



Mental Health Commission of Canada Call to Action on Child & Youth Mental Health

Sandbox Annual Conference, January 19, 2011

Presenters: Dr. Simon Davidson, Ms. Mwanisha (Mo) Ali , Dr. Stan Kutcher



Mental Health Commission of Canada

- Creation of the Commission was recommended in the first national report on Mental Health (*Out of the Shadows at Last*, May 2006)
- Federal government funding provided in March 2007 budget
- Commission is a not-for-profit corporation at arm's length from government





Mental Health Commission of Canada: Vision and Mission

- **Vision** - The future to which the Commission aspires:

A society that values and promotes mental health and helps people living with mental health problems and mental illness to lead meaningful and productive lives.

- **Mission** – Why the Commission exists:

To promote mental health in Canada, to change the attitudes of Canadians toward mental health problems and mental illness, and to work with stakeholders to improve mental health services and supports.



Key Initiatives and Activities



- Mental Health Strategy for Canada
- Opening Minds - Anti-stigma / Anti-discrimination Initiative
- At Home / Chez Soi - Homelessness research demonstration projects
- Knowledge Exchange Centre
- Partners Program
- Mental Health First Aid



Child and Youth Advisory Committee Projects

- Evergreen Framework Document – *completed*
- Youth Council
- School-Based Mental Health & Addictions
- Family Unit Self-stigma
- Child & Youth Mental Health Knowledge Mobilization
- Parenting for the Promotion of Adolescent Mental Health



School - Based Mental Health & Addictions

Purpose

- To provide practitioners and policy makers in education, health, child welfare and related organizations and agencies with a variety of policy and practice options for the delivery of school-based mental health and addictions services from promotion through treatment.

Priority area: Mental Health Strategy and Knowledge Exchange

Methods: This project consists of four components

- ❖ **Review** of the national and international literature on frameworks and best practices in each major component of school-based interventions (i.e. promotion, prevention, early intervention and treatment)
- ❖ **Environmental scan** of existing programs and services in Canada
- ❖ National **survey** of school districts to document current practices as well as perceived needs
- ❖ *Knowledge translation and exchange* is integral throughout the process of the project, and will culminate with an interactive, national stakeholders **Symposium**

Anticipated completion date: December, 2011



Family Unit Self Stigma

Purpose

- To assess and develop strategies to address self-stigma in child and youth with mental illness or disorders, and their families (including siblings, parents, and other family members and caregivers).

Priority area: Opening Minds

Methods

- Qualitative methods using focus groups of caregivers, siblings and youth with mental health problems; also include
 - ❖ Survey of youth with mental health issues
 - ❖ Thematic content analysis of popular media

Deliverables

- *Recommendations* about the ways to combat self and family stigma ;
- *Community report* for participating and related agencies
- *Youth report* written by youth

Anticipated completion date: October, 2011



Child & Youth Mental Health Knowledge Mobilization

Purpose

- To create Knowledge Mobilization (KM) process and products to serve as the basis of a broad KM initiative for child and youth mental health, with a goal to promote positive mental health and support de-stigmatization.

Priority area: Knowledge Exchange Centre and Opening Minds

Methods: This project consists of multiple phases

Phase 1: Using focus groups, the first phase is to determine the most effective methods/approaches (e.g. look and feel) for a technology based product or process to mobilize knowledge in child & youth mental health with the target audience primarily being children and youth.

Phase 2: Using focus groups, the second phase is to assess the mental health information needs of youth, such as the types of information youth are looking for, the language (key words, search terms) that youth use, the resources on how/where youth seek help for themselves and their peers.

Phase 3 and onward: in development

Anticipated Completion Date: July 2011 (phases 1 & 2)



Parenting for the Promotion of Adolescent Mental Health

Purpose

- The purpose of this project is to develop a family-centred *framework* on parenting education and support, with a goal of optimizing adolescent mental health.

Priority area: Knowledge Exchange

Methods: This project consists of three main components

- ***A review of the literature*** –to determine the existing evidence base on: effective parenting of teens, particularly with a view to optimizing mental health; and effective methods of delivering information, education and support to parents of teens.
- ***An environmental scan*** –of existing parent education, information and support tools and programs, including programs with a peer support component.
- ***Focus groups*** - will be conducted with parents across the country to test and refine the draft framework using quantitative and qualitative methods to survey parents who reflect the multicultural fabric of Canadians, include major urban areas and rural or remote communities.

