

Child and Youth Mental Health and Substance Use Collaborative

What is a Change Package?

The following ‘change package’ is a document containing ‘change ideas’ intended to help your Local Action Team (LAT) meet the LAT objectives of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative Charter. They are intended as inspiration to help you get started. The change ideas that your LAT decides to use should:

- Assist you to meet LAT objectives (p. 6) derived from the 2014/15 Collaborative Charter;
- Contribute to addressing the unique CYMHSU needs of your community;
- Align with the current capacity of your LAT.

Concepts within the change package are offered within the spirit of “all share, all learn”. The ideas are by no means finite; the change package is a working document¹ and ideas will be developed and refined as we learn from your improvement experiences. Information is intended to be used as needed and applicable to your unique community. Background information on the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative is also included.



¹ This package requires further approval from the appropriate ministries and services and will remain in draft form until these processes are complete.

New Local Action Teams: Getting Started

In “Getting Started”, the following four steps outline an overall process that new LATs may wish to reference. Tools and strategies to assist your LAT to meet the specific objectives from the CYMHSU Collaborative Charter are under “Change Ideas” on p. 5.

Overall, your regional Collaborative Coach will be able to attend 2-3 of your LAT meetings in person and support your efforts to meet LAT objectives through offering quality improvement methodologies, information sessions as required, and sharing CYMHSU Collaborative information between working groups, committees, and LATs.

STEP 1: Develop a Local Action Team

Best practice demonstrates that bringing the whole system of CYMHSU supports and services together with young people and their families, as a Local Action Team, contributes to collaborative practice and wrapping care around young people and their families.

- a. Invite key stakeholders involved in child and youth mental health and substance use (CYMHSU) care in your community to your Local Action Team meetings including but not limited to:
 - Young people and their families with lived experience;
 - Service providers from CYMHSU related services and supports such as: adult mental health and substance use services (including inpatient, emergency, and outpatient services), Child and Youth Mental Health (CYMH, including Aboriginal CYMH), other related Aboriginal specific services (such as Friendship Centres or Bands), GP and Pediatric offices, schools, contracted community service agencies including substance use, the Royal Canadian Mounted Police (RCMP), local municipalities.
- b. Identify ways for your Local Action Team members to regularly collaborate on issues relating to CYMHSU. This may be through regular team meetings or existing or new committees.
- c. Build relationships with other local service providers and supports that may not wish to be regular action team members but will want to work on local CYMHSU issues and join related working groups.

STEP 2: Identify and Map Service Priorities

Your next step is to identify and better understand how services and supports work together for children, youth, and their families accessing CYMHSU services. This process is an important first step for: highlighting challenges; things working well; as well as setting and prioritizing future goals.

- a. **Identify highest priorities for your community:** Using a variety of methods, for example open discussions, brainstorming, and surveys, elicit ideas from LAT members to determine CYMHSU supports, services and gaps that exist within your community. Ensure your LAT

remains focused on **timely access to integrated CYMHSU services and supports**². What areas are the highest priorities? What areas are easiest to tackle first because of your community's available resources and capacity?

- b. **Explore how your local CYMHSU services function:** Identifying a priority that your LAT wishes to address first, **conduct a mapping process** to further highlight and understand the challenges and processes working well. There are different mapping processes to consider, based on the needs of your LAT and community, such as:
 - i. **Patient Journey Mapping:** <http://www.hqontario.ca/Portals/0/Documents/qi/qi-capturing-patient-experience-instruction-sheet-en.pdf> May assist your LAT to better understand young peoples' and families' journeys through the service system and their collaborative ideas for system improvement. When LATs have initially identified a challenge/key priority, this mapping process can further assist members to dig deeper to better understand the challenge and processes that are working well. The FORCE Society for Kids Mental Health <http://www.forcesociety.com/> can assist with identifying families for patient journey mapping processes. Other services such as youth substance use agencies or Patients as Partners <https://www.patientsaspartners.ca/network> may further assist the FORCE and/or your LAT to find families with particular child/youth/family mental health or substance use journeys.
 - ii. **Value Stream/Detailed Process Mapping:** <http://www.isixsigma.com/tools-templates/process-mapping/more-value-value-stream-or-detailed-process-mapping/> Similar to Patient Journey Mapping, Value Stream Mapping also promotes the deeper examination of an identified challenge/key priority. Both Value Stream/Detailed Process Mapping and Process Mapping (below) may be better suited to situations where input from children, youth and their families is not accessible or appropriate for the question at hand.
 - iii. **Process mapping:** http://www.mindtools.com/pages/article/newTMC_89.htm May assist LATs to create a "big picture" of CYMHSU services by identifying links and gaps between services on a more general level. Process mapping may be best used when LATs are having initial difficulties identifying service challenges/gaps and priorities for their community.
- c. Examine findings from mapping processes to **identify potential next steps for your LAT.**
- d. Connect with your Collaborative Coach as necessary, to **better understand what issues are being examined and addressed at a systems wide level**, such as Emergency Room (ER) protocols, youth to adult transition protocols, or information sharing guidelines. Many of the System Working Groups³ are developing guidelines or protocols to support work in your local community.

