

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

## February 2017 e-Blast

### 55 LATs continue past March 2017!

Through December and January we have been furiously reviewing and approving chartlets and budgets for LATs. From those documents we have ascertained that 55 LATs will be continuing past March 2017. We are very excited to see so many communities able to continue their work!

We also acknowledge that, with so many teams continuing, we will need to ensure that teams are supported regionally and provincially with their activities. We're still ironing out the details but want to reassure LATs that they will continue to be supported, including by the provincial Steering Committee and Faculties.

### The Collaborative invites Justin Trudeau to the Congress

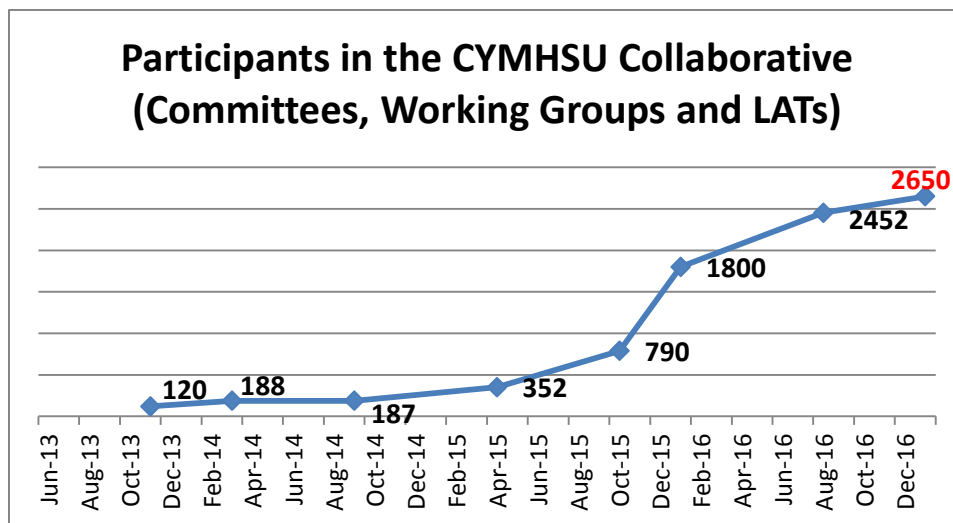
At the closing of Learning Session 8, we asked participants to write a few words to invite our prime minister to the Congress in March. We were amazed at what was written by the diverse attendees. The hand written notes along with a formal letter were sent to the office of the Prime Minister in December. We eagerly await his reply!



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## Participants in the Collaborative

We were able to pull the following data from the invitation list for the Congress. It's an impressive number!



## Learning Links – Increasing Access to Child and Youth Mental Health in BC

Learning Links is ready for use by specialist physicians, general practitioners, and others who want to enhance their knowledge and skills in the area of child and youth mental health. You can read more about how the modules work, what you'll learn, and the feedback so far [here](#).

## Collaborative Toolbox – Sharing your work

Since 2013, hundreds of tools and resources have been created by Local Action Teams and Working Groups to help achieve the Collaborative's goals. Many of these innovative resources have been shared with others to easily address similar issues in their communities, but there is still huge potential to further share and adapt what others have been doing so as not to have to 'recreate the wheel' for every project. But being able to access these tools and resources in one place has been a challenge ... until now.

A solution we are currently working on developing is a microsite with the goal of providing easy access to the most 'shareable' tools and resources you have created. We would also include key resources that have been integral to your work, such as the ASIST and PHSA Indigenous Cultural Safety training, and more. We are excited to show you this site shortly for your feedback. Watch this space!

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## What's new with Local Action Teams?

Every eBlast we strive to bring you a few examples of the exciting work happening in LATs. Below is just a taste of the many initiatives currently underway.

### VANCOUVER ISLAND

**Mount Waddington:** The Project Lead was invited to present on the work of the LAT at an annual event hosted by the Mount Waddington Health Network. The Mount Waddington Local Action Team objectives have met five of the ten recommendations in the Mount Waddington Addictions and Recovery Services Plan, including increasing collaboration among service providers, increasing awareness of services, awareness of trauma and its effects, and supporting youth by providing healthy activities. Currently, there are 75 youth participating in six different youth activities being supported by the LAT.

### FRASER

#### Building knowledge in communities across Fraser

Congratulations to the **White Rock South Surrey and Surrey North Delta LATs** on their successful joint submission to host a *Balancing our Minds* event for Fraser youth. The application effort was led by the Surrey School District in collaboration with the two LATs. Together, they will welcome over 1,000 local youth to the event at Surrey's Bell Centre. Plans are coming together, so stay tuned for future updates!

In the **Fraser Cascades** communities of Hope and Agassiz, the film "*Screenagers*" was screened in December. Although weather proved to be a bit of a challenge, there was enough interest to encourage the LAT to plan additional screenings throughout the Fraser Cascades. "*Screenagers*", "*Resilience*", and "*Paper Tigers*" movie screenings and discussions are now being promoted through April 2017. The **Mission LAT** was encouraged by a massive community response to their plans to host a screening and discussion of "*Resilience*" on January 11 – with 700 RSVPs! Due to severe weather forecasts, the screening had to be rescheduled and the team is now offering two separate showings on January 29 and March 29.

### NORTH

#### Prince Rupert builds bridges in their community

The **Prince Rupert LAT** is working closely with the Prince Rupert Recreation Complex to recruit adult service provider volunteers for *Youth Nights*. This free monthly event is an opportunity for adults to connect with their local youth. The January 2017 Youth Night included 20 youth and five adult volunteers (including two RCMP members & a Youth Probation Officer) who came together to eat snacks, play board games and dodgeball together. Last Friday it warmed the



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hearts of the Project Lead, Carrie Thorpe, to see three RCMP officers playing volleyball with the youth. What a great way to equalize the playing field (pun intended 😊) and to get to know each other!

