



Creating Supportive Environments for Families who have a Child or Youth with Mental Health Challenges: The Kelty Mental Health Resource Centre

PHABC Conference
November 28, 2011

Andrew Tugwell, MPH
Program Manager,
Health Literacy

Hing Tse, MSW
Manager, Kelty Mental
Health Resource Centre

Access to Mental Health Services and Information in BC:

approximately 1 in every 5 Canadians experience a mental health challenge over their lifetime.

- Many individuals with mental health challenges do not seek appropriate treatment or professional support.
- Lack of knowledge about symptoms, services, where to seek help.
- In BC, 30% of the population speaks both an oral and a written language.
- There is a need to be able to read signs and directions in order to access mental health and substance use.

Alignment with Provincial Mental Health Literacy Strategy:

What is Mental Health Literacy?

Integrated Provincial Strategy to Promote Health Literacy in Mental Health and Substance Use in BC

A recent Public Health initiative to support the implementation of a key practice framework to support public understanding and reduce the stigma related to mental health and substance use problems.

Kelty Mental Health Resource Centre Objectives:

- To be BC's information source for children, youth and their families with mental health and substance use issues.
- To be a one-stop information hub to help BC children, youth and families connect to and navigate the multitude of mental health and substance use resources available and the system of care across the province.
- To provide information, resources, and system navigation for people with eating disorders across the lifespan.

Target Audiences:

- Parents and Families
- Youth
- Intermediaries (health & school professionals)

Strategies:

- Linking families with key partner organizations and health professionals
- Providing in-person and telephone support
- Providing families with resources
- Educational events and initiatives with a provincial reach
- Online information and support (websites, email, social media)
- Linking with relevant provincial networks

How are supportive environments created?

Multiple Environments:

- Home
- School
- Community
- Health System

Key Elements:

- Engaging families and youth
- Addressing inequities in access
- Building connections and capacity
- Focusing on knowledge exchange

Home
Engaging families and youth

School
Building capacity through

Community
Building connections and addressing inequities in access through

Health System

Thank You!

Questions or Comments?

Andrew Tugwell: atugwell@health.bc.ca
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Access to Mental Health Services and Information in BC:

Approximately 1 in every 5 Canadians experience a mental health challenge over their lifetime.

Many individuals with mental health challenges do not seek appropriate treatment or professional support.

Lack of knowledge about symptoms, services, where to seek help, and BC services are of the central issues with no and very few representing mental health challenges across the region (2009).

There are barriers to be overcome to improve and enhance services and mental health and information.

Alignment with Provincial Mental Health Literacy Strategy:

What is Mental Health Literacy?

Integrated Provincial Strategy to Promote Health Literacy in Mental Health and Substance Use in BC.

A strategy building on the success of the implementation of other practice partners to a regional public understanding and action plan. The topic subject to mental health and substance use.

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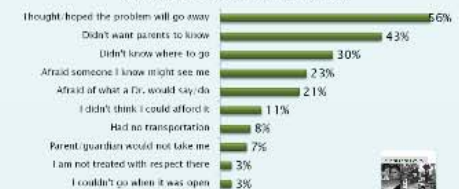
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Access to Mental Health Services and Information in BC:

- Approximately 1 in every 5 Canadians will experience a mental health or substance use issue at some point during their lives
- Many individuals with mental health challenges do not seek appropriate treatment or prevention resources
 - lack of knowledge about symptoms, resources, where to seek help
- In B.C. less than 25% of the estimated 140,000 children and youth experiencing mental health challenges access the support they need
- There continues to be considerable stigma and discrimination around mental health and substance use

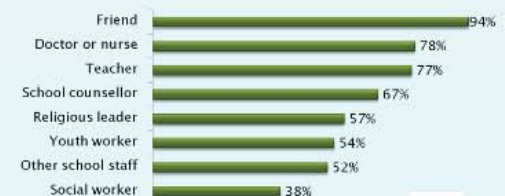
Results from the 2008 B.C. Adolescent Health Survey:

Reasons for not accessing mental health services (among youth who needed them)



