

**NORTH SIMCOE MUSKOKA LHIN – CARE CONNECTIONS**  
**Mental Health and Addictions Child and Adolescent Steering Committee**  
**April 24, 2015 9:00 – 11:30am**

<b>Committee Chair</b> Carol Lambie	<b>System Coordinator</b> Susan Lalonde Rankin	<b>Project Support</b> Stacy McMillan
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**Meeting Attendees:**

Brenda Jackson	P	Danette Blue	P	Pat Carney	R	Michelle McAdams	R
Lesley Watts	P	Elizabeth McKeeman	P – t/c	Susan Lalonde Rankin	P	Chris Brens	P
Celeste Lalonde	P	Sarah Barker	R	Eric Sutton	R	Cathy Thomson	R
Cindy Taylor	R	Phil Hough	P – t/c	Stacy McMillan	P		
Christa Harvison	R	Ted Soucie	R	Carol Lambie	P		
Gisele Forest	R	Danielle Mink	R	Nadia Martins	R		
Nancy Roxborough	R	Karen Hirstwood	R	Crystal Bell	P		
Leah Skorey	R	Deborah Woods	R	Gail Hamelin	P		

Agenda Item	Discussion	Action Items
<b>1. Welcome &amp; Introductions</b>	Carol Lambie welcomed everyone to the meeting and those joining by teleconference.  Carol welcomed new member, Chris Brens to the Steering Committee. Chris recently joined the NSM LHIN team and will be replacing Sandy Dupuis as the Advisor for Primary Care.	
<b>2. Review of Agenda</b>	Gail Hamelin requested that the following item be added to the agenda, under New Business: <ul style="list-style-type: none"> <li>• Be Safe App</li> </ul>	
<b>3. Review of Minutes March 27, 2015</b>	The minutes from the March 27, 2015 meeting were approved as presented.	
<b>4. Business Arising</b>	<b><u>RVH Child and Youth Regional Program</u></b> Crystal Bell provided an update on the child and youth mental health program and adult inpatient mental health unit renovations.  Crystal reviewed the progress to date and some of the key milestones for the project moving forward, including: <ul style="list-style-type: none"> <li>- Planning youth engagement strategy for program planning (not for space planning)</li> <li>- A number of site visits have taken place, including McMaster Children’s Hospital and Hotel Dieu in Kingston</li> <li>- Pre capital submission has been approved by the NSM LHIN Board</li> </ul>	

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- Several RVH Foundation events planned including McHappy Day on May 6<sup>th</sup> as well as a fall donor event with a child and youth focus.
- Monthly meetings of the Interim Strategy Working Group are underway. Work being undertaken by this group includes:
  - o Discussion around urgent care clinic
  - o Working group established to look at ED pathway

**Child and Youth MHA Resources Booklet**

Susan Lalonde Rankin provided an overview of the draft resources booklet for child and youth. A number of changes were recommended to the booklet, which are reflected in this revised version.

Other changes recommended include:

- Services that are more generic and more mild/moderate needs should be directed to the walk in clinic (at the front of the guide) and those services dealing with more intense needs should be listed at the back of the guide.
- Longer Term Mental Health Residential Treatment – need to confirm how referrals are routed (Kinark or NewPath or HANDS in Muskoka)
  - o Recommendation to change name to “Mental Health Residential Treatment”
  - o Recommendation to add some contextual information to this section – Gail and/Danette will provide this to Susan
- Infant Mental Health – recommendation to add section for infants and children ages 0 – 6.
- Enahtig – should be listed as Enahtig Outreach. Enahtig also has residential programs.

If there are any further changes, please let Susan know.

**Inpatient Resources for Child and Youth**

Susan Lalonde Rankin has compiled a resource booklet that outlines all the available community resources for child and youth mental health and addictions. This tool will help ensure that everyone has the same current, comprehensive list of services. This will be incorporated into a document that is being developed through the Interim Strategy Working Group.

If there are any changes or additions, please let Susan know.

