

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:	Sooke & West Shore		
Co-Chairs:	Dr. Ellen Anderson & Ms. Linda Nehra		
Project/Community Development Lead:	Linda Nehra		
Members – Names, Title & Affiliations/Organization:			
Name	Title, Affiliation/Org	Name	Title, Affiliation/Org
Dr. Spencer Rose	Pediatrician	Catharine Berghuis	Clinical Coordinator Public Health, Sooke & West Shore, Island Health (VIHA)
Dr. Jennie Preuss	Child & Adolescent Psychiatrist	Lynn Guengerich	Pediatric Nurse Practitioner, VIHA
Dr. Kelley Minish	Family Physician	Kelly Drabit	Public Health Nurse, VIHA
Clay Barber	Executive Director, South Island Division of Family Practice	Julie Green	Youth and Family Counsellor, Discovery Youth and Family Services, VIHA
Karen Laherty	Parent	Susan Gmitroski	Inpatient/Intake Coordinator, Child Youth and Family Mental Health, VIHA
Holly Sneddon	Parent	Sandra Kazieczko	Nursing Student, University of Victoria
Cheyenne Franklin	College Student	Corporal S.P. Hilderley	Drugs and Organized Crime Awareness Services, RCMP
Lisa Tate	The FORCE	CST Christina Klein	Constable, Sooke Detachment, RCMP
Nicky Logins	Executive Director, Sooke Family Resource Society (SFRS)	Margot Swinburnson	Trustee, School District 62 (SD62)
Sandi Brumovsky	Youth Outreach	Dianna Seaton	Trustee,

	Navigator, SFRS		SD62
Cathy Hack	Manager of Counselling Services, SFRS	Roberta Kubik	Assistant Superintendent SD62
Mitzi Dean	Executive Director, Pacific Centre Family Services Association	Christine McGregor	District Vice Principal, Student Support Services, SD62
Erin Ewart	Program Coordinator Mental Health Outreach and Youth Services, Phoenix Human Services Association	Patrick Swinburnson	Principal, Edward Milne Community School
Jen Harrison	Youth Employment Counsellor, WorkLink BC	Tess Vally	Principal, John Muir and Port Renfrew Elementary Schools
Meaghan MacKeigan	Recreation Coordinator, SEAPARC	Laurie Szadkowski	Principal, Journey Middle School
Amy Cooper	Community Development Department, Westshore Recreation	Scott Rothermel	District Based Community Liaison, SD62
Stephen Morgan	Team Leader, Westshore Child & Youth Mental Health, Ministry of Children & Family Development (MCFD)	Jim McSporran	Wraparound Coordinator, SD62
Lorena Jenkins	Outreach Clinician, Aboriginal Child and Youth Mental Health, MCFD	David Friesen	District Counsellor, SD62
Robert Peters	Outreach Clinician, Aboriginal Child and Youth Mental Health, MCFD	Lindsay Trowell	Education Assistant, Journey Middle School
Ardina Jones	Health Director, Pacheedaht Health Centre	Ebony Logins	Community School Co-Coordinator, Edward Milne Community School Society

Bruce Handley	Psychologist, Pacheedaht	Anne Bell	Community School Co-Coordinator, Edward Milne Comm. School Society
Michelle Thut	Band Administrator, T-Souke Nation	Wendy Cooper	School Counsellor, Journey Middle School
Rose Dumont	Administration Health Coordinator, T'Souke Nation	Janet Raynor Thorn	Counsellor, Sooke
Penny Cooper	South Island Manager, Aboriginal Health, VIHA	Cindy Andrew	Parent Advisory Council, SD62 and Centre for Addictions Research, University of Victoria
Colleen Hobson	Mental Health Constellation, Child and Youth Health Network	Petra Chambers- Sinclair	Coordinator, Child and Youth Health Network

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.
LAT Objective (from Charter): 1. Identify and communicate 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.	Aims: 1.1: Youth, families and professionals will be able to identify who (which organization/program) does what at different points in the child/youth and family’s journey through the local health, social service, school and justice systems. The following <u>actions</u> will ensure this aim is accomplished: <ul style="list-style-type: none"> • Establish and support a local multi-sector working group focusing on service integration. • Develop a working definition of service integration. • Identify and map common pathways to CYMHSU services in Sooke Region and the West Shore, identifying gaps in these pathways. Target date for completion: October 2015. • Identify professionals at a local and regional level who interface with children, youth and families at key transition points in their journey; and describe their organizational affiliations, the CYMHSU mandates of their organizations (including inclusion and exclusion criteria), and their scope of practice. • Create guides/guidelines for service 	Measurement: <ul style="list-style-type: none"> • Peer review of communication tools by LAT members, including youth and families, who were not involved in their development. • Youth, family member and First Nation participation in Working Group meetings. • Journey mapping completed in September 2015 and reviewed by LAT and Working Groups. • Working definition of service integration available to LAT by November 1, 2015. • Pathways assessed in terms of face validity by youth and families, and other members of LAT. Circulated for review and feedback to other key stakeholders.

