



## **LAMBTON COUNTY**

# **LEAD AGENCY REPORTS 2017 PROGRESS UPDATE**

## A. Core Service Delivery Report Summary

1. URGENT AND CRISIS MENTAL HEALTH RESPONSE FOR CHILDREN AND YOUTH		
Project Description		
<p><b>Rationale:</b> Core Service Providers have been actively engaged through a subcommittee of the Working Together for Kids Mental Health Committee. There is consensus regarding the framework of a comprehensive community-based urgent and crisis response approach that will require further development of community partnerships with access the resources necessary to support this plan.</p> <p><b>Objective:</b> Create a comprehensive urgent and crisis mental health response for children &amp; youth through collaborative partnerships.</p>		
Progress Against Key Milestones		
<i>Deliverable (as identified in the 2016-17 CSDR)</i>	<i>Date of Completion</i>	<i>Demonstrable Progress</i>
Support the development of a crisis line dedicated to children and youth living in Lambton County	March 2018	<p>Consultation with existing crisis/distress line providers:</p> <ul style="list-style-type: none"> <li>• CMHA identified that only a limited number of youth were accessing the telephone crisis service and believed that youth were looking for more online chat and text options.</li> <li>• Family Counselling Centre indicated that the distress line could be expanded to include child &amp; youth support however the cost of training and technical support would likely be \$19,000 per year.</li> <li>• Core Service Partners were invited to a teleconference with the Kids Help Phone who provided an overview of existing services (telephone support, resource hub, online chat, and age/gender specific resources). Kids Help Phone shared evaluation data and upcoming resources including a text line. Customized options to support lead agencies were discussed in follow up meetings. This could include partnership agreements to support direct</li> </ul>

		<p>scheduling into local crisis appointments. The viability of this option and cost continue to be explored.</p> <p>SCCYs has engaged a consultant and is undertaking a thorough review the service delivery model and organizational structure to align with the needs of our community. This review will identify the resources required to provide a crisis/urgent response service, including intake staff and clinical supports. Any reallocation of services will be brought to the Cores Services Delivery Partner planning table.</p> <p>SCCYs was successful in receiving a private grant to support the promotion of a crisis line for Sarnia-Lambton. As part of the Face Off for Mental Health campaign, SCCYS partnered with Kids Help Phone to promote the Kids Help Phone and SCCYS resources through minor hockey. Every player registered in minor hockey in Lambton County received a hockey puck were provided promoting the Kids Help Phone and SCCYS as well as information about how to access supports locally.</p>
Develop a community-based crisis/first response for children and youth providing extended hours and weekend coverage	March 2018	<p>SCCYs has submitted a proposal to Bluewater Health (BWH) to create an after hours and weekend child and youth mental health response to the emergency department. This proposal is still under consideration while collaborative planning continues. SCCYS was contracted by BHW to provide advanced access crisis appointments at BHW, while SCCYS offices were closed over the Holiday Season in December 2017.</p> <p>A working group from our Core Service Partner table is developing a service framework to support the enhancement of crisis service during regular business hours.</p>
Explore community partnerships that support the development of a community-based first/response crisis centre	March 2018	<p>SCCYs engaged in talks with CMHA regarding the development of a joint community-based first/response crisis centre. Following consultation, it was determined that a partnership to develop a co-lead model was not sustainable at</p>

		this time. CMHA indicated that their organization was exploring funding through the LHIN to support a standalone model.
<b>Activities for 2018</b>		
<i><b>Deliverables</b></i>	<i><b>Date of Completion</b></i>	<i><b>Demonstrable Progress</b></i>
Continue to collaborate with key community partners, include Health and Education regarding efficient and effective pathway into and out of urgent care.	March 2018	
Develop a community based urgent response model that clearly identifies the resources required to provide a clear continuum of support during regular business hours and after hours/weekends.	March 2018	
Lead agency and Core Service Delivery Partners will review the resources required to support a community based urgent response model and undertake planning and the re-allocation process, if necessary to implement the model.	December 2018	

## 2. ENHANCE MENTAL HEALTH SERVICES TO CHILDREN 0 – 6 YEARS

### Project Description

**Rationale:** Core service providers and local children’s planning network recognize that services are underfunded by core service funding. Other community funding supporting current services remains at risk. Recent Early Development Instrument (EDI) results indicate increased vulnerability in the social emotional domain.