**Steering Committee Workplan Review**

Some changes were recommended to the workplan for the Child and Adolescent Steering Committee at the March meeting. The task was to focus in on a fewer number of initiatives that were aligned with each

	<p>steering committees objectives.</p> <p>The revised workplan includes the four priorities for the Child and Adolescent Steering Committee:</p> <ol style="list-style-type: none"> <li>1. Enhance MH&amp;A services for young children (0-5) - Leslie Watts will work with Susan to refine the recommendations listed under this priority.</li> <li>2. Build Capacity for Child and Youth MHA services including services for Transitional Aged Youth</li> <li>3. Enable the development of a continuum of integrated services for child/youth with dual diagnosis</li> <li>4. Support the development of a Regional Inpatient Acute Care Program for children and youth under 18.</li> </ol> <p>For each priority, there are a number of recommendations that will be worked on over the next three years. These priorities will be the focus of this steering committee.</p> <p>Susan will make any final revisions recommended and will also ensure that the priorities and recommendations are aligned with the LHIN Business Plan for Mental Health and Addictions. Once the workplan is finalized, it will go forward to the Mental Health and Addictions Coordinating Council for final approval. The approved, final version will be included in the agenda package for the June meeting.</p>	
<p><b>5. New Business</b></p>	<p><b><u>Emergency Department Pathways</u></b></p> <p>Susan Lalonde Rankin provided an update on the emergency department pathway for child and youth mental health and addictions.</p> <p>Susan attended the SISC Pathways to Care workshop in London on March 26<sup>th</sup>, where she presented on the implementation of the ED pathway in NSM LHIN. The goal of the workshop was to share experiences and lessons learned in the implementation of the ED pathway.</p> <p>While we have moved forward implementing the pathway in Muskoka, we have not implemented in Simcoe because the disposition options are very limited. In addition, the Simcoe Child and Youth Crisis Team resources are very limited so it's not realistic to implement the screening tools that are proposed in the Provincial Maternal Child Council ED Pathway. Susan highlighted the work that has taken place to implement in Muskoka, led by Family Youth and Child Services Muskoka, including:</p> <ul style="list-style-type: none"> <li>• Staff education at Muskoka Algonquin Healthcare Emergency Department on child mental health</li> <li>• Implementation of pathway screening tools (the suicide risk screener in particular)</li> <li>• Development of protocol between Child Inpatient Service and Family Youth and Child services</li> </ul> <p>Susan accessed some of the data from 2014/15 which included data around how many youth present to EDs with mental health concerns. Highlights of this data include:</p> <ul style="list-style-type: none"> <li>• 1 225 visits by children and youth for mental health and addiction concerns to emergency</li> </ul>	

departments in NSM LHIN

- Most of the youth who are presenting are older youth, but one in five is between 10 and 14 years of age.
- The majority of the visits are triaged at Emergent Level 2 and Urgent Level 3. A level 2 triage would indicate that the client is at high risk for suicide, while a 3 might be a client who is severely agitated. So essentially most of the visits are for clients who are presenting in crisis.

This data is very useful and informative data. This data does not capture socio-economic status. This would be helpful, but is that information may not be available in the database that has the emergency department visit information.

#### **Provincial Bed Registry**

Carol Lambie provided a brief update on the provincial bed registry project.

A project manager has been hired to lead the work around the adult registry project, which is scheduled to go live this fall. The child and youth bed registry is being planned for the spring 2016.

We will continue to monitor the progress of both of these initiatives.

#### **Start Talking about Coping and Drugs (STACD) – Rachel Perrin, CMHA Simcoe**

Rachel, Jessica and Holly from CMHA Simcoe joined today's meeting to provide a presentation on the STACD (Start Talking About Coping and Drugs) youth transition project.

The STACD project is a peer to peer mentoring project for youth aged 12 to 24 in transition. The project is funded through Health Canada and operates out of CMHA, Simcoe County.

