



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada



YOUTH HORIZONS | KIA PUĀWAI

*Our youth, our future*



# Perspectives on Child & Youth Mental Health & Youth in Care

Presenters:

**Michael Williams**, Director of Operations, Youth Horizons New Zealand

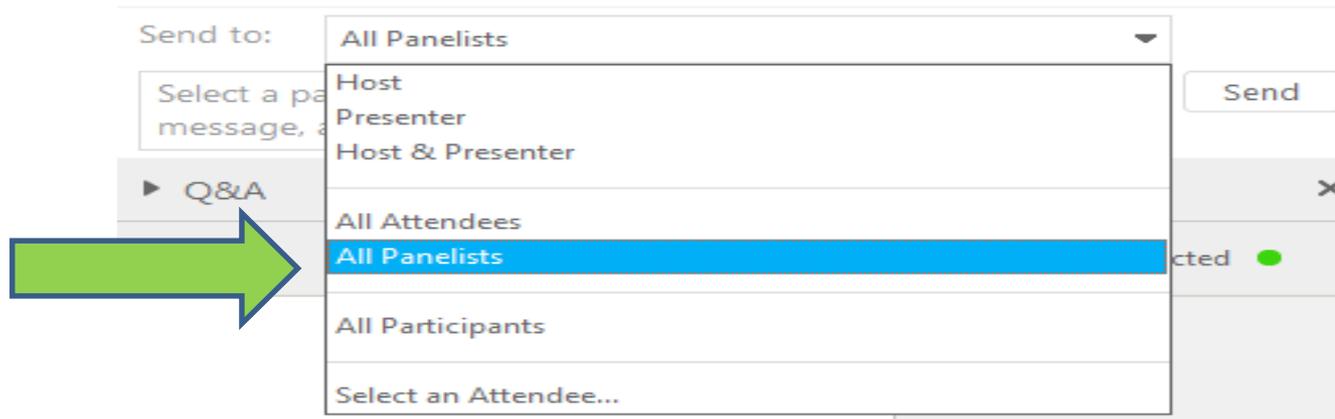
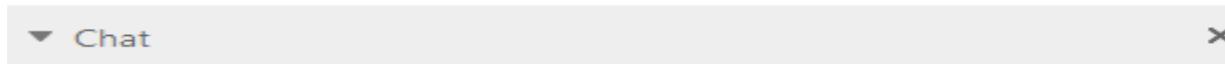
**Despina Papadopoulou**, Knowledge Broker, Mental Health Commission of Canada (MHCC)

Facilitator: Nicholas Watters, Director of Knowledge Exchange Centre, MHCC

October 12<sup>th</sup>/13<sup>th</sup> 2016

 @MHCC\_  /theMHCC

Important! Send questions/comments to  
'All Panelists'



# Welcome

## The International Knowledge Exchange Network for Mental Health (IKEN-MH)

- Jointly envisioned in 2012 by the Mental Health Commission of Canada (MHCC) and the International Initiative for Mental Health Leadership (IIMHL).
- Reduce of the time from innovation to implementation and to improve population mental health on a global level.

## The IKEN-MH Webinar Series

- Showcase best and promising practices over a variety of topics relating back to some of the IIMHL Match themes for 2017.
  - International perspectives and hosts
  - Encourage feedback and completion of post-evaluation.
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## Presenters



**Michael Williams**

Director of Operations, Youth Horizons – New Zealand

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## Presenters



### **Despina Papadopoulos**

Knowledge Broker, Mental Health Commission of Canada

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# Expert Advisory Panel review of the child welfare system in New Zealand:

## The current system is failing. How do they propose to fix it?



# Introduction

## New Zealand key facts

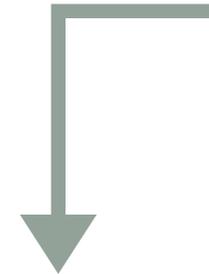
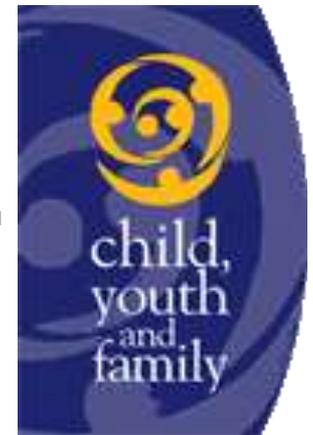
- 4.7 million people
- 1 million children and young people
- 70% European descent
- 15% Māori
- English is the main language



■ European ■ Māori ■ Other

# Child Youth and Family

- “Atrocious outcomes” under current model
- Multiple reviews and restructures
- Government commissioned expert review of the child welfare agency ‘Child Youth and Family’
- New agency commences April 2017
- Expanded funding in new agency
- 1 in 5 children and young people will have contact with CYF by the time they are 18.