4 Institute of Health Services from the 2008 British Columbia Adolescent Health Survey
© McCreary Centre Society 2008

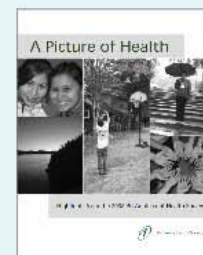
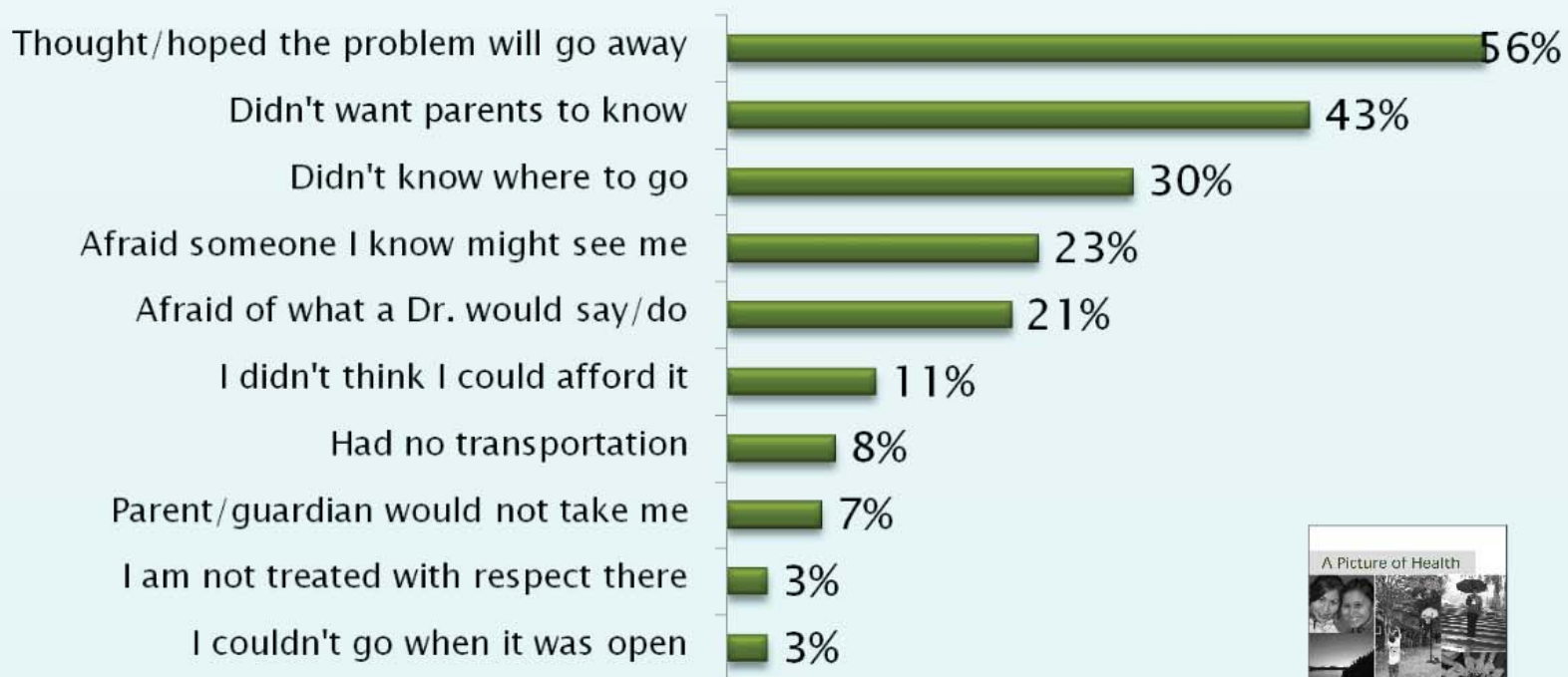
People who youth found helpful (among youth who sought help in the past year)



