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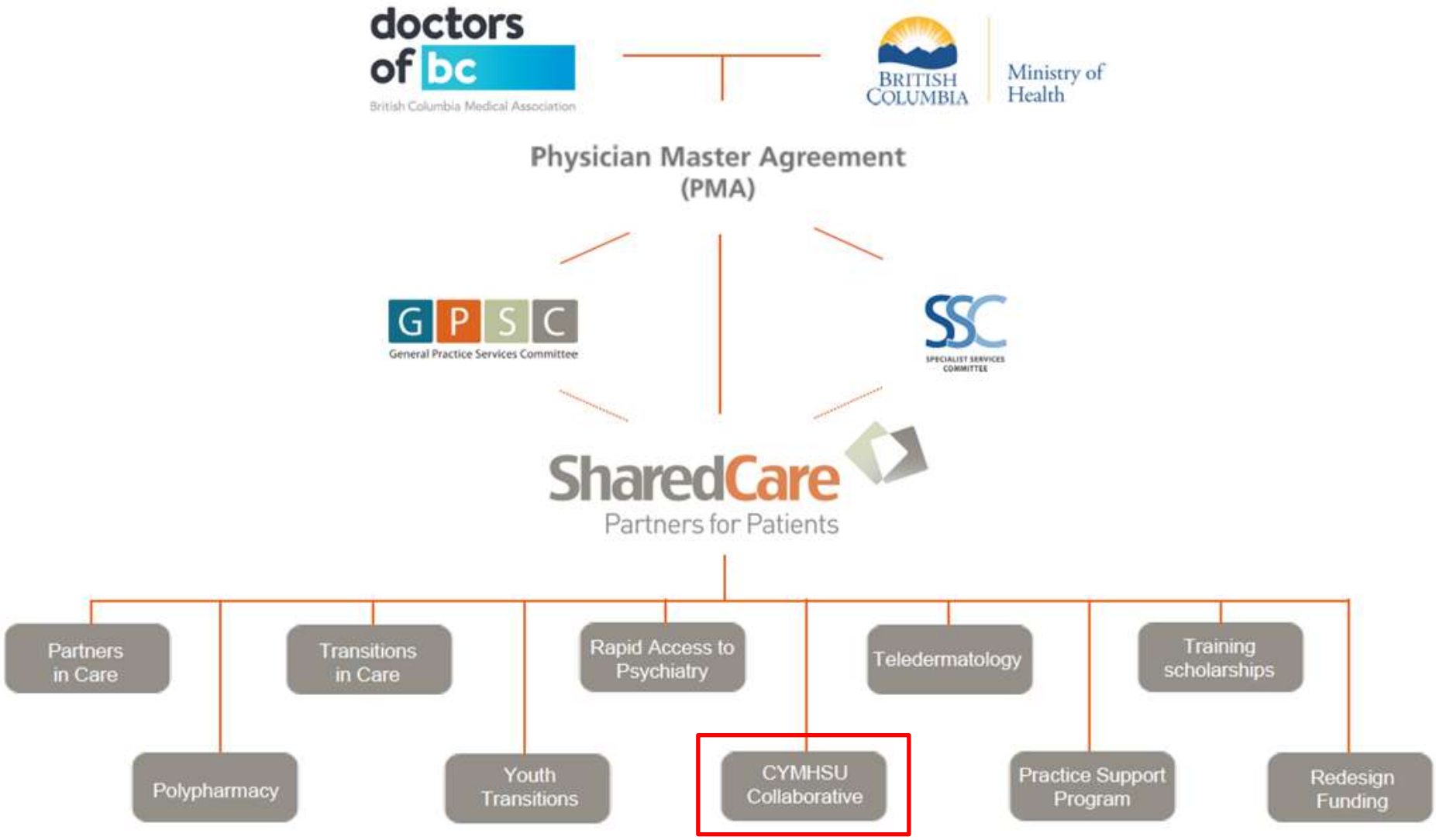
Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative

Brief Provincial Overview

BRITISH COLUMBIA

doctors of bc
British Columbia Medical Association

Who is Shared Care?



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CYMHSU Collaborative Goals

1. To increase the number of children, youth and their families seeking and receiving timely access to INTEGRATED mental health and substance use services and supports throughout the province.

2. To document examples and results of the involvement of children, youth and families in decision making and policy development.