²

For purposes of the Collaborative:

“Access may be considered to have three dimensions: (1) **Availability** - includes physical and time-dependent access, as well as elements of quality and quantity available; (2) **Affordability** – relates to the individual's ability to pay the full costs of care, including travel and lost earnings; (3) **Acceptability** – defined as the fit between provider and patient attitudes towards, and expectations of, each other.” Boyle, Appleby & Harrison cited in Canadian Institutes of Health Research. *Access and Wait Times in Child and Youth Mental Health: A Background Paper*, 2010.

Integrated refers to: Coordinated and continuous care.

³

For a summary of the working groups, please contact Allison McLeod amcleod@impactbc.ca on Vancouver Island or Diane Goossens dgoossens@impactbc.ca in the Interior.

STEP 3: Determine Next Steps

From there, **where you go next is up to you**. Read through the following “Change Ideas” section (p. 6) and determine what objectives best line up with your findings and priorities. Start with areas in the change package that your team agrees will generate the **highest impact changes**. Also, look for changes that are “**quick wins**” so that you can generate momentum for further change.

STEP 4: Measure Improvements

Finally, with any initiative, it is important to measure improvements. Measuring improvement for the Collaborative will take place on 3 different levels:

- Provincial Measurement
- Regional Measurement
- Local Measurement

Your LAT will receive updates and information from provincial and regional measurement processes in order to further inform your next steps as a community. Your primary focus, however, will be determining if your LAT’s objectives have been met, using a Model for Improvement:

http://www.impactbc.ca/sites/default/files/documents/Resources_Model%20for%20Improvement.pdf.

1. **Choose an LAT Objective:** You will first choose your LAT objectives that best represent the local needs of children, youth, and families experiencing CYMHSU challenges within your community.
2. **Develop an Aim and Plan for Measurement⁴:** Create an aim that answers, “**What are we trying to accomplish**”? The aim needs to identify: Who? What? Where? When? You also need to **develop a plan for measuring the outcome**, including a timeline to study your findings. Keep measurements simple and achievable. **What do you expect?** Is there a baseline that you can compare your results to?
3. **Do:** Get started with making changes – strive for “best” but not “perfect”. Getting started is often the best way to gather momentum and learn, while knowing that making changes and adaptations along the way will most likely be needed.
4. **Study:** Examine and reflect on your measurements. Is your plan having the intended effect on others such as service providers, children, youth, and their families in the CYMHSU services systems? You will do this to answer the question, “**How will we know that a change is an improvement?**” Provide a short summary to your Collaborative Coach to demonstrate the process and findings.
5. **Act:** It is expected that some aims will not create the changes that are hoped for. Aims can then be adapted and measured again.

Using the Model for Improvement as a guide, here is an **example** of how this process may look for **LAT Objective #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.

⁴ Record your LAT’s objectives, related aims and measurements in the **Chartlets** provided to you by your Collaborative Coach. Completing these Chartlets and sending them back to your Coach assists with meeting LAT funding requirements

1. **Aim/Plan:** Children, youth, and their families, as well as professionals (educators, physicians, health care and mental health practitioners, RCMP) will find local and provincial CYMHSU resources online and understand how to access these resources. The online tool will be available to the community by January, 2015. We will study the effectiveness of this online tool every 3-4 months, through an online tracking tool and satisfaction survey.
2. **Do:** Identify a broad range of local CYMHSU resources and create a local online child, youth, family, and practitioner website that identifies local resources and how to access them, and links up to existing provincial resources. Incorporate a tracking tool that measures visits to the site and a survey that measures user satisfaction.
3. **Study:** At the 3-4 month mark, findings from the online tracking tool are reviewed and a short summary is provided to the Collaborative Coach. Findings demonstrate that families and service providers are visiting the site but numbers are generally low. They are finding the information they are looking for, but some links are now dead.
4. **Act:** Your LAT decides to repeat the PDSA cycle with better monitoring of links, as well as communication strategies with the local community to promote increased use of the site.

Change Ideas: For New and Established LATs

The following tool is intended to support **new LATs to meet 1 or more**, or **established LATs to meet 2 or more of the following objectives, by June 2015**. The following objectives are derived from the BC CYMHSU Collaborative Charter. Your LAT should plan to choose and meet objectives in a manner that is appropriate and meaningful for your community.