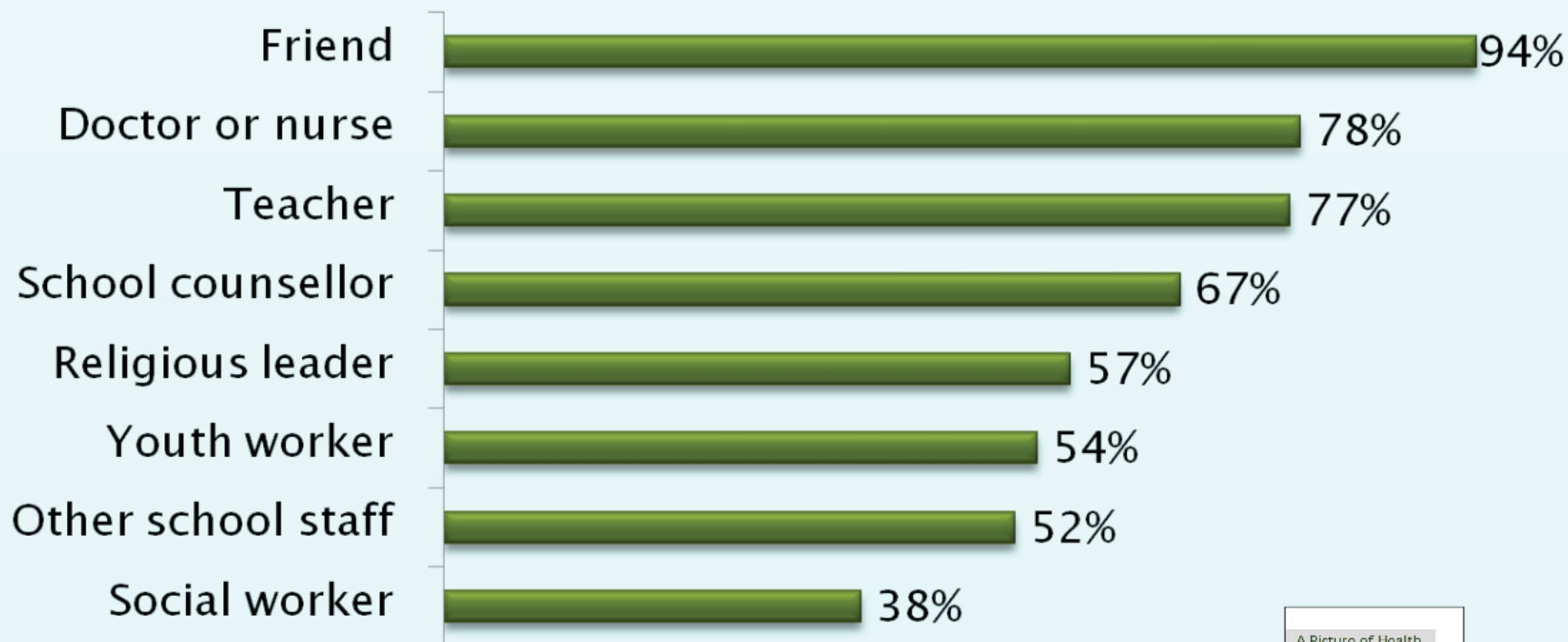
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© McCreary Centre Society 2008

Results from the 2008 B.C. Adolescent Health Survey:

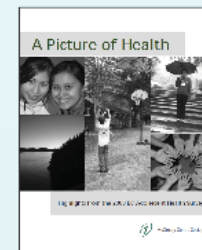
Reasons for not accessing mental health services (among youth who needed them)



People who youth found helpful (among youth who sought help in the past year)



A Picture of Health: Highlights from the 2008 British Columbia Adolescent Health Survey
© McCreary Centre Society 2009



Alignment with Provincial Mental Health Literacy Strategy:

What is Mental Health Literacy?

It is the knowledge and beliefs which assist in

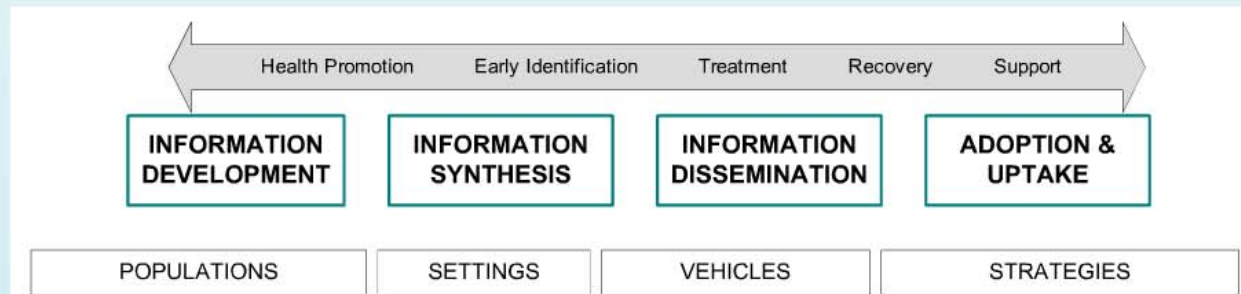
- Recognizing
- Managing
- Preventing



Mental health or substance use problems

Integrated Provincial Strategy to Promote Health Literacy in Mental Health and Substance Use in BC

