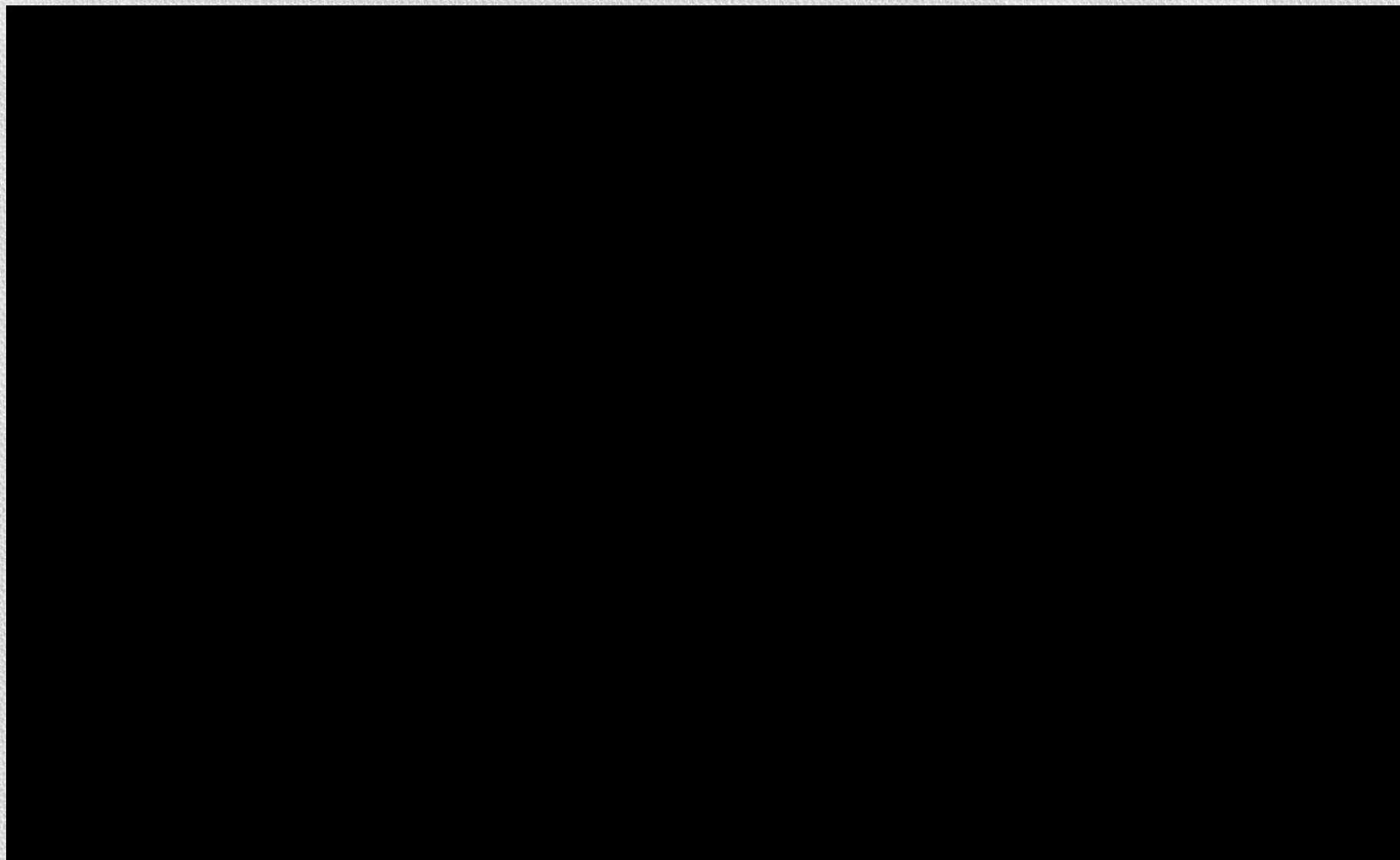
A stylized, light blue graphic of a plant with several leaves and a cluster of small, round buds on a thin stem, positioned on the left side of the slide.

