

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

Local Action Team Aims and Measures for April 1, 2015 to October 31, 2015

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:	South Okanagan Similkameen	
Co-Chairs:	Dr. Elmine Statham, Dr. Kyle Stevens, Karen Gladish, Deb Hardman, Terri Kalaski, Todd Manuel, Terri McKinlay, Joseph Savage	
Community Development:	Tracy St. Claire (Project Mgr) Kate Harris (QI + Evaluation)	
Members – Names & Affiliations:		
<i>Name</i>	<i>Position</i>	<i>Organization</i>
Jennifer Anderson	Area Director – South Okanagan	Boys & Girls Club
Dr. Vijender Balain	Psychiatrist	Interior Health
Tanya Behardien	Executive Director	Penticton & District Community Resources Society
Wendy Boyer	Vice-Principal	Primary Health Care - IH
Ginger Challenger	Youth SU Worker	Interior Health
Tracy St. Claire	Project Manager	SOS Shared Care
Traci Cooke	Parent in Residence for Kelowna & Interior	F.O.R.C.E.
Ted Cutbill	MH Manager	Penticton Indian Band
Dr. Ryan Drew-Scott	Psychiatrist, Department of Psychiatry Head	Interior Health
Amberlee Erdmann	Project Coordinator	Youth Engagement Strategy
Debra Forcier-Salverda	CCRT Nurse	Interior Health
Karen Gladish	Nurse Manager (Rehab, Psychiatry, In-patient Unit)	Interior Health
Louise Ganton	Counselor	School District No. 67

Michelle Glibbery	Counsellor	School District No. 67
Diane Goossens	Quality Improvement Advisor	Impact BC
Deb Hardman	Community Services Manager	MCFD
Kate Harris	QI & Evaluation	SOS Shared Care
Harry Holman	Youth	F.O.R.C.E.
Brian Hughes	Member	Rotary
Terri Kalaski	Community Liaison	RCMP
Ida Keller	Project Assistant	Shared Care
Helena Konanz	Councillor	City of Penticton
Lynn Kruger	Director Health	Penticton Indian Band
Lars Larsen	Intake Social Worker	MCFD
Jason MacKenzie	Youth Forensics	Government of BC
Dr. Barbara Main	GP	
Todd Manuel	Director of Instruction	School District No. 67
Jamie Marshall	Practice Lead	IHA CHIS Mental Health & Substance Use Services
Terri McKinlay	Parent	F.O.R.C.E.
Rylee McKinlay	Youth	F.O.R.C.E.
Daryl Meyers	Agency Director	Pathways Addictions Resource Centre
Brittini Miller	Youth	F.O.R.C.E.
Jenny Mitchell	Healthy Promoting Schools Coordinator	School District No. 67
Anne Morgenstern	ER Nurse Manager	Interior Health
Denen Ollis	CY Worker	MCFD
Milton Orris	Member	Rotary
Dr. Manoj Parameshwar	Pediatrician	
Melissa Redfern	Youth Engagement Worker	Penticton & District Community Resources Society
Joseph Savage	CIHS Manager	SOK Mental Health & Substance Use
Dr. Cathy Sheehan	GP	
Dr. David Smith	Child Psychiatrist	Interior Health
Tracey Sorensen	Counsellor	Princess Margaret Secondary School
Dr. Elmine Statham	Pediatrician	
Dr. Kyle Stevens	Family and Suboxone/Methadone Physician	
Dr. Susan Tebbutt-Spiers	Pathologist	Interior Health
Cindy Whitford	Youth Justice	MCFD

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>1. Increase the awareness and engagement of children, youth, families, practitioners and community members with CYMHSU services through activities such as identifying and communicating current access to services and supports for children, youth, youth in transition, and their families.</p>	<p>ALL SUBCOMMITTEES</p> <ul style="list-style-type: none"> • Identify trends and indicators of youth at risk <p>EARLY INTERVENTION</p> <ul style="list-style-type: none"> • Inventory existing early intervention/MHSU literacy resources and initiatives in the community • Better connecting youth, family, and care providers to existing resources and better integrate existing local resources with each other 	<ul style="list-style-type: none"> • Building common pool of data that allows providers to optimize local resources in high vulnerability areas • Operationalize and optimize use of local online resource directory by increasing the number of listed services on PCRS resource page and the number of external sites providing links to resource directory 	<ul style="list-style-type: none"> • Increase service provider knowledge and awareness of high vulnerability areas • # hits on resource website • How user linked to resource website

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<p>2. Establish or link to existing initiatives to provide multi-sector wraparound care to children, youth and their families.</p>	<p>YOUTH IN CRISIS</p> <ul style="list-style-type: none"> • Building multi-sectoral common understanding of youth experiences in our community • Focus local efforts and resources on activities that are likely to be effective for youth and are within local purview and draw attention provincially to themes that cannot be solved locally <p>CHILD PSYCHIATRIST RECRUITMENT</p> <ul style="list-style-type: none"> • Secure a child psychiatrist for the South Okanagan 	<ul style="list-style-type: none"> • Collaborative journey mapping will establish a common fact pattern and prove or dispel assumptions • Identify which themes can be addressed locally and which need to be referred regionally and/or provincially • Canvass needs for a child psychiatrist (determine whether ½ time or full-time position) + physician impact • Explore administrative supports required for a child psychiatrist 	<ul style="list-style-type: none"> • Evidence-informed themes (challenges, barriers, opportunities) are agreed and form the basis of an action plan • Action plan that identifies local priorities and what was referred provincially • Needs assessment is shared with IHA authorities • Meeting between MCFD and physicians re. administrative supports

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<p>5. 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.</p>	<p>EARLY INTERVENTION</p> <ul style="list-style-type: none"> • Continue efforts and support for increased school staff capacity for MH and SU early identification and referrals • Equip youth to be able to respond to peers in crisis 	<ul style="list-style-type: none"> • LAT members continue to present to school staff and students as requested • Explore models of peer support in other communities • Determine whether there is will to pursue peer support initiative 	<ul style="list-style-type: none"> • # staff or students that attend MHSU literacy presentations • Identified potential models of peer support and level of support to implement

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.