A capacity building initiative to support the implementation of a best practice framework to improve public understanding and reduce the stigma related to mental health and substance use problems



What is Mental Health Literacy?

It is the knowledge and beliefs which assist in

- Recognizing
- Managing
- Preventing



Mental health or substance use problems

Integrated Provincial Strategy to Promote Health Literacy in Mental Health and Substance Use in BC

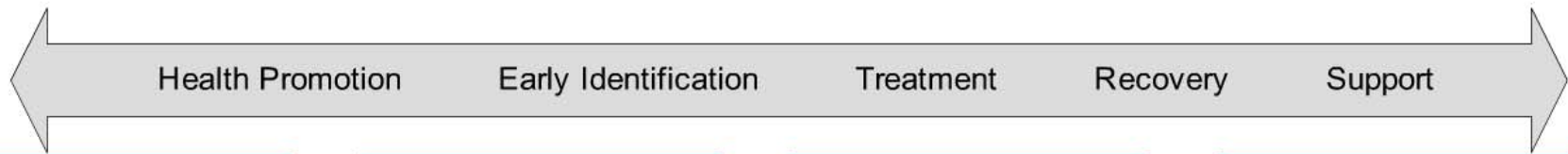
A capacity building initiative to support the implementation of a best practice framework to improve public understanding and reduce the stigma related to mental health and substance use problems

aging
venting



Health or substance use problems

to improve public understanding and
the stigma related to mental health
substance use problems



**INFORMATION
DEVELOPMENT**

**INFORMATION
SYNTHESIS**

**INFORMATION
DISSEMINATION**

**ADOPTION &
UPTAKE**

POPULATIONS

SETTINGS

VEHICLES

STRATEGIES

Kelty Mental Health Resource Centre Objectives:

- To be BC's information source for children, youth and their families with mental health and substance use issues
- To be a one-stop information hub to help BC children, youth and families connect to and navigate the multitude of mental health and substance use resources available and the system of care across the province
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- Linking with relevant provincial networks

How are supportive environments created?

Multiple Environments:

- Home
- School
- Community
- Health System



Key Elements:

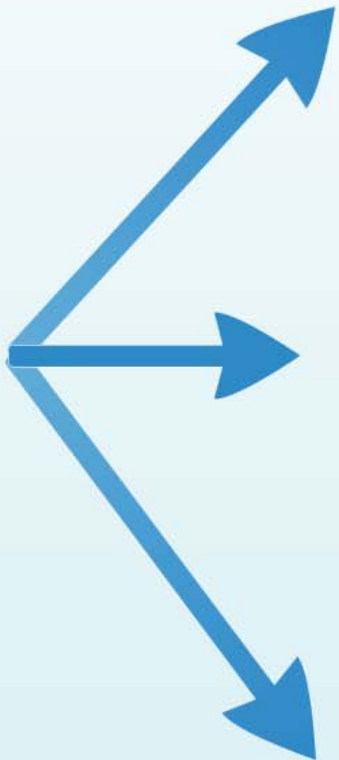
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- Addressing inequities in access
- Building connections and capacity
- Focusing on knowledge exchange



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Home

Engaging families through:

- Collaborative initiatives with The F.O.R.C.E. Society for Kids' Mental Health, including:
 - Health Living Toolkits for Families and Health Professionals
 - 2 Youth in Residence, 2 Parents in Residence, and 1 Eating Disorders Peer Support Worker who provide:
 - Resources
 - Education
 - Support and mentorship
 - Navigation of the mental health and school system
- Multilingual Resource Development Initiative

School

Building capacity through:

Partnerships with:

- BC School Counsellors' Association
- Ministry of Children & Family Development
- BC Teachers' Federation
- School-based Mental Health Coalition
- BC Confederation of Parent Advisory Councils

