

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

May/June 2016 e-Blast

The Collaborative in the News!

May was a busy media month for the Collaborative with the Institute of Families and many LATs planning a wide variety of activities and media engagement around National Child and Youth Mental Health Day on May 7th.

One of the highlights was a feature story about Corey, an inspirational young man who made the front page of the Vancouver Sun. Corey Reid shared his lived experience as a way to demonstrate how the involvement of youth and parents in the Collaborative is impacting BC's MH & SU systems. Through Corey's story, the Collaborative, and the work of all involved, was showcased as a unique vehicle for change in Canada. We encourage you all to read and share the article as we celebrate the transformation you are all leading in BC.

You can read Corey's story, and others on the Collaborative on the Shared Care website [here](#). We have tried our best to include them all, but if yours is missing, please contact Lisa Despina, Communications, at ldespina@doctorsofbc.ca. Please also send links to any future stories about the Collaborative for listing on the site.

Youth and Families contribute in a new and exciting way!

Youth and family engagement is a key component of the CYMHSU Collaborative, and its importance extends to the evaluation of the initiative. A new team - the **Youth, Young Adult and Family Evaluation Team** - has been established to take the lead in looking at how the Collaborative engages youth and families, how they've worked with Local Action Teams and system Working Groups, and how they've contributed to decisions that were made.

Twelve parents, a grandparent and 11 youth signed up to be involved and have already met. They will continue to get together at least once a month. Their first project is to oversee an online survey of all LAT members regarding youth and family engagement on their team. Safety in sharing feedback is a high priority for the group to ensure that results will not identify any one person, or group of people. The survey will be repeated, possibly with added components, in December.

The **Youth, Young Adult and Family Evaluation Team** will also provide direction on evaluations that are being developed with various Working Groups, and their input is already actively being sought. For more information, please contact the Co-Chair and Collaborative Evaluator, Linda Nehra (lindanehra@gmail.com), or Co-Chair Keli Anderson of The F.O.R.C.E. (keli.anderson@familysmart.ca).

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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 are just a few of the many initiatives currently underway.

VANCOUVER ISLAND

The **Sooke West Shore LAT** has hosted three Parent Education and Support Group sessions, covering anxiety, eating disorders, and strategies for dealing with self-injuring youth. Sessions will continue to be offered on the first Tuesday of the month for six months. An evaluation form was developed and administered for each session.

Meanwhile the **Gabriola LAT** has a very active youth working group engaged in the development of a MH & SU navigation video directed for and by youth. The Gabriola Youth Working Group also developed a survey for youth, designed to determine the youth and young adults' knowledge of MH & SU services on Gabriola. Additionally, the Gabriola LAT is working with Big Brothers and Sisters to explore a mentoring program at the local elementary school.

FRASER

The **White Rock South Surrey LAT** collaborated with a local parent to offer a yoga workshop to help parents and children learn techniques to manage anxiety. The Parent & Child Yoga Workshop is a one-time event to help parents connect with their child. The class is offered on a by-donation basis, and all proceeds go toward the yoga instructor to cover the printing cost of materials.

The workshop was so well received that the instructor then offered to train other yoga teachers so they could offer the same class in their communities. In all, 15 yoga teachers were trained from communities across the Lower Mainland, and they are now offering these classes locally. The WRSS LAT is now working with the parent to engage elementary schools and to offer yoga outreach classes in women's centres, youth centres, prisons, and other locations.

Ridge Meadows LAT raised \$33,500 from community contributions to begin the start-up phase for a *Ridge Meadows Youth Wellness Centre*. The Local Action Team is currently testing whether there is enough demand within Maple Ridge / Pitt Meadows for a child psychiatrist to provide psychiatry assessments in the community one day a week. Part of the testing includes offering outreach psychiatry appointments in a private room of a local coffee shop. We are looking forward to receiving the results of this very innovative PDSA.

NORTH

Northern teams are starting to make an impact in innovative ways. One of these teams - the **Prince George LAT** - launched a Youth Local Action Team that made it into CKPG-TV News! As the [article](#) states "The PG Youth Action Team aims to bring teens and young adults together with resources to give them a better voice and opinion of the mental health services available in their community."



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VANCOUVER COASTAL

The **Bella Coola LAT** is in the planning stages for events, activities, and training which will take place over the summer months to improve awareness of MH & SU issues and interventions across the Bella Coola Valley. A key focus will be a youth survey, led and developed by LAT youth members, to learn more about the MH & SU needs of local young people to inform future activities to meet those needs.