CHILD AND YOUTH MENTAL HEALTH AND SUBSTANCE USE (CYMHSU) COLLABORATIVE: BREAKING BARRIERS, BUILDING BRIDGES

Dr. Glenn Fedor
Rana Grace
Dave Mackenzie

November 6, 2015



THE BEGINNING

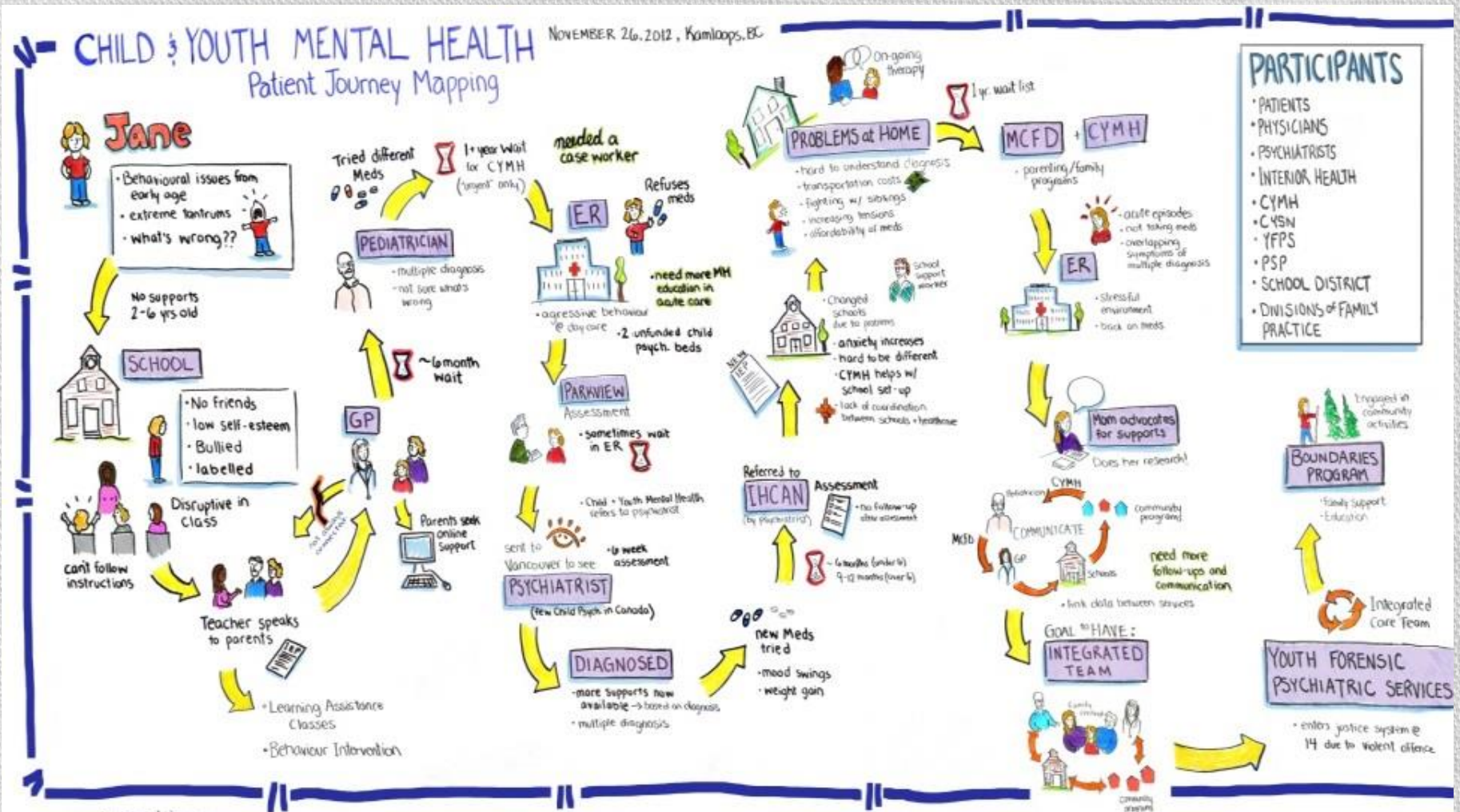
2002....

The Family Physician was a
dying profession in British
Columbia

PSP Child and Youth Mental Health Module

- Training
- Relationship building
- Common assessment tools
- Improved communication

A Story....Patient Journey Map





TOUGH Questions....

And tougher answers

WE ASKED.....



140,000+ children and youth
are
experiencing one or more
mental health challenges in BC.



*But **only**....*



60,000 are receiving
the services they need.

And...

**What does service look like
for those 26,000+**

**Are we helping people
support their families?**



Transitions in Care

The Shared Care Transitions in Care initiative aims to address the various challenges of patient transition into, through, and out of acute care. The initiative comprises various projects underway in BC, on which family physicians (FPs) and specialist physicians (SPs) are working together to improve the patient journey and streamline care.

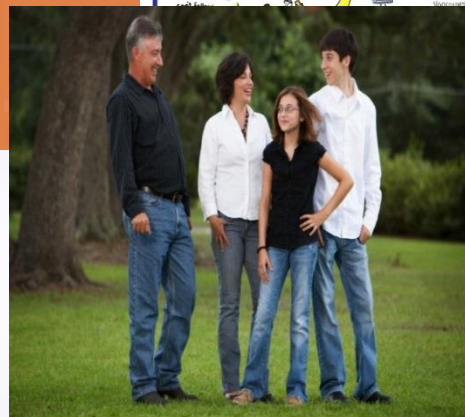
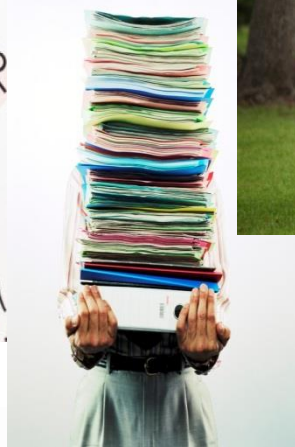
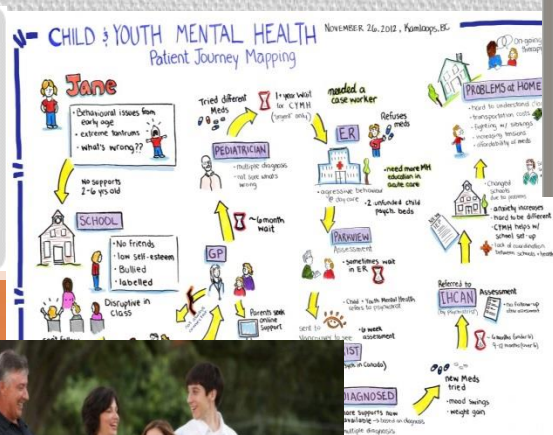
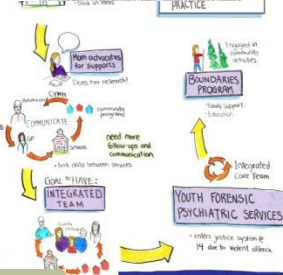
The challenges and solutions to providing seamless patient care vary from one BC community to another. With this in mind, the Transitions in Care initiative leads are working with local divisions of family practice and other groups in a number of acute care and community settings throughout BC in order to:

- Understand the characteristics of the patient journey(s) in each site.
- Create or support sustainable processes to alleviate tension or congestion at points in the local health care system.
- Create solutions that can be replicated (with necessary adjustments) in other programs and locations.

Types of work underway

- Mapping the patient journey and identifying opportunities to improve patient flow.
- Reducing ER visits and acute admissions by:
 - Improving access to SP telephone advice and urgent SP consultation.
 - Adopting, adapting, or developing local or regional service frameworks, care guidelines, and

- Improving data quality in the acute care system, including P diagnosis, prognosis, and medication



Practice Support Program



REPRESENTATIVE FOR CHILDREN AND YOUTH



“Coming together is a beginning

Keeping together is progress

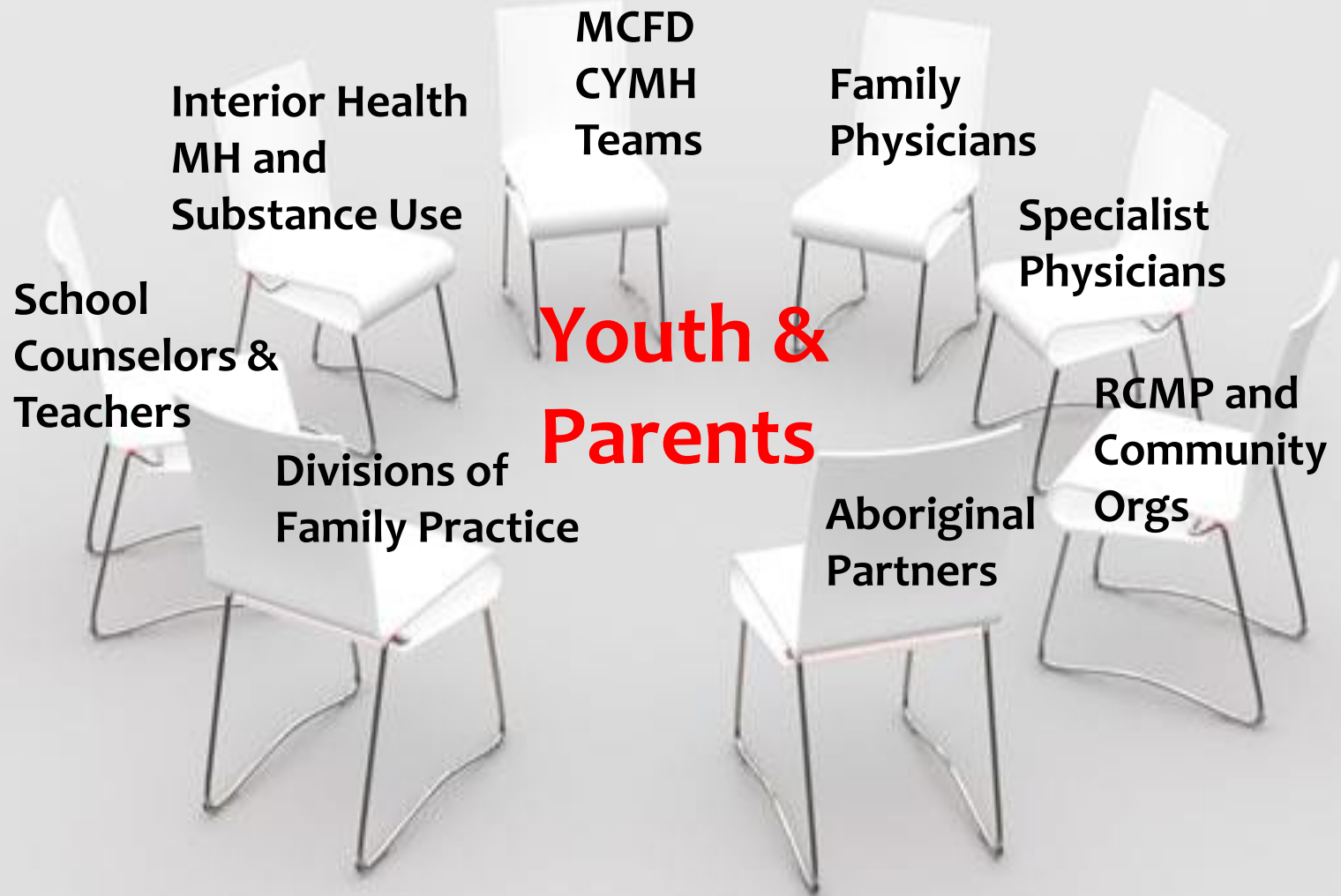
Working together is success”