**Objective:** Ensure a comprehensive continuum of infant mental health services, responsive to the mental health needs of infants, young children and their families in Lambton County.

### Progress Against Key Milestones

<i>Deliverable (as identified in the 2016-17 CSDR)</i>	<i>Date of Completion</i>	<i>Demonstrable Progress</i>
Establish a cross sectorial Early Years Mental Health Panel.	March 2018	<p>SCCYS has engaged in conversations with key individual agencies to reiterate their role in supporting infant mental health in the community through involvement in Panel.</p> <p>SCCYS is in the process of formalizing the community commitment through letters of endorsement from community partners.</p> <p>Tentative dates set for the two- day IMP facilitated community engagement process.</p>
Explore leveraging of community partnerships to ensure a continuum of 0-6 mental health services (promotion, prevention, intervention).	March 2018	<p>Consultations ongoing with Dr. Chaya Kulkarni (IMHP) to guide our community-based process for further developing systems approach to Infant &amp; Early Years Mental Health.</p> <p>SCCYS met with CAS with a commitment to collaborative work in Infant &amp; Early Years Mental Health through the Circle of Security Community of Practice. Joint</p>

		<p>training event organized for Feb 2018. A cross sectorial community of practice is being established for March 2018.</p> <p>SCCYS approached CAS to engage in joint staff training sessions in the Early Mental Health Training Institute.</p>
Enhance evidence informed intervention and treatment.	March 2018	<p>14 staff registered for and began the 15-module training institute in Infant Mental Health.</p> <p>Service review across the agency, facilitated by a consultant. Through this process, it is hoped that alignment of resources to enhance 0-6 services will be secured.</p>
<b>Activities for 2018</b>		
<b><i>Deliverables</i></b>	<b><i>Date of Completion</i></b>	<b><i>Demonstrable Progress</i></b>
Following Community Panel meeting, develop action plans based on the long and short-term goals agreed upon at the Community Table.	September 2018	
Establish Early Years Mental Health Cross sectorial panel as a vibrant, ongoing body	December 2018	

### 3. EDUCATION IN MENTAL HEALTH AND INFORMATION ABOUT SERVICES FOR YOUTH, PARENTS/CAREGIVERS, AND THE COMMUNITY AT-LARGE

#### Project Description

**Rationale:** Information gathered through 2016 community engagement activities, including surveys, focus groups and planning tables confirm the need for further development of mental health education, skill-building and awareness activities.

**Objective:** Continue to develop a comprehensive mental health and education strategy in collaboration with community service partners, Family Engagement activities and Youth Engagement activities.

#### Progress Against Key Milestones

<i>Deliverable (as identified in the 2016-17 CSDR)</i>	<i>Date of Completion</i>	<i>Demonstrable Progress</i>
Develop a workplan to support the increase in community awareness of existing mental education and skill building activities.	March 2018	<p>The workplan identified the SCCYS website and information about services as an initial need for improvement. A new website was launched with updated program and services information, and improved ease of access to resources, as well as being AODA compliant.</p> <p>A focused social media strategy has integrated SCCYS online platforms to increase awareness and access to mental health resources. Expanding our social media presence has also provided an opportunity to develop issue specific online hubs/gathering spots for communication, information sharing, and support (ex. Family Advisory Committee Group and Family Drop-In and Resource Centre Group).</p> <p>SCCYS agency brochures and program materials have been created. Updated web-links to the agency's electronic newsletter has increased the subscriber base dramatically.</p> <p>SCCYS partnered with local hockey associations in Lambton County to launch the Face Off for Mental Health Campaign. In it's inaugural year, the campaign provided mental health in-service training to over 150 bench staff of local hockey associations. Mental Health Awareness Weekends were held in hockey arenas throughout Lambton County where over 2600 young athletes taped their hockey sticks green and were provided information about mental health and resources in our community. Local Jr. hockey associations hosted mental</p>

