

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

January/February 2016 e-Blast

Deputy Ministers of Health and MCFD weigh in on the Collaborative impact

As part of the qualitative evaluation of the CYMHSU Collaborative, both the Deputy Minister of Health, Stephen Brown, and Deputy Minister of Children and Family Development, Mark Sieben, were recently interviewed to gather their unique perspectives on the Collaborative initiative.

Both men have extensive executive history in government. Prior to being DM of Health, Stephen Brown was DM of MCFD and therefore is uniquely positioned to understand both ministries and their strengths and challenges. DM Mark Sieben was previously DM of the Ministry of Social Development and the chief operating officer of MCFD, prior to taking the helm as DM at MCFD in September 2013, shortly after the Collaborative formed.

In two 30 minute interviews, each discussed his knowledge of the Collaborative, its methodology and structure, and some of the Collaborative's actions and impacts to date. In honest and very frank discussions, each outlined his hopes and expectations for how the Collaborative fits with a bigger vision for a future system of child and youth mental health care.

Both expressed strong support for the Collaborative, the Local Actions Teams and the working groups. We recommend that you read the full transcripts of the interviews. The transcripts are attached to this eblast and have been saved in the LAT Dropbox for your convenience and can be accessed by your Project lead/Community Developer.

What's new with Local Action Teams?



East Kootenay creates Provincial resource for Eating Disorders Management and Care

With eating disorders in the region being one of the community's more pressing adolescent mental health concerns, the East Kootenay LAT decided to bring experts from BC Children's to Kimberley to present an eating disorders workshop. The goal was to raise awareness and provide consistent evidence-based information to inform practices for those caring for

those struggling with these disorders. More than 90 health care providers and people from school and community agencies in the region attended. The workshop was filmed and has since been compiled into a series of video modules with the aim of widely sharing the team's expertise to health providers, clinicians, school personnel, youth, families and others throughout BC. The videos were launched with a news release and targeted local articles during Eating Disorders Awareness Week (Feb 1-7). The modules are introduced by Rylee and Terri McKinley who share their difficult journey with anorexia and can be

accessed on the Shared Care website [here](#). Please note physicians can receive CME credits for the training.

Ridge Meadows LAT Youth are Leading with Innovative New Ideas

Two of the youth involved on the Ridge Meadows LAT are the organizers of two new programs in the Pitt Meadows and Maple Ridge Communities. Although not direct initiatives of the Ridge Meadows LAT, the innovation and leadership by the youth in the community is worth celebrating! The first program is a Youth Mentorship training program that matches trained adults to 14 youth who are seeking mentors. In addition, a youth-led support group for youth is also being developed. These initiatives help to meet local needs, as identified in the community's recent Patient Journey Mapping Session (Oct 2015). Both programs are initiatives of the Blue Door Project, and are supported by the CEED Centre Society (Community Education on Environment and Development).

Central Okanagan - "LINC"- Living Independently

LINC was first launched through The Central Okanagan LAT as six-month collaborative pilot project between CMHA Kelowna/ Bridge Youth and Family Services (Connected by 25 initiative – CB25), Child and Youth Mental Health (CYMH/MCFD), and Interior Health Mental & Substance Use Services (IHA/MHSU). As of January 4, 2016, 317 youth have participated and were referred to services; 19 youth were transitioned from youth to adult services.

The program is designed to:

- Provide a single and coordinated point of access to address the intake and assessment needs of young people aged 16 – 24 in Kelowna.
- Serve as a bridge for young people that are about to age out of the CYMH system and are deemed to be in need of transitional supports to the adult MH&SU system.
- Provide services for youth in a youth friendly environment.

Through an invitation from central intake systems at CYMH/MCFD, MHSU and CB25, Youth are invited to attend "LINC" where they have an opportunity to connect with a number of supports and services for adult mental health, or for an intake to Child and Youth Mental Health Services.

LINC has now been operating for little over a year and half and has expanded the members that are part of the services offered. Current members of the LINC table include; The Bridge Youth and Family Services, MCFD- CYMH, Interior Health - Mental Health and Substance Use, Okanagan Boys and Girls Clubs- Reconnect, Reach Out Youth and Family Counseling, Work BC-Youth Employment Counselors, Caring for the Caregivers-Family Navigator (CMHA), Dr. Fernando Diaz (Psychiatrist), Dr. Jim Ketch GP (has also started to attend) and School District 23 has recently started to attend and plans to continue in the new year.

Langley LAT commitment to Parents and Youth

As part of their commitment to youth and family engagement, the Langley LAT is aiming to increase awareness of CYMHSU related issues and resources in the community with a series of posters. Surveys were distributed to identify priority themes and elicit feedback for signage, and, in all, 117 surveys were completed by community members (including service providers), with youth and parents representing 74% of respondents. The LAT then gathered feedback and suggestions on the drafts from 20 youth at a

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Langley Township Advisory meeting, and from over 20 youth at Langley's Basic Life Training (BLT) program. Next steps are to prepare a media package to accommodate the launch of the posters and signage in the community. Stay tuned for more exciting news from Langley LAT!

