

Child & Youth Mental Health & Substance Use Community of Practice

SUMMARY REPORT March 6, 2020



OVERVIEW

On March 6, 2020, the **Child and Youth Mental Health and Substance Use (CYMHSU) Community of Practice (CoP)**, now with **258** members, hosted their fifth provincial gathering in Vancouver, BC. **83** participants gathered for the one-day event which focused on leveraging strengths, possibilities, and successes of BC’s health care system to work towards the CoP’s vision of timely, seamless, CYMHSU care across the province. An appreciative inquiry approach was utilized to collaboratively action plan and identify opportunities for continued partnerships in transforming mental health and addictions care for children, youth, and families in BC.

The CYMHSU CoP, which launched in the Fall of 2017, started with a total membership of 145 physicians primarily in the fields of family medicine, pediatrics, adolescent medicine, and psychiatry. Since then, the CoP has grown to 250+ members and includes health professionals and system partners from various child- and youth-serving Government Ministries and Health Authorities. Below is a breakdown of the current membership as of March 2020.

Community of Practice Membership



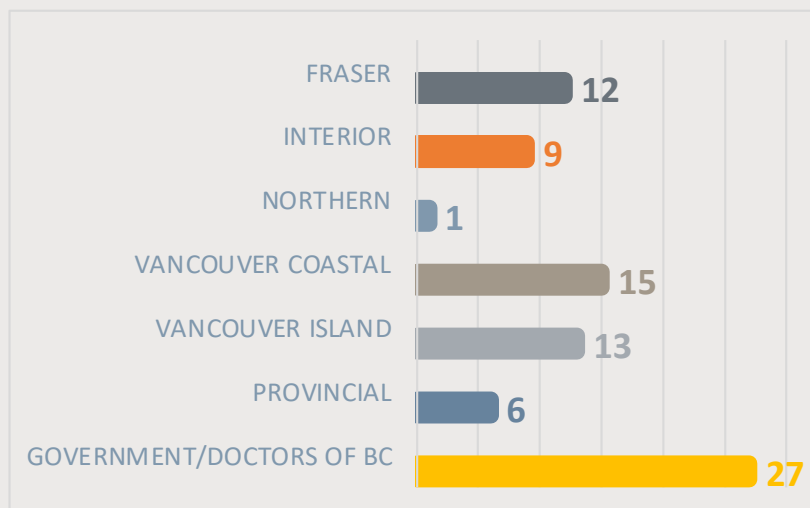
Family Physicians	Pediatricians	Psychiatrists	Residents, Medical Students, Other Specialties	BC Government, Doctors of BC, Other Staff
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CYMHSU Community of Practice Gathering – March 6, 2020

WHO ATTENDED

83 participants from various disciplines and Government Ministries in attendance from all across the province.



Breakdown by Role	
Family Physician	30
ER Physician	3
Pediatrician	8
Psychiatrist	14
BC Government (Ministries of Mental Health & Addiction, Health, and Children & Family Development)	6
Doctors of BC Staff	12
Other (Nurse, Medical Student, HEARTSMAP Staff, etc.)	10
TOTAL	83

THE DAY IN BRIEF

See below for a quick summary of the day's events. You can view the full agenda [here](#).



➤ **Dr Kathleen Ross, President of Doctors of BC**, opened the day reflecting on the shared challenges of providing full-scope care to patients with significant mental health issues, and supporting the continued inspiration and action of the CoP to improve CYMHSU care in BC.

➤ **Dr Jana Davidson**, as one of the founding, leading members of the CoP, shared her hopes and words of wisdom and vision for the continued work of the CoP as she wrapped up her time with the CoP Steering Committee.

➤ **Nick Grant, Assistant Deputy Minister for the Ministry of Mental Health & Addictions (MMHA)**, presented an overview of Government's ten-year vision for transforming mental health and addictions care in BC. A panel discussion followed around next steps in operationalizing MMHA's [Pathway to Hope](#) strategy as it impacts practicing physicians and their patients.