Anticipated Completion Date: July, 2012



Youth Council of the MHCC





The Youth Council

Purpose

- To provide the youth voice and be a resource for youth related work within the Commission

Mission Statement

- The Youth Council is an innovative group of young people providing a strong voice within the MHCC for youth affected by mental health issues and their families.

Membership

- Youth age of 19 to 29 from across Canada, have had life experience with mental health problems or mental illness, including
 - ❖ Diverse backgrounds (e.g. age and gender, place of residence, cultural background, First Nations/Métis/Inuit background, linguistic background)
 - ❖ Sibling or family member of persons with mental illness,
 - ❖ Experience with child welfare system, gay/lesbian/transgender issues, and youth at risk with issues in housing, addictions, justice, etc.



The Youth Council - We Are:

- Advocates
- Community Organizers & Reformers
- Peer-Supporters
- Survivors & Mental Health Promoters
- Cross-Cultural
- Engaged in our Recovery
- Students & Service providers
- Family Members
- Strong
- Passionate
- Fresh Thinkers
- Young Professionals
- Role Models



Evergreen

Child and Youth Mental Health Framework

Project Lead: Dr. Stan Kutcher

Project Coordinator: Alan McLuckie

Youth Engagement: Jess Wishart



*Kathryn A.
Weldon
Charitable
Foundation*



T. R. Meighen
Family Foundation

Evergreen Framework

Purpose

- Serve as a National Framework for infant, child and adolescent mental health for Canada: MHCC
- Values based document that provides non-prescriptive guide for development of policies, plans, programs or services

Intended Audience

- Governments and institutions
 - ❖ policy writers, planners program developers
- Advocates and non-governmental organizations
 - ❖ Advocacy groups, professional organization
- Young people, families, communities, and the public at large



Innovative Consultation

- Participant Recruitment
- Committee Structure
- Collaborative Writing using Wiki Technology
- Consultation and Confirmation
- Online Library Access (for advisors & public)
- Qualitative Research Methodology to support framework development
- Public Dissemination



Recruitment Process & Committee Structure

Multi-stage recruitment:

- a) CYAC of MHCC used as key informant group
- b) Systematic search to identify committee members
- c) Snowball referral from core members to fill “gaps” in expertise
- d) Emphasis on recruiting youth, parents, youth with lived mental health experience and vulnerable populations

National Advisory Committee

• 100 Canadian professionals, youth and parents

Drafting Committee


• 30 Canadian mental health professionals, youth & parents

International Advisory Committee

• 25 world renowned experts in mental health



Value and Principle 1 ▼ HIDE

Value 1 : Uphold rights for children and youth <I think the message should be as simple as possible  [John LeBlanc](#) >

Associated Principles:

- b) Provide care in a manner consistent with the Canadian Charter of Rights and Freedoms, and the Canadian Constitution and all laws and regulations arising there from**
- a) Ensure Make professional practices, policies and programs adhere to the principles outlined in consistent with the United Nations Convention on the Rights of the Child <as others below suggest - need link to UN Convention on the Rights of the Child>
- aa) ensure professional practices, policies and programs adhere fully to Article 12 of the UNCRC respect of the views and right of the child to express those views**
- c) Ensure that provincial and federal legislations and regulation recognize the rights of the child and youth and the responsibility of parents/families/identified caregivers and that this recognition be explicit and embedded in policy
- d) Ensure equity in access to quality education and health care across the full continuum of care
- e) Make care available based on the needs of the child, youth and family
- f) Provide care in a respectful manner that promotes the dignity of the **child/youth** within her or his community and cultural context.
- g) Ensure that those individuals and groups that require special **supports** or unique assistance receive it.
- h) Ensure that children, youth, and/or families receiving care have reasonable choice and are actively engaged **meaningfully** in the services and supports they receive.

Tags

There are no tags for this page.