Events such as:

- Summer Institute
- Relevant conferences

Community

Building connections and reducing inequities in access through:

- The Pinwheel Education Series
- The Kely Mental Health Resource Centre (telephone, in-person and online)
- Partnerships with RHAs and community organizations



Thank You

Questions & Comments

Andrew Tugwell: atugwell@bcmhs.ca

Hing Tse: htse@bcmhs.ca

Home

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Parent Peer Support Role - Family Contacts

	2008	2009	2010
Family	45	67	74
% youth in peer support	17%	25%	28%

Dear John, I want to follow up with you and let you know that we have a meeting with "a mental provider". We will be working with him and looking for positive ideas that you can use. Thank you so much for all your help. I hope you are well.

A photograph of a woman with blonde hair, wearing a white shirt, sitting at a desk. She is talking on a mobile phone. There is a computer monitor and other office equipment visible on the desk.

Parent Peer Support Role - Family Contacts

	2008	2009	2010
Contacts	63	970	1864
% accessing peer support	17%	35%	50.4%

Dear Julie - I want to follow up with you and let you know that we have connected with "a service provider". My son is working with him and feels very positive about their interaction. Thank you so much for all your help. L. (March 2011)



School

Building capacity through:



PROMOTING MENTAL HEALTH IN BC SCHOOLS SUMMER INSTITUTE 2011
Thursday, August 25, 2011
8:30 A.M. - 4:00 P.M.
Vancouver Hospital Pavilion
2901 Langford Highway, Coquitlam, BC

JOIN OTHER TEACHERS/SCHOOL COUNSELLORS, SCHOOL ADMINISTRATORS, DISTRICT STAFF AND PARENTS TO:

- Increase your awareness of child and youth mental health and substance use issues
- Learn how to promote positive mental health in your classroom and school
- Improve your ability to respond to mental health and substance use issues

FACILITATED BY: Kathryn Gehring, BCSCWVU

PROVINCIAL PERSPECTIVES ON SCHOOL-BASED MENTAL HEALTH
School as a Setting for Promoting Positive Mental Health
Mental Health Promotion: A Look at Concrete School-Based Programs in Chilliwack
Making the Right Connection: Promoting Positive Mental Health Among BC Youth

AN OVERVIEW OF SCHOOL-BASED MENTAL HEALTH
Professional and Personal Perspectives

MENTAL HEALTH PROMOTION INITIATIVES IN BC SCHOOLS
Mental Health Promotion: A Look at Concrete School-Based Programs in Chilliwack
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SACY - A Comprehensive Substance Abuse Prevention Initiative
Mental Health Promotion: A Look at Concrete School-Based Programs in Chilliwack

BREAKOUT SESSIONS

- Youth, Parents and Teachers - What Has Worked
- Anxiety in the Classroom - Increasing Understanding and Effective Management Strategies
- Shaping Mental Health Promotion Tools
- Advancing Substance Abuse Prevention in Your School
- Promoting Mental Health Among Lesbian, Gay, Bisexual, Transgendered, Queer & Questioning (LGBTQ) Youth
- Promoting a Healthy Body Image and Preventing Disordered Eating

REGISTRATION
To register to attend in person please click on the link below:
<http://www.amnmba.com/AMCWVVO>
You must also sign up for one afternoon breakout session.
Webcast: Only the morning presentation will be available via webcast.
To register to attend via webcast please click on the link below:
<http://www.amnmba.com/ELISDLA>

REGISTRATION IS NOW OPEN!
This event is free and available on a first come, first serve basis.
Registration closes June 30th. To register in French, please visit www.amnmba.com.

This event is the result of an ongoing collaboration with the BC Children's Hospital BC Youth Health & Addiction Services, BC Teacher's Federation, Ministry of Children and Family Development, Ministry of Education, Ministry of Health, School Districts and other stakeholders.

BC Mental Health & Addictions Services, Ministry of Children and Family Development, BC Teachers' Federation, Ministry of Education, Ministry of Health, School Districts and other stakeholders.