This tool is designed so that your LAT may benefit and learn from previous structures, processes and relationships that have been created and experienced in other areas of the province. If some change ideas are not applicable to your community, do not use them. If your LAT develops new ideas along the way, or identifies initiatives that would benefit others, please share them with your Collaborative Coach, so that they may be added to this tool. Ultimately, it is hoped that your LAT will strive to implement changes that reach across the appropriate service systems in order to provide high quality care to children, youth, and their families.

CHANGE IDEAS TOOL	
Local Action Team Objectives ⁵	Change Ideas
1. Identify and communicate how to access local and provincial mental health and substance use services and supports for children, youth, youth in	<p>Create CYMHSU Resource Inventories</p> <p>a. Your Local Action Team may be in the best position to collaboratively create a local comprehensive CYMHSU service inventory. Identify and create an inventory of local community services and supports that exist for children, youth and their families in your area, including youth in transition (see Appendix A for a Local CYMHSU Service Mapping Template). Include contact information, referral processes, and criteria. You may also wish to organize resources specifically for children and/or youth, family members, and professionals. Creating a plan to update this inventory on an annual basis</p>

⁵ B.C. Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative Spread and Sustainability Charter, 2014/15.

transition, and their families.

better ensures a useful document. Formats to consider:

- An online document promotes an accessible and cost effective mechanism that may be easier to update when necessary:
 - Some LATs have expanded existing CYMHSU sections of community agency internet sites rather than creating a separate electronic resource.
 - Offering a PDF printable version may assist service providers to hand these resources directly to children, youth, and families.
 - Once a resource inventory is completed, providing this link to the Kelty Mental Health Resource Centre will assist with overall communication to families.
 - Examples of online service inventories:
 - Central Okanagan service inventory for children, youth, and families (inventory for professionals to be released):
<http://lzjq71r9mxzfjfb8352b9qnk0.wpengine.netdna-cdn.com/wp-content/uploads/2014/05/ChildrenYouthMentalHealth-Families-Spring2014.pdf>
 - Cariboo Action Team:
www.wlchildandyouthmentalhealth.org/ComoxandCampbellRiver:
 - Child & Youth Mental Health Orientation Guide for Families
<http://www.forcesociety.org/sites/default/files/Orientation%20Guide%20to%20Mental%20Health%20-%20Comox%20and%20Campbell%20River%20-%20May%2029%202014.pdf>
 - Port Alberni: <http://www.albernichildrenfirst.ca/>
 - West Coast: <http://coastalfamilyresources.ca/>
 - Hard copy information or service inventories, in the form of binders, pamphlets, or posters, may be necessary for services that cannot access online resources or require specific information. For example, the Vernon LAT provided binders to physician’s offices, for use by medical office assistants and physicians.
- b. Create a link to a comprehensive PROVINCIAL CYMHSU service inventory.
- This information is already available and kept updated through the Kelty Mental Health Resource Centre.
 - The CYMH Information and Resources Tool Kit http://www.mcf.gov.bc.ca/mental_health/ also helps connect families and professionals to CYMHSU information and provide up-to-date information on Child and Youth Mental Health services and links to province-wide organizations, websites, and phone services.
 - [OpenMindBC](#) is another information hub created by Doctors of BC in response to a policy paper on Youth Mental Health. Province-wide resources are listed for youth,, families and health care providers.
 - For a “quick view” of key provincial online resources for children, youth and their families, **see Appendix B for Key Provincial Online Resources for Children, Youth and their Families.**

	<p>Increase Community Awareness of CYMHSU Events</p> <p>a. Consider communicating CYMHSU events and information to increase awareness in your community. The Shared Care Committee (SCC)⁶ website http://www.sharedcarebc.ca/ will soon include CYMHSU Collaborative support materials. These materials are expected to expand over the next year to include key messages, templates, and media guidelines.</p> <ul style="list-style-type: none"> ▪ Could an article be published in your local newspaper/magazines about available resources?
<p>2. Establish or link to existing initiatives to provide multi-sector wrap-around care to children, youth and their families.</p>	<p>Provide Consistency of Care Across B.C.</p> <p>a. Consider whether other existing initiatives would assist your LAT to meet identified objectives and the needs of your community. Your collaborative coach, community development lead, or project manager will help to link you to other LATs throughout the province that have initiated similar work. Some examples of initiatives already completed include:</p> <ul style="list-style-type: none"> ▪ Specialist Physician Consultation <ul style="list-style-type: none"> • Build awareness with family physicians on how to use the <u>Rapid Access to Consultative Expertise (RACE)</u> line for consulting with a child and youth psychiatrist. ▪ Coordinated Care Plans <ul style="list-style-type: none"> • Develop wrap around treatment plan templates for CYMHSU related services within the community. For example, ensure most CYMHSU related services actively include the most responsible physician, CYMH/SU clinician(s), family members, school counselor(s), family physician, specialist(s) and other community resources. • Establish processes to share care plans with relevant service partners. • Establish processes to revisit care plans at a regular interval and adjust as needed. • Explore models for shared and collaborative care that take into account geographic location of your community. • Make roles for each clinical group explicit. ▪ Other Community Initiatives <ul style="list-style-type: none"> • Map out other community specific and provincial initiatives for child and youth mental health and substance use. • Explore intake procedures and exclusion/inclusion criteria for available services to further identify possible service linkages. Build processes for referrals to promising services as appropriate. • Create local protocols for information sharing and/or incorporate information sharing guidelines into other protocols to ensure that children, youth, and their families are adequately supported in their day to day lives. Consider all relevant individuals, such as family members, GPs, school counsellors, CYMH clinicians