~Henry Ford

Purpose

- 1.** To increase the number of children, youth and their families receiving timely access to integrated mental health and substance use services and supports
- 2.** To document examples and results of the involvement of children, youth and families in decision making and policy development.

Who's Involved?



The Structure

LOCAL ACTION TEAMS

| | |
|---------------------|-------------------------|
| Abbotsford | North Shore |
| Burns Lake* | Oceanside/Parksville* |
| Campbell River | Pemberton* |
| Cariboo | Port Alberni |
| Central Okanagan | Prince George* |
| Chilliwack | Prince Rupert* |
| Clearwater* | Quesnel* |
| Comox Valley | Revelstoke* |
| Cowichan Valley | Ridge Meadows |
| Creston | Saanich Peninsula |
| Delta* | Salmon Arm |
| Fort St James* | Salt Spring Island |
| Fraser Cascades | Sea-to-Sky* |
| Fraser Lake* | Skidegate* |
| Golden/Invermere* | Sooke/West Shore |
| Kimberley/Cranbrook | South Okanagan |
| Kootenay Boundary | Sunshine Coast |
| Langley | Surrey-North Delta |
| Lillooet/Lytton* | Thompson Region |
| Long Beach* | Tri-Cities |
| Masset* | Valemount* |
| Merritt* | Vancouver* |
| Mission* | Vanderhoof* |
| Mt Waddington | Vernon |
| Nanaimo | Victoria |
| New Westminster | White Rock-South Surrey |

REGIONAL MANAGEMENT TABLES

Interior
Island
Fraser

Family Centered Children, Youth and their Families with Lived Experience

STEERING COMMITTEE

Working Groups:

Physician Compensation
Info Sharing Group
Transitions – Age/Setting
Physician Recruitment
Evaluation and Measurement

MENTAL HEALTH CLINICAL FACULTY

Working Groups:

ER Protocol
Specialist Support
Rural and Remote/Tele-Health
Youth and Young Adult Services
School Based Care

SUBSTANCE USE CLINICAL FACULTY

Ensures all Working Groups are attentive
to substance use.

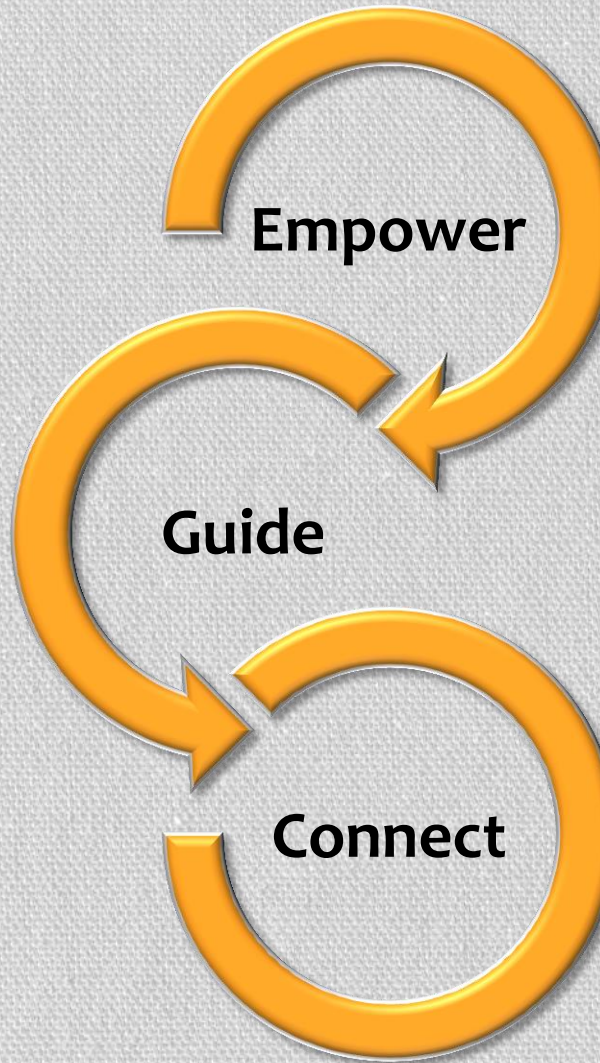


The F.O.R.C.E.
SOCIETY FOR KIDS' MENTAL HEALTH



The Institute of Families
DBA The F.O.R.C.E. in BC
**INSTITUTE
OF FAMILIES**
for Child and Youth Mental Health

We're Better Together



Empower

We empower families by providing them with support and information. We encourage families to use their voice.

