

## **Community Mental Health Plan for Children and Youth: 2014-2015 Reporting Template for Phase One Lead Agencies**

### **Instructions and Guidelines for completing the Community Mental Health Plan**

Child and youth mental health is a shared responsibility. Reflecting this, Ministry of Children and Youth Services (MCYS) child and youth mental health lead agencies are responsible for engaging with their child and youth mental health and broader sector partners to develop a Community Mental Health Plan (CMHP) and a Core Services Delivery Plan (CSDP):

- The CMHP describes child and youth mental health services and supports delivered by other sectors (such as education, health, early years, child welfare and youth justice), as well as services delivered by the lead agency that are not core. This plan reflects the valuable role that broader sectors play in the delivery and funding of child and youth mental health services and will support the lead agency's work with their community partners to improve service delivery and pathways to, through and out of care.
- The CSDP focuses on describing the current delivery of core child and youth mental health services within a service area and how MCYS funding is being used to support these. It also identifies activities that will result in improvements to these services, and support a more effective and efficient system.

Program Guidelines and Requirements are under development which will describe the requirements for the plans at maturity, including their role in supporting planning over a three-year horizon and an annual budget cycle. The two plans are complementary, and together will support a fulsome description of, and action plan for, the child and youth mental health system, including steps to be undertaken by the lead agency, and others, within each service area.

The objectives of the CMHP are to:

- describe the roles, responsibilities and services provided by other community providers within the service area, in the provision of child and youth mental health services across the continuum;
- identify priorities for the lead agency's work with community partners to address service needs/gaps and the workplan for addressing those priorities;
- describe transparent pathways to, through and out of care, and the plan to continuously enhance those pathways; and
- support an enhanced provincial understanding of the child and youth mental health system through analysis and identification of common themes and priorities.

Reflecting the shared nature of child and youth mental health a number of community partners may be involved in supporting these services at the local level, including, but not limited to:

- District School Boards
- Hospitals
- Community Care Access Centres
- Local Health Integration Networks
- Children's Aid Societies
- Youth justice providers
- Public health

- Local Centre for Addiction and Mental Health offices
- Early Years providers
- Specialized services
- Other “non-core” Child and youth mental health service providers
- Other community partners you may identify as appropriate

The lead agency is responsible for leading the development of this plan, and submitting it to the ministry. A key element of this work is collaborating with partners at the local level to understand existing service provision and jointly working to enhance service and pathways to and out of MCYS’ core services. Ministry staff will also support lead agencies with this process.

*Program Guidelines and Requirements 03 – Community Mental Health Plan*, which will be released at a future date, describes the requirements for the plan at maturity which will include the following components:

- 1) Executive Summary
- 2) Current Services and Pathways
- 3) Shared Priorities
- 4) Engagement

The expectation in 2014/15 is for lead agencies to undertake a realistic, achievable process that demonstrates progress. The 2014/15 CMHP will focus on the “Current Services and Pathways” component of the CMHP outlined above so that lead agencies build a foundational understanding of their service area from which they can build moving forward. This is integral to the development of a complete plan that will support real change and enhancements on the ground. Through the completion of the template lead agencies will be able to demonstrate their progress in assuming the planning functions of a lead agency.

#### **Minimum Expectations for 2014/15:**

- lead agencies are responsible for leading the completion of the 2014/15 CMHP and submitting it to their MCYS program supervisor by March 31, 2015 for approval;
- the needs of particular diverse groups (e.g. Francophone, Aboriginal) in a community should be considered (note: where comprehensive mechanisms do not exist this should be noted and considered an area of focus for 2015/16);
- lead agencies must undertake appropriate engagement activities (as determined by lead agencies based on local service area composition) and describe the effort to engage appropriate community partners in the plan; and
- the CMHP should describe current targeted prevention activities and mental health services delivered in the service area:
  - These services are those focused on meeting the needs of children/youth at levels 2, 3 and 4 on the Continuum of Needs outlined in the draft Service Framework, (p.8, available online at [ontario.ca/moving on mental health](http://ontario.ca/moving on mental health)).
  - These services can be expected to have measureable mental health outcomes.
  - Services for children and youth at level 1 of the Continuum of Needs will be considered in further iterations of the CMHP.

While there is an expectation that lead agencies start to engage with their broader sector partners, it is up to the lead agencies to determine how far this work can be progressed in 2014/15, based on an assessment of the composition of the community and its planning processes (including existing/potential new mechanisms), timing etc. Examples are provided above of who this could include. There are no minimum expectations of who specifically should be engaged in 2014/15.

The following sections provide a description of each section in the 2014/15 CMHP reporting template, including additional context and what should be captured in each section.

**Section A: Community engagement:**

- In this section please describe the engagement process undertaken to inform this plan (see above for examples of community partners):
  - Who was engaged and a description of the engagement approach.
- Please note that specific youth and family engagement activities will be captured through the CSDP.

**Section B: Current service provision and pathways to care:**

- For 2014/15 the plan will focus on understanding existing targeted prevention activities and child and youth mental health services delivered in the service area, as well as initial identification of some of the formalized processes that support pathways to-and out of child and youth mental health care.

Current service provision and pathways to care:

- In this section please describe the targeted prevention and mental health services in your service area, including target population, age, and geographic spread.
  - Services listed should include any services delivered by agencies that are not funded through MCYS' core services/key processes detail codes.
  - For each service please also describe the formalized protocols and/or processes (e.g. MOUs, operational agreements) that support pathways to and out of core child and youth mental health services
  - Note that pathways to support successful transitions through child and youth mental health core services will be addressed in the CSDP.

**Section C: local child and youth mental health community planning mechanisms:**

- This section focuses on describing local community planning mechanisms (e.g., planning tables) that have an impact on child and youth mental health, and undertaking an analysis of their future role in supporting child and youth mental health related discussions, including their potential role in supporting the development of the CMHP and CSDP.

C.1: Existing Planning Mechanisms:

- In this section identify the existing local community planning mechanisms including who is at the table, their role etc. (add rows as necessary).

C.2: Existing Planning Mechanisms:

- In this section please start to undertake an analysis of the appropriateness and effectiveness of existing mechanisms to support community mental health planning, and recommendations for improvements, including changes to existing mechanisms and/or new approaches where needed.