Support for Salt Spring Island Transition Aged Youth

Transitions can be a hard time for many youth, on Salt Spring Island. In an effort to remedy this, local youth have come up with a plan to build a living guide for youth in transition. The LAT is starting the process by tracking the journey of one youth over the next six months, and documenting her challenges and successes, as she turns 19, charting the road map and resources throughout her transition. The youth would like the guide to be a living document that other youth can use and add to, as they move through their own transition journeys.

What's new with System Working Groups?

This month we are highlighting five working groups. For information on the working groups not featured here please contact Michele Blais at michele.blais@outlook.com

Physician recruitment:

The Psychiatry workforce analysis survey was forwarded to over 900 Psychiatrists in BC. The initial response has been very encouraging and comments include appreciation for the survey being conducted. Analysis of this information will be completed by early March.

Information Sharing:

Information sharing guidelines are coming in February! The guidelines, along with the literacy tools for youth and parents, will be available to all LATs to support their work. At Learning Session 7 there will be an opportunity for interested attendees to speak with those involved to find out more about what they include and how they can be used. More work continues to provide tools that will support the application of the guideline in communities, as well as a common consent form to support sharing of information.

Emergency Department Protocol:

The ER Protocol is going to be trialed in at least three health regions in the next couple of months. The HA have developed their own working group to determine their processes for implementation and education, and will work with their provincial peers to share information and processes. By spring we should have the results of the trials from 2-3 hospitals in each of these regions.

Building CYMHSU Capacity in Schools working group:

The working group had a presentation from Ontario on their School Mental Health program called ASSIST – please check out their website at: <http://smh-assist.ca/http://www.hwdsb.on.ca/wp-content/uploads/2012/11/Mental-Health-Strategy.pdf>. this program provided much food for thought on how one province is approaching school based mental health province wide.



Physician Compensation Working Group:

Measuring the progress of the CYMHSU Physician Compensation Working Group is a challenging pursuit! This groups' purpose is 'ensuring that provincial and regional physician compensation models for specialists and family physicians support proposed future service delivery models for children and youth seeking MHSU services'.

First steps of the group included assembling an impressive list of members from a vast list of committees and organizations responsible for physician compensation in BC. Our 28 member committee was able to establish a clear link between the patient experience and physician compensation barriers. This list of barriers was then addressed one by one, and a complete list of 26 recommendations for province-wide changes to physician compensation, and eight opportunities for enhanced communication were identified and detailed in a 38 page report released late 2014. Since this time, nine of the 26 recommendations (35%) and six of the eight opportunities (75%) for enhanced communication have been achieved. Some highlights of these completed recommendations include:

- Approval from the Ministry of Health for Psychiatrists working in Interior Health to implement the provincial prototype of the Psychiatry Blended Billing Compensation Model. Implementation began with communication and changes to sessional contracts effective April 2015, and has since incorporated education on appropriate application of the Guide for physicians and program managers to support the change in billing practices.
- The Specialist Services Committee incorporated all five of our recommendations for their fees into a broader strategy to change their fee codes. These changes were approved and implemented in November 2015.
- The BC Psychiatric Association in January 2016 made changes to their Section's fee codes which also align with some of the working group's recommendations.

The impacts of these approved recommendations will enable improvements in:

- Timeliness of access to SP phone advice
- Care conferencing between health providers
- Parents ability to talk to SP without need for child to be present
- Improved ability for physicians to participate in direct patient related quality improvement activities

While significant progress has been made, it is important to note that none of the recommendations are within the scope of direct influence by the CYMHSU Physician Compensation Working Group; therefore achieving success with the recommendations requires the support and agreement of many other provincial committees and organizations. Our Working Group's efforts to educate, communicate, engage and influence continue with the goal of eventual adoption of all of the recommendations or of finding alternative solutions to each of the physician compensation barriers identified by the working group.

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Learning Session 7 — Registration is open!

Registration is still live for Learning Session 7. All LATs, working groups, Steering committee and faculty members should have received their invitation to register. The session is filling up fast, so please don't delay as registration is capped. We have 18 amazing breakout sessions, upwards of 60 storyboards, and 30 bear Den conversations planned for this session. The range of topics insures that every participants will find the session valuable.

If you did not receive an invitation to register please contact Nikita Soares at nsoares@doctorsofbc.ca

Our room block at the Sheraton Wall center is open but filling fast. If you are planning to stay in the Session hotel please book now to ensure you secure a room at the discounted rate. Last session rooms were sold out weeks before the event. You can book online with the link below.

<https://www.starwoodmeeting.com/events/start.action?id=1507215330&key=1A235B1A>