⁶ The Shared Care Committee is a joint committee of Doctors of BC and the Ministry of Health that works to improve health outcomes and the patient journey through the health care system.

	<p>etc. Leverage existing support organizations such as:</p> <ul style="list-style-type: none"> • FORCE http://www.forcesociety.com/; • Kelty Resource Center http://keltymentalhealth.ca/; or • Strongest Families https://phsa.culturalcompetency.ca/register/phsa <ul style="list-style-type: none"> • Identify CYMH/SU educational resources available for families and how they can be shared.
<p>3. Deploy local protocols to implement newly developed system-level information sharing guidelines.</p>	<p>Implement Information Sharing and Other Protocols</p> <p>a. A culture of information sharing is built on a culture of respect and trust. Spend time with your team to:</p> <ul style="list-style-type: none"> ▪ Review information sharing guidelines, and related provincial and local protocols; ▪ Determine how these protocols and guidelines can be effectively carried out within your community and what supplementation is needed at the local level; ▪ Identify and examine unresolved barriers and problem solve; ▪ Test new protocols and guidelines and measure effectiveness by using quality improvement measures, provided to you through your Community Development Lead/Project Manager; ▪ Follow the appropriate feedback and evaluation processes to ensure unresolved issues are communicated; ▪ Communicate successes and ongoing challenges to other LATs through your Collaborative Coach.
<p>4. Increase the participation in schools and communities in fostering “caring adults” to provide support and protective factors for children and youth.</p>	<p>Increase Protective Factors</p> <p>a. Review the concept of protective factors for children and youth, for example, how feeling connected to family, school, and culture improves overall health, and reduces the risk for suicide and substance misuse. For example, see the McCreary Centre Society Factsheet: http://www.mcs.bc.ca/pdf/AHS4_Protective_Factsheet.pdf.</p> <p>b. Discuss at your local team how each of the LAT’s service sectors promotes the development or maintenance of protective factors. Are there gaps to address?</p> <ul style="list-style-type: none"> ▪ Institute of Families “I Care About You” video: www.youtube.com/watch?v=A38yFNYFvb4 <p>c. Familiarize yourselves with sites on caring adults such as CAI’s Community Action Ambassadors: http://us4.campaign-archive2.com/?u=48bb99e926d563ae502b915c4&id=6fe872b125&e=bb097463fe.</p> <p>d. Identify existing or new initiatives to support the development of caring adults in schools and communities.</p>
<p>5. Work with schools to provide mental health literacy for teachers, students and parents through initiatives such as: professional development/train ing programs</p>	<p>Promote Mental Health Literacy</p> <p>Children and youth spend a significant amount of time in school and school-based activities and hence your team’s support of school-based initiatives is critical to meeting their needs, where they are at:</p> <p>a. Consider accessing “In the Know” online recorded experts presenting topics related to Child and Youth Mental Health: http://phsa.mediasite.com/mediasite/Catalog/Full/c823804a36e44fa6a49148de1495cf21</p> <p>b. Investigate MCFD sponsored programs such as BC FRIENDS for Life: http://www.mcf.gov.bc.ca/mental_health/friends.htm</p>