## 2014/15 Community Mental Health Plan for Children and Youth Template

### Section A: Community Engagement

Please name the community partners you engaged and how they were engaged in the development of the CMHP:

1. Kinark Child and Family Services attended Mental Health Collaborative (MHC) in November 2015 to introduce Moving on Mental Health (MOMH), Kinark and its new role as Lead Agency. The MHC is the primary table in York focused on CYMH. Its members include both core service providers and non-core service providers. This table currently has 57 members representing 39 organizations.
  
2. Kinark hosted individual meetings with the organizations listed below. The purpose of these meetings was to discuss their services, their formal and informal service protocols/pathways and to gather their perspectives on service gaps and barriers and CYMH service priorities for York.
 

360 Kids	Radius
Public Health, Community and Health Services	Youth Justice- Probation Services
York Child Development and Family Services	York Catholic District School Board
York Region District School Board	Early Intervention Services
York Regional Police	Central Local Health Integration Health Network
  
3. Kinark hosted two webinars for all community partners identified to date. The webinars provided an overview of MOMH, the role of lead agencies, information about Kinark Child and Family Services and a summary of York engagement activities to date. The webinars also introduced a survey of community organizations that would follow the webinars and identified the next steps for engagement and planning in York. People from 20 organizations participated in the webinars, many sending more than one representative:
 

Canadian Mental Health Association	360 Kids
Public Health, Community and Health Services	Catholic Community Services of York Region
Children's Treatment Network	York University
Social Services Network	Jewish Family and Child Services
York Region, Social Services Branch	Sunnybrook Hospital
Parents for Children's Mental Health	York Regional Police
Ryerson University	Bartimeaus
Conseil Scolaire de District Catholique Centre-Sud	York Support Services Network
Kerry's Place	Radius
Vaughan Health Centre	York Region District School Board

A number of York core service providers also attended at Kinark's invitation.
  
4. A total of 41 community organizations received a survey to gather information on:
  - services provided
  - existing service protocols and pathways
  - existing planning mechanisms
  - service gaps/challenges.

As of March 31, 2015, 14 agencies have responded to the survey. The following table contains information obtained through the survey and the individual meetings referenced above.
  
5. In order to begin to capture all relevant organizations with a role in child and youth mental health in York, Kinark developed a tool (see Appendix A) that we continue to update.

## **Section B: Current Service Provision and Pathways to Care**

*Please complete the summary chart below describing targeted prevention activities and mental health service delivery in the service area (n.b: this does not include core MCYS-funded child and youth mental health services which are captured through the CSDP).*

- Kinark continues to gain a more fulsome understanding of the service landscape in York, including where non MCYS-funded children's mental health services sit on the continuum of service, as well as the existing protocols and pathways to, through, and out of service, and their effectiveness.
- Beyond York's MCYS-funded core service providers, Kinark has identified 41 such agencies/service providers to date. We also anticipate the identification of additional partners in the year ahead.
- As a result of engagement, including both surveys and face to face meetings, a body of information has emerged. Similar to references in the CSDP, it is clear, and perhaps unsurprising, that there is currently no common understanding of the pathways and protocols that do exist or a common language for communicating information about them. The information collected to date reflects this and confirms the need for work in this area.
- To date we have only received data for approximately 70% of organizations identified. Kinark has forecasted ongoing engagement and information gathering to complete the picture and this work has been identified in the York CSDP under Priorities #1 and #3.
- The summary below represents a beginning understanding of the service landscape and the multitude of service partners that could form part of a comprehensive CMHP for children and youth in York.

<b>Community Partner delivering service</b>	<b>Description of service</b> (include where the service falls on the continuum)	<b>Details of service</b> <b>Geographic coverage</b>	<b>Age range</b>	<b>Specific population</b> (e.g Francophone, Aboriginal)	<b>Describe the protocol/pathway if applicable</b> (to and out of the MCYS community-based child and youth mental health sector)
360 Kids	<u>After School Program</u> (Serves level 1) Free after school program for over 350 children with objective to get kids active and healthy in both body and mind. Program includes a variety of physical activities, classes, guest presenters, reading and homework help, and self-esteem building activities.	Markham, Richmond Hill and Newmarket	6-14 yrs	Priority neighborhoods as identified by the Ministry of Tourism, Cultural and Sport	Access is through the schools
	<u>Youth Outreach</u> (Serves levels 2 to 4) Provide a mobile service to youth. Services include but are not limited to; housing; employment; educational support; accessing financial assistance; referring youth to other supports as needed; youth advocate; case management; crisis intervention; and informal counseling	York Region	13-24	Street involved, homeless youth and those at-risk	Assist youth to transfer to the adult system  Utilize pathways as they exist
	<u>ATS (Serves level 1)</u> A case management and group facilitations program for youth transitioning out of the care of the Children's Aid Society. Provides life skills training and helps youth build resources and network of support through a one to one case management	York Region	16-24	CAS youth who are transitioning to independence	Utilize pathways as they exist
	<u>Residential (Serves level 1-4)</u> Two homes located in Markham for (13) youth in crisis. Both provide a home for youth while they settle differences with their parents or work towards living independently. Many are experiencing mental health problems as a result of their current family situation/ housing crisis	York Region	14-19	Youth who are experiencing a housing crisis	Utilize pathways as they exist
	<u>Housing Worker</u> (Serves level 1-4) Assists clients in transitioning to independent living by conducting housing searches, assisting with government applications, providing community referrals and	York Region	13-26	Youth who are homeless or at risk of losing their housing	Utilize pathways as they exist

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	information on shelters and other similar programs, as well as conducting the intake process to Residential and STAY programs				
	<u>Home Base Drop-In Centres (Serves level 2-4)</u> These Centres serve more than 1,200 at-risk and homeless youth each year in York. Home Base is a one-stop-shop for youth providing direct services such as employment support, counselling, life skills, housing help, hot meals, recreational activities and clothing <u>(S.T.A.Y) Supportive Serves (level 2-4)</u>	York Region	13-24	Youth who are homeless or at risk of homelessness  Youth who are experiencing a housing crisis	Access through 360Kids
	<u>Transitional Apartments for Youth including HOPE Beds</u> Two apartments in Markham offer a “supportive” affordable housing solution for 6 youth (3 female, 3 male) transitioning to independent living	York Region	17-26	Two beds are dedicated to victims of Human Trafficking	
Addiction Services Of York	(Serves level 1-4) Offer assessments, holistic treatment, biopsychological treatment, referrals, counselling and aftercare	York Region	12-24	Individuals who are experiencing substance/gambling dependence	Central intake phone number. Accept referred by: Self-referred, Guidance counselors, Family members, Parents, Schools, Family Doctor, Children’s Aid Services, Hospitals, Treatment programs, Probation, Courts
Catholic Community Services (CCSYR)	(Service level 1-3) A family services agency offering many types of counselling and group services to help people cope with personal and relationship challenges	York Region	0 - adult		Utilize pathways as they exist
Canadian Mental Health Association of York Region	<u>Programs for Youth</u> (Service level 3-4) Early Psychosis Intervention Mental Health and Justice Youth Wellness Choices Program Family and Caregiver Group	York Region	16-adult	Youth experiencing first onset of psychosis and their family	Central Intake Referral Form

