

## CYMHSU CoP: Quarterly Newsletter

### COVID-19 RESPONSE

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Throughout the past year, the CYMHSU Community of Practice has been following through on its mission to equip doctors with tools, skills, and resources to improve child and youth mental health and substance use care and preventative services, and to develop relationships for continued advocacy for a seamless system of CYMHSU care across BC.

The COVID-19 pandemic outbreak affected everyone, and recognizing that the accompanying anxiety and stress would negatively impact the mental health of children, youth, and families everywhere, the CoP took urgent steps to address emerging needs for physicians and their patients. See some examples of some of these activities below:

- **Managing Anxiety Resource:** In March 2020, the CoP created a [resource](#) with information and advice on managing anxiety and stress in families with children and youth during the COVID-19 outbreak. The resource was widely shared, including in schools.
- **Virtual Townhall:** The CoP held a Virtual Townhall meeting in April 2020 to discuss how the COVID-19 pandemic is impacting children, youth, and families; to brainstorm ideas to address gaps in care; and share success stories on dealing with COVID-related challenges.
- **Monthly Partnership Meetings:** The CoP, in partnership with BC Children's Hospital's CYMHSU Care Advisory Network, began hosting monthly partnership meetings with Ministry partners and other stakeholders to enable information-sharing for the purpose of identifying emerging gaps and developing solutions requiring a collaborative approach to CYMHSU care.
- **Return to School Resource:** To help parents answer their questions about their children returning to school, the CoP created a [3-page information pamphlet](#) on what to consider for a return to in-person classes.
- **Back to School Doctors of BC Web Article:** Communications worked with CoP member Dr Ashley Miller to share her expertise with Doctors of BC web article '[COVID 19: Going the distance for our kids' mental health and a safe return to school'](#).
- **Skill-building COVID-19 Webinars:** Recognizing the urgent need to advocate for the mental health of children and youth during the pandemic and to offer skill-building for those involved in their care, the CoP partnered with UBC CPD to deliver several webinars related to the impact of COVID-19 on child, youth, and family mental health. Three webinars delivered since September 2020 have attracted a combined 1,449 attendees which included physicians, nurse practitioners, and other health providers. The Shared Care Committee approved our continued collaboration to provide up to 5 educational webinars on an annual basis.

## MOVING FORWARD IN 2021 AND BEYOND

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**CoP Strategic Plan:** In the summer of 2020, CoP members were surveyed to understand how the CoP can best support physicians and clinicians across BC, while also reflecting on the unprecedented impacts of the pandemic. This resulted in the development of the [2021-2022 Strategic Plan](#) that was finalized with your input at our virtual **6<sup>th</sup> Provincial CoP Gathering** in January 2021. The CYMHSU CoP plans to leverage new opportunities that have arisen while providing ongoing value to members, and to continue to contribute to the overall vision and objectives of the Community of Practice and the Shared Care Committee. With the recent [announcement](#) of substantial investment in BC's 2021 Budget towards mental health and substance use, we are excited to continue our work in 2021 and beyond. There is much work underway, and we invite you to read about it below!

**PCN Working Group:** We are excited to find ways to support the integration of CYMHSU work into PCN planning across the province with the recent launch of the PCN Working Group. Work is currently underway to develop the PCN Working Group's membership, goals and action plans.

**Thank you Dr Burkey!** The CYMHSU Community of Practice would like to thank Dr Matthew Burkey for his years of dedicated service as a member of the CoP Steering Committee and past chair of the Networking Working Group. Dr Burkey will be stepping down from his leadership role within the CoP but will continue to be an active member. Thank you, Dr Burkey, and we wish you all the best as you continue working towards better child and youth mental health and substance use care in your community!

Thank you,  
**CYMHSU CoP Steering Committee**  
*(Drs Matt Chow, Shirley Sze, David Smith, Aven Poynter, Rob Lehman, Wilma Arruda)*

## RESOURCES

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### **PUBLIC SOCIAL MEDIA CAMPAIGN: Feelings First**

**Date:** Launched May 17<sup>th</sup>, 2021

**Summary:** The *Feelings First* campaign came about as child-centred partnerships, organizations, physicians and the health care community, through the BC Healthy Child Development Alliance, became acutely aware of the increased stress on families as a result of the COVID-19

pandemic. Members of the CYMHSU CoP's ACEs Working Group joined forces with the Alliance (representing over 40 organizations) to find ways to help buffer the harms of toxic stress many young people were facing. They aimed to make their effort as far-reaching as possible. The campaign's goal is to drive awareness of the importance of early social and emotional development (SED) and trusting relationships as key components in a child's growth. CoP member, Dr Linda Uyeda, shares her expertise and [encourages physicians to get involved in the campaign](#) in an article on the Doctors of BC website [here](#).

**Campaign Website:** <http://www.feelingsfirst.ca/>

## UPCOMING WEBINARS & TRAINING

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### **Webinar: Tackling Youth Substance Use Challenges During the Pandemic (in partnership with UBC CPD)**

**Date:** Wednesday, June 16<sup>th</sup>, 2021 | 1830 – 2000 (PST)

**Summary:** Join us for this free, accredited education webinar where physician experts will share their experiences, resources, and recommendations in supporting and managing youth with substance use issues during the COVID-19 pandemic.