		health games where information was made available to the public. Talks are underway to host a community information night on mental health and expand the campaign with the creation of a mental health video.
Working collaboratively with Sarnia-Lambton Rebound to identify and expand peer-to-peer mental health education, skill-building and awareness activities for youth.	March 2018	<p>SCCYS initially engaged Sarnia-Lambton Rebound to develop local peer-to-peer youth engagement, education, and advisory activities. This effort was supported through funding provided by the Centre of Excellence in Children’s Mental Health to hire a Youth Advisor. Because of multiple factors including low participation of youth in the GPS program, this initiative ended. SCCYS continues to support positive youth activities with Rebound through planning and participation in the Reaching Out Conferences.</p> <p>Planning continued with CMHA, Lambton College, Lambton Kent District School Board and the St. Clair Catholic District School submitted a joint application the Sarnia Foundation to fund youth mental health engagement activities. After hearing that this application was unsuccessful efforts shifted to build youth engagement activities directly through SCCYS and then into the community.</p> <p>SCCYS has created a Youth Advisory Planning table comprised of two youth advisors and supported by staff allies from SCCYS. An open house event is being planned for March 2018 to launch a mental health Youth Advisory Council (YAC) for Sarnia-Lambton. The work of the YAC will further evolve through 2018 to include building connections with existing youth-led groups, peer-to-peer mental health education, advocacy, and participation in service level planning.</p>
In conjunction with Family Engagement activities, explore the development of a partnership with Parents for Children’s Mental Health to deliver family and parent education and support services.	March 2018	A Family Engagement Advisory Committee (FAC) has been established for Sarnia-Lambton. This effort is co-chaired and led by a Family Advisor and another family member with lived-experience. A Staff Ally and the Director of System Operations at SCCYS support this effort locally along with personnel from the Centre of Excellence and Parents for Children’s Mental Health (PCMH). The FAC meets monthly and has a representative on the Working Together For Kids Mental Health Committee. FAC representatives have been included in SCCYS strategic planning activities, community presentations, engagement activities, and staff meetings.

		SCCYS and the FAC have partnered with PCMH to establish a Sarnia-Lambton Chapter that will provide support groups for family members in our community.
<b>Activities for 2018</b>		
<i><b>Deliverables</b></i>	<i><b>Date of Completion</b></i>	<i><b>Demonstrable Progress</b></i>
Continue to develop mental education and skill building activities and materials.	December 2018	
Continue to develop the Face Off for Mental Health Campaign to increase awareness and knowledge of mental health.	December 2018	
Children's Mental Health Chapter and development of a peer-to-peer parent support group	December 2018	

**2018-01-29 - Approved by Board of Directors**

## B. Community Mental Health Report Summary

1. TO IMPROVE CROSS-SECTORAL COLLABORATION WITH KEY STAKEHOLDERS		
Project Description		
<p><b>Rationale:</b> Feedback from partners in health, education and child welfare, suggested a need for improved communication, planning and collaboration to improve pathways between services.</p> <p><b>Objective:</b> Establish individual planning mechanisms with key stakeholders that will report back to Working Together For Kids Mental Health Committee. These planning tables will explore data sharing opportunities that support effective planning.</p>		
Progress Against Key Milestones		
<i>Deliverable (as identified in the 2016-17 CMHR)</i>	<i>Date of Completion</i>	<i>Demonstrable Progress</i>
Develop a planning working group with partners in Education	March 2018	<p>A Mental Health/Education Planning Table has been established with the leadership teams at Lambton Kent District School Board and St. Clair Catholic District School Board. Work to date has focused on:</p> <ul style="list-style-type: none"> <li>• Overview of provincial mandates</li> <li>• Data collection and information sharing</li> <li>• Analysis of student/client trends</li> <li>• Review of existing resources, services, and programs</li> <li>• Review of pathways into mental health services</li> </ul> <p>Representatives from Bluewater Health have been added to inform planning related to pathways. The Mental Health/Education Planning Table continues to meet on an ongoing basis with updates provided at the Working Together for Kids Mental Health Committee.</p>