## Oranga Tamariki

Vulnerable Children

 New Zealand Government  
Te Kāwanatanga o Aotearoa



# Expert Advisory Panel Interim Report

- System fragmented and lacking accountability
- Low aspirations for children in care
- Unacceptable levels of re-abuse and re-victimisation
- The system is not effective in helping families care for their children
- Insufficient supporting of children to their cultures and communities
- There is a lack of evidence-based approaches to achieve results
- The workforce lacks the capabilities and capacity to meet increasingly complex needs of children and families
- Insufficient support to make a successful transition to adulthood
- Insufficient focus on the recruitment, support and retention of caregivers



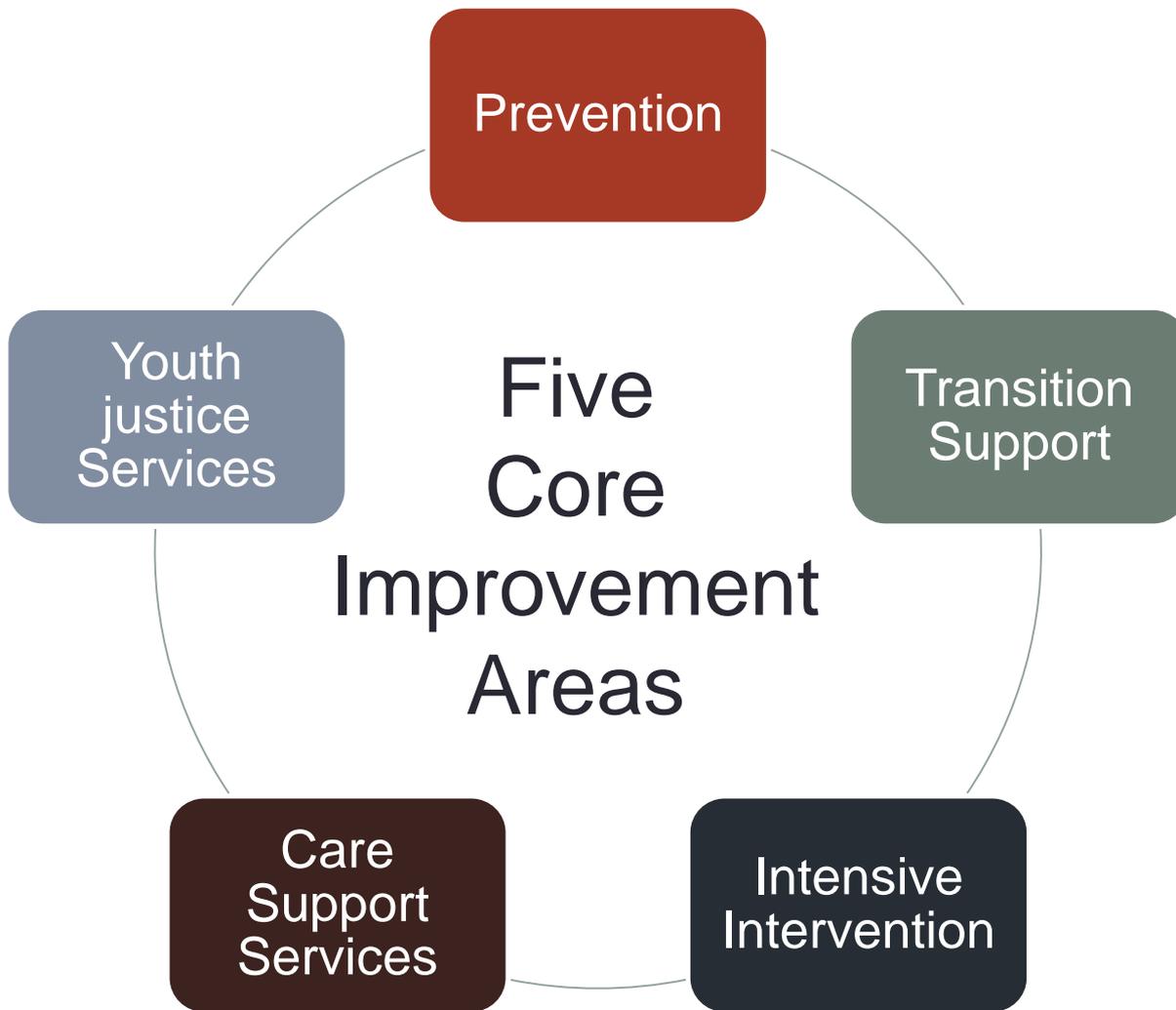
# International Experience

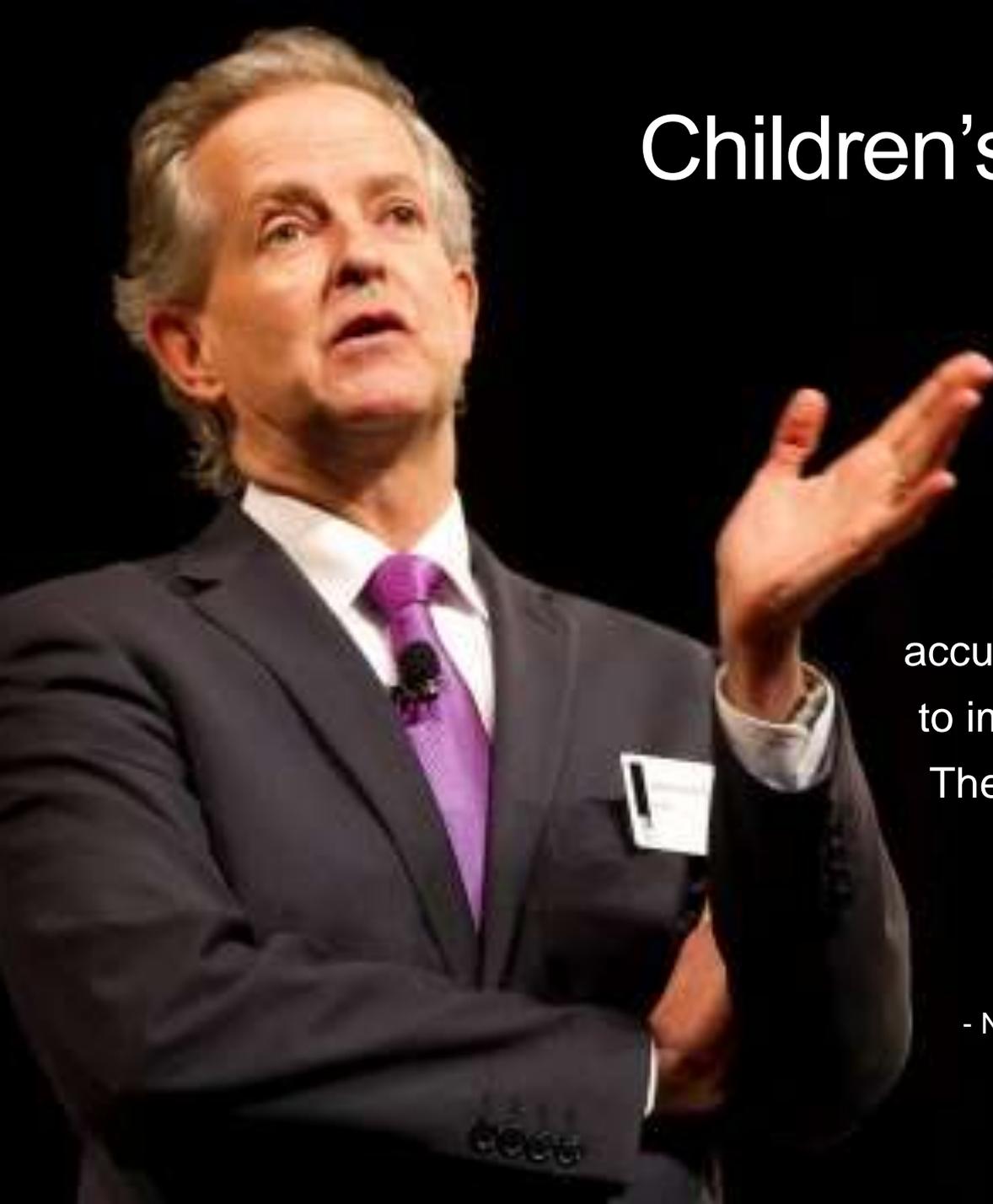
- Reviews of child protection systems in Australia and the United Kingdom have identified similar issues.
  - Increased costs, increased demand, barriers to cross-agency response, high staff turnover and caseloads, focus on urgent issues rather than investing in prevention, and disproportionate statistics for indigenous and minority children.
- Expert Advisory Panel, Interim Report

# Final Report Recommendations

- ensuring that children have the earliest opportunity for a loving and stable family
- help children and young people to take responsibility for their actions and live crime-free lives
- addressing the full range of needs for each child
- prevent victimisation of children
- help children heal and recover
- support children to be flourishing adults







# Children's Commissioner

“I’m reassured that an expert international Committee has so accurately identified what is needed to improve the lives of our children. They have made a number of very appropriate and considered recommendations.”

