BCSIS Provincial Virtual Summit

February 24 & 25, 2021

Mental Health and Substance Use: A Pathway to Hope
As a provincial umbrella association, AMSSA would like to acknowledge that BC is home to 198 First Nations. We would also like to express and recognize the privilege that we have as settlers on this land.

We wish to acknowledge that AMSSA’s operations is on the unceded traditional territories of the xwməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səl̓ílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.
Funder Acknowledgement

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Presenter Information

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A Pathway to Hope: Mental Health and Substance Use

BC Settlement and Integration Services
February 25, 2021
Acknowledging the First Nations, Métis and Inuit people who have lived, travelled and gathered on these lands for centuries
Today

1. Ministry of Mental Health and Addictions
2. The Starting Point
3. A Pathway to Hope
4. Foundry
5. Integrated Child and Youth Teams
6. Peer Support
7. Mental Health Services and the Settlement Community
8. Questions and Discussion
Ministry of Mental Health and Addictions

• To develop an immediate response to the opioid crisis that includes crucial investments and improvements to mental health and addictions services

• Create a mental health and addictions strategy to guide the transformation of B.C.’s mental health care system

• Consult with internal and external stakeholders to determine the most effective way to deliver quality mental health and addiction services
The Starting Point

- **Prevalence of Severe Youth Substance Use**
  5% of youth hospital stays in Canada in 2017-2018 were related to harm caused by substance use. (CIHI, 2019)

- **Prevalence of Child and Youth Mental Health Concerns**
  12% of BC children have a mental health disorder requiring treatment, yet an estimated 55% do not receive services for these disorders (Waddell, 2020)

- **Early Intervention is Key**
  50% of people with a substance use disorder in Canada experienced substance use issues before the age of 20 (CAMH, 2020)
  70% of mental health problems have their onset during childhood or adolescence (Public Health Agency of Canada)

- **Service Gaps Result in Youth in Crisis at Hospitals**
  From 2009-2017, there was an 86% increase in hospitalization for mental health and substance use issues for youth under 25. (HLTH – DAD extract)

- **Long Wait Times**
  On average, it takes 54 days for a child or youth to be connected to a CYMH service, and 115 days to become fully attached to a CYMH clinician

- **MHSU for Children and Youth in Care**
  Only 12% of children and youth in-care are receiving services from CYMH clinicians, despite being 6 times more likely to experience MHSU challenges
Strategy Development

1. Review of reports and recommendations over recent years, current state analysis and jurisdictional scans
2. Consultation process with people with lived experience, service providers, and community advocates
3. Collaborative and integrated cross ministry and Indigenous partner policy development
4. Expert advisory committees
What are the problems we are trying to solve?

Multiple reviews and reports have concluded:

1. Services are delivered in a patchwork of disconnected services that are difficult to navigate and require families and young people to re-tell their story over and over.

2. Not enough emphasis on promoting wellness, preventing problems from starting or becoming larger, and identifying early when young people need help and connecting them to care.

3. Demand for services exceeds capacity resulting in long wait times, increasing use of emergency departments and acute care, or no care at all (where services do not exist).

4. Stigma and affordability are barriers to people accessing and receiving care.
What we heard

- Better integration and collaboration among services that cover the entire continuum of mental health and addictions treatments
- Funding and training particularly with regards to settlement-informed and trauma-informed practices
- Frontline workers having to deliver services that they are not currently trained to provide
- An absence of multilingual and culturally appropriate services
A Pathway to Hope

Ten year vision with the roadmap that sets a long term direction for a new system of care

Supported by a series of actions over three years, organized into four areas of focus to get us started

Emphasis on prevention, promotion and early intervention

• Setting the direction and a call to action for all of society

• Building on existing initiatives and implementing new, innovative approaches
Initial Priority Actions

• Increasing access to affordable counselling and support
• Launching integrated child and youth teams connected to schools
• Opening more Foundry centres
• Expanding First Nations-run treatment centres
• Expanding intensive services for children and youth
• Supporting early childhood social and emotional development
# Mental Health and Addictions Roadmap

All British Columbians experience and maintain physical, spiritual, mental and emotional wellbeing and thrive in the communities in which they live, learn, work, and play.

## Goals

### 1. Wellness Promotion and Prevention
- British Columbians experience physical, spiritual, mental and emotional wellbeing.
- British Columbians experience resiliency.
- British Columbians who are exhibiting early signs and symptoms of mental health and addictions problems are identified and supported to prevent problems from worsening.
- British Columbians experience well-being through health promotion and prevention approaches that support resiliency, and a sense of belonging and purpose.

### 2. Seamless and Integrated Care
- British Columbians and their families experience a system of evidence-based services and supports that are flexible and responsive to their needs at any point in time.
- British Columbians and their families are at the centre of planning service delivery approaches that enable treatment and recovery.
- Services, supports and policies are co-ordinated across governments and sectors.

### 3. Equitable Access to Culturally Safe and Effective Care
- A full range of evidence-based services, treatments and supports are available when and where they are needed.
- People with lived experience inform and are leaders in mental health and addictions policy, planning and delivery of services and supports.
- Services and supports are culturally safe and provided with humility, and are free from stigma and discrimination.
- Services and supports are evidence-based and are delivered using a healing, relational and strength-based approach.