➤ **Networking Sessions** provided the opportunity to connect and assess practical opportunities to influence CYMHSU care within each member's local community through clinics, advocacy, and/or organizations – strengthening commitment to the Community of Practice while establishing lasting connections.

➤ **Discussions** took place around best practices and resources available throughout the province to support CYMHSU work, as well as evaluating ways to integrate CYMHSU into the Primary Care Networks (PCNs) and Primary Healthcare Transformation.

➤ Three breakout sessions enabled a deeper dive into the following topics:

Crisis Care for Youth

- Highlighting available resources and sharing promising practices for crisis mental health care in BC.
- Debriefing on the *Bridging Emergency & Community Mental Health Services* dinner event hosted by the HEARTSMAP Team at BC Children's Hospital on March 5th.
- Identifying best practices and what CoP members can do in their communities to improve crisis mental health care.

Adverse Childhood Experiences (ACEs) & Trauma-Informed Practice (TIP)

- Determining the strengths, weaknesses, opportunities, and threats to ACEs prevention and trauma-informed practice.
- Identifying actions for individual clinicians to implement and broaden their knowledge around ACEs and TIP.

Substance Use Care

- Learning and sharing highlights of areas of excellence across the province in addressing substance use issues with children, youth, and families.
- Examining key gaps and opportunities for impact in improving substance use care in BC.



EMERGING THEMES

Breakout sessions and discussions explored actions to integrate child and youth mental health and substance use care with primary care, as advocated for by cross-disciplinary clinicians across the province.

OPPORTUNITIES

In the community:

- **Expand/extend** COMPASS.
- **Fund & spread** in-school clinics that include multi-disciplinary teams: FPs, Pediatricians, Child Psychiatrists, School or CYMH Counsellors, PHNs, and Social Workers.
- **Support & spread** Cross-Sector Community (e.g. Richmond Team for Crisis) / Local Action Teams (e.g. Vancouver).
- **Spread** CBT-based group parenting sessions by pairing up physicians and PHNs as instructors.
- **Co-locate** services (e.g. Abbotsford Foundry).
- **Deliver** empathy building programs for all “touchpoints” with children and youth with mental health and substance use care needs.

For acute child & youth mental health care needs:

- **Expand** Substance Use Action Teams.
- **Establish** Child & Youth Integrated Crisis Management Teams that can help with care and discharge planning.

WHAT CAN THE COMMUNITY OF PRACTICE DO AT THE PROVINCIAL LEVEL?

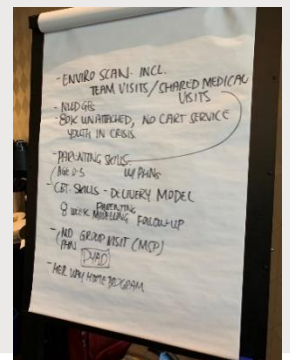
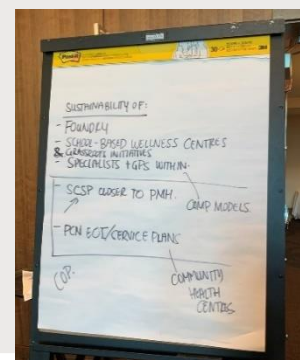
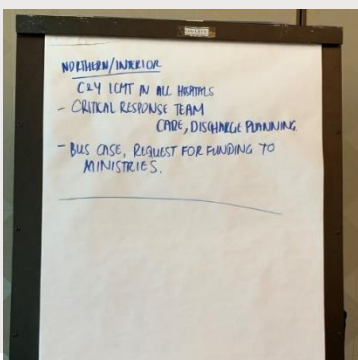
- Tell the story / personalize the numbers.
- Elaborate on relationship between Specialized Community Service Programs (SCSPs) and PMH/PCNs.
- Develop commitment to consistently include CYMHSU needs in PCN Service Planning and Community Health Centres.