<p>related to CYMHSU and youth and parent peer support.</p>	<ul style="list-style-type: none"> ▪ Teacher Training & Resources – for teachers and educators. ▪ Parent Program & Resources – for parents and caregivers. ▪ School Liaison Resources – district/independent FRIENDS school liaisons. <p>c. Investigate and build relationships with local organizations and services that can provide CYMHSU literacy education to professionals and peers on a regular basis. What CYMHSU topics/programs would be beneficial for schools on a regular basis?</p> <p>d. Explore ways to support professional development of teachers through learning sessions at Professional Development days.</p>
<p>6. In consultation with PSP Regional Support Teams, increase participation in the Practice Support Program’s (PSP) Child and Youth Mental Health Module by family physicians, as well as CYMHSU partners and service providers, such as MCFD, school counsellors, and community agencies. Targets for improvement will be locally determined in conjunction with the PSP program and should be robust and significant.</p>	<p>Support Early Identification and Treatment</p> <p>a. Familiarize yourself with the content of the <i>Practice Support Program Child and Youth Mental Health Modules</i>: http://www.gpscabc.ca/psp/learning/clinical-management</p> <p>b. Find out which communities have run modules and who has been involved.</p> <p>c. Connect with your Practice Support Program team to find out how your community can run additional modules;</p> <p>d. Add to the local relevancy of the module by including community CYMHSU information, especially the new initiatives that your community has launched through the Collaborative;</p> <p>e. Promote attendance of allied health professionals, school counselors and other critical groups alongside physician attendees at Practice Support Program team meetings, in order to expand the collective knowledge of the assessments and tools;</p> <p>f. Identify how other disciplines, who have completed the PSP Module, work together: for example, can school counsellors do initial screening and assessments prior to the child or youth being seen by a physician?</p>
<p>7. Promote uptake of the PHSA Indigenous Cultural Competency (ICC) Training to address cultural safety challenges in mental health and substance use for local Aboriginal children, youth, and their families.</p>	<p>Indigenous Cultural Competency (ICC) training and registration information can be found on the Provincial Health Services Authority (PHSA) website: www.culturalcompetency.ca/. Training is available in three formats. It is recommended that all CYMHSU Collaborative LAT members take Core ICC Mental Health.</p> <p>Training is funded and available to Ministry of Health, and Health Authority (HA) staff, including HA physicians, by registering at https://phsa.culturalcompetency.ca/register/phsa.. MCFD staff can register on MCFD's internal learning management system; or through the MCFD Learning and Development office.</p> <p>Physicians working in rural Indigenous communities may be eligible for funding through the Rural Education Action Plan (REAP). Additional information regarding eligibility and registration can be found at:</p>

	<p>http://www.culturalcompetency.ca/training/rural-education-action-plan-reap</p> <p>Cost of training for other service providers in areas such as law enforcement or education is \$250.00/person. The appropriate ministry or agency representatives may contact the provincial lead of the ICC Training Program @ icc@phsa.ca to arrange larger contracts for this training.</p>
<p>8. Test and implement system-level prototypes, guidelines and protocols as recommended by the Collaborative Working Groups such as ER Guidelines or the Youth to Adult Transition Protocol</p>	<p>Make Provincial Initiatives Locally Relevant</p> <p>The provincial systems working groups remove systemic barriers that can't be addressed solely at the local level. For example, the Information Sharing Working Group is addressing the after-hours access to CYMH MCFD information when a child or youth accesses Emergency Services and the attending physician needs background information. The work of these working groups is time-targeted and focused.</p> <p>a. Your local action team can be involved by prototyping or testing protocols, guidelines or initiatives before they are more widely adopted and implementing changes emerging from the system working groups.</p> <ul style="list-style-type: none"> ▪ Your Collaborative Coach will be able to provide you with information at the systems working group level. ▪ Measurement and evaluation will be determined in consultation with the systems working group.

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Other Resources to Support Change

There are many other related resources to help support your LAT efforts:

BC CYMHSU Collaborative Documents:

- **Fact Sheet:** https://www.doctorsofbc.ca/files/CYMHSU-Fact%20Sheet_May22.pdf
- **Backgrounder:** To be posted on the Shared Care Committee website.⁷
- **Collaborative Model for Achieving Breakthrough Improvement:**
<http://www.ihl.org/resources/Pages/IHIWhitePapers/TheBreakthroughSeriesIHIsCollaborativeModelforAchievingBreakthroughImprovement.aspx>
- **Charter 2014 - 2015:** To be posted on the Shared Care Committee website.⁸
- **BC System Working Groups:** To be posted on the Shared Care Committee website.¹⁰
- **Chartlet Templates:** To be posted on the Shared Care Committee website.¹⁰
- **Media Primer:** To be posted on the Shared Care Committee website once approved.

Other Informing Documents:

The following documents may further assist LAT's by providing contextual information such as region specific and systems working group information, as well as related legislation. It may be important for LAT members to consider, share and apply their respective service related policies, protocols, and guidelines to LAT initiatives, as applicable.

Vancouver Island:

- Vancouver Island Service Plan Summary Diagram: A link may be available soon.⁹
- Vancouver Island Service Plan: A link may be available soon.¹⁰
- Vancouver Island Local Action Team Terms of Reference: To be posted on the Shared Care Committee website.¹⁰

Interior:

- Interior Local Action Team Terms of Reference Template: To be posted on the Shared Care Committee website.¹⁰

Background Documents:

- Healthy Minds, Healthy People: A Ten-Year Plan to Address Mental Health and Substance Use in British Columbia:
http://www.health.gov.bc.ca/library/publications/year/2010/healthy_minds_healthy_people.pdf
- A Path Forward: BC First Nations and Aboriginal People's Mental Wellness and Substance Use – 10 Year Plan: http://www.fnhc.ca/pdf/FNHA_MWSU.pdf
- From Hastings Street to Haida Gwaii: Provincial results of the 2013 BC Adolescent Health Survey: http://www.mcs.bc.ca/pdf/From_Hastings_Street_To_Haida_Gwaii.pdf

⁷ For a copy of this document, please contact Lisa Depins: ldespins@doctorsofbc.ca

⁸ For a copy of this document, please contact Allison McLeod: amcleod@impactbc.ca on Vancouver Island or Diane Goossens dgoossens@impactbc.ca in the Interior.