The **Sunshine Coast LAT**, in honour of National Child & Youth Mental Health this past May 7th, held three different events at community centers along the Sunshine Coast, in addition to launching their new resource card. Events were advertised in the local paper, as well as on the school district website.

INTERIOR

In the **East Kootenay**, nine community agencies, including School District (SD) #6, took part in a National Youth Screening Project involving training in the administration of the Global Assessment of Individual Needs Short Screener (GAIN-SS). The GAIN-SS tool was then utilized by all the agencies as a team, and intervention recommendations were made together. This team approach using a common assessment tool helps to refer children and youth to the appropriate agencies more quickly and efficiently.

An Ministry of Education audit of Special Education Programs and Supplemental Funds of SD #6 took place in February 2016. Auditors were looking for evidence of cross sector assessment and intervention services being provided to the 66 children identified with mental illness in SD#6. The work of the LAT in partnership with SD #6 had ensured that students clearly met audit criteria. This has resulted in the School District retaining \$650,000 worth of programming – a very positive outcome for the district, the school teams, and for the children and families who were involved.

Ashcroft, Lillooet and Lytton LATs are identifying “community champions” for MH & SU. These are caring, compassionate individuals in the community that others naturally turn to. Work is underway to provide these champions with additional support in responding to mental health and substance use issues.

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

The **Youth and Young Adult Services WG** will be meeting on a bi-monthly basis to discuss successes and concerns of youth/young adult services which have been presented to the group. Their original objectives have been assumed by other groups such as the BC Intergrated Youth Services Initiative (BCIYSI), and the newly formed youth, young adult, family evaluation team (highlighted previously). The Youth and Young Adult WG will be available to respond to concerns and share progress of initiatives.

The **Tele-health WG** held a planning session on March 1st and reviewed information gathered from a survey of rural communities. Concerns raised included the need for tele-health to be blended with outreach support in communities where Child and Adolescent Psychiatry is not available or limited; as well as the need to support primary and urgent care. The group has met to discuss next steps in putting forward ideas and plans to support rural and remote areas in an equitable manner. The First Nations Health Authority (FNHA) has completed their first phase of a tele-health expansion project, with 42 communities trained and supplied with new equipment to expand health care support.



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The **Youth to Adult Transitions WG** led by Ministry of Health (MoH) and Ministry of Children and Family Development (MCFD), has distributed the approved Youth to Adult Transitions protocol to MCFD Executive Directors and Health Authority Leads so they can spearhead the implementation of the protocol in their areas. An implementation toolkit has been developed and will be used by the joint management tables to guide this process. Bi-monthly info sessions led by MoH and MCFD are being held to aid in the implementation process.

The **Community Transitions' Protocol WG** led by the MoH and MCFD, has a draft *community to acute to community* protocol which has been sent to the MH & SU community for feedback. This is a principle-based protocol with a view to improving the continuity of care with a one system approach. The protocol is based on best practices and includes elements of care that are required for best possible handover of medical information and care of the youth. It is expected that local protocols in hospitals and communities will be developed to reflect their specific processes. The release is targeted for late May.

Psychiatry Blended Billing Guide soon to be available to all psychiatrists

The MoH has given approval for provincial spread of the Psychiatry Blended Billing Guide after the successful prototype was introduced within Interior Health. The Blended billing guide outlines the billing options available to Psychiatrists to support access and quality care. Support and training will be explored for the successful uptake of this blended billing guide in each of the Health Authorities – this was a critical piece of the success in the Interior. The MoH is also considering Blended Billing for pediatricians, and GPs. The Physician Compensation group has now folded as the remaining recommendations are being championed by others. Any physician compensation issues can be brought to the Physician Recruitment and Retention WG. A big thank you to the leaders and Psychiatrists in Interior Health for their leadership in the work to date.

Learning Session 8 — Registration to Open in July

Learning Session 8 will take place on **October 5th and 6th** in **Vancouver**, and planning is well underway. The focus of the session will be to network and share the great work of LATs, as well as provide opportunities for the conversations and planning needed to sustain our gains. Highlights include:

- Bear Dens 2.0 – providing space for semi-structured conversations on important topics
- LAT and Working group Storyboards – we anticipate over 70!
- Discussions focusing on pressing issues in each region
- A focus on multi-lateral agreements as a tool for sustainability

You can expect to receive your personal invitation to register in Mid-July.

Our room block at the Sheraton Wall center is open. We sold out of rooms 6 weeks before our last session so book your room early. You can book at the link below.

<https://www.starwoodmeeting.com/Book/CYMHSUWALLCENTRE>