PARTICIPANT FEEDBACK

Over **60** of the **83** participants completed the **pre-event survey** that was included in the online registration. When asked what participants hoped to get out of the upcoming CoP Gathering, responses fell into four general areas:

1. To have a better understanding of CYMHSU resources/services and current states in the province as well as opportunities to engage with other stakeholders and partners (e.g. child- and youth-serving Government Ministries).
2. Opportunity to action plan for the future of CYMHSU care and advocacy for system improvements.
3. Shared learning and networking.
4. Continuing Medical Education plus tools and resources to use in one’s practice.

All **41** participants who responded to the **post-event survey** stated that the CoP Gathering on March 6th met the stated learning objectives which were informed by the themes above.

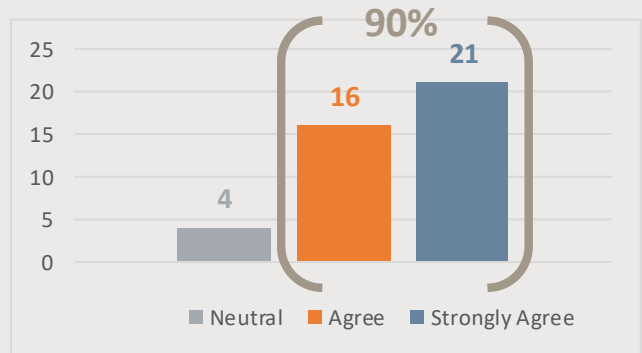




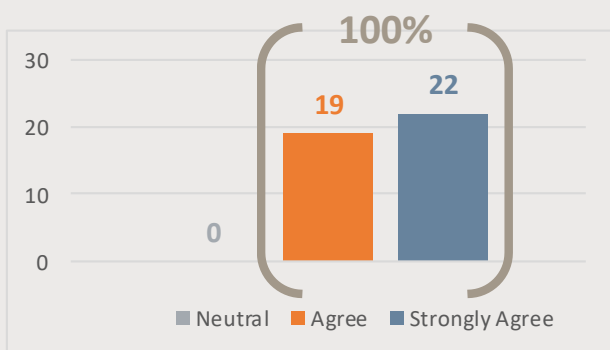
90% of respondents agreed that the CoP Gathering increased their knowledge of provincial strategies for CYMHSU care:

“Networking with like-minded physicians, learning from other models, [and] learning about current CYMHSU initiatives, motivates us locally to continue this CYMHSU [work/advocacy] and make improvements.”

- Family Physician



100% of respondents agreed that the CoP Gathering helped them build and foster connections – locally, regionally, and/or provincially:



“It was my first meeting so I found the entire day valuable, especially just being able to hear about all the initiatives and hard work that’s being done. Having face time with those “in the know” and doing this work is very inspiring and motivating as it provides the sense of belonging to a greater community [that is] working towards a common goal of improved mental health for children and youth.”

- Pediatrician

92% of respondents were committed to making changes in their practice.

Some of the key emerging ideas included:

- ◆ Promote successful CYMHSU initiatives and programs locally and encourage provincial spread.
- ◆ Explore engagement directly with schools and advocate for early interventions and prevention for Substance Use Issues.
- ◆ Continue to raise awareness and learning about ACEs and trauma-informed practice.

NEXT STEPS

After a productive day of learning, networking, and action planning, participants agreed on some vital next steps and actions for the CoP:

Develop an Action Plan to be owned by the CoP’s Substance Use Working Group that supports the three focus areas identified by members:

- 1) School-based SU prevention programs,
- 2) Supports for family physicians for screening and early interventions for SU issues,
- 3) A pathway to care for children, youth, and families with SU issues which is linked to Government’s *Pathway to Hope* strategy.

Stimulate commitment across the CoP and community partners to complete ACEs and trauma-informed practice training, and build on incremental changes to policy and practice to promote early and upstream interventions.

Use a multi-pronged approach with all sectors involved to address shared responsibilities and explore continued collaboration with health system partners to improve CYMHSU care in BC that is reflective of needs on the ground. Promote information-sharing, engage brainstorming, and support the spread of successful initiatives by building connections, learning from each other, and engaging back-and-forth dialogue with Government policy-makers and operations.