⁹ For a copy of this document, please contact Roxanne Blemings: Roxanne.Blemings@viha.ca
¹⁰ For a copy of this document, please contact Diane Goossens: dgoossens@impactbc.ca

Legislation:

- Child, Family and Community Services Act
- http://www.bclaws.ca/EPLibraries/bclaws_new/document/ID/freeside/00_96046_01
- Freedom of Information and Protection of Privacy Act:
- http://www.bclaws.ca/EPLibraries/bclaws_new/document/ID/freeside/96165_00
- Health Professions Act:
- http://www.bclaws.ca/EPLibraries/bclaws_new/document/ID/freeside/00_96183_01
- Infants Act:
- http://www.bclaws.ca/EPLibraries/bclaws_new/document/ID/freeside/00_96223_01
- Mental Health Act:
- http://www.bclaws.ca/EPLibraries/bclaws_new/document/ID/freeside/00_96288_01
- Representative for Children and Youth Act:
- http://www.bclaws.ca/EPLibraries/bclaws_new/document/ID/freeside/00_06029_01
- Social Workers Act:
- http://www.bclaws.ca/EPLibraries/bclaws_new/document/ID/freeside/00_08031_01

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Appendix A

Local CYMHSU Service Mapping Template

The following template may guide discussions among your LAT members to collectively identify the local services and supports for children and youth (including youth transitioning from youth to adult mental health and substance use services) and their families. This list is not finite¹¹ and is intended to spark discussion and exploration:

LOCAL RESOURCE	LOCAL PRACTITIONERS OR SERVICES: <ul style="list-style-type: none"> Include contact information such as address/phone or electronic link 			RELEVANT REFERRAL CRITERIA ¹²
	Under 12 years	12-16 years	17-24 years	
1. General physical health	<ul style="list-style-type: none"> Family physicians: I.E. Are there GPs that specialize with certain MHSU challenges or with this age group? Link to a listing of GP's in area? Health Care clinics (multidisciplinary?) Nurse practitioners 	<ul style="list-style-type: none"> Family physicians: I.E. Are there GPs that specialize with certain MHSU challenges or with this age group? Link to a listing of GP's in area? Health Care clinics (multidisciplinary?) Nurse practitioners 	<ul style="list-style-type: none"> Family physicians: I.E. Are there GPs that specialize with certain MHSU challenges or with this age group? Link to a listing of GP's in area? Health Care clinics (multidisciplinary) Nurse practitioners 	
2. Specialized health	<ul style="list-style-type: none"> Psychiatrists Pediatricians Other specialist physicians Occupational Therapists Tele-health 	<ul style="list-style-type: none"> Psychiatrists Pediatricians Other specialist physicians Occupational Therapists Tele-health 	<ul style="list-style-type: none"> Psychiatrists Pediatricians Other specialist physicians Occupational Therapists Tele-health 	
3. Mental health crisis	<ul style="list-style-type: none"> Inpatient and community CYMHSU crisis services for: <ul style="list-style-type: none"> Children Families/ Caregivers 	<ul style="list-style-type: none"> Inpatient and community CYMHSU services for: <ul style="list-style-type: none"> Youth Families/ Caregivers 	<ul style="list-style-type: none"> Inpatient and community CYMHSU services for: <ul style="list-style-type: none"> Youth in Transition Families/ Caregivers 	

¹¹ The following may be able to further assist LATs to identify and access local mental health services and supports for youth transitioning from youth to adult mental health services:

- The Force Society for Kids Mental Health: <http://forcesociety.com/>
- Kelty Mental Health Resource Centre: <http://keltymentalhealth.ca/>
- Psycho Social Rehabilitation British Columbia (PSRBC)¹¹: http://www.psrpscscanada.ca/clientuploads/documents/PSR_Canada_BC_Trifold_Brochure_Jan29.pdf

¹² Relevant referral criteria may include: Self or physician referral, service limitations (i.e. no substance use services), or unique service options.