The project focuses on three transition periods - transitioning to high school (grade 8 to 9), transitioning into post-secondary (grade 12 to college/university), transitioning into the workforce.

The objectives of the project are:

- To engage youth so they may start talking about the struggles they face during life transitions and how to deal with these struggles
- To foster coping proficiency and resiliency so that youth are prepared for the stress associated with life transitions
- to assist youth with developing additional resources and skills to avoid illicit and prescription drugs

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There are three phases to the project:

Phase I

- Recruit and train Youth Leaders in research
- Youth Leaders conduct applied research on peers going through transition periods
- Purpose of research is determine the current stressors and coping mechanisms in transition periods

Phase II

- Youth Leaders will use the lessons learned from Phase I to develop and refine activities, tools, and resources
- Activities, tools, and resources are designed to support their peers experiencing stressful transitions and the pressure to use drugs

Phase III

- Youth Leaders will implement the activities, tools, and/or resources they developed in Phase II
- Implemented to their peers, parents, and community members who work with youth
- Youth Outreach Workers will assist Youth Leaders in evaluating project outcomes

Health Canada Enhancement Phase

- January – March 2015
- Two additional workers hired

The project relies on youth leaders, totaling around 100, to help facilitate work in six geographic areas (Alliston, Angus, Orillia, Midland, Barrie and Collingwood) with the majority of volunteers coming from elementary schools (43%) and high schools (42%). The project is connected at a local level to COMPASS teams that operate in local schools. The role of the youth leaders is to create resources for youth, parents and community leaders to help deal with stress and increase coping skills. Youth leaders are committed to participate in the project for one full semester or term, where they earn volunteer hours, earn an honorarium and add experience to their resumes.

A conference is held once a year to celebrate the achievements of the youth leaders. The conference is an opportunity for our volunteers to connect from different communities and for people in Simcoe County working with youth to see what they have been up to.

Thank you to Rachel, Jessica and Holly for the update on this important youth initiative.

**Be Safe App**

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	<p>Gail Hamelin provided a brief update on this initiative.</p> <p>This new version of the application will be available in the early summer and will include services local to Simcoe and Muskoka. Gail is proposing that we start looking at this now. There will be other elements that we will consider. She is looking for interested individuals to look at the parameters for the application.</p> <p>If you are interested, please let Gail know and she will pull together a meeting to discuss further. Participants should include members from the Crisis Management and Community Resources Steering Committee and representation from Muskoka.</p>	
<p><b>6. Updates</b></p>	<p><b><u>System of Care for Transition Age Youth</u></b>  Celeste Lalonde provided an update on the ongoing work around the System of Care for Transition Age Youth. Highlights include:</p> <ul style="list-style-type: none"> <li>• TIP implementation work continues, focusing on sustainability and site based trainers. Cross collaborative training, including colleges, universities, shelters and to anyone who is working with youth 14-29. CAMH is finishing up the 3 year project and transitioning work to the community, with evaluation working group getting underway. Data rolling up from 5 agencies on outcomes, fidelity to the program and staff satisfaction. Further update on this at the May meeting.</li> <li>• Trillium Funding – over 150 trained</li> </ul> <p><b><u>Complex Needs</u></b>  Update deferred to the next meeting.</p> <p><b><u>School Leads</u></b>  Update deferred to the next meeting.</p> <p><b><u>Simcoe Child Youth and Family Coalition</u></b>  Elizabeth McKeeman provided an update from the Simcoe Child Youth and Family Coalition. Highlights include:</p> <ul style="list-style-type: none"> <li>- Ongoing work on the Coalition’s strategic plan</li> <li>- Deb Woods is retiring at the end of June – hiring committee has been organized and posting will be out shortly</li> <li>- Board to Board forum is being organized – next meeting planned for May</li> </ul> <p><b><u>MCYS Update:</u></b>  No update at this time.</p>	

### **Mental Health and Addiction Nurses in Schools**

Update deferred to the next meeting.

### **Child and Youth Access Barrie**

Susan Lalonde Rankin provided a brief update on the work that Leah Skorey is leading around child and youth access in Barrie.