- New Zealand Children's Commissioner Judge Andrew Becroft

# Year 1

- Legislation changes – age of care to increase to 18
- Establish an Independent Youth Advocacy Service
- Partnership with Māori services – foundations built
- Focus on caregiver recruitment, retention and support
- Develop care standards
- Focusing on trauma informed services for care and transitions
- Early enhancements for care services – including alternatives to secure residential care



# Year 2

- Direct purchasing
- Re-designed care continuum
- New transition support service
- Increased suite of responsive interventions to Māori

# Year 3

- New operating model in residences
- New intensive interventions for families
- New intensive interventions for youth justice



# Year 4

- Better data platform
- Launch of new prevention service



# Criticisms of the new System

- Name challenge - stigmatizing
- Focus on minority may create gaps for other children
- Poverty not directly addressed



Introduction

Ministry

EAP report

Goals

Components

Year 1

Year 2 + 3

Year 4

Criticisms

# Achingly Simple Solution

“Our vulnerable children have the best chance of leading a full and happy life if they live within families that give them life long, stable, loving relationships and if they belong to communities which cherish them.”

- Expert Advisory Panel Report

- <https://www.msd.govt.nz/documents/about-msd-and-our-work/work-programmes/investing-in-children/investing-in-children-report.pdf>



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# Perspectives on Child & Youth Mental Health & Youth in Care

Despina Papadopoulos

October 12th, 2016

 @MHCC\_  /theMHCC

# Webinar Discussion:

- Consensus building process in the context of child and youth mental health in Canada
- Authentic youth and family engagement
- The work of developing a Consensus Statement on the Mental Health of Emerging Adults in Canada
- A knowledge exchange approach and implementation strategies

(used to disseminate and increase uptake of the consensus statement by engaging a broad group of stakeholders across Canada)



# Mental Health Commission of Canada

- Catalyst to change attitudes towards mental illness, improve mental health and transform the care system
  - First *Mental Health Strategy for Canada* - and youth friendly version
  - Evaluate and promote what works in stigma reduction
  - Knowledge exchange on specific issues
- Engage, partner and collaborate for change
- Child and youth work
  - Evergreen Framework
  - School Based Mental Health
  - Emerging Adults
  - Stigma –Headstrong



## Why focus on emerging adults?

- 70 % of adults say mental health problems had onset in childhood, adolescence or young adulthood
- 1 in 5 young people aged 15-24 report experiencing a mental illness or substance use problem
- Suicide and self-injury is the second leading cause of death for Canadian youth (Statistics Canada, 2009)
- Less than 25% of youth with MHSU disorders actually receive appropriate services
- Distinct issues among marginalized young adults: youth released from Child Welfare, Aboriginal/Inuit, homeless, rural/remote, LBGQTQ, justice-involved, some new Canadians

# Mental Health Strategy for Canada

- The Mental Health Strategy for Canada makes a number of recommendations for action on child and youth mental health.
- Recommends the removal of barriers that can prevent successful transitions from child and youth to adult mental health and addiction services.



CHANGING DIRECTIONS  
CHANGING LIVES

The Mental Health Strategy for Canada

# MHCC's youth & family/caregiver engagement

- MHCC Advisory Council on Child and Youth Mental Health & MHCC Family Caregiver Advisory Council (2007-2012)
- MHCC Youth Council
- *The Mental Health Strategy for Canada: A Youth Perspective*
- Consulted with emerging adults, families and caregivers for *Taking the Next Step Forward report*
- Consensus Conference EA Innovators Advisory Group



# Taking the Next Step Forward

- *By Children's Hospital of Eastern Ontario (CHEO) research team.*
- *Taking the Next Step Forward: Building a Responsive Mental Health and Addictions System for Emerging Adults 2015.*
- *Context for the consensus conference*



Executive Summary

## Taking the Next Step Forward

Building a Responsive Mental Health and  
Addictions System for Emerging Adults

Prepared for the Mental Health Commission of Canada / Jenny Carver, Mario Cappelli, Simon Davidson, Warren Caldwell, Marc-André Bélair, Melissa Vloet

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Visit our webpage to download the report:  
[www.mentalhealthcommission.ca/English/issues/child-and-youth](http://www.mentalhealthcommission.ca/English/issues/child-and-youth)

## Discussion questions

- What are some strong practices in your jurisdictions that engage and respond to the needs of EAs? (What is working well?)
- How can we learn from your existing networks and benefit from your knowledge?