4. Education	<p>Elementary:</p> <ul style="list-style-type: none"> • School counselling • Psycho-educational testing • Peer or Educator In-services or Presentations • Tutoring services Alternative (home) schooling options 	<p>Middle:</p> <ul style="list-style-type: none"> • School counselling • Psycho- educational testing • Peer or Educator In-services or Presentations • Tutoring services • Alternative (home) schooling options 	<p>High-School and post secondary:</p> <ul style="list-style-type: none"> • School counselling • Psycho-educational testing • Peer or Educator In-services or Presentations • High-school completion assistance • Tutoring services • Alternative (home) schooling options 	
5. Employment		<ul style="list-style-type: none"> • Preparing for and finding work • On the job support 	<ul style="list-style-type: none"> • Preparing for and finding work • On the job support 	
6. Substance Use Counselling/ Treatment				
7. Outreach	<ul style="list-style-type: none"> • Mental health outreach • Addictions outreach 	<ul style="list-style-type: none"> • Youth street outreach • Mental health outreach • Addictions outreach • Homelessness outreach 	<ul style="list-style-type: none"> • Youth street outreach • Mental health outreach • Addictions outreach • Homelessness outreach 	
8. Children and Youth with Special Needs	<ul style="list-style-type: none"> • Key worker • Navigation workers • Other local supports 	<ul style="list-style-type: none"> • Key worker • Navigation workers • Community Living B.C. for young adults • Other local supports 	<ul style="list-style-type: none"> • Key worker • Navigation workers • Community Living B.C. for young adults • Other local supports 	
9. Peer Relationships	<ul style="list-style-type: none"> • Child Mentoring 	<ul style="list-style-type: none"> • Youth Mentoring 	<ul style="list-style-type: none"> • Youth/Young Adult Mentoring 	
10. Culture	<ul style="list-style-type: none"> • Aboriginal children and their families • Children and their families from other cultures (I.E. intercultural associations, culture specific support services) 	<ul style="list-style-type: none"> • Aboriginal youth and their families • Youth and their families from other cultures (I.E. intercultural associations, culture specific support services) 	<ul style="list-style-type: none"> • Aboriginal youth and young adults and their families • Youth and young adults and their families from other cultures (I.E. intercultural associations, culture specific support services) 	
11. Recreation	<ul style="list-style-type: none"> • Recreational 	<ul style="list-style-type: none"> • Recreational 	<ul style="list-style-type: none"> • Recreational 	

and Exercise	<ul style="list-style-type: none"> program discounts Parent-child/family or child specific programs and services designed to support mental health 	<ul style="list-style-type: none"> program discounts Youth or family specific programs and services designed to support mental health 	<ul style="list-style-type: none"> program discounts Youth, young adult or family specific programs and services designed to support mental health 	
12. Housing			<ul style="list-style-type: none"> Safe house/emergency shelters Supported transitional housing 	
13. Finances			<ul style="list-style-type: none"> MSDSI/ MCFD Youth Best Practices Manual at http://icw.mcf.gov.bc.ca/yse/v/docs/ybpm_MHSD.pdf 	
14. Independent Living/Life Skills				
15. CYMHSU education sessions for teachers and peers	<ul style="list-style-type: none"> Local Contracted or Volunteer Organizations that can provide education sessions (such as FORCE, TSFC, Learning Disabilities Association of BC, etc. Local MCFD or Authority CYMHSU services 	<ul style="list-style-type: none"> Local Contracted or Volunteer Organizations that can provide education sessions (such as FORCE, TSFC, Learning Disabilities Association of BC, etc. Local MCFD or Authority CYMHSU services 	<ul style="list-style-type: none"> Local Contracted or Volunteer Organizations that can provide education sessions (such as FORCE, TSFC, Learning Disabilities Association of BC, etc. Local MCFD or Authority CYMHSU services 	



Appendix B

Key Provincial Online Resources for Children, Youth and their Families

The following chart is a “quick view” to identify key online resources designed to support children, youth and their families, and the professionals that work with them, anywhere throughout the province of B.C. The list is not comprehensive – it is a way to quickly familiarize yourself with some new or well utilized provincial resources for 2013/14. For provincial resource information that is comprehensive, accessible and up to date, please visit the [Kelty Mental Health Resource Centre](#).

RESOURCE	FOCUS
<p>1. Kelty Mental Health Resource Centre</p>	<p>A provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC by phone, in person, or through email. Kelty offers:</p> <ul style="list-style-type: none"> • Information and resources on a wide range of mental health and substance use issues affecting young people; • Tools such as the Kelty Quick Reference Sheets: Printable handouts of resources for families and professionals arranged by topic; • Options for support and treatment in BC; • Help navigating the mental health system; • Peer support from youth and parent peer support workers, who all have lived experienced with mental health challenges, either themselves or in their families; • Resources and support for individuals of any age with an eating disorder or a disordered eating concern; • Free education events for parents, as well as school and health professionals, including the Pinwheel Education Series.
<p>2. The F.O.R.C.E. Society for Kids Mental Health</p>	<p>Empowering and supporting parents who have children and youth with mental health challenges.</p>
<p>3. OpenMindBC.ca</p>	<p>The transition between youth and adulthood can be overwhelming for those who may face new experiences, challenges, and pressures. OpenMindBC.ca presents a valuable resource for physicians, parents, teachers, and youth to learn more about the support services that are available in British Columbia and across Canada.</p>
<p>4. Institute of Families</p>	<p>Works to promote FamilySmart practice to improve child and youth mental health in Canada by involving families in:</p> <ul style="list-style-type: none"> ▪ Consultation ▪ Education ▪ Partnerships