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Jewish Family and Child Services	(Service level 2-3) <u>School Social Work Outreach Program</u> Enhance school capacity including administration and teachers including service delivery to children and youth	York Region	Elementary Middle and High School students		Intake through schools
York Regional Police	(Serves level 1-4) Children's Mental Health Support Team: Follow up on all incidents involving children and youth under the age of 16 involved with mental health issues and connect them with community partners, agencies, community treatment court and general community outreach to continue knowledge of services and service providers, familiar with members of the community	York Region	Under 16		<u>Police and School Board Protocol:</u> Developed with the understanding that cooperative involvement, prevention and intervention will facilitate compliance with the law, and the development of positive attitudes, and acceptable student behaviour and to support a learning environment that is safe,nurturing, positive and respectful. This applies to all partners in this process. The end goal is safe and caring schools supported by this partnership  <u>Children's Mental Health Support Team:</u> ongoing informal partnerships with community resources to refer individuals to community resources/programs  <u>Child Protection Protocol for York Region:</u> York Regional Police, Jewish Family and Child, Markham Stouffville Hosp, Southlake, MacKenzie Health, York Region Abuse Program, York Region District School Board, York Region Catholic District School Board, Children's Aid Society, Victim Witness Assistance, To provide victims of child abuse and/or neglect, their families, and offenders with effective community response and intervention

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Radius	<p>The SAFE-T Community (Serves level 2and3) Provides specialized assessment/ treatment to children and youth who have experienced interfamilial sexual abuse, children 3-12 exhibiting problematic sexual behavior and to youth who have committed sexual offences who have been referred by the community. Also provide research, consultation and training on sexualized behaviours, sexual abuse and on youth who sexually offend</p>	York Region	3-18	Children who have experienced violence, abuse, sexual abuse and neglect Children under 12 exhibiting concerning sexual behaviour Adolescence who have sexually offended	<p>Referrals from Children’s Aid Societies, Hospitals, other Children’s Mental Health Agencies, Self, Parent/ Caregiver, School, Police</p> <p>Central Intake phone number CAS: Workers to attend case reviews/provide case coordination. 1. Family/ Caregiver involved required. 2. Have to be living in a safe environment. 3. Borderline range or above as determined by a recent psychological assessment. 4. CAS involvement required when they have a legal mandate for ongoing involvement</p> <p>Children’s Mental Health: 1. Collaboration with collaterals. 2. Send Assessment Report if client accessing services at alterative organization</p>
Youth Justice Probation Services	<p>(Serves levels 1-4) Youth Justice Services is not a service provider to community at large; rather are service providers to YJS clients. YJS offers in-house preventative and readiness programs to our clients.</p> <p>In order to service the MH needs of youth clients, YJS uses an in-house MH Clinician through York Region Canadian Mental Health Association. Also have an in-house substance abuse counselor through T.A. Patterson</p>	York Region	12-18 (20)		<p>YJS utilizes pathways as they exist in the community at large. Probation Officers will refer clients to community agencies as needed, following referral/pathways determined by receiving agency</p> <p>Refer to outside agencies such as Family Services York Region, Kinark, 360 Kids, York Region Canadian Mental Health Association, Southlake Regional Health Centre, YMCA 1:1 Youth Probation Services, Compass, Addiction Services York Region, YMCA Probation Outreach, and JVS Outreach Program</p>

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Public Health	<p><u>(Service Level 1)</u> <u>Transition to Parenting</u> 12 week educational and support group for new mothers, prenatal women and their families experiencing challenges with the transition to parenting and/or coping with perinatal mood disorders such as anxiety or depression. The main purpose of the group is to increase participants' knowledge and confidence, develop coping skills and strategies for living with perinatal mood disorders and enhance parenting relationships</p>	York Region	0-12	New mothers with babies ages 0-12 months	<p>Children's Aid Society protocol</p> <p>Public works with hospitals, schools, family physicians, Children's Aid Society to identify/refer families and children at risk. Families can also self refer</p>
	<p><u>Bounce Back and Thrive:</u> 10 week resiliency skills training program. Parents learn skills to: Help children "bounce back" from every day stresses and hard times; Help children handle disappointments, anger, and frustration; Help children feel good about themselves, confident and hopeful about the future</p>		Parents of children 1-8	Offered in areas of the community where children scored lower in the social domain determined through Early Development Instrument Data	

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	<p>Healthy Babies, Healthy Children (HBHC) Program offers the following to enhance parent child attachment: NCAST Parent-Child interaction Feeding (0-1yo) and Teaching Scales (1-3yo) <u>PIPE</u> is a program that focuses on strengthening the relationship between parent and child. The program is applicable to children from birth to three years of age, as parenting education has the most impact on the life of a child when started early. Parents who are emotionally available promote social and emotional competencies in their children that carry through into their adult lives</p> <ul style="list-style-type: none"> <li>• Interactional Guidance</li> <li>• Nobody's Perfect</li> <li>• Triple P</li> </ul>		Parents of children 0-6	New mothers and their babies identified as at risk through a screening process at birth	
	<u>Reproductive Health Program:</u> (Serves level 1) Provides prenatal health education to pregnant mothers and their partners and inform clients about the risks of Perinatal mood disorders				
York Region District School Board	<u>(Level 1-2)</u> <u>Clinical Psychology and Service Department</u> Early intervention and short term service. Partner with speech and therapy and occupational therapists as needed	York Region	High School aged youth		Accessed though school based referrals. Principles, Vice Principles, Guidance Councilors etc.
	<u>(Level 2-3)</u> <u>Alert Program</u> For youth not able to participate in a traditional classroom setting. Focus is on life skills		High School aged Youth		
	<u>(Level 2-3)</u> <u>Specialized Services</u> For children who require additional support and service. One on one with a Child and Youth Worker		Elementary School aged children		