Guide

We guide families through the many services and supports systems that exist in the mental health field.

Connect

We connect families to other families in their community, as well as professionals and services.

What do we add?

COMBINED
STRENGTH OF
MANY
WORKING
TOGETHER

STRENGTH OF
LOCAL
COMMUNITIES
FOR LOCAL
SOLUTIONS

TOP DECISION
MAKERS
SUPPORTING
TEAMS TO
MEET GOALS

Measurement

Government Commitment

3 Ministries – One Voice

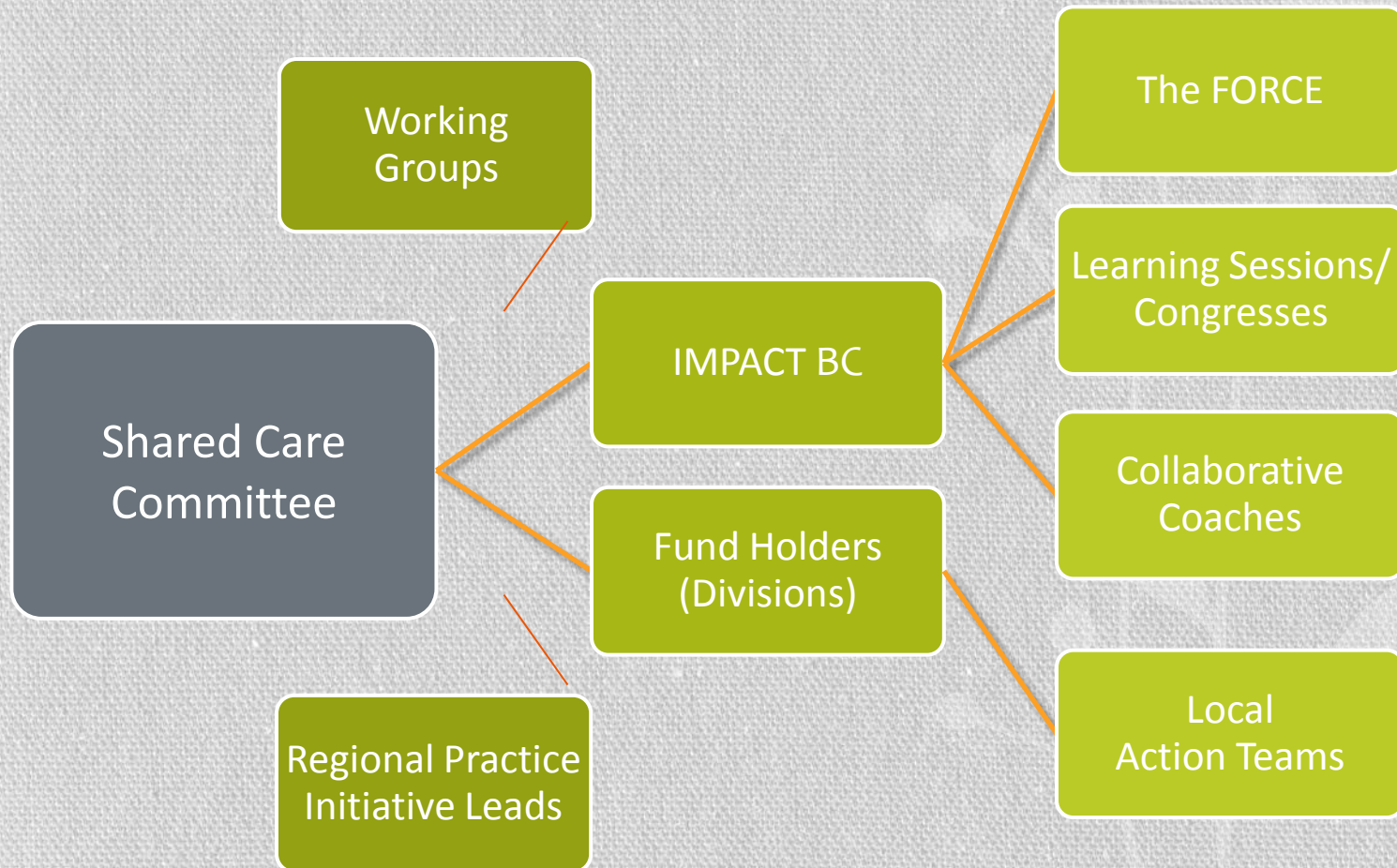


Ministry of Health

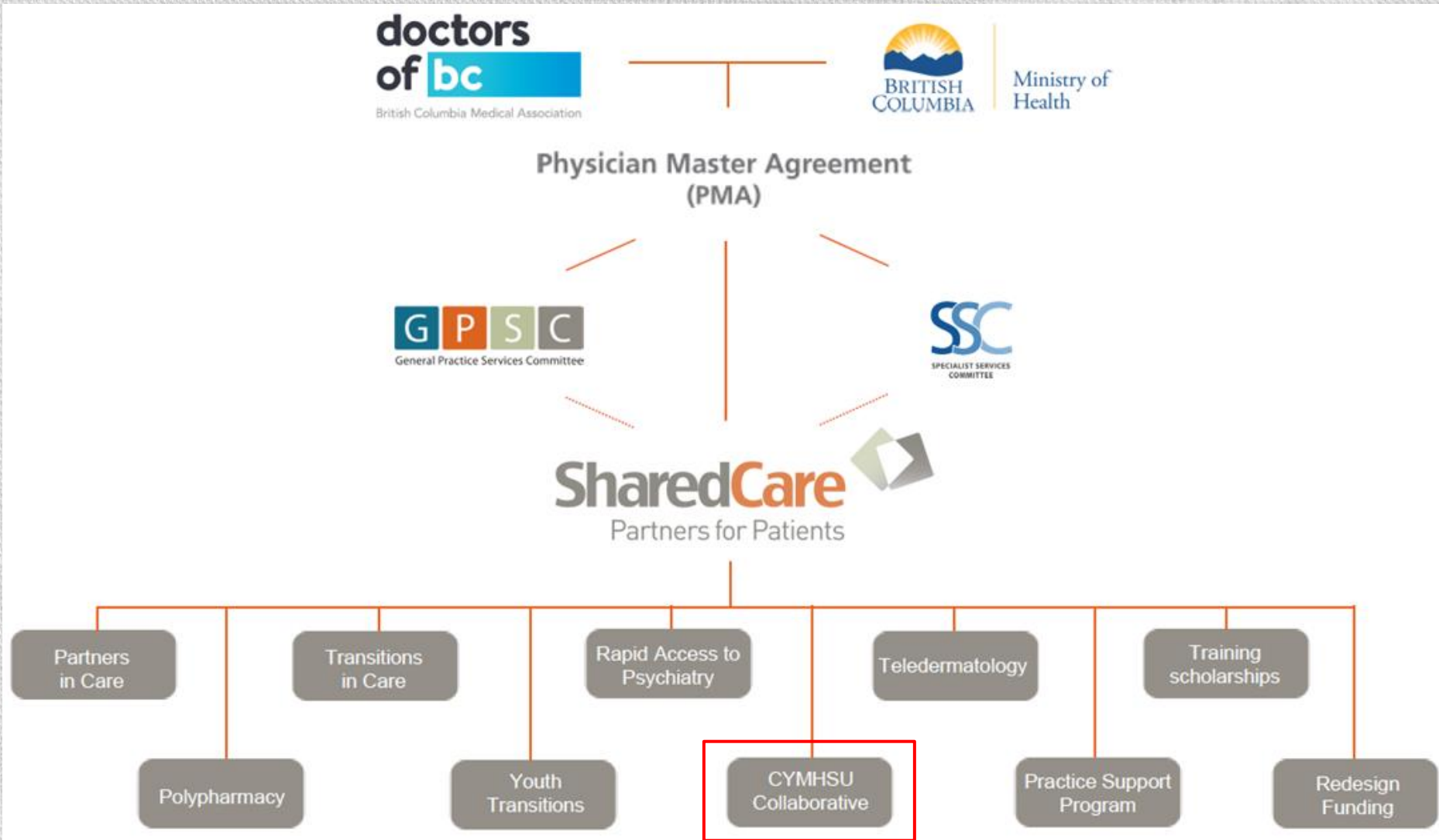
**Ministry of Children &
Family Development**

**Ministry of
Education**

Funding Flow



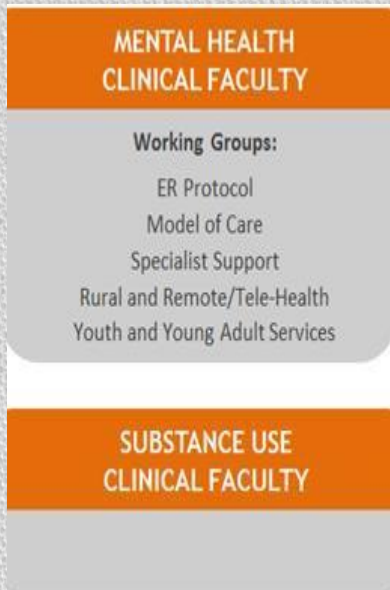
Who is Shared Care?



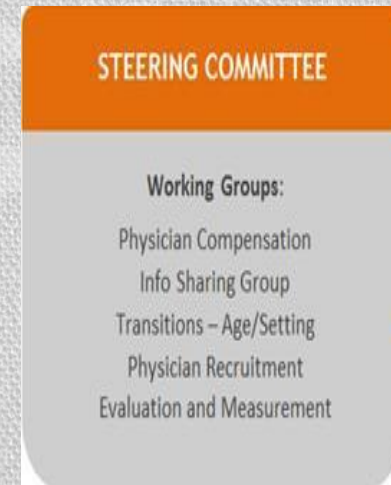
Working Together

Action Teams work at the local level to identify gaps and system barriers in their area. Some they can address themselves, others they need help with.

