

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:	Port Alberni		
Co-Chairs:	Gordon Hutcheson, Dr. Rhiannon Hughes, Debra Hamilton		
Project/Community Development Lead:	Candice Hague		
Members – Names & Affiliations:			
<i>Name</i>	<i>Affiliation</i>	<i>Name</i>	<i>Affiliation</i>
Dr. Rhiannon Hughes	Co-chair, pediatrician	Jackie Wells	PA Friendship Center
Gordon Hutcheson	Co-chair, CYMH	Ester Pace	Public Health-IH
Debra Hamilton	ADAPS	Bob Hargreaves	ED-CMHA
Trish Straight	ADAPS	Susan Fox	ED-Children Dev.
Michelle Dartnall	IH Manager	Juanita Currie	Force Rep. (Parent)
Leanne Taylor	MCFD	Gayle Maddox	ACAWS
Lori Gardiner	MCFD	Brenda Wainright	ACAWS
Vera Kaiser	SD 70	Laurel LeNormand	ED-Family Guidance
Victoria Casey	MCFD Manager	Penn Thrasher	Circles of Cedars
Lynette Lucas	NTC-Manager C&Y	Dana Mackey	IH-MHSU Coordinator
Donna Lucas	NTC-CYMH Worker	Natasha Dumont	IH-CYMH-Coordinator
Cyndi Stevens	PA Friendship Center	Nikki Reynolds	IH-Family Support
Darlene Leonew	PA Friendship Center	Elia Nicholson-Nave	ED-KUU
Cst. Jaime Wasylien	RCMP	Ellen Brown	IH-WCGH
Mr. Gordon Higginson	J.P II Catholic School		

LAT CYMHSU Charter Objective(s) for Action Period ending Oct 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>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 <i>FamilySmart Practice</i>.</p>	<ol style="list-style-type: none"> 1. Held a focus group meeting with government and community members who were involved in providing child and youth mental health services in Port Alberni region by December 2014. 2. Conduct a process mapping workshop to bring various stakeholders to the table to provide input about their services and needs by March 2015. 	<p>Meeting occurred on June 24, 2014. Facilitated by Dr. Keva Glynn, Island Health, and Allison McLeod, ImpactBC. Focus groups created a list of priorities divided into what was desired, and what was feasible. Post meeting voting established the top 3 most desired priorities: 1) more inpatient child/youth psychiatry beds, 2) more support for children in foster care, 3) detox/respite beds for youth in transition. The top 3 most feasible priorities were: 1) increased awareness of mental health services in PA, 2) collaborative joint funding on mental health education.</p> <p>Process mapping workshop held on February 12, 2015. Results identified child and youth mental health services available within schools, MCFD and USMA social services, CYMH, medical practitioners (including paediatricians), and other community partners (i.e. Women’s Resources, Family Resources,</p>

	<p>3. Conduct child & youth focus groups to determine age-related mental health & substance use issues, preferred support methods, barriers to access, satisfaction, outcome, and desire for additional resources by end of October 2015. Create a working group to conduct child & youth focus group by end of June 2015.</p> <p>4. Develop user-friendly inventories of local and provincial MHSU services including details of what the agency provides, how to access, wait times, and general outcome by October 2015.</p>	<p>ADAPS, ACAWS, Circles of Cedar, Children and Youth with Special Needs (MCFD), Early Childhood Mental Health, Island Health Family Support Program).</p> <p>Themes for improvements were identified in service eligibility limitations, restrictions, issues with access, bottlenecks, bias toward parent/guardian involvement, complicated multi-agency navigation, and need for travel out of town.</p> <p>Next Steps: A collection of cross agency baseline data that agencies/organizations gather (ie. how many clients were seen in 2014/2015 fiscal year, and how many clients are currently active/open, wait-lists, and any demographics tracked).</p> <p>Youth focus group outcomes will be presented to LAT for discussion. Child and youth needs/feedback will be compared to the community services identified and evaluated as above. This will create an opportunity to adapt the current MHSU services through a youth lived experience lens.</p> <p>Working group participant names established at June LAT meeting.</p> <p>Measure changes in utilization of community-based MHSU services by collecting access data during a predetermined time frame, and comparing this to the same time frame during the previous 2 years.</p>
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<p>Remaining LAT CYMHSU Charter Objective(s) LAT to meet this objective between October 2015 and March 31, 2016.</p>	<p>Aims (option to complete this section after Learning Session 6, October 2015).</p>	<p>Measurements (option to complete this section after Learning Session 6, October 2015).</p>
<p>LAT Objective 1 (Continued): 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 <i>FamilySmart</i> Practice.</p>	<p>1. Facilitate GP access to child and youth MHSU services both on-line and in the community by (date).</p> <ul style="list-style-type: none"> • Conduct a pre-meeting paper survey of the services (on-line, community agencies, specialists) that GPs currently access and their satisfaction with these services. • Provide a GP teaching session to present data on child and youth identified needs. Review the user-friendly inventories of MHSU services including details of what the agency provides, how to access, wait times, and general outcome. 	<p>Compare the pre-discussion utilization and satisfaction survey with a post-workshop utilization and satisfaction survey conducted a few months after.” Does their knowledge/awareness about services and access to services increase after these workshops?</p>
<p>LAT Objective #1 (continued) and #5: Partner with schools to provide mental health and substance use literacy for teachers, students, school personnel and families through initiatives targeted to</p>	<p>1. Facilitate teacher knowledge on MHSU and access to child and youth MHSU services both on-line and in the community.</p> <ul style="list-style-type: none"> • Hold a teacher workshop on a PD day 	<p>Compare the pre-meeting utilization and satisfaction survey with a post-meeting utilization and satisfaction survey conducted 1 to 2 months after.</p>

<p>address specific and community needs.</p>	<p>by (date). Conduct a pre-discussion survey of services and resources (school-based, online, community agencies, specialists) for educators and for children, youth, and their families that teachers currently access and their satisfaction with these. Present the data on child and youth identified needs and then connect this to on-line and in person mental health services.</p> <p>2. Facilitate child, youth and parent/caregiver MHSU knowledge and access to mental health services.</p> <ul style="list-style-type: none"> • Hold student and parent workshops in elementary and high schools about mental health and the various MHSU services they can access directly including on-line, apps, in person, and groups by (date). 	<p>Identify the preferred choices for child and youth access to MHSU services.</p> <p>Compare the pre-discussion utilization and satisfaction survey with a post-workshop utilization and satisfaction survey conducted a few months after.” Does their knowledge/awareness about services and access to services increase after these workshops?</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.

Appendix: Excerpt from BC CYMHSU Collaborative Charter, September 2014 to June 2015