

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.

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| Local Action Team: | Cowichan | | |
| Co-Chairs: | Noelle Philp, Trudy Woudstra, Carrie Barker | | |
| Project/Community Development Lead: | Meghan Marr | | |
| Members – Names & Affiliations: | | | |
| <i>Name</i> | <i>Affiliation</i> | <i>Name</i> | <i>Affiliation</i> |
| Dale McDermit | Child Psychiatrist | Lorna Newman | SD79 |
| Sheena Nolli | Manager, Adult MHSU, Island Health | Joe Rhodes | SD79 |
| Tracy Beaton | Island Health Public Health | Michael Gintowt | CYMH, MCFD |
| Brandi Keddell | Cowichan Tribes | Noelle Philp | CYMH CSM, MCFD |
| Susie Girling | CYMH Crisis Coordinator, Island Health | Trudy Woudstra | GP and Rep for Shawnigan Lake School |
| Peter Fahey | Site Director Cowichan Hospital, Island Health | Carrie Barker | CYFMHSU Coordinator, IH/Discovery |
| Melie De Champlain | Director Community, Island Health | Cindy Lise | Our Cowichan Communities Health Network |
| Anna Hill | ER, Island Health | Sheila Leadbetter | IH – Director, Geography 3 |
| Michelle Weizel | ER physician, Island Health | Dominick Rockall | Clement Centre |
| Valerie Nicol | ED, Cowichan Division of Family Practice | Dan McGee | Psychologist, CYMH, MCFD |

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| Lisa Tate | Parent | Holly Lalande | Parent |
| Sandra Murray Loiselle | Parent | Victor Nowoselski | Cowichan Tribes |
| Joy Stott | Public Health/Island Health | Tasha Chamberlin | Island Health CYMHSU |
| Roxanne Blemings | Regional Practice Lead | | |
| Allison Mcleod | Impact BC | Larry Mattin | SD79 |

| <p>LAT CYMHSU Charter Objective(s) For Action Period ending October 2015 (Learning Session 6).</p> | <p>Specific Aims For Action Period ending October 2015 (Learning Session 6).</p> | <p>Measurements</p> |
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| <p>“What objective (s) from the Charter are we addressing for this action period”?</p> | <p>“What are we trying to accomplish and how”?</p> | <p>“How will we know that a change is an improvement”?</p> |
| <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:</p> <p>#4. Increase participation of schools and communities in fostering “caring adults” to provide support and protective factors for children and youth.</p> | <p>Aim 1: Identify and reduce mental health and substance use access barriers within the Cowichan region for youth ages 12 - 25, by creating a “wellness centre” by October 2015.</p> <p>Step 1: Create a multi-sector (<i>Working Group</i>) consisting of</p> | <p>Measurement of overall aim:</p> <p>1) Establish a baseline measurement for access barriers:</p> <ul style="list-style-type: none"> -Use QI methodology with students and providers to identify access barriers and to explore “idealized” services. - Conduct focus groups with youth, parents/caregivers and front line staff -Use McCreary Centre Society’s 2013 BC Adolescent Health Survey Report re reasons for not getting mental health service (40% didn’t know where to go, 22% could not afford, 38% did not want parents to know etc) <p>2) Use same methods to obtain post measurements with students and providers.</p> <p>Measurement of Steps 1,2, and 3: Starting March 18, 2015, the LAT</p> |

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| <p>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.</p> | <p>Public Health Nurses, CYMH clinicians, IH-SU workers, Physicians, School Counsellors, First Nations partners, Youth and Family, Community partners, Social Worker, RCMP, by May 15, 2015 to collaboratively plan for the development and ongoing functioning of the centre.</p> <p>Step 2: Identify the multidisciplinary/wrap around team members that will be physically located within the wellness centre by September, 2015.</p> <p>Step 3: Create a physical environment that reduces stigma and addresses the sensory needs of youth by October, 2015.</p> <p>Aim 2: Improve access and quality of crisis response MHSU services for children and youth in Cowichan by March 2016</p> <p>Step 1: Create a multi-sector (<i>Working Group?</i>) consisting of Public Health Nurses, CYMH clinicians, IH-SU workers, Physicians, School Counsellors, First Nations partners, Community partners, Social</p> | <p>will track/count the number of agencies and persons that are consulting and/or collaborating on the development of the project and report/record how their contributions are integrated into project planning and into PDSA review cycles.</p> <p>Once the centre is operational, a survey will be offered to students that use the wellness centre, to measure their perceived sense of wrap around support for their own wellness as well as their sensory response to centre.</p> <p>Measures: TBD</p> |
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| | Worker, RCMP, by May 15, 2015 to collaboratively identify potential improvements for emergency MHSU services for children and youth in Cowichan | |
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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.