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Incoming Links

[Values and Principles Document](#)

Attachments

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Comments posted by Advisory Committee Members

Many communities have also drafted their own Child Charters etc. which could also be examined for guidance. Perhaps a Child/Youth Mental Health Charter would be of specific interest. There is a local/global issue to be addressed in the actual enacting of the UNCRC such that some communities find certain principles to be more or less critical for their own children and some have been doing better/worse in having the necessary social support/resources for enacting it.

contributed by  [Kate Tilliczek](#) on Jun 9 9:50am

Re 1a) Canada is a signatory on the United Nations Convention on the Rights of Persons with Disabilities. I believe that this should be referenced as well many children with mental health concerns also experience various physical and mental disabilities.

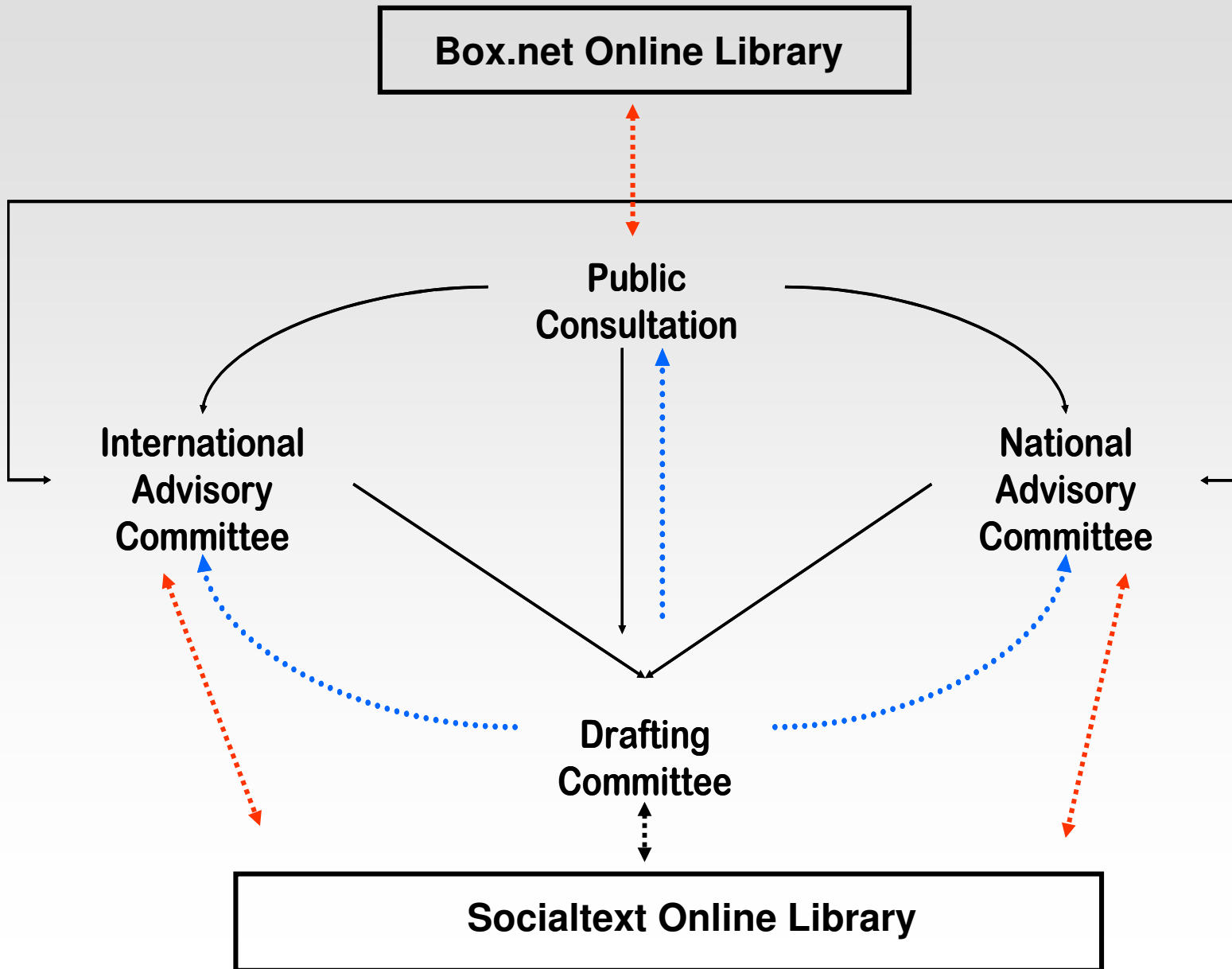
_contributed by  [susan_morris](#) on Jun 10 7:44am _