Clinical problems referred to



Structural problems referred to



- Working Groups are created to find solutions for a specific problem.
- Local Action Teams then implement and test system prototypes and protocols as recommended by the Working Groups

Steering Committee

Mandate

Implementation and ongoing monitoring of the effectiveness of the CYMHSU Collaborative.

WORKING GROUPS

- Physician Compensation
- Information Sharing
- Transitions – Age & Setting
- Physician Recruitment & Retention
- Evaluation and Measurement

Mental Health Clinical Faculty

Mandate

Supports the **clinical** practice of those directly involved in improving support and access for children and youth needing mental health services.

WORKING GROUPS

- ER Protocol
- Model of Care
- Specialist Support
- Rural and Remote/Tele-Health
- Youth and Young Adult Services

Substance Use Clinical Faculty

Mandate

Works with the Steering Committee and Mental Health Clinical Faculty to strengthen the system of **substance use** services and supports and integration with mental health services.

Action Teams

- Multidisciplinary Teams
- Work at the local level to identify gaps and system barriers in their area.

What we are working on....

1. Information Sharing (protocol and common consent)

2. ER Protocol

3. Schools

- File Storage – Best Practice
- The Role of School Counsellor
- School youth surveys
- Schools as a central hub in communities for supporting mental wellness of students