Expand the scope of the existing St. Clair Child & Youth Services and Bluewater Health working group to explore system pathways into and out of hospital	March 2018	<p>A joint planning team from SCCYS and BWH meets regularly to monitor the progress of the Mental Health Collaborative. Key metrics are collected and reviewed to assist in ongoing operational planning, to ensure quality and performance. The planning team identified a gap in the continuity of care over the holiday season when SCCYS is closed. As a result, BWH contracted SCCYS to provide Advanced Access Appointments on a fee-for-service basis during this time.</p> <p>Earlier in the year BWH identified a service need to support children and youth who were presenting at emergency department after hours. SCCYS submitted a proposal, to provide support these clients attending the emergency department. The proposal remains under review.</p>
Convene a working group with Sarnia-Lambton Children's Aid Society to explore service pathways and needs for children and youth in care with chronic mental health difficulties	March 2018	SCCYS collaborated with Sarnia-Lambton Children's Aid Society, Pathways Health Centre (Lead Agency for Coordinated Service Planning Process), and the Family Counselling Centre (STARRting Point) to formulate a protocol to address an identified population of at-risk youth. The draft protocol is currently being developed.
<b>Activities for 2018</b>		
<b><i>Deliverables</i></b>	<b><i>Date of Completion</i></b>	<b><i>Demonstrable Progress</i></b>
Continue to explore mental health support pathways and services with the Mental Health/Education Planning Table	December 2018	
Finalize an at-risk youth protocol with Sarnia-Lambton CAS, Pathways Centre for Children, and the Family Counselling Centre	April 2018	
Expand the scope of the existing St. Clair Child & Youth Services and Bluewater Health working group to	December 2018	

explore system pathways into and out of hospital		
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## 2. IMPROVE PATHWAYS FROM PRIMARY HEALTH CARE TO CHILDREN’S MENTAL HEALTH SERVICES

### Project Description

**Rationale:** Community engagement efforts have highlighted barriers that exists between primary health and children’s mental health. Primary health care providers have limited awareness of children’s mental health services and pathways to care.

**Objective:** To improve the transition of children and youth between primary health and children’s mental services.

### Progress Against Key Milestones

<i>Deliverable (as identified in the 2016-17 CMHR)</i>	<i>Date of Completion</i>	<i>Demonstrable Progress</i>
Develop an awareness campaign and resource kit that will include a service directory and referral map	March 2018	<p>Consultation with partners at the Community Health Centres and Family Health Teams have indicated a preference to have referral and program information shared through in-person presentations.</p> <p>SCCYS has signed on as a partner to the Minds Connected Project led by Sarnia-Lambton Public Health. This project includes the development of an online hub for evidence-based mental resources as well as a thorough directory of local programs and services.</p>
Explore opportunities for presentations to primary health and community mental health teams	March 2018	<p>SCCYS staff have made presentations to Community Health Centres and the Family Health Teams. Presentations have included general information about programs, services, and referral pathways as well as responding to requests for information on specific issues (anxiety, depression, suicide, wellness, etc.) Additionally, SCCYS have provided support to community education events</p>

		<p>hosted by the Central Family Health Team. Staff work together on several community committees including Early Years, LGBTQ2, The Hub, and others.</p> <p>The relationship between mental health and our partners in primary health continues to evolve. SCCYS recently entered into a partnership provide mental health support to families through a 5-month secondment contract with the Central Family Health Team. As well, joint training opportunities in Single Session Therapy are planned with staff West Lambton Family Health Team.</p>
<b>Activities for 2018</b>		
<b><i>Deliverables</i></b>	<b><i>Date of Completion</i></b>	<b><i>Demonstrable Progress</i></b>
Explore additional for training and service provision opportunities with primary health providers.	December 2018	
Further develop prevention tools and resource opportunities with public health.	December 2018	

### 3. SUPPORT THE IMPLEMENTATION OF A YOUTH HUB

#### Project Description

**Rationale:** Transition-aged youth accessing supports at The Hub often present with complex needs including mental health services, concurrent disorders and are at risk for homelessness. Mental health interventions must be coordinated and delivered in a holistic approach that will require collaboration with other service providers.