RE: principle f, I think that the goal of providing care **within** the context of her/his community and culture isn't always possible given the limited number of ethno-specific services available and the overall goal of working appropriately **across** cultures. Perhaps re-phrasing to something like "consistent with the values and principles of her/his community and culture" may be more realistic.

contributed by  [Purnima Sundar](#) on Jun 10 11:49am

**Sample Page
from
Evergreen's
Socialtext wiki**

Consultation and Confirmation



Evergreen Framework.nvp - NVivo

File Edit View Go Project Tools Window Help

New [Icons]

[Icons]

Code At [Dropdown] ... In [Dropdown] ... [Icons]

Sample Page from Evergreen's Nvivo Coding

Sources

- Internals
- Externals
- Memos
- Search Folders
 - All Sources
 - All Sources Not Embed

Sources

- Nodes
- Sets
- Queries
- Models
- Links
- Classifications
- Folders

AMC 498 Items

Look for: [Dropdown] Search In [Dropdown] Internals Find Now Clear Options X

Internals

Name	Nodes	References	Created On	Created By	Modified On	Modified By
185026_yp_mh	9	11	08/05/2010 2:00	AMC	18/05/2010 5:22 PM	AMC
185065_yp_mh	8	12	08/05/2010 2:00	AMC	18/05/2010 5:22 PM	AMC
185266_yp_mh	9	10	08/05/2010 2:00	AMC	18/05/2010 5:22 PM	AMC
185444_parent	0	0	08/05/2010 1:53	AMC	18/05/2010 4:18 PM	AMC
185496	0	0	08/05/2010 1:50	AMC	08/05/2010 1:50 PM	AMC
185559	0	0	08/05/2010 1:50	AMC	08/05/2010 1:50 PM	AMC
185586_ed	0	0	08/05/2010 1:43	AMC	18/05/2010 5:45 PM	AMC
185587	0	0	08/05/2010 1:50	AMC	18/05/2010 10:25 P	AMC

184258_yp_mh

What is working is the acute care of patients to a degree. Accessible health care is available and is improving. What is important is being able to take care of my health: mind, body and spirit which means exercising, taking medication, being spiritually healthy, i.e. going to church, having a healthy social life and hobbies/activities to do. Having social support is very important to me. What is also important to me is getting an education that works with your illness. For example, help from the school that works with the side effects of your disorder or medication. I.e extra time on tests, note takers, etc. What is important to me is job security and understanding from employers the reality of mental illness and that it is a real disability. Getting support in the workplace for sick leave and social support so that the environment at work is empowering and not staggering. However supports in the community to maintain health after discharge from a psychiatry facility needs to be improved. One of the big social factors needing work in the community is stigma of mental illness. What is not working is that the place where most adolescents spend their time, School is not always aware of mental illness and how to support someone in completing school. This is the age group where symptoms of mental