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	(Level 3-4) <u>Access Program</u> For children/youth expelled or suspended. Students participate class at an alternative school				
Catholic District School Board	TBD	TBD	TBD		
French Catholic School Board	TBD	York Region	Kindergarten to grade12		
French Public School Board	TBD	York Region	Kindergarten to grade 12		
York Region Children's Aid Society duplicated below	(Service level 1-4) Investigate allegations or evidence that children under the age of 16 may be in need of protection  Protect children where necessary, provide guidance, counselling and other services to families for protecting children or preventing circumstances requiring the protection of children, provide care for children assigned or committed to its care, supervise children assigned to its supervision, place children for adoption when necessary	York Region	0-16 (21)		CAS Intake  CAS utilizes pathways as they exist and have protocols with Blue Hills and Kinark for mental health services
Children's Treatment Network of York and Simcoe	Central Point of Access, Rehabilitation, Clinical and Specialty Services. Single Plan of Care Local Sites	York Region	0-19		Central Intake number
Social Services Network	(Service level 1) Serves South Asian Community in York Region	York Region	0 through adult		

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Central Community Care Access Centre	(Nurses working with service level 2-4) Working together with local school boards and community partners to support our young patients with mental health and addictions to help them stay at school, and succeed. Three mental health nurses are located in the York school boards to assist youth transitioning from hospital back to school	York Region	4-21	Youth experiencing significant mental health issues	Access to this program is available by referral, through your local school board.
Learning Disabilities Association	(Service level 2- 3) <u>Youth Programs</u> Summer Camp <u>SOAR</u> (Some assembly Required) provides one-to-one opportunities to learn and talk about: Learning and Learning Disabilities, Study Skills and Strategies for Success, Making Choices and Choosing Paths, Developing self-advocacy skills <u>Social Skills Program</u> is an 8-week long program designed for children diagnosed with LD and/or ADHD. This program assists in the development of social skills and social problem solving strategies. It also helps to promote self-esteem and self-confidence	York Region	7-8  5-16		Access is through Learning Disabilities Association
York Support Services Network	(Service level 2-4) Access for Children with mental health needs – One Family Services support worker provides case management to child/youth and families requiring linkages to community services which could include (Children’s mental health, differential diagnosis , Ministry of Health and Long Term and Developmental Services) One Case Manager in partnership with COMPASS program to focus on children with MH or DDX needs to assist with linkages between home and school and community services	York Region	0-19  0-19 years of age	Children/youth with a mental health need	Access through York Support Services Intake  Access through School Boards

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	<p><u>Children's Case Coordination</u> (Service level 2-4) The child or youth and/or parents are currently involved with service providers in York. The child or youth has complex social, emotional, developmental and/or physical service needs</p>	York Region	16 years of age or older (for intensive Case Management)		Protocol with MCYS funded Service Providers
	<p><u>Crisis Response Network Coordinator</u> (Service level 2-3) Point of access for individuals with a developmental disability and mental health problem and/or challenging behaviours who are in conflict with, or at risk of being in conflict with the criminal justice system, to access community based developmental/mental health services to minimize their involvement with the criminal justice system as well as to work in partnership with the court support workers and discharge planners</p>	York Region	16 years or older		Access through York Support Services Network
	<p><u>Streamlined Access to Mental Health Services</u> (Service level 3-4) Case Management –short term supports to meet immediate and urgent needs are also offered Assertive Community treatment Teams (ACTT)- multi-disciplinary teams provide treatment, rehabilitation and support to people with serious mental illness in their recovery Supports within housing- options for people who may be homeless, who have complex mental health and/or addiction issues or who have connection to the criminal justice system</p>		Under 19		<p>Protocol between Kinark, Southlake, Markham Stouffville and 310-COPE <u>Telephone Response</u> By calling 310-COPE (2673), individuals are connected with a crisis response professional, 24 hours a day, 7 days a week.</p>

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	<p><u>COMMUNITY CRISIS RESPONSE SERVICE 1-855-310-2673 (COPE)</u> (Service level 2-4) For York Region residents who are experiencing a mental health crisis, and their family or friends, York Support Services Network offers the Community Crisis Response Service</p> <p><u>Mobile Response (Service level 2-4)</u> If a child under the age of 18 is seeking mobile support a worker from 310-COPE will attend a joint visit with Kinark Child and family services</p> <p><u>Short-Term Crisis Beds (16 yrs and older)</u> (Service level 2-4) Through York Support Services Network Short-Term Crisis Bed Program, individuals in crisis requiring time away from their present situation are offered a supportive place</p>		16-adult	Children/Youth and their families experiencing a mental health crisis	Access is through York Support Services – 310 -COPE
Kerry's Place	(Serves level 2-4) York Region ASD Day Treatment and Mobile Service at George Bailey. This program is a partnership with the York Public and Catholic School Boards	York Region	10-21	Students with an ASD	Access through the School Boards
Blue Door Shelter	(Service level 1-4) An emergency shelter for families providing residents with support to find accommodation and food, help with school placements for children, supportive counselling, assessment, referral to appropriate treatment programs and community service An emergency shelter for males and assistance to find accommodation and food, supportive counselling, referral to appropriate community services, job search assistance, life skill learning opportunities	GTA	16-24	Homeless males and families	Utilize pathways as they exist

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Rose of Sharon	(service level TBD) Rose of Sharon provides counselling, education and parenting resources to prenatal and parenting young mothers and their families supporting their social, emotional and spiritual wellbeing  Programs include: ABC (All Babies Count), Care and Treatment (High School) Program, Child Development Centre, Counseling Services, Food and Clothing Depot, Group Services, Young Mothers Outreach Program	York Region	Parents		Utilizes pathways as they exist
Sandgate Women's Shelter	(Service level TBD) 24 hour safe shelter, crisis hotline and supportive counselling, Safety Planning Meals, clothing and personal necessities, Financial, legal, medical and housing  Assistance with emergency transportation, Advocacy and referrals, Children's programs; including childcare culturally sensitive services  Program for children who have been exposed to violence against women called "Let's Talk"	York Region	4-18		24/7 Crisis line
Sunnybrook Health Sciences Centre Family Navigation Project	(Service level 2-4) Provides expert navigation of the mental health and addictions service system for youth with serious mental health and/or addictions problems		13-26		Informal relationships with all agencies serving this population (facilitated through Site Visits / Meetings/Consults) Agencies inform families that they can contact FNP directly to obtain support  Frequent case conferencing and consultation to other professionals involved with families and/or for collaboration of referrals  Parent contacts FNP screening. If appropriate, assigned to a navigator within 48 hours. Intake assessment is performed by navigator. Process includes consultations with