Government Commitment

3 Ministries – One Voice

- Ministry of Health
- Ministry of Children & Family Development
- Ministry of Education

Who's Involved

Over 2,650 individuals representing government, agencies, partners – anyone involved in the issue of child and youth mental health and substance use

- **Funding partners**: Doctors of BC and Ministry of Health
- **Ministries**: Health, Children and Family Development, Education, and Social Development and Innovation
- **Health authorities**: Interior, Island, Fraser, Northern, Vancouver Coastal, and First Nations Health Authority
- Youth and Families
- Physicians – family doctors, ER doctors, psychiatrists, pediatricians
- Elementary, Secondary and Post-Secondary Education
- Community agencies
- Municipalities
- Indigenous services and advocates
- Counsellors
- Social Workers
- RCMP

The Structure

LOCAL ACTION TEAMS

Abbotsford
Ashcroft
Bella Coola
Boundary
Burnaby
Burns Lake
Campbell River
Cariboo
Central Okanagan
Chilliwack
Clearwater
Comox Valley
Cowichan Valley
Creston
Dawson Creek
Delta
Fort St James
Fraser Cascades
Fraser Lake
Gabriola/Gulf Islands
Golden
Haida Gwaii North
Haida Gwaii South
Hazelton
Kimberley/Cranbrook
Kitimat
Langley
Lillooet
Long Beach
Lytton
Merritt
Mission
Mt Waddington
Nanaimo
New Westminster
North Shore
Oceanside/Parksville
Oliver/Osoyoos/OK Falls
Pemberton
Port Alberni
Prince George
Prince Rupert
Quesnel
Revelstoke
Ridge Meadows
Saanich Peninsula
Salmon Arm
Salt Spring Island
Sea-to-Sky
Smithers
Sooke/West Shore
South Okanagan
Sunshine Coast
Surrey-North Delta
Terrace
Thompson
Tri-Cities
Valemount
Vancouver
Vanderhoof
Vernon
Victoria
West Kootenay
White Rock-South Surrey

Guest: Grand Falls, NL*

* emerging Local Action Team

Family Centered

Children, Youth and their Families with Lived Experience

STEERING COMMITTEE

Working Groups:

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

MENTAL HEALTH CLINICAL FACULTY

Working Groups:

ER Protocol
Rural and Remote/Tele-Health
Building CYMHSU Capacity in Schools
Specialist Support – *Learning Links*
Youth and Young Adult Services

SUBSTANCE USE CLINICAL FACULTY

Ensures all Working Groups are attentive to substance use.

REGIONAL MANAGEMENT TABLES

Fraser
Interior
Island

LEGACIES CONTINUED…..

- Emergency Department Protocol for CYMHSU adopted across all hospitals in BC by December, 2017
- Increased telehealth access for youth and families across rural and remote British Columbia
- Increased # of child and youth psychiatrists to be trained in B.C.
- Value-based compensation added to negotiations in the next Physician Master Agreement for high risk populations
- 64 Local Action Teams with their own legacies in their communities

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CYMHSU Learning Session 8

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FAMILY CENTERED CARE

TODD KETTNER, PHD & LIZ KUNKLE, MA, RCSW WEST KOOTENAY LAT

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THREE YEARS

- Collaborative Charter Objectives
- Addressing Wicked Problems
- Overcoming Barriers
- Tests of Change with Iterative Research Model

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OUTCOMES

- Family felt supported and parent morale increased
- Youth mental health symptoms improved
- Fewer crises, no further ER visits
- More progress towards family's goals
- Service providers felt more effective
- Excitement to expand this model
- Youth and family are at the center

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"the thread of meaningful, human connection has given us hope, and helped us feel that we are of worth, we are of value and that we matter"

"bringing yourself out from behind your desk so there are no barriers between you and my son and what he has to say to you, or needs to share"