	<p>providers that clearly identify the roles of each sector/program/ position, with an emphasis on transition points. Target date for completion: January 2016.</p> <ul style="list-style-type: none"> • Translate these guides/guidelines so they can be effectively communicated to youth, parents and other local service providers in a way that increases their ability to access services and in a culturally competent manner. • Prepare plan for broad local dissemination. Target date for completion of above two points: March 2016. <p><u>Who will be involved:</u> Integration Working Group of the LAT. Tools: Facilitated patient journey mapping exercise, group meetings, review of existing material, development of new resources as required, PDSA cycles for local implementation.</p>	<ul style="list-style-type: none"> • PDSA tests of change with youth, parents and other local service providers to refine guides/guidelines. • Satisfactory rating by youth, parents, First Nations and service providers.
<p>LAT Objective (from Charter):</p> <p>2. Establish or link to existing initiatives to provide multi-sector wraparound care to children, youth and their families.</p>	<p>Aims/Interventions:</p> <p>2.1: Document the current waitlists experienced by children and youth seeking help with CYMHSU problems. Deadline for completion: September 2015.</p> <p>2.2 Develop a proposal for reducing waitlists. Deadline for completion: January 2016.</p> <p>The following <u>actions</u> will ensure these aims are accomplished:</p> <ul style="list-style-type: none"> • Establish a multi-sector working group. • Review local wait lists for CYMHSU services, identifying the scope of the problem, the characteristics and the challenges of the children and youth who wait for services. • Develop and test new ways of addressing needs of the children and youth on the waitlists. • Develop a proposal for reducing the waitlists that is endorsed by LAT member organizations. 	<p>Measurement:</p> <ul style="list-style-type: none"> • establish 5 year baseline for waitlists maintained by local Ministry of Children and Family Development offices, Sooke Family Resource Society offices, Pacific Centre for Family Services offices, and treatment programs identified by working group members. • select and refine indicators, and align with those of other Child and Youth Networks. Work with CRD Child & Youth Network Measurement to commence in August 2015. • Youth, family member and First Nation participation in Working Group meetings • improve and implement data gathering approaches to waitlist tracking, so needs and waitlists can continue to be monitored.

	<p><u>Who will be involved:</u> Waitlist Working Group of the LAT.</p> <p>Tools: Meetings, documents review, research design, PDSA testing.</p>	
<p>LAT Objective (from Charter):</p> <p>5. Work with schools to provide [culturally competent] 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>Aims:</p> <p>5.1: Working with the multi-sector LAT members including the RCMP, develop a RCMP led program for a mental health awareness “convention” for high school students. Target date for completion: to be set at initial Working Group meeting on August 5, 2015.</p> <p>5.2: Prepare SD62 for system wide implementation of mental health literacy and awareness programs. 5.3: Support SD62 to access WellAhead funding in 2016/2017. Date of completion: December 2015.</p> <p>The following <u>actions</u> will ensure these aims are accomplished:</p> <ul style="list-style-type: none"> • Establish and support a local multi-sector working group focusing on mental health literacy, awareness and prevention. • Link with the RCMP to develop and refine their MH awareness template so that it can be used effectively. • Pilot RCMP/LAT initiative in one setting. • Review mental health literacy and awareness models that are being used in school settings and with children and youth, and adapt if necessary for SD62. • Incorporate cultural safety into existing and newly developed models/programs/proposals. <p><u>Who will be involved:</u> Prevention and Mental Health Literacy & Awareness Working Group of the LAT.</p> <p>Tools: Group meeting, documents review, PDSA testing, LAT participation in events.</p>	<p>Measurement:</p> <ul style="list-style-type: none"> • Youth convention preparation completed and piloted on a small scale. • Evaluation tool to be administered to youth. • Approval of adapted literacy program by School Superintendent and senior SD62 staff. • Youth, family member and First Nation participation in Working Group meetings • design and implement evaluation feedback form for teachers and youth. • review of models/programs/proposals by Aboriginal partners, with passing grade.