5. Mindcheck website	A website created to assist young people to identify and understand mental distress they may be experiencing and to link them to sources of help that will enable them to learn skills and strategies to manage these problems.
6. Booster Buddy App	BoosterBuddy is a free app designed to help teens and young adults improve their mental health. Booster Buddy was created by Island Health in collaboration with teens and young adults with lived experience.
7. B.C. FRIENDS for Life	An evidence-based, school-based, anxiety prevention and resiliency program resource for teachers and parents of children K to grade 7.
8. Strongest Families	Strongest Families is an effective, accessible educational service for families of children with mild to moderate behaviour problems (ages 3 to 12) offered through the Canadian Mental Health Association, BC Division.
9. Here to Help	Help people better prevent and manage mental health and substance use problems and live a healthier life.
10. Rapid Access Consultative Expertise (RACE)/Doctors of BC	A program designed to increase family physician access to specialist consultation and to improve communication and knowledge transfer between different care providers.
11. Canadian ADHD Resource Alliance	A Canadian non-profit, multi-disciplinary alliance of healthcare professional working in the field of ADHD . Produce the Canadian ADHD Practice Guidelines and assessment toolkits. Provides education, training and support on ADHD for healthcare clinicians through annual national conference, training courses and eLearning portal.
12. Anxiety BC ▪ MindShift Mobile App	Work to increase awareness about anxiety disorders; promote education of the general public, affected persons, and health care providers; and increase access to evidence-based resources and treatments.
13. Dealing with Depression Mobile App	Easy to access resource about depression.
14. ERASE Bullying	The ERASE (Expect Respect and A Safe Education) Bullying strategy is part of the Province of British Columbia's efforts to personalize learning and supports for all students.
15. Connect Parent Groups	Connect is a 10-week program to support parents and caregivers of pre-teens and teens with difficult behavioural and emotional problems. Parents meet in small groups with two trained group leaders for one hour each week.
16. B.C. Healthy Child Development Alliance	Offer downloadable materials for professionals to support social and emotional development of young children . Coalition of health, social, education, research and community organizations who share a common interest in support of the social determinants of healthy early development of all children in BC.
17. Perinatal Services of BC/Healthy	Through partnerships and collaboration and by building a

<p>Families BC and Babies Best Chance</p>	<p>high quality system of care across the continuum, we will optimize pregnancy and birth outcomes as a foundation for a healthy population. Tools to promote healthy social emotional development.</p>
<p>18. Tourette Syndrome Foundation of Canada</p>	<p>The Tourette Syndrome Foundation of Canada is a national voluntary organization dedicated to improving the quality of life for those with or affected by Tourette Syndrome through programs of: education, advocacy, self-help and the promotion of research.</p>
<p>19. Learning Disabilities Association of B.C.</p>	<p>LDABC's mandate is to be the Provincial network and voice for persons with Learning Disabilities (LD) and those who support them. Founded in 1973, the association provides information and resources to ensure the full participation of children, youth and adults with LD in today's society.</p>
<p>20. Mood Disorder Association of B.C.</p>	<p>To provide psychiatric services, support and education for people with mood disorders, their families, their friends, their colleagues and their communities.</p>
<p>21. Canadian OCD Network</p>	<p>Connect Canadians who have OCD, and their families with appropriate support, resources and evidenced-based treatment.</p>
<p>22. BC Council for Families</p>	<p>Develop programs, services and resources to help families. Because we're here to strengthen and support families and family-serving professionals in BC.</p>
<p>23. B.C. Schizophrenia Society</p>	<p>To improve the quality of life for those affected by schizophrenia and psychosis through education, support, public policy and research.</p>
<p>24. Interdisciplinary National Self-Injury in Youth Network Canada (INSYNC)</p>	<p>Resources for youth who self injure and their families, and professionals.</p>
<p>25. Youth in BC</p>	<p>Online crisis service for children and youth.</p>
<p>26. KUU-US Crisis Line Society for BC 1-800-588-8717</p>	<p>Includes Aboriginal-focused risk assessment and safety monitoring until individual is able to be seen by mental health professional. Also, a source of provincial-wide Aboriginal resource information.</p>