Partnerships with:

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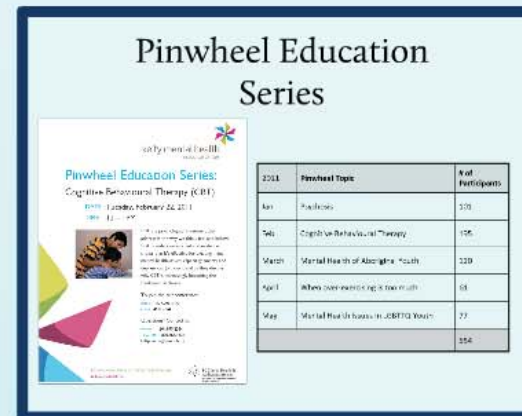
Events such as:

- Summer Institute
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Community

Building connections and reducing inequities in access through:

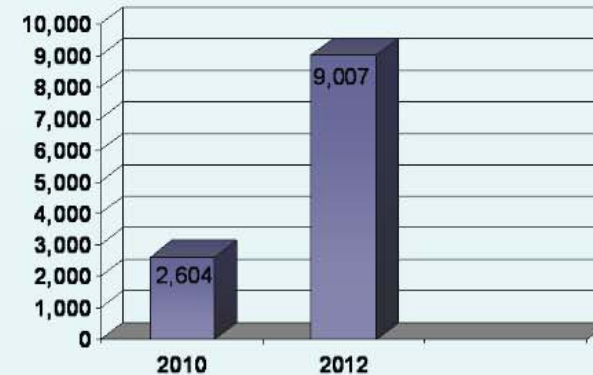
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Kelty Mental Health Resource Centre & MindCheck Websites



Kelty Website Visit Statistics



Pinwheel Education Series




kelty mental health
resource centre

Pinwheel Education Series:

Cognitive Behavioural Therapy (CBT)

DATE: Tuesday, February 22, 2011
TIME: 12 – 1PM




CBT is a psychological treatment that addresses the way we think, feel and behave. CBT is widely researched and evidence shows that it's effective for treating many mental health issues, especially anxiety and depression. Join our panel as they discuss why CBT is increasingly becoming the treatment of choice.

To join the teleconference:
DIAL IN 1.877.291.3022
CODE 4611577#

Questions? Contact us:
PHONE 604.875.2084
TOLL-FREE 1.800.665.1822
keltycentre@bcmhs.bc.ca

BC's Information Source for Children, Youth & Families
keltymentalhealth.ca



BC Mental Health & Addiction Services
An Agency of the Provincial Health Services Authority

2011	Pinwheel Topic	# of Participants
Jan	Psychosis	101
Feb	Cognitive Behavioural Therapy	195
March	Mental Health of Aboriginal Youth	120
April	When over-exercising is too much	61
May	Mental Health Issues in LGBTTTQ Youth	77
		554

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- Relevant conferences

Health System

Facilitating Knowledge Exchange through:

• A number of Provincial Networks, including:

- The BC School Counsellors' Association
- The BC Teachers' Federation
- The BC School Counsellors' Association
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Community

Building connections and reducing inequities in access through:

- The Pinwheel Education Series
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Facilitating Knowledge Exchange through:

A number of Provincial Networks, including:

- The Provincial Specialized Mental Health and Substance Use Knowledge Exchange Networks
- The BC Health Authorities Health Literacy Network
- The BC Health Literacy Network

Connections with health care professionals and organizations:

- Relevant Ministries
- Regional Health Authorities
- PHSA Agencies
- Professional Bodies and Associations



How are supportive environments created?

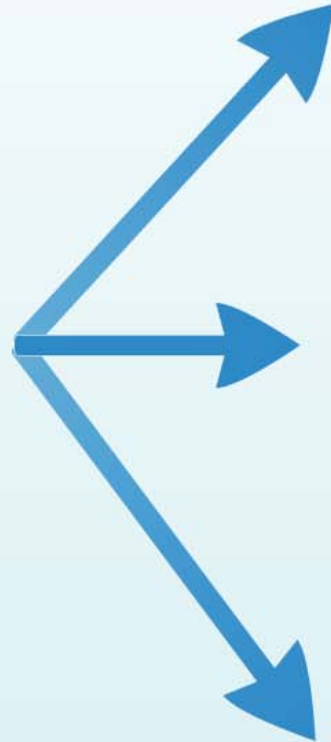
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