<b>Community Partner delivering service</b>	<b>Description of service</b> (include where the service falls on the continuum)	<b>Details of service Geographic coverage</b>	<b>Age range</b>	<b>Specific population</b> (e.g Francophone, Aboriginal)	<b>Describe the protocol/pathway if applicable</b> (to and out of the MCYS community-based child and youth mental health sector)
					professionals involved and case presentation with Medical Director/Psychiatrist Dr. Levitt
Yellow Brick House	(Service level 1-4) 24 hour crisis telephone counselling, Safe emergency shelter–24 hours/day, 7 days/ week, Individual counselling, Group Counselling, Legal assistance regarding separation, assault, family and criminal law, Court support Information, assistance with housing searches, Referrals to community services	York Region	Women aged 16 and older	Women and children at risk or experiencing domestic violence	24 hour crisis line Protocols with police and Children's Aid Society
	<p><u>Children's Programs</u> <u>Child Counselling Program</u> One-on-one confidential counselling to help express their feelings, adjust to the new family environment, work on their self-esteem and behaviour issues</p> <p><u>Let's Talk Child Witness Program</u> Helps children understand the cycle of abuse and deal with their feelings as witnesses to violence</p> <p><u>Art Therapy</u> Enables children to express their feelings through art. Art Therapy helps children share what is hidden or confusing</p> <p><u>Mothers In Mind</u> Parenting support group to mothers of infants and toddlers, where there has been abuse or trauma in women's lives</p>		Between the ages of 4-15		Programs offered to clients of Yellow Brick House
York University Psychology Clinic	(Serves level 1-4) Fee for service clinic, with some ability now to offer limited sliding scale (due to donations) have ASD expertise on the team	York Region	18 months to 18+		Clinic Intake

## Section C: Local Child and Youth Mental Health Community Planning Mechanisms

*This section focuses on describing local community planning mechanisms (e.g. planning tables) that have an impact on child and youth mental health, and undertaking analysis of their potential utility for the development of the CMHP and CSDP.*

- Kinark’s research and information gathering identified a large number of planning, service coordination and other human service mechanisms in York Region that have an intersection with, or an impact on child and youth mental health. Kinark continues to gather information regarding timing and frequency of meetings and outcomes and products emerging from these tables.
- As identified in Kinark’s Core Service Delivery Plan for 2015-16 there is an opportunity to determine the most appropriate mechanisms required in York to ensure that the right information and diverse perspectives are available to inform collaborative planning. Kinark plans to implement a process to assess current planning mechanisms, to develop key success criteria for a planning mechanisms moving forward, and establish an implementation plan to ensure cross-table/sector collaboration.

### **C.1: Existing Planning Mechanisms:**

<b>Process/mechanism</b> (including frequency/ timing)	<b>Partners involved</b>	<b>Role of the lead agency</b>	<b>Purpose</b>	<b>Outcome/status</b> (e.g. planning document)
Pathways to Day Treatment  (Meets annually and as needed)	The York Centre, Blue Hills, Kinark, Youthdale Treatment Centre, York Region District School Board, York Region Catholic District School Board, Kerry’s Place	Member	To coordinate and improve access and navigation pathways to day treatment	Terms of Reference
York Region Children’s Respite  (Meeting frequency monthly)	Blue Hills, Kinark, York Region, York Support Services Network.	Member	Provides a centralized planning and coordinating role for organizations providing respite services for children, youth and adults	Terms of Reference, Strategic Plan
York High Conflict Forum  (Meet every 6 weeks)	Blue Hills (host), Kinark, The York Centre, Family Services of York Region, Catholic Community Services, York Region District School Board, Southlake, Legal Aid Ontario, Family Law Bar representatives, judiciary, Sandgate women’s Centre, Eva’s Shelter, Children’s Aid Society, Family Mediation/Information (FLIC), Office of the Children’s Lawyer	Member	A network of mental health agencies, child welfare and legal professionals working with high conflict families	Terms of Reference, Work plan

<b>Process/mechanism</b> (including frequency/ timing)	<b>Partners involved</b>	<b>Role of the lead agency</b>	<b>Purpose</b>	<b>Outcome/status</b> (e.g. planning document)
Intake Network  (Meeting frequency bi-monthly)	Every Intake worker in the Region	Member	To support families seeking services with enhanced navigation, better understand the viability of warm transfers and to continue to assess the degree to which warm transfers contribute to streamlining intake, referrals and assistance between services participating in the intake network	Terms of Reference
Best Start Early Childhood Development Network (Oversight is through the Child and Family Collaborative)  (Meeting frequency TBD)	York Region (Early Intervention Services, Speech and Language, Early Years), York Region Nature Collaborative, York Region Public Libraries, York Region School Board, York Region Catholic School Board, Ontario Early Years Centres, Multiple York Region, Child Care Operators, Seneca College, Home Child Care Operators, Social Enterprise, The Best Start Network, 0-6	Member	To support the development and implementation of a dynamic, responsive, high quality, accessible and integrated child and family services system for residents of York Region. The network will plan, implement and monitor integrated service delivery at the local level	
Mental Health Collaborative  (Meets bi-monthly or as required - the Catalyst Group meets on alternate months)	Addiction Services of York Region, Bartimaeus, Blue Hills, Children's Aid Society, CCAC-Central, Canadian Mental Health Association, Centre for Behaviour Health Sciences, Children's Treatment Network, Catholic Community Services, COMPASS, French School Boards, Family Services, Developmental Services Ontario, Jewish Family and Child, Kerry's Place, Kinark, Markham Stouffville CandA MH Clinic, Mackenzie Health, 360Kids, Parents for Children's Mental Health, Family Representatives, The York Centre, Southlake, Yellow Brick House, Sandgate, Social Services Network, York Region Abuse Program, Youthdale, York Region Police, York University, 310-COPE, York Support Services Network	Co-Chair	Provides a multi-sector forum for service providers in York region to discuss common issues and themes, and to work collaboratively whenever possible to plan and develop system responses to identified areas of need. MHC seeks to respond to the explicit mandate of government funders to find ways of ensuring that families experience the mental health system as positive, meaningful and ultimately impactful one	MOU, Terms of reference, Strategic Plan

