**Ashcroft Pathway to Wellness for Children, Youth and Families *with Mild to Moderate* MHSU symptoms**

 **Available Supports**

Links to Available services and Supports as needed

Provincial: Confident Parents/Thriving Kids, Bounce Back for Youth and Parents, Kelty, Mindcheck

Local: CYMH, IH, GP, SCEFRY, Indian Bands

Approach:

\*Seek to identify strengths of child, youth, and family

\* Ask family to identify informal and any professional supports they would like to try

\*agree on follow-up: When, Who? Consent for information sharing within this context.

**In case of extreme and immediate concern, call**

**911**

Child/Youth is Not Getting Better after \_\_\_ Weeks

Follow up with GP

Referral to more specialized services (MCFD) and expand the team wrapped around the child/youth and family.

If more help is required?

The GP will work with youth/family to support and provide brief intervention

The initial professionals may want to consult with MCFD clinician, pediatrician, or psychiatrist to check assessment and get ideas for enhanced support

Revise the support plan as required and agree to follow-up

Follow up at agreed interval to determine if supports available are sufficient?

Ensure an ongoing plan for optimal wellbeing

Do the Key Support People/organizations have required information (with consent)

\* School, GP, etc

Agree to continued Follow ups as needed

Youth with Signs or Symptoms

Youth or parent/caring person speaks to professional or caring adult or friend about issues and where to get help

Who can Help?

School Counsellor, School Staff, Medical/Primary Care, Home/Health Authority, Substance Use, (IH)

Indigenous Practitioner, youth organizations, clubs, associations, peers, Caring Adults (coach, employer, etc.)

Caring Communities

Trauma informed school, inclusive safe communities

Resiliency/skill building in youth and families

Programs for students in schools to build skills

Expansion of MHSU literacy programs, eg. FRIENDS, Mind Up, Connect

Community: ASIST, MHFA

Patient Medical Home/Primary Care Home

PSP Program for GP’s, teachers, counsellors

NGOs: Learning Links for Physicians, and teams

Learning Links: ED protocol