

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. All documents will be accessible online at the [Shared Care website](#).

Using the Local Action Team objectives outlined in the BC CYMHSU Charter, please complete the following template for your Local Action Team for the period of April 1, 2015 to March 31, 2016. Following each Learning Session, you will have an opportunity to review/refresh your Chartlet, including aims and measures. Your Collaborative Coach can assist as needed.

Local Action Team:	Langley	
Co-Chairs:	Dr. Andre van Wyk Tammy Music	
Community Development Worker:	Barb Stack	
Members – Names & Affiliations:		
<i>Name</i>	<i>Position</i>	<i>Organization</i>
Dr Andre van Wyk	GP- Lead CYMH	
Dr. Aven Poynter	Specialist	
Dr. Carol Ann Saari	Psychiatrist	
Dr Geeta Gupta	GP	
Tammy Music	Parent	FORCE
Angela Herd	Counsellor	The Family Hope Clinic inc
Leslie Visser	Community Recreation Manager	Township of Langley
Kim Hilton	Director of Recreation, Culture & Community Services	City of Langley
Henry Grayman	Community Service Manager	MCFD
Dawn Knapton	Team Leader, CYMH	MCFD
Carol Jones	Child Youth Mental Health Team	MCFD
Renge Bailey	District Principal of Safe Schools	SD35
Lisa Dolinski	Director of Learning Support Services	SD 35
Gail Markin	School Counsellor SD35	Yorkson Creek Middle School – SD35

Dee Bassi	Treatment Clinician SD35	Apex/James Anderson SD35
Rachelle Twemlow	School Counsellor SD35	Walnut Grove Secondary- SD35
Darleen Kifiak	School Counsellor SD35	Walnut Grove Secondary-SD35
Loren Roberts	Manager of Operations	Encompass Service Society
Janet Burden	Executive Director	Stepping Stones
Chelsea Conron	Clinical Counsellor- Family Specialist SU	Langley Community Services Society
Andrea Voss	Community & Family Services Coordinator	Gateway of Hope
Robin Daikiw	Facilitator	Early years
Diane Yates	Preschool/Youth Programmes	Child Development Centre
Sandra Melville	Public Health Nurse	
Helen Edwards	Clinical Coordinator	Fraser South Early Psychosis Intervention Program
James Hogben	Youth Workers	BLT
Kerry Asblin	Youth Workers	BLT
Cst. Justin Guiel	Mental Health Liaison Officer	RCMP
Cst. Janet Northrop	Youth at Risk Team	RCMP- youth at risk
Cst.Jillian Roberts	Youth at Risk Team	RCMP-youth at risk
Shefali Raja	Coordinator PSP	PSP- Fraser Health
Mika Nonuchi	NP	MHSU Homeless
Donna Leon		First Nations Health Authority
Malissa Smith		First Nations Health Authority
Linda Denny	Coordinator	Langley Community Mental Health Services
Corey	Youth	
Kayla-Ann	Youth	
Kali	Youth	
Alicia	Youth	
Ellen Peterson	Executive Director	LDFP
Barb Stack	Project lead	LDFP

To sustain over time, LAT members need to create change that feels meaningful and achievable, not overwhelming. Creating a change process that is centered on the local needs of children, youth, and families experiencing child and youth mental health and/or substance use challenges, provides a solid place to start.

LAT Charter Objective	Specific Aims “What are we trying to accomplish?”	Changes you want to try “What changes can we try that will lead to improvement?”	Measurements: “How will we know that a change is an improvement?”
<ul style="list-style-type: none"> • New LATs to identify one or more objectives to be completed by March 2016. • Established LATs to achieve two or more objectives by March 2016. 	<ul style="list-style-type: none"> • Aims are specific and unique to your community’s needs. • Who are you trying to help (children, youth, youth in transition/young adults, families, caregivers, practitioners, community agencies, etc.)? • Keep it realistic and achievable. 	<ul style="list-style-type: none"> • What are the ideas you want to try to meet this aim? 	<ul style="list-style-type: none"> • Make measures meaningful not onerous! • Measure by quantifying/counting, observing, asking.... • Keep measures simple.
<p>LAT Objective: 1 Identify and communicate to service providers and community members how to access local and provincial mental health and substance use services and supports for children, youth, youth in transition, and their families in their local communities, to move towards Family Smart Practice.</p>	<p>Sub Committee will be created by September 2015- including service providers, GP, SD, NGO’s and Youth/family -led by project lead</p> <ol style="list-style-type: none"> 1. Develop a Service Map of resources and services <ol style="list-style-type: none"> a) Develop or redesign a map for service providers and GP’s b) Develop or redesign a way to get information of services to families and youth 2. Develop a clear path of entry for service providers, community members and families 	<p>We will do this by:</p> <ul style="list-style-type: none"> • Reviewing and compiling current services available including service gaps • Reviewing current service maps available <p>We will do this by:</p> <ul style="list-style-type: none"> • Identifying barriers for entry points • Identifying entry points for families, youth and service providers 	<ul style="list-style-type: none"> • # of Service providers sharing service map • # of GP’s using the service map • # of Youth and Families accessing information and or lists <ul style="list-style-type: none"> • Identify clear entry points for youth/families • Survey of youth and providers pre and post. • Increase communications

		<ul style="list-style-type: none"> Increasing communication between service providers, professionals, GP's, specialists to support family smart practice 	between providers providing clear resources and services to support youth and families
<p>LAT Objective: 5 Partner with schools to provide mental health and substance use literacy for teachers, students, school personnel and families through initiatives targeted to address specific and community needs.</p>	<p>Sub Committee will be created by September 2015- including service providers, GP, SD, NGO's, PSP and Youth/family -led by project lead</p> <ol style="list-style-type: none"> Develop school level education for parents and youth: Provide Education for teachers, counsellors and parents Preventative mental health messaging to the community 	<p>We will do this by:</p> <ul style="list-style-type: none"> Developing age appropriate mental health and substance literacy for elementary and high school students including anxiety literature, brain health. Conducting Pro-d workshops Providing PSP programs and resources to support teachers, parents as well as GP's <i>Delivering community workshops open to all (speaker series- (2016/17)</i> Putting key messaging in Recreation guide, newspapers column, school newsletters, brochures (GP offices, Public Health and ER) Developing messaging for digital signage in GP's offices, public health and community spaces 	<ul style="list-style-type: none"> # of schools involved in education for youth # of Pro-d Workshops developed /delivered # of PSP programs and resource made available to parents, teachers and GP's # preventive messages played in public spaces # of brochures distributed within the community

		<p><i>*This objective may combine with Objective 6. We will also look at elements from PSP and include:</i></p> <ul style="list-style-type: none"> • <i>Encourage Education for Langley GP's, MOA's and Front Line staff to take CYMH Module for PSP</i> <p><i>Develop a refresher for GP's and MOA's and MH professionals whom have taken the CYMH Module (long term goal)</i></p>	
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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.