<b>Process/mechanism</b> (including frequency/ timing)	<b>Partners involved</b>	<b>Role of the lead agency</b>	<b>Purpose</b>	<b>Outcome/status</b> (e.g. planning document)
TAMI (Talking about addictions and Mental Illness)  (Meets quarterly)	York Region District School Board, York Region Catholic District School Board, Kinark, Addiction Services of York Region, Family Services York Region, York Region Community and Health Services, York Regional Police, Youth Speaks	Member	To increase the knowledge and decrease the stigma associated with mental illness and addiction and to provide a forum for organizations and individuals interested in partnering to deliver the T.A.M.I program	Strategic Plan
Forum for Children, Youth and Families  (Meets bi-monthly)	Blue Hills, Children's Aid Society, Children's Treatment Network, Kinark, Catholic Community Services, Region of York, Social Services Network, Canadian Mental Health Association, York Centre, Early Intervention Services, Family Day York Child Development, 360 Kids	Executive Committee Member	A forum for community leaders to build cross-sectoral relationships: new leaders with existing leaders and existing leaders with each other. Focussed discussion on major transformation strategies (Children's Aid Society Special Needs Strategy) that cross sectors and will impact all agencies, either directly and/or indirectly	Terms of Reference, Strategic Plan
(Early Years) Child and Family Collaborative  (Meets monthly)	York Region (Early Intervention Services, Speech and Language, Early Years ), York Region Nature Collaborative, York Region Public Libraries, York Region School Board, York Region Catholic School Board, Ontario Early Years Centres, Multiple York Region, Child Care Operators, Seneca College, Home Child Care Operators, Social Enterprise, The Best Start Network, 0-6 Mental Health Service	Member	Provide leadership to professionals in early development and child care community to support families and parents in York; Provide infrastructure and mechanisms for bringing individuals, groups and organizations together; Develop capacity; Advocate for quality early development and child care opportunities; Liaise with and provide advice to funders and policy-makers within the Ministries; Collaborate with regional/ municipal governments and school boards	Strategic Plan
Community Inclusivity Equity Council  (Meets monthly)	Big Brothers and Big Sisters, Social Service Network, Bluedoor Shelter, Sandgate Shelter, Blue Hills, The York Centre, York Region Arts, Council, York District School Board, Kinark, York Children's Aid, York Regional Municipality, York Regional Police	Member	Explores, supports, and enhances organizational practices of diversity, equity and inclusion	Bi -annual conference, Terms of Reference

<b>Process/mechanism</b> (including frequency/ timing)	<b>Partners involved</b>	<b>Role of the lead agency</b>	<b>Purpose</b>	<b>Outcome/status</b> (e.g. planning document)
COMPASS Leadership  (Staff, supervisors and leadership each meet monthly)	Kinark Child and Family Services, The York Centre for Children, Youth and Families, Family Services of York Region, York Catholic District School Board, York Region District School Board. Affiliated partners include; Southlake Regional Centre, Jewish Family and Child Services, York Children's Aid Society, Blue Hills Child and Family Centre	Funding host and member of COMPASS Leadership Committee	COMPASS represents a joint effort on the part of schools and community-based mental health agencies to identify and offer support to young people and their families at school and where relevant, in other settings, including the home	Terms of Reference, MOU, Strategic Plan
Triple P Implementation Advisory Committee  (Meets monthly)	Blue Hills Child and Family Centre, Catholic Community Services of York Region, Family Services of York Region, Family Day Thornhill Ontario Early Years , Kinark Child and Family Services, Social Enterprise for Canada, The York Centre for Children, Youth and Families, YMCA Oak Ridges Riding, York Child Development and Family Services Inc./ Ontario Early Years York North, York Region Community and Health Services, York Region Early Intervention Services	Funding host and provide leadership for Implementation Committee	Through Triple P, parents and professionals can learn skills and strategies that help them to feel supported	Terms of Reference, Strategic Plan, MOU
ASD Partnership  (Meets bi-monthly)	Autism Ontario York Region Chapter, Blue Hills Child and Family Centre, Children's Case Coordination, Catulpa Children's Services, Children's Treatment Network of Simcoe York, Community Living York South, The York Centre for Children, Youth and Families, Early Intervention Services of York Region, Faculty of Health, Psychology Clinic, York University, Kerry's Place Autism Services, Kinark, Central East Autism Program, Muki Baum, Reena, Mackenzie Health, York Catholic District School Board, York Region District School Board, York Region Pre-School Speech and Language Program at Markham Stouffville Hospital, York Support Services Network, Ministry of Children and Youth Services (ex officio)	Steering Committee Member, partner, Co-Chair of 2 working groups	A collaborative of community service-providers, government agencies, school boards, hospitals, advocacy organizations and parents working together to improve existing systems of support for children, youth and adults living with an Autism Spectrum Disorder in York	MOU, Terms of Reference, Strategic Plan, Warm Transfer Protocol