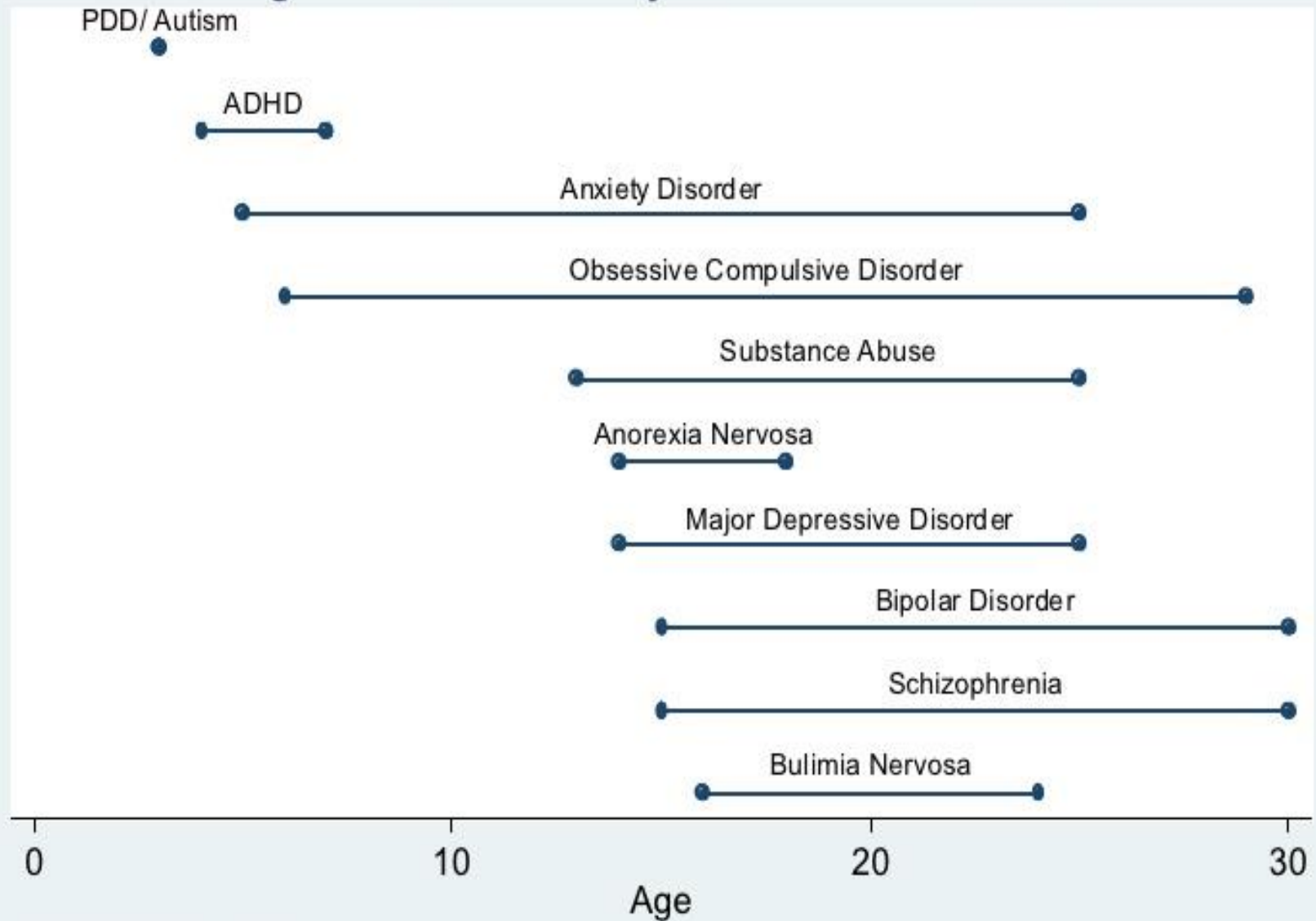
4. Mental health literacy training

5. Fostering a community of caring adults

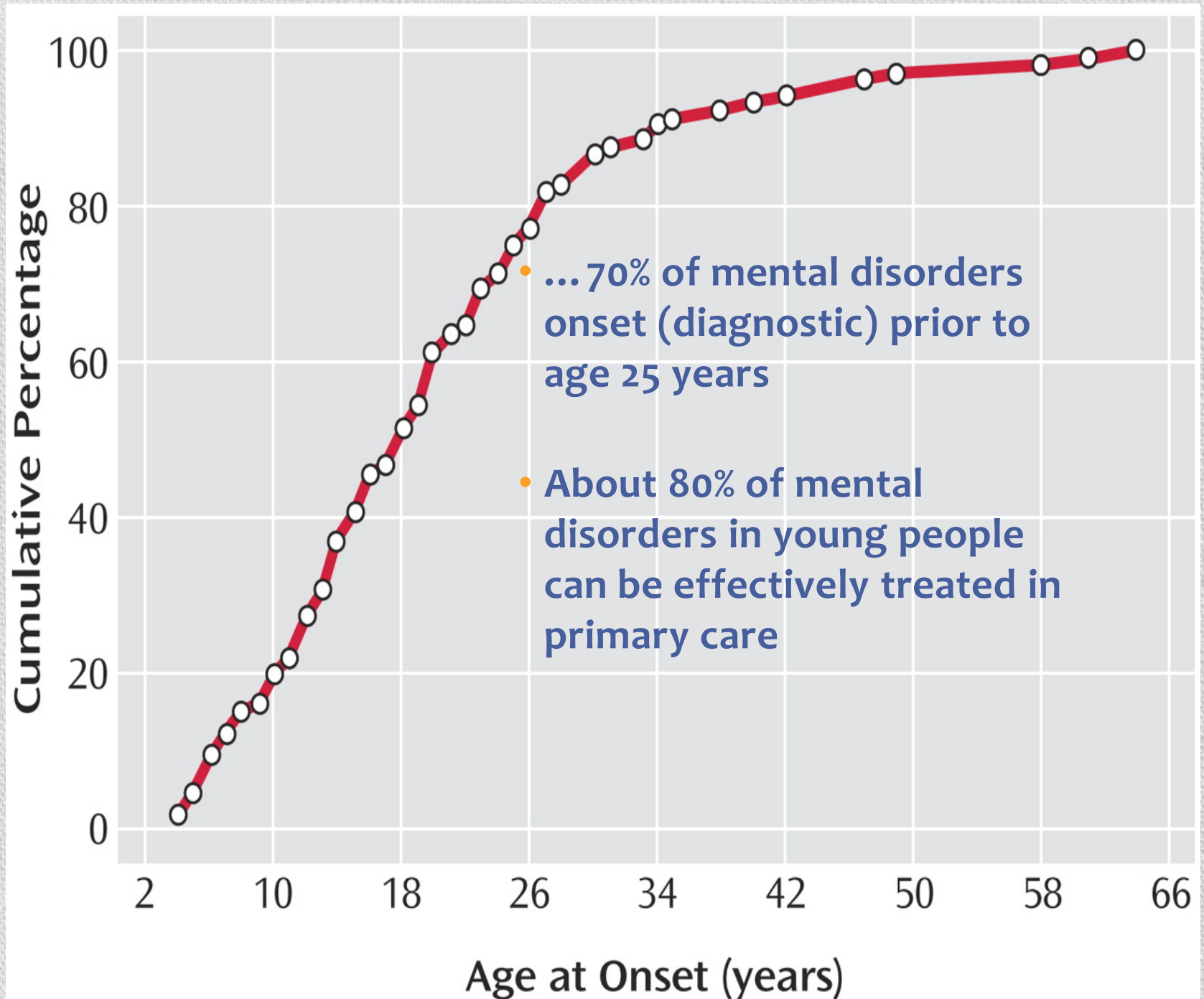
**Why are schools
involved?**

A faint, stylized illustration of a plant with large, rounded leaves and a single flower is visible in the background on the right side of the slide. The plant is rendered in a light, muted green color, blending into the overall light green background.

Age of Onset of Major Mental Disorders



Source: DSM-IV, 2000



While we need to understand the past,
we are not responsible for undoing all
the problems associated with it.

Change moves at the
speed of trust





So.....

Break down our
silos



Workers collaborate on youth mental health



By Williams Lake Tribune

Published: **October 17, 2013 04:00 PM**

RELATIONSHIPS

Reach of the Collaborative

500+ participating in Local Action Teams

8 to 60 LATs in two years

110+ participating in System Working Groups

10 to 120 Youth & Parents with Lived Experience involved in Collaborative

250+ involved in engagement or orientation processes

22 local newspapers publishing 7 mental health columns written by Dr David Smith and Anne Mullens

200 + participated across BC in webinar on substance use

Jacob's story



More Info....

- <http://sharedcarebc.ca/initiatives/cymhsu-collaborative>
- http://sharedcarebc.ca/sites/default/files/CYMHSU-fact%20sheet_FINAL_1.pdf