## VANCOUVER COASTAL

### Local Action Team membership doubles

In December 2016, the **Sea-to-Sky LAT** hosted a community forum inviting youth, families, and service providers to join an evening of learning and sharing. Over dinner, attendees learned about the LAT and discussed findings from a recent patient journey mapping effort. The well-attended event helped to double LAT membership, with many more youth and family members joining, and assisted the LAT to identify essential community improvement priorities for moving forward.

## INTERIOR

### 94% feel they better understand children and youth who have experienced trauma

Recognizing the importance of taking a *community* approach to trauma, the **Boundary LAT** hosted workshops to foster shared language and understanding of trauma and brain development. Dr. Emily Wang (based in Calgary) from the Trauma Academy presented to 13 foster parents to underscore the role that foster parents have in the lives of children and youth and how they can use trauma-informed practices. Foster parents appreciated the opportunity to connect with other foster parents and 92% reported they felt that they had new ideas about how to interact differently with children and youth who have experienced trauma. This session was followed by a day long workshop, Introduction to the *Neurosequential Model of Therapeutics: Applying principles of neuroscience to work with traumatized children and youth*. The workshop was attended by 115 school counsellors, physicians, MCFD clinicians and community providers. Ninety-four percent of people completing evaluations reported that they feel they better understand children and youth who have experienced trauma, and 93% of people felt that they had some ideas of how to interact differently with children and youth who have experienced trauma. For more information contact Karly Olsen, Project Lead at [kolsen@divisionsbc.ca](mailto:kolsen@divisionsbc.ca).

### Shining a light on Suicide Prevention

On September 14<sup>th</sup>, 2016 the **Shuswap Local Action Team** of the CYMHSU Collaborative hosted a World Suicide Prevention Lantern Walk (WSPD) in the community of Salmon Arm. It was an evening of remembering and acknowledging those lost to suicide as well as acknowledging that, as a community, they can do more together for children, youth and their families struggling with suicide. There were over a hundred and fifty people who walked with light ranging from toddlers to grandparents. In the months leading up to September 14<sup>th</sup>, the team reached out to



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children, youth, and mental health programs to raise awareness and education about suicide through the making of a lantern inscribed with words chosen by them to express hope: Resilience, Family, Peace, Strength, Love.... Over a hundred lanterns were created by children, youth and families for the event. For more information contact Kara Wilhelms, Project Lead at [karawilhelms@icloud.com](mailto:karawilhelms@icloud.com).

## What's new with System Working Groups (WG)

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**Evaluation and Measurement:** Anne Mullens and Linda Nehra of the evaluation team have been hard at work in December and January, rounding up highlights of LAT and Working Group activities, interviewing participants, and writing up articles that will be featured in a special publication for release at the Congress. A reminder to all Collaborative participants, if you have photos you can share of any Collaborative events and activities, please forward high resolution versions to Anne Mullens at [annemullens@gmail.com](mailto:annemullens@gmail.com).

**Emergency Room Protocol:** The CYMHSU ER Protocol is in the early implementation phase with each Health Authority. The development of this protocol has resulted in individual ER discussions about CYMHSU services in each site. Each Health Authority is now reviewing the HEARTSMAP assessment tool for their implementation to replace HEADS-ED. Co-training with the HEARTSMAP team from BC Children's Hospital will take place as it moves forward. The training is available online at [www.heartsmap.ca](http://www.heartsmap.ca) for those working in the Health Authority. The momentum around the protocol is picking up with some hospitals also providing trauma and Learning Links training with their staff.

### 75% of Royal Columbian ER nurses completed ER training

The Fraser region is proud to say that the first Fraser ER Protocol training event was held on January 10<sup>th</sup> at Royal Columbian Hospital. To date, RCH is the largest hospital to provide the updated ER Protocol training, and by the end of the day, 75% of the hospital's ER nurses completed the training. Youth from around the region attended the event and enriched participant's learning by sharing their own ER experiences with authenticity and humour. The sessions were filmed, and a short training video will be produced.

**Tele-health Rural Remote Support:** The working group has been developing a report on how to improve services for CYMHSU using tele-health. It is an accumulation of information gathered from presentations and discussions the group has held on what is working in other areas, what else is needed, and how to break down barriers so that tele-health services can be engaged or strengthened. Topics range from technology and information management; to compensation and equity across the province for rural areas.



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## Collaborative Congress — Have you registered?

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The Congress will take place on **March 8<sup>th</sup> – 10<sup>th</sup>** in **Vancouver**. March 8<sup>th</sup> will be a pre-event day, with our Project Leads and Co-Chairs meeting and Physicians Dinner, and March 9<sup>th</sup> and 10<sup>th</sup> will be the general session. The congress has, at its core, the recognition and celebration of the amazing work of the LATs and Working Groups of the CYMHSU Collaborative. It will also be a chance for us to set our sights to where we need to go into the future. Here is a snippet of what you can expect:

- Breakout presentations from four working groups and 22 LATs
- Storyboard presentations from more than 40 LATs and Working Groups
- Two youth and parent plenaries including an opportunity to hear from First Nations youth and parents.
- The presentation of the results of the Collaborative evaluation and a re-examination of the Collaborative tipping points

All Collaborative participants will have received their invitation to [register](#) in mid-January!