- A needs assessment was developed to assess learning needs of Barrie area physicians (this has been sent to physicians) - not much interest or response from this
- As a result, next steps are unclear - suggestion to contact chiefs of staff, primary care lead network (LHIN group) and open up to other areas in the NSM LHIN (other than Barrie)
- Dr. Benjamin is willing to provide some education around this child and youth mental health

### **Infant Mental Health**

Lesley Watts provided an update on the Infant Mental Health Training. Highlights include:

- Training is wrapping up end of May, with 400 participants from Simcoe County taking part in the training
- Training is comprised of 15 – 3hr sessions delivered by SickKids, made possible through funding from NSM LHIN and the County of Simcoe
- The Infant Mental Health promotion working group led by Best Start, has developed a plan to help communities promote infant mental health – Simcoe has been selected as one of 5 communities to participate in a project led by Sick Kids to implement community infant mental health promotion plans
- Dr. Chaya Kulkarni who is the Director of Infant Mental Health Promotion at the Hospital for Sick Children in Toronto will be coming to the June meeting to do a presentation

### **CARE CONNECTIONS COMMITTEES**

#### **Maternal Newborn Child and Youth Coordinating Council**

There is no update at this time, as the frequency of these meetings has changed to quarterly.

There needs to continue to be a link between the two groups. Phil Hough sits on the Maternal Newborn Child and Youth Coordinating Council and is the link from this committee back to the Child and Youth SC. Through the Second Curve review, this will be refined further.

There was a recommendation that representatives from the Mat Child Council join the June meeting to attend CHEO's presentation.

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### **MH&A Coordinating Council**

Carol Lambie provided an update from the April meeting of the Mental Health and Addictions Coordinating Council

- Presentation on the NSMchip initiative – goal is to have an integrated database amongst providers. Draft agreement is floating around; meant as a support for those agencies who don't have resources to do this work (i.e. Decision Support). There is no cost for this service.
- Update from Maureen Wilkinson from NSM LHIN on Health Links – update on status of each health link across the LHIN
- Review of basket of services – MH&A is close to finalizing this list
- Presentation from Tara Maxwell from Family Mental Health Initiative of Simcoe County on family education programs

### **Crisis Management and Community Resources Steering Committee – Susan**

Susan Lalonde Rankin provided an update from this Committee. Highlights include:

- Review of workplan – narrowed down number of objectives from 9 to 6
- Realigned tasks with objectives
- Next meeting committee will look at revised draft workplan
- Single Session training – lead organization for this is Catholic Family Services. This training is supporting the expansion of the walk in clinics across the NSM LHIN.

### **Other Updates:**

Susan Lalonde Rankin provided an update on the Mental Health First Aid Training:

- 10 facilitators have been trained from our area, 3 from Waypoint
- First training session for Waypoint trainers is being delivered on May 11 and 12
- Trainers are committed to delivering 3 workshops over the next year
- Connection with Safe Talks which Gail is involved with – there could be coordinating and planning ahead for the next year to ensure that sessions don't overlap

Brenda Jackson provided an update on a number of initiatives underway in the First Nations Metis and Inuit communities:

- Suicide Prevention curriculum has been developed – piloting this program this spring
- Feasibility study for indigenous treatment centre – survey sent via email to community partners and stakeholders. If you have any data that could inform the second part of the survey, let Brenda know.
- Certified trauma training – will focus on building capacity of front line workers from the

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	<p>community, with a goal to train 40 people</p> <ul style="list-style-type: none"> <li>- Working on trauma informed care in schools – coming in September, partly supported by Best Start</li> </ul>	
<b>7. Correspondence and Reports</b>	No items.	
<b>8. Next Meeting</b>	The next meeting is June 26, 2015 at 9:00am at North Simcoe Muskoka LHIN office.	
<b>9. Adjournment</b>	The meeting was adjourned by the chair at 11:30pm.	

DRAFT