**Objective:** To improve access for transition-aged youth, eliminate barriers, and improve the collaboration between service providers at The Hub.

#### Progress Against Key Milestones

<i>Deliverable (as identified in the 2016-17 CMHR)</i>	<i>Date of Completion</i>	<i>Demonstrable Progress</i>
Establish a walk-in mental health service model at The Hub.	March 2018	SCCYS partnered with Sarnia-Lambton CMHA to provide a weekly Walk-In Clinic at The Hub. SCCYS continues to work with The Hub Advisory Committee (HUBAC) to review and monitor the progress of the Walk-In Clinic.
Explore partnership opportunities that provide a collaborative service model of care for transition-aged youth.	March 2018	<p>SCCYS co-chairs the HUBAC with Rebound, the lead agency for The Hub. A family representative from Sarnia-Lambton Family Advisory Committee also sits on The Hub Committee.</p> <p>The launch of the Youth Wellness Hubs Ontario provided an opportunity to explore the possibility of a mental health and addictions hub for transition-aged youth. After consultation with the HUBAC, The Hub Youth Advisory Committee and The Hub Strategic Leadership Committee it was determined that the existing Hub would remain in its current state and location.</p> <p>Given the identified need for mental health and addictions support for transition-aged youth in Sarnia-Lambton, SCCYS partnered with CMHA to develop a proposal to the Youth Wellness Hub Ontario. This proposal was submitted in mid-December and is currently under review.</p>

Provide targeted psycho-educational sessions to transition-aged youth through programming calendar.	March 2018	Throughout the year staff from SCCYS have provided targeted psycho-educational sessions youth attending The Hub.
<b>Activities for 2018</b>		
<i><b>Deliverables</b></i>	<i><b>Date of Completion</b></i>	<i><b>Demonstrable Progress</b></i>
Continue to provide leadership and mental health related support to the existing Hub	December 2018	
Develop a Youth Wellness Hub Model with CMHA	December 2018	

**2018-01-29 - Approved by Board of Directors**

## **C. French Language & Indigenous Engagement Summary**

### **FRENCH LANGUAGE PARTNERS**

Representatives from the Conseil scolaire Viamonde and Conseil scolaire catholique Providence continue to be involved in our community mental health planning table (Working Together for Kids Mental Health Committee.) Engagement surveys for service providers and youth and translated into French and our French Language partners are consulted in the planning process to set local priorities. Meetings with key representatives with French Language school board are scheduled for February 2018 to review service trends and priorities.

### **INDIGENOUS PARTNERS**

Engagement efforts with our Indigenous partners in Lambton County continues to be a priority. Representatives from Aamjiwnaang First Nation, Walpole Island First Nation, Kettle and Stony Point First Nation, and the Sarnia-Lambton Native Friendship Centre sit on the Working Together For Kids Mental Health Committee. SCCYS has partnered with Walpole Island First Nation and Kettle and Stony Point First Nation to

offer Child and Youth Mental Health Clinics on a regular basis. Discussions are underway to review the progress of clinics in Kettle and Stony Point as well as supports to Aamjiwnaang First Nation.

SCCYS was successful in receiving a grant from the Ontario Trillium Foundation to hire an Indigenous Liaison Worker to further enhance the relationship with our Indigenous communities. A planning table has been established with representatives from each First Nation community, the Friendship Centre and the Indigenous Liaison Worker from the LHIN, who have developed a workplan to improve access to, and awareness of mental health resources in Lambton County and to enhance the knowledge and capacity of SCCYS to better support the needs of Indigenous children, youth, and families. SCCYS have enlisted the guidance of Indigenous Elders to support and lead cultural awareness in-service activities and staff/board training events.