FamilySmart™
Together-Centred

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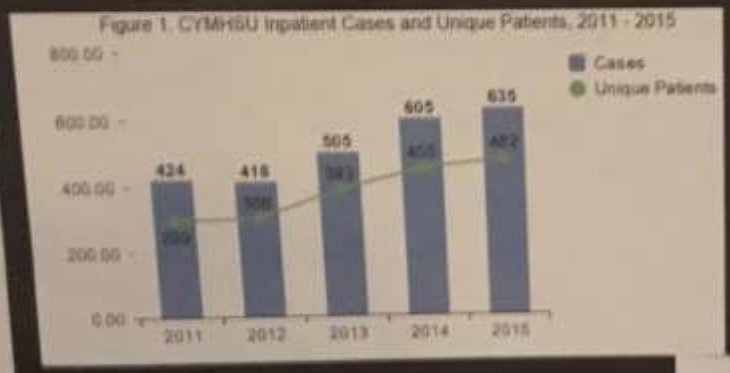
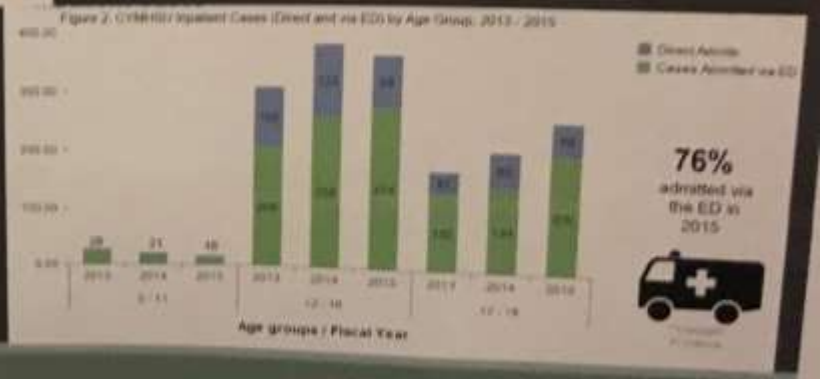
The Problem…





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Parkview Child and Adolescent Mental Health Program

ESTABLISHED 2001-2002

LOCATION: Royal Inland Hospital, Kamloops | SERVICE AREA: Interior Health West | SERVING: 6-18 years

GOAL

To help children and families navigate through a mental health crisis, stabilize, and prevent future crisis.

Parkview Stats

Case Management/ Psychiatric Follow-up

2016 – 240 children/youth being case-managed through Parkview.

Daily Crisis Calls to Parkview

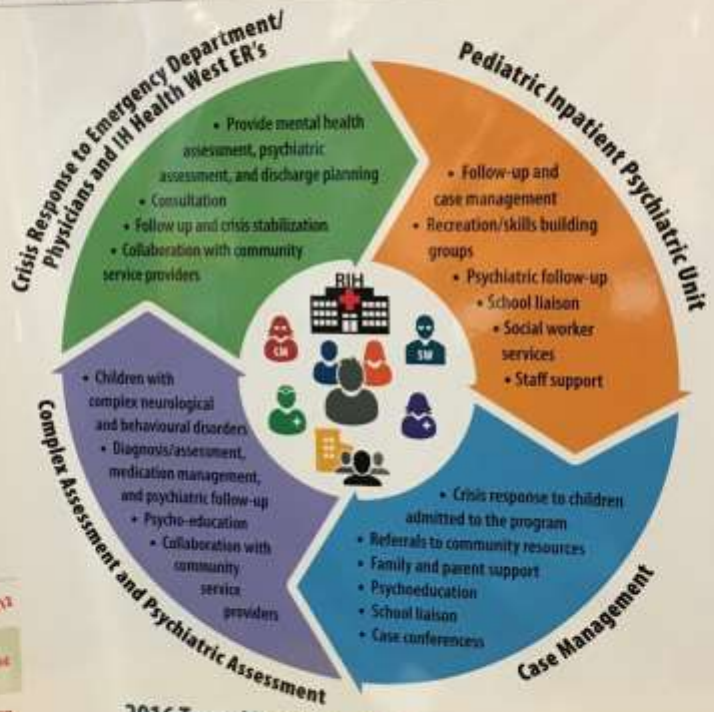
Parkview Staff have an average of 10-12 crisis calls a day.

Weekly Scheduled Follow up Appointments

An average of 60 appointments are booked with Psychiatrists and Case-managers per week at Parkview.

ER Assessments

YEAR	2016	2015	2014	2013	2012
# of Children Seen by the Parkview Team	82	77	75	89	94
# of Children Discharged	68	58	63	69	77
# of Children Admitted	14	14	12	20	17
Follow-up [illegible] Parkview	80	75	72	85	91



2016 Team Members

Dr. Hosenbocus – Director/Psychiatrist
Raj Chahal – Team Leader
Amanda Lavigne – Manager
Carol Ray – Admin. Support
Tom Cole – Child and Youth Care Worker/School Liaison
Jessica Mott – Case Manager
Michelle Padley – Case Manager
Ryan Khungay – Case Manager
Dr. Olabiyi – Psychiatrist
Dr. Keramatian – Psychiatrist

Keys to Success

✓ **Flexibility**
- Adaptable to family and patient needs
- Flexible with age restrictions

✓ **Interdisciplinary**
- Psychiatry, Social Work, Nursing, Child and Youth Care, Contract Psychologist, Administrative Support