<b>Process/mechanism</b> (including frequency/ timing)	<b>Partners involved</b>	<b>Role of the lead agency</b>	<b>Purpose</b>	<b>Outcome/status</b> (e.g. planning document)
Children's Case Coordination/ Resolution  (Meets monthly)	Blue Hills, Centre for Behavioural Sciences, Community Care Access, Consulting Psychiatrist, Kinark, Kerry's Place, Regional Complex Care Program, Clinical Coordinator Safehaven Project for Community Living, Southlake Regional Health Centre, Transitional Aged Youth Coordinator, York Region District School Board, York Support Services, Ministry of Child and Youth Services	Member	Case resolution is a formal interagency planning process intended to address and find appropriate resolution for situations involving individuals in highly vulnerable situations	TBD
York Region Centralized Intake for Day Treatment  (Meets monthly or as required to process referrals)	Blue Hills, Kinark, Children's Case Coordination, York Region, Children's Aid Society, Ministry Child and Youth Services, New Path, York Region, Probation, Southlake Regional Health Centre, The York Centre, Youthdale	Chair	To enhance consumer access to services and to maximize the appropriate fit between client need and service available by pooling our collective resources	Terms of Reference
York Region Central Intake Committee for Residential Treatment  (Meets monthly)	Blue Hills, York Region Children's Aid Society, Children's Case Coordination, Kinark, Ministry, New Path, Probation, York Center, Youthdale	Member	The residential access mechanism for children/youth for whom access to MCYS-funded community-based residential mental health treatment placements is being sought. Also participates in making referrals to out-of-region residential access mechanisms and residential resources and provincial residential resources	Terms of Reference
York Region Integrated Crisis Services  (Meets quarterly or more frequently as needed)	Kinark, 310-COPE (York Support Services Network), Southlake Regional Health Centre, Markham Stouffville Hospital	Funding Host and Chair of Working Committee	A service delivery collaboration providing 24/7 telephone support, on-site intervention through a mobile team when indicated and crisis assessment in the emergency departments at Southlake and Markham Stouffville Hospitals. A working group made up of members of the service collaborative and Mental Health collaborative and ASD partnership have joined forces to provide leadership to the crisis responses system development in York region	Terms of Reference, Protocol, work Plan

<b>Process/mechanism</b> (including frequency/ timing)	<b>Partners involved</b>	<b>Role of the lead agency</b>	<b>Purpose</b>	<b>Outcome/status</b> (e.g. planning document)
The Rainbow Network (LGBTQ Table)  (Meets bi-monthly)	Addiction Services, AIDS Committee, Blue Door Shelters, Family Services York Region, Girls Inc, John Howard Society LOFT, My House York Region PFLAG (York Region), Women's Support Network, Yellow Brick House, Mackenzie Health (DASA), Richmond Hill United Church, York Alzheimer Society, York Region Children's Aid Society, York Region District School Board, York Regional Police, York PRIDE FEST Committee, York Region Public Health, York Region Abuse Program, York Support Services Network, 360 Kids, The Regional Municipality of York (Housing and Long Term Care)	Supporter	To provide a supportive, transparent and inclusive environment for people to enhance and celebrate the vision of creating "A Face, A Space and a Place" for the LBTTQ community in York Region. Each meeting helps expand relationships and develop more effective networking opportunities	Terms of Reference
Linking Georgina  (Meets monthly)	Family Services York Region, Georgina Public Library, Girls Incorporated, Hospice Georgina, Jericho Youth Services, Kerry's Place, Kinark, Learning Centre for Georgina, Ontario Early Years, Rose of Sharon, Social Enterprise for Canada, Transit Georgina, The Children's Treatment, Network, Town of Georgina, York Region District School Board, Yorkworks Employment Services, Contact North, Blue Hills, AIDS Committee of York	Member	To improve the health, well being and social outcomes of individuals, children, youth and families in Georgina. Linking Georgina strives to accomplish this by sharing information, assessing and researching needs and trends, and mobilizing community resources to implement integrated multi-sector planning and enhanced service delivery	Terms of Reference
Harm Reduction Coalition  (Meeting frequency TBD)	JVS Toronto, Addiction Services of York, Women's Support Network, Loft, York Region Resident, Sandgate Shelter, Blue Door Shelter, 360 Kids, Seneca College, Rose of Sharon Shelter, Krasman, Youth Speaks, Aids Committee	TBD	Committed to the harm reduction philosophy and policy practice	TBD
Together for Vaughan Network  (Meets bi-monthly)	York Region District School Board, Vaughan Community Centre, City of Vaughan, Women's Support Network, Regional Municipality of York, Social Enterprise for Canada, YMCA, Rose of Sharon, Blue Hills, Catholic Community Services York, York Region Food Network, COMPASS, Community Living, John Howard	TBD	A venue for local service providers to build relationships, discuss ways to streamline the access process for families through sharing information about other services in Vaughan and York Region; share information about existing and new services/programs	Terms of Reference

<b>Process/mechanism</b> (including frequency/ timing)	<b>Partners involved</b>	<b>Role of the lead agency</b>	<b>Purpose</b>	<b>Outcome/status</b> (e.g. planning document)
Richmond Hill Engages all for Community and Home  (Meeting frequency TBD)	Woman's Support Network, Future Possibilities for Kids, Hospice R. H., Compass, York Region District School Board, Blue Hills	TBD	Create and maintain a flexible system of pro active support which is responsive to the changing needs of children, youth and families in the Richmond Hill community based on a comprehensive understanding of this community	TBD
Markham Planning Table  (Meeting frequency TBD)	York Catholic District School Board, City of Markham, Ebenezer Church, South East Markham Recreation Services, York Regional Police, York Region District School Board Trustee, Learning Disabilities, Association of York	TBD	A venue for local service providers to discuss ways to streamline the access process for families through sharing information about other services in Markham and York Region; share information regarding existing and new services/programs	TBD
York Region Voice Against Women Coordinating Committee (YRVAWCC)  (Meets monthly)	AIDS Committee of York Region Blue Door Shelters, Canadian Centre for Abuse Awareness, York Region Children`s Aid Society, Crown Attorney's Office, Freedom From Addictions, Domestic Abuse and Sexual Assault, Empowerment Through Education Vaughan, Ministry of Community and Social Services, FSyr, Jewish Family and Child Services, John Howard Society of York Region, Rose of Sharon, Sandgate Women's Shelter, Victim Services York Region, Victim Witness Assistance Program, Blue Door Shelter, York Region Girls Inc., York Region Police, The Regional Municipality	TBD	YRVAWCC provides leadership on the complexity of issues that underpin gender based violence against women. They raise awareness, curate and disseminate relevant information, develop and promote promising practice and engage in public policy discussion	Strategic Plan
Youth Voice  (Meeting frequency TBD)	Toronto Police	TBD	Provides educators and students the opportunity to learn how to promote, raise awareness, increase knowledge and support child well-being and mental health	TBD

