

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.

Local Action Team:	Mount Waddington		
Co-Chairs:	Danielle Plummer, Vicki Janse, Patti Murphy		
Project/Community Development Lead:	Tracy Hamilton		
Members – Names & Affiliations:			
<i>Name</i>	<i>Affiliation</i>	<i>Name</i>	<i>Affiliation</i>
Dr. Whitaker	Division of Family Practice	Wendy White	Namgis Child and Family Services
Shane Thomas	Island Health MHSU	Pearl Hunt	Whelalau
Gordon Brownridge	RCMP	Angela Hagen	SD85 – school Counsellor
Sara Gogo	Island Health-Community Manager	Jillian Walkus	SD85 – Eke Me Xi Principal
Carol Robertson	SD85 – Assistant Superintendent	Stephanie Nelson	SD85 Connections Prog.
Levin Prong	SD85 Counsellor	Shannon Holmes	North Island Secondary
Dean Wilson/Laura Burns	Gwa'Sala Nakwaxda'xw Health and Family Services – Director	Allison McLeod	ImpactBC – Collaborative Coach
Cary-lee Calder	Community Engagement FNHA	Michelle Tochacek	Aboriginal Health
Althea Vermaas	NI Crisis and Counselling Centre - ED	Roxanne Blemings	Shared Care/Island Health – Reg Practice Lead
Michelle Dorsey	Building Blocks -ED	Tracy Hamilton	Community Developer - LAT
Janet Hanuse	Sacred Wolf Friendship Centre - ED	Danielle Plummer	MCFD – Co-chair
Kaleb Child	SD85 - District Principal	Vicki Janse	Island Health – Co-chair
Jen Nelson	Quatsino First Nations	Patti Murphy	Divisions of family Practice Lead – Co-

			chair
Julia Dymont	Student - NISS	Tony Shepley	Student - NISS
Jen Lubrick	Counsellor - North Island Community Services	Christine Swain	Counsellor – Discovery Youth/Family Substance Use Services
Dustin Swain	Counsellor – Eke Me Xi School	Alyson Hagen Johnson	Mount Waddington Health Network Executive & Steering Committee
Jackie Kervin	Parent	Heather Walkus	Parent

LAT CYMHSU Charter Objective(s) for Action Period ending October, 2015 (Learning Session 6).	Specific Aims for Action Period ending October, 2015 (Learning Session 6).	Measurements
“What objective (s) from the Charter are we addressing for this action period”?	“What are we trying to accomplish and how”?	“How will we know that a change is an improvement”?
<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><i>LAT Objective (from Charter):</i></p> <p>1) <i>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 FamilySmart Practice.</i></p>	<ul style="list-style-type: none"> • LAT members to update an existing inventory of CYMHSU services in Mount Waddington with local and provincial CYMHSU resources. • Distribute a “service/resource knowledge” survey to a select group of service providers and family members prior to updating the resource inventory. Distribute this same survey to the same groups, once the resources are updated and in place. • Distribute the updated inventory in hardcopy format to Ministries, agencies, schools and Aboriginal Bands. • Attend community events focused on families and service providers such as the Children's Health Fair, PAC Meetings, Open Houses and 	<ul style="list-style-type: none"> • Compare and report on the results of the pre and post surveys to measure the increased awareness of mental health services in the community. • Measure the number of inventories distributed to community services and families.

	<p>Parent/Teacher Nights to further distribute hardcopies of resources.</p> <ul style="list-style-type: none"> • Increase the frequency of the existing multi-agency meeting to monthly as a source of information, collaboration and planning for the Mount Waddington Region. Use this forum to gather information through a yearly survey on the benefits of this meeting and suggestions for continuous improvement of CYMHSU services. • Link to an existing community website or develop a Facebook page to advertise community events that enhance CYMHSU awareness and services. 	<ul style="list-style-type: none"> • Keep a record of agencies and service providers attending the monthly multi-agency meeting. • Measure the number of members, posts by service providers and/or number of page likes in order to determine the effectiveness of electronic information sharing.
--	--	---

Remaining LAT CYMHSU Charter Objective(s) LAT to meet this objective between October 2015 and March 31, 2016.	Aims (Option to complete this section after Learning Session 6, October 2015).	Measurements (Option to complete this section after Learning Session 6, October 2015).
<p>LAT Objective:</p> <p>2) <i>Promote uptake of the PHSA Indigenous Cultural Competency (ICC) Training and/or other education and practices to address and enhance cultural safety and competency in child and youth mental health and substance use for Aboriginal People.</i></p>	<ul style="list-style-type: none"> • Community Developer will promote the ICC Training through emails and attendance at the monthly Multi-agency Meeting. • Team leaders who are members of the LAT will promote the ICC Training within their agencies and with their staff. • Village Workshop will be delivered in the Mount Waddington area to service providers, community members, families and youth. • The LAT will fund 6 seats in the ICC Training for community service providers of non-profit organizations and/or First Nations Health Centres. 	<ul style="list-style-type: none"> • The numbers of service providers completing the training, their roles, and the agencies they are representing will be compiled and shared with the LAT. • Registration numbers will be compiled along with a post workshop questionnaire regarding the effectiveness of the training and how attendees will carry the ideology forward.

<p>3) <i>Work with Schools to provide mental health literacy for teachers, students and parents through initiatives such as: professional development/training programs related to CYMHSU and youth and parent peer support.</i></p>	<ul style="list-style-type: none"> • CYMHSU clinicians will provide CYMHSU information at the district wide Pro D day in Feb 2016 to respond to the learning needs of school staff. • Member of the LAT to deliver presentation on the Neuro-sequential Model of Therapeutics in Education (NME) to a targeted elementary school. • Arrange for “Lunch and Learn” video presentations on the NME with schools throughout the district. • Distribute surveys to CYMHSU service providers, health professionals, physicians and school staff to determine the numbers of professionals interested in an NME presentation by Dr. Bruce Perry. Based on those surveys a plan for offering this workshop will be developed for Winter/spring 2015/16. • Identify and provide a Peer Support Training program for youth interested in providing peer support. This program will require adult mentors to be identified. 	<ul style="list-style-type: none"> • Record the number of School staff in attendance and distribute a post presentation survey to measure the effectiveness of the information provided for both events. • Record the numbers of school staff attending the Lunch and Learn events. • Workshop will be videotaped so that the information can be shared with other LAT’s and at a future Learning Session. • Record the numbers of youth and adult mentors who complete the training.
--	--	---

<p>4) <i>In consultation with PSP Regional Support Teams, increase participation in the Practice Support Program’s (PSP) Child and Youth Mental Health Module by family physicians, as well as CYMHSU partners and service providers, such as MCFD, school counsellors, and community agencies. Targets for improvement will be locally determined in conjunction with the PSP Program and should be robust and significant.</i></p>	<ul style="list-style-type: none"> • Work with Schools on the <i>Wellahead</i> Initiative through the J.W. McConnell Family Foundation to become a pilot district to improve the mental health and wellbeing of children attending local schools. • Consult with Regional PSP Support Team to develop a timeline for delivery of this program. • Contract with Dr. Carol Coxon to facilitate the CYMH Module of the PSP course. • Advertise the availability of the PSP Training for CYMH service providers through emails and through the LAT. 	<ul style="list-style-type: none"> • Measure the tangible impact on children and youth using the research and evaluation framework provided by the <i>Wellahead</i> Project. • The PSP CYMH Module is delivered to 9 physicians and community service providers by March 2016. • Determine “targets for Improvement” in conjunction with the PSP Program.
--	---	--

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.