## Indigenous Health and Wellness

First Nations, Métis and other Indigenous peoples can access culturally safe and effective services across the entire provincial spectrum of services and are supported to address social determinants of health, build community and personal resilience and foster healthy child and family development.

## Three Year Action Plan 2019/20 – 2021/22

### Improved Wellness for Children, Youth & Young Adults
- Support for pregnant individuals and parents with substance use challenges
- Promote early childhood social-emotional development
- Enhance programming in early childhood centres
- Expand Conference parents: Thinking Kids
- Expand Foundry centres
- Mental health in schools
- Establish Integrated Child and Youth Teams
- Step it up/down: Specialized care home beds and intensive day programs
- Create virtual counselling for post-secondary students

### Supporting Indigenous-led Solutions
- Implement Tripartite MOU with the FNHC, FNHA and Government of Canada
- Develop 10-Year Strategy to achieve progress on the social determinants of health and wellness
- Embed cultural safety and humility across the provincial system
- Expand First Nations-run treatment centres
- Expand indigenous Land-based cultural and healing services
- Enhanced capacity for Métis Nation BC for priority setting and planning
- Support First Nations-led primary health care initiatives

### Substance Use: Better Care, Saving Lives
- Framework for improving substance use system of care
- Ensuring best evidence guides care in B.C.
- Increase access to evidence-based addictions care
- Integrated team-based service delivery to connect people to treatment and support ongoing recovery
- Overdose emergency response, including community-based harm reduction services
- Supportive recovery services
- Provincial Peer Network

### Improved Access, Better Quality
- Expand access to affordable community counselling
- Team-based primary care (with mental health and substance use professionals) and specialized services
- Enhanced provincial crisis lines network
- Framework and standards to improve care under the Mental Health Act
- Implement peer support co-ordinators
- Develop peer support worker training resources
- Expand Bounce Back
- Mental Health & Wellness Disaster Recovery Guide
- Workplace mental health
- Create a web-based portal (focused on children and youth)
Foundry

• 12-24 years

• Multiple services under one roof:
  • Physical and mental health care
  • Substance use supports
  • Social services
  • Youth and family peer supports

• Foundry Virtual
Foundry Expansion

Burns Lake
Comox Valley
Cranbrook
Langley
Squamish
Surrey
Port Hardy
William’s Lake

Commitment to expand to 19 centres
Foundry Virtual Clinic

The Foundry Virtual Clinic is a **provincial initiative** that:

- Enables young people between the age of 12 to 24, living across BC to access health and social services **virtually**

- Aims at making all the services available at a Foundry centre available online

- **Improves access and reduce barriers** for young people who:
  - May not have access to services in their community
  - Are unable to access in-person services
  - Prefer access support online
Integrated Child and Youth Teams

• Connect children and youth to services **early**

• Share information among team members through a **common plan** to eliminate the need for young people and families to navigate multiple services and retell their stories with every interaction

• Provide **wraparound** care that considers all of the facets of a young person’s life and MHSU needs

• Ensure cultural safety and humility, trauma-informed practice, child and youth centered care embedded within practice

• Support for the **family and caregivers**
Substantial Shift in Service Delivery

**Current State**
- MH Care
- SU Care
- Education Support
- Community Supports

**Future State**
- MH Care
- SU Care
- Community Supports
- Indigenous Support
- Peer Support
- Education Support

- Creation of Structures
- Change in Practice
Peer Support: Pathway to Hope

The Pathway includes 3 initiatives related to peer support:

1. Peer worker training resources
2. Provincial peer network
3. Peer support coordinators

COVID-19 Response:
1. CMHA Expansion of PS
2. Care to Speak.
Why Peer Support?

• Peer support programs and services complement traditional clinical mental health and addiction services and can be effectively implemented in every setting along the continuum of care.

• Strong body of evidence indicate significant benefits of PS

• Improves access and quality of service and reduces stigma
Peer Support: Spectrum

• Definitions and service delivery models of peer support vary widely across the mental health system of care.
Description

There are several streams of peer support: Mental health, substance use, housing, youth, indigenous, and others.

Informal peer support in post-secondary:
https://www.youtube.com/watch?v=5q9Te6FMLmw
Definition of Peer Support in MHSU

Peer support refers to services provided by someone who has lived or living experience in mental health, substance use, or addiction. A peer support worker uses their experience in the provision of direct mental health or substance use care, as peer support workers, peer navigators, peer coordinators, and peer educators.
MH + Wellness in Settlement Communities

Workplace
• Demonstrate need to focus on workplace as important setting to support positive MH
• Value of committing to workplace MH activities
• How COVID-19 is impacting MH

Resources
• Mental Health Support [https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19](https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19)
• Including Care for Caregivers and Care to Speak
• + more supporting coming online
• National Standards for Psych Health and Safety

Simple steps to start with now
• Modeling self-care and fostering work/life balance
• Employers fostering a supportive and caring environment and having regular informal check-ins with staff
• Continue to communicate and share mh resources – either that are available through benefit providers, or public offerings.
Mental Health and Wellness Resources

- For Employees
- For Employers and Organizational Leaders
- General
Thank You

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