<b>Process/mechanism</b> (including frequency/ timing)	<b>Partners involved</b>	<b>Role of the lead agency</b>	<b>Purpose</b>	<b>Outcome/status</b> (e.g. planning document)
Child Abuse Systems Team  (Meeting frequency TBD)	Crown Attorney's Office, Jewish Family and Child Service of Greater Toronto, Ministry of Community Safety and Correctional, Markham-Stouffville Hospital, Southlake Regional Health Centre, McKenzie Health Centre, York Region Abuse Program, York Region Catholic District School Board, York Region District School Board, Victim Witness Assistance Program, York Regional Police and the York Region Children's Aid Society	TBD	Review effectiveness of protocol and to make recommendations as to changes that would increase the capacity of the systems to respond to children and families coping with child abuse and/or neglect. The protocol itself presents the best practice to respond as effectively and compassionately as possible in supporting these children and their families through disclosure, the investigation, the criminal justice system and therapeutic interventions	TBD
Human Services and Justice Coordinating Committee York Region-South Simcoe  (Meets monthly)	Ontario Shores, Children's Mental Health Association, York Support Services, Victim Assistance Program, John Howard, Ministry, Addiction Services York, Mackenzie Health, Loft, York Regional Police	TBD	A regional committee that seeks to coordinate resources and services for people who are in conflict with the law, and who struggle with a serious mental health illness, developmental disability, brain injury, drug or alcohol addiction, or fetal alcohol disorder	TBD

## **C.2: Existing Planning Mechanisms:**

### ***Analysis of community planning mechanisms:***

*Based on the information described above, please consider the following and provide an analysis of the appropriateness and effectiveness of existing mechanisms to support community mental health planning, and recommendations for enhancements:*

- As identified in Kinark's York CSDP for 2015-16 (Priority #1), there is both an opportunity and a need to determine the planning mechanism(s) required in York to ensure that the right information and diverse perspectives are available to inform collaborative CYMH service planning. York core providers will be implementing a process in 2015-16 to assess current planning mechanisms, to develop key success criteria for planning mechanisms moving forward, and move forward with an implementation plan that promotes and sustains cross-table/sector collaboration.

#### **1. Is there a range of mechanisms that support planning at the local level?**

To date twenty-six distinct 'tables' have been identified in the York service area that potentially intersect with, or impact, child and youth mental health planning. A number of these tables also have active sub-committees. These tables identify a variety of purposes including:

- information sharing
- networking
- service provision planning and oversight for individual clients
- service coordination
- service resolution
- advisory
- service planning

Many have a focus on specific interventions (e.g. Triple P Parenting Programs) or specific populations (e.g. The Rainbow Network) and others have taken on a broader, frequently geographic focus (e.g. Together for Vaughn Network).

In discussions with both core service providers in York and the broader child and youth serving sector, there is a sense that the diversity of tables may not be well connected. Some service providers are identifying the issue of 'table fatigue'. It is not unusual for service providers to be members or participants at multiple tables. It appears that in York there is currently no one mechanism that brings together all sectors that impact on child and youth mental health with a focus on all mental health issues relevant to children, youth and their families.

#### **2. Do any of these mechanisms bring together all key sectors involved in the continuum of child and youth mental health services, including:**

- **Youth and families;**
- **Child and youth mental health service providers;**
- **District School Boards;**
- **Hospitals;**
- **Primary Health Care;**
- **Public Health;**
- **Child Welfare;**

- **Youth Justice;**
- **Specialized Services; and**
- **Early Years.**

The MHC appears to be the only table currently meeting in York with a dedicated focus on mental health (adult and child and youth). The group's membership is large (39 organizations), however it does not represent all key sectors in York. Notably absent from this table are youth justice services, early years and primary health care.

The MHC has been in existence for more than twenty-five years and has functioned primarily as a networking, advisory body with some planning capacity. Three years ago the MHC engaged a consultant to assist it to move from a primarily 'advisory'/information-sharing table to a planning table and to help it establish an appropriate structure to support this new role. Parent/family representation was added at that time. According to MHC members, the table struggles to fulfill this mandate due to its size (57 participants from 39 member organizations), and a wide variability in member commitment, authority and capacity to contribute to effective system planning.

**3. Does the identified mechanism(s) have the support and confidence of community partners?**

The MHC is well attended and supported, but is not generally perceived as an effective planning body for child and youth mental health due to the issues identified above.

**4. Does the identified mechanism(s) have the demonstrated capacity (i.e., knowledge, expertise) to identify concrete priorities that will result in real change?**

The MHC has a strategic plan that identifies its priority actions as:

- improving access to services
- provide waitlist supports
- improve interface between mental health and primary health care

At this juncture it lacks the supports and capacity to realize these objectives, and may not adequately include or represent all required sectors.

**5. Does the identified mechanism(s) incorporate the perspective of youth and families?**

The MHC currently has five family/parent representatives. Youth are not members of the MHC but youth input is received by way of focus groups. At this point MHC members see the opportunity and need to move beyond representation to engagement.

**6. Is the identified mechanism representative of diverse population groups in the service area?**

York is a very diverse community in many domains including culturally, ethnically, linguistically, and economically. The MHC strives to be inclusive and there is representation from a number of diverse populations amongst the membership. Adequate representation of York's diversity is an ongoing area for focus.

*Please provide a summary of the analysis and identify recommended changes needed to ensure there are appropriate processes to support community planning around the full continuum of child and youth mental health services, and the development of transparent pathways to, through and out of care.*

Summary of Analysis:

- At this time there appears to be no existing table in York with the experience, capacity and structure that could readily assume the function of children and youth mental health planning. There are numerous tables in York with disparate purposes that are not well linked or networked. There is no table that is both cross-sectoral and inclusive of all child and youth serving organizations who intersect with or impact on child and youth mental health. In addition, the size and diffuse mandates of many tables is seen as potentially limiting their effectiveness.

Recommendations:

- Kinark will further engage with the Mental Health Collaborative to explore what opportunities and mechanisms could be developed and leveraged from this table to build capacity to support broader community mental health planning for York, as well as the supports and data required to do so.
- Priority #1 in our York CSDP for 2015-16 is to confirm our inventory of existing mechanisms and engage with them to better determine their current purpose and effectiveness and speaks directly to the work of establishing the required mechanism(s) to support CYMH planning in York.

Specific activities will include:

- Providing self– assessment tools to current planning tables/mechanisms
- Defining criteria for inclusive, effective, efficient and successful planning mechanisms
- Determining changes required to the child and youth mental health planning environment in York in order to effectively plan for MOMH
- Establish an implementation plan and identify priorities for action
- Develop terms of reference and key success criteria for a planning mechanism(s) for CYMH in York and strategies for cross-table/sector collaboration
- Implement the new mechanism(s)

# APPENDIX

**APPENDIX A**

**York Partners for MOMH**