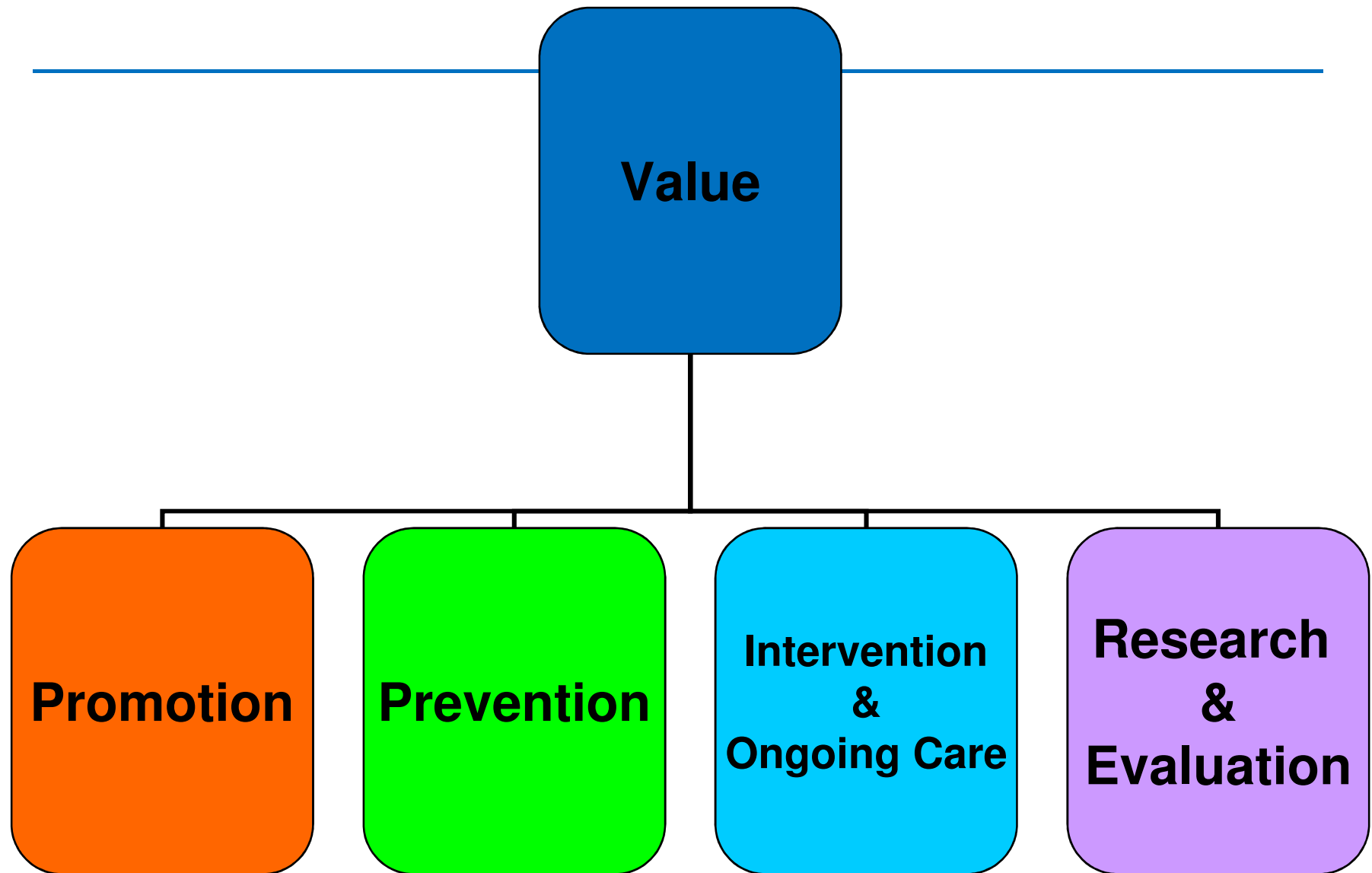
Coding Density

- Issues of stigma in service provision
- Issues of info on programming
- Issues of funding
- Issues of collaboration_trust
- Waiting list
- Rural_urban
- Environment_services_user_youth friendly
- Issues of availability_access to services
- Training
- Access to
- Evidence-based
- Community-based
- Intervention & Care
- Young Person without lived experience
- Young person with Lived Experience
- urban
- Rural
- Specifics: What is working_not working
- Issues of

Evergreen's Values



Evergreen's Strategic Directions



Please visit our website...

- ❖ For more information on Evergreen
- ❖ Access to Evergreen's library contents
- ❖ Other interesting projects

www.teenmentalhealth.org





Thank you for your attention!
Questions ? Comments?





For further information, check out our website
at
www.mentalhealthcommission.ca



About The Commission

Welcome to the Mental Health Commission of Canada website.

The Mental Health Commission of Canada is a non-profit organization created to focus national attention on mental health issues and to work to improve the health and social outcomes of people living with mental illness.

The Commission, while funded by the Government of Canada, is a national body, not a federal one.

It has been endorsed by all levels of government, although the Commission operates at arm's length from them.