**Panelists:**

*Dr Hayley Broker*, Family Physician at Foundry

*Dr Steve Mathias*, Child & Adolescent Psychiatrist and Addiction Specialist, Executive Director of Foundry

*Dr Carol-Ann Saari*, Medical Lead and Division Head, Child & Adolescent Psychiatry, VIHA

*Dr Tom Warshawski*, Pediatrician, Medical Director for Child & Youth Health, IHA

*Dr David Smith*, Child & Adolescent Psychiatrist and Addiction Specialist, Medical Director for Child & Adolescent Psychiatry, IHA

**Accreditation:** Up to 1.5 Mainpro+/MOC Section 1 credits

Register [HERE](#).

### **ONLINE TRAINING: Essentials of Reaching Past the Cycle of Trauma: Part 1 of Healing Trauma**

**Dates:** Tuesday, July 6 | 17:00 – 19:30 PST & Tuesday, July 13 | 17:30 – 19:30 PST & Tuesday, July 20 | 17:30 – 19:30 PST

**Summary:** The unspoken aspects of the ACEs Questionnaire, and how this may affect responses to the questionnaires, will be used to introduce important aspects of Complex Trauma (Complex PTSD) that are little known among physicians, yet indispensable for proper interpretation of ACE scores, and working towards healing for trauma survivors. Core neurobiologically-based point-of-care skills that physicians can master to help heal trauma, or to negotiate trauma-rooted difficult behaviours, will be explained and demonstrated. These include point-of-care mindfulness and

mentalization tools that we can apply at work or in our personal lives. This learning event is aimed at providing exposure to an initial skill set required to work more effectively with survivors in their quest to “heal past the cycle of trauma”. Registration is limited to 18 participants.

**Fee:** early bird rate (prior to June 1) \$150.00 | regular (after June 1) \$200.00

**Accreditation:** up to 13 Mainpro+/6.5 MOC credits

**Registration:** access the agenda and register [HERE](#).

**IN-PERSON TRAINING: Brazelton Touchpoints Individual Level Training (in partnership with the Comox Valley Canadian Touchpoints Training Site)**

**Date:** Thursday, November 4<sup>th</sup> to Saturday, November 6<sup>th</sup>, 2021

**Location:** Kingfisher Oceanside Resort & Spa (Comox Valley, BC)

**Summary:** Brazelton Touchpoints is an evidence-based approach for building strong family-child relationships from before birth through age six and beyond, laying the vital foundation for children’s early learning health development. It was developed and pioneered by Dr Terry Brazelton MD, internationally renowned pediatrician at Boston Children’s Hospital, whose scientific research and clinical observation of babies and young children reshaped the practice of pediatrics. This training program consists of three days of interactive, experimental small-group learning, including scenario-based practice and group work facilitated by a multidisciplinary team of Touchpoints facilitators. More information can be found [HERE](#).

**Fee:** \$500.00 (includes light breakfast, lunch, and snacks on all three days)

**Accredited:** Yes (details TBC)

**Registration:** further details and online registration available June, 2021.

## RECENT WEBINARS & RECORDINGS

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**WEBINAR: COVID-19 Impacts: Child & Youth Eating Disorders (in partnership with UBC CPD)**

**Accreditation:** If you watch the recording, you can claim self-learning credits [HERE](#).

Access the summary, recording, and resources created [HERE](#).

**WEBINAR: COVID-19 Impacts: Child, Youth, and Family Mental Health (in partnership with UBC CPD)**

Access the slides and resources created [HERE](#).

\*Due to a technical difficulty, the recording of this webinar was lost.

## ARTICLES & RESOURCES

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**PRESENTATION TEMPLATE:** [ACEs/Trauma-sensitive Care \(PowerPoint\)](#)

**Summary:** Several members of the ACEs Working Group regularly present at various school districts and health care provider settings on the science of ACEs, trauma-sensitive care, and teacher/provider resilience. At a recent Working Group meeting, we decided to create a presentation template that anyone can use to prepare them for spreading this valuable knowledge. This template is designed to be modified for each presenter's needs, and includes information on: the history of the ACEs study, the neuroscience of trauma and resilience, tips on trauma-sensitive practice for teachers and providers, an introduction to attachment theory, and a list of resources. Anyone is welcome to download, modify, use and share this template.

**Authors:** CYMHSU CoP Aces Working Group

**ARTICLE:** [Curing Through Connection: A 3-part series on attachment, resilience, and health. Article 1: Cultivating secure bonds with our children during stressful times. \(This Changed My Practice\)](#)

**Authors:** Dr Linda Uyeda & Dr Ashley Miller (CYMHSU CoP members)

**Accreditation:** receive 0.25 Mainpro+/MOC Section 2 credits by reading the article and filling out an online exercise.

**ARTICLE:** [Curing Through Connection: A 3-part series on attachment, resilience, and health. Article 2: Parenting During a Pandemic](#)

**Authors:** Dr Linda Uyeda & Dr Ashley Miller (CYMHSU CoP members)

**Accreditation:** receive 0.25 Mainpro+/MOC Section 2 credits by reading the article and filling out an online exercise.

**REVIEW ARTICLE:** [Treatment approaches and outcome trajectories for youth with high-risk opioid use: A narrative review \(Wiley\)](#)

**Authors:** Jean Nicolas Westenberg, Andy M. Y. Tai, Julie Elsner, Mostafa M. Kamel, James S. H. Wong, Pouya Azar, Dzung X. Vo (CYMHSU CoP member), Eva Moore (CYMHSU CoP member), Nickie Mathew, Vijay Seethapathy, Fiona Choi, Marc Vogel, Reinhard M. Krausz