✓ **Change and Innovation**
- Comes from ground up
- Front line staff, patients and families are included in decisions

✓ **Relationship with Community Providers**
- Actively contributed and co-led the LAT
- School District, CYMH, Aboriginal Child and Youth Services, MCFD, Community Service Providers

✓ **Continuity of Staff**

✓ **Education and Support**
- Supports other communities
- Trains students (Nursing, Physicians)

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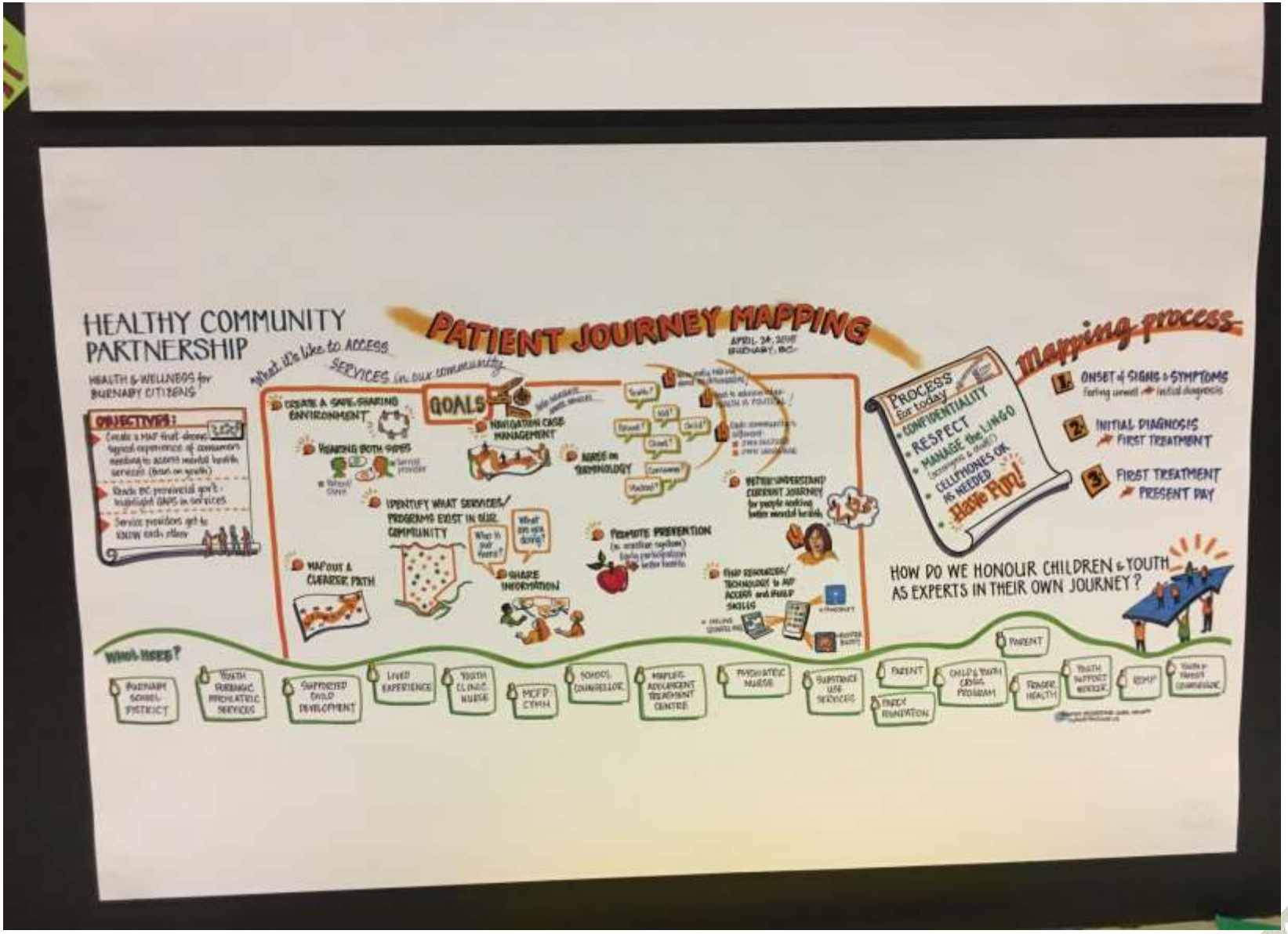

