved school support personnel, school and community psychologists, community agencies, pediatricians, pediatric psychiatrists and neuropsychiatrists, and parents. This forum was the first such collaboration, and resulted in an integrated plan for providing appropriate multi-disciplinary, student-centred support for these complex children and adolescents.

**17. Infant mental health – Initiatives and strategies underway**

**Leaders: Isabell Martin & Deborah Pawar**

Infants and young children up to age 5 may present with complex mental health challenges that are of concern for parents, caregivers and community service providers. Join the conversation to discuss the strengths of regional coordinated initiatives underway and to make recommendations for a provincial strategy in Infant Mental Health.

**18. The Complex Care and Intervention (CCI) Program -- Facilitating healing and recovery in children and youth in foster care.**

**Leader: Chuck Geddes**

CCI is a trauma-focused intervention which is having strong success in promoting healing and recovery from complex trauma backgrounds. The CCI Program builds capacity in caregivers and care teams to understand complex trauma, and provides assessment-based treatment interventions specific to the child's presenting developmental needs. CCI is currently available in 26 communities around BC. CCI provides a vehicle for recovery from multiple Adverse Childhood Experiences (ACEs)."

**19. Parents supporting parents**

**Leaders: Pam Bell & Holly Sneddon**

Parent education and support groups are available in some parts of BC, but are not available in the growing Vancouver Island communities of West Shore and Sooke. Four mothers from the LAT came together to respond to this gap. The Bear Den session will highlight the importance of having a local structure that enables parents to support other parents, and facilitate a discussion about building a parent education and support capacity in your own community.

**20. Portfolio of Canadian Standards for Youth Substance Abuse Prevention**

**Leader: Zachary Patterson**

Effective prevention does not necessarily mean working harder, but can be achieved through focusing resources on community needs and evidence-informed practices, and linking with other initiatives in the community. The Canadian Standards provide teams with guidance – based on the best available evidence – on how to best plan, select, implement and evaluate their prevention efforts. The Canadian Guidelines for Youth Substance Abuse Prevention Family Skills Programs emphasizes the importance of including family skills programming both in a comprehensive prevention initiative and as a part of general parenting and family support.

**21. The ER protocol: Where are we now and what have we learned?**

**Leaders: Michele Blais & Dr. Jeff Peimer**

The Emergency Room Protocol for Child and Youth Mental Health is now being tested and implemented in a number of communities. The discussion will focus on sharing what is currently going on, what we're learning and how others can get involved.

**22. That was OCD? Early and effective intervention for children and youth with OCD**

**Leaders: Allison Mcleod & Dr. Evelyn Stewart**

For the skilled service provider, OCD can sometimes be very difficult to recognize because of presentation and/or potential comorbid conditions (ie. ADHD, anxiety, Tourette, learning disabilities). Schools, families and service providers may find themselves attempting to treat the disruptive behaviour instead of the underlying cause(s). Please join this Bear Den to explore ways that we can collaboratively help children and youth to be assessed and supported early, to manage this sometimes complex and challenging disorder.

**23. Surviving crisis as a family: How to heal and strengthen family relationships**

**Leaders: Jasmin Rakhra and Sandra Spani**

The focus of this Bear Den is to explore how we can heal and strengthen family relationships after a significant mental health/substance use event. What do children/youth, parents/carers, siblings, and other loved ones need during and after such an event to feel safe, loved and supported?

**24. Talking to teens about suicide ideation**

**Leader: Teesha Sharma**

Suicide is the second leading cause of death among youth (15-24) in BC. This session will spark dialogue around youth-friendly ways to talk to young people about suicide – from the language you use to the setting in which you approach the subject. From the outside looking in, suicide can spawn misconceptions. Becoming aware of those things can alter the way you support a youth experiencing suicidal ideation. The session will also offer participants tangible ways (compiled by a group of youth with lived experience) to support youth.

**25. Integrated Case Management: What works**

**Leaders: Dr. Matthew Burkey, Troy Forcier, Tami Lund & Dr. Lyn MacBeath**

The purpose of Integrated Case Management is to achieve better outcomes for children, youth and families. Collaboration happens within MCFD (e.g. CYMH and Child Protection), as well as with other agencies, such as Health. The focus of this Bear Den is interagency collaboration, with representatives from MCFD (front line and management) and Health (child and adult psychiatry) facilitating the discussion.

**26. Bear Den with MCFD Deputy Minister Lori Wanamaker**

**Leader: Barry Fulton, Executive Director of Service**

Join MCFD Deputy Minister Lori Wanamaker and Executive Director of Service Barry Fulton to hear about and to provide input into MCFD's new Multi Year Action Plan and the role for Community Based Child and Youth Mental Health (CYMH). This conversation will explore how CYMH is linked to key ministry goals, such as: an Indigenous focus and working toward reconciliation; prevention and early intervention, strengthening supports to families; improving service coordination across government; and building and maintaining strong relationships with our partners.

**27. Recognizing Resilience: Collaborative practices with families affected by substance use**

**Leader: Stephanie McCune**

This session will focus on system partnership with families and caregivers within substance use service settings. Conversation will highlight practices and processes that stand up to stigma and blame while honouring insider wisdom, multiplicity and partnership.

**28. Indigenous voices in family wellness (Parksville room – 2<sup>nd</sup> floor)**

**Leaders: Jennifer Mervyn & Stephanie Papik**

Gathering together Indigenous healers/professionals and indigenous family members (youth/parents) who are interested in a conversation about family wellness and healing from an indigenous perspective.