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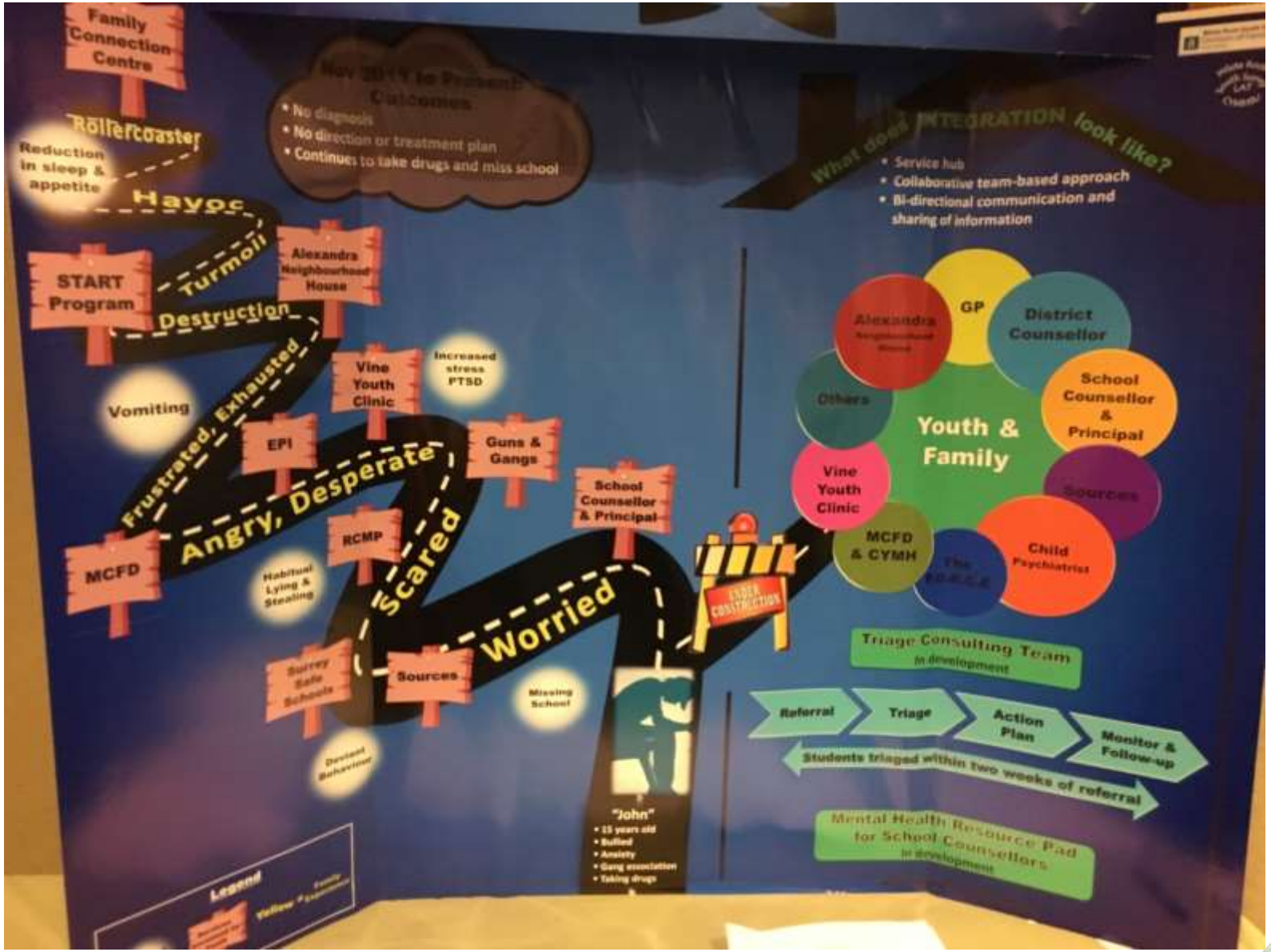

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ACCESS: Targeted Prevention & Early Intervention

- Aimed at vulnerable children and youth at risk of developing MHSU, and facilitating links to early stage supports:

Area of Focus	Examples
Heightening awareness of CYMHSU issues in school settings.	Anxiety workshops for teachers and other school based professionals
Mental Health First Aid Training	For community members, paramedics, RCMP (Port Alberni)
Trauma Informed Approaches	Smithers & Williams Lake (trauma informed schools), Kootenay Boundary & Gabriola (service providers, medical community)
Cultural Competency Training & Culturally Aware Approaches	Blanket exercise – Saanich Peninsula, Sooke/Westshore, Victoria, Salt

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