# Consensus Conference on the Mental health of Emerging Adults

**When:** Ottawa in November, 2015.

**Goal:** To develop a consensus statement with concrete recommendations.

**Audience:** People who have a role to play in improving the mental health of emerging adults. *Two hundred* emerging adults, caregivers, policy makers, researchers, frontline agency representatives, and clinicians from across Canada.

**Process:** Modified consensus development process.



## Components of the statement

- Key considerations
- Principles of a changed system
- Recommendations



## Principles of a changed system

- Foundational characteristics of a reformed system that is better able to meet the mental health and substance abuse needs of emerging adults:
  - Equitable and timely access
  - Hope, collaboration, and integration
  - Emerging adults as full co-creators
  - Client driven and holistic
  - Flexible mental health care
  - Locally, culturally, and relevant services
  - Responsive to the needs of vulnerable populations
  - Family informed
  - Consistently evaluates its own performance



# Consensus Statement Recommendations

## Foundational to Change

- Distinct developmental stage of life
- Collaborate in joint partnerships with EAs
- Principles of health equity, anti-oppression and anti-racism to tailor approaches
- Authentically engage families of choice
- First Nations, Inuit, and Metis

## Addressing the Service Gaps

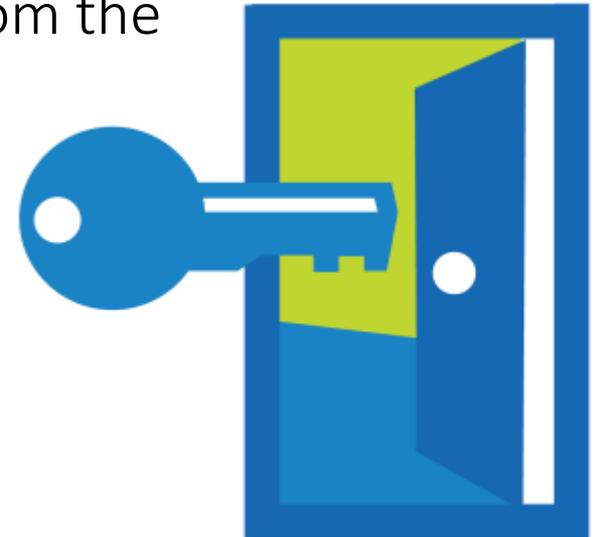
- Seamless recovery-oriented continuum of care
- Remove barriers to collaboration and integration of services and sectors
- Strengthening opportunities in the education system
- Peer support training and paid peer support opportunities
- Competencies for professionals

## Backbone support

- Funding incentives with common outcomes
- Data collection, research, and knowledge exchange
- Champions of emerging adult mental health

## Next Steps

- Engagement with First Nations, Inuit and Métis youth –nearly completed
- Release consensus statement
- Advisory Group to guide Knowledge Exchange and Implementation strategies
- Research paper on the lessons learned from the process



## Key lessons

- Prior engagement with youth
- Mix of policy makers, researchers, clinicians and service users
- Advance work with the Jury
- Early engagement of First Nations, Inuit and Métis national organizations
- Good support for youth during the conference

## Questions and discussion

- How do the consensus statement recommendations align with your work?
- What are some ways to advance these recommendations?





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Thank you!

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[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

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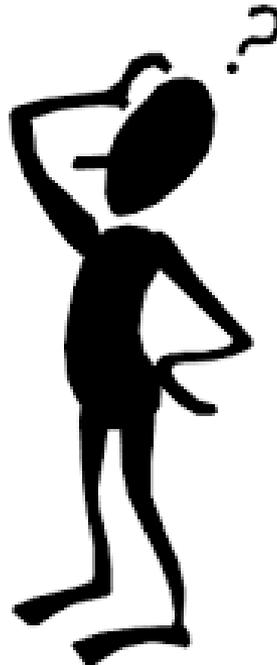
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**Questions?**





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# IIMHL Leadership Exchange

When: February 27<sup>th</sup> – March 3<sup>rd</sup>, 2017

Where: Sydney, New South Wales, Australia

## Child & Youth Related Matches

- Innovative Clinical Approaches to Child and Youth Mental Health Issues
- Transition-Aged Youth
- Leaders in Child and Youth Mental Health: Systems, Issues, and Solutions
- Perinatal and Infant Mental Health

To learn more about how to become a member or register for the Matches:

[www.iimhl.com](http://www.iimhl.com)

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# Thank you

Contact us:

For IKEN-MH or IIMHL relation questions: Keely Brach  
[kbrach@mentalhealthcommission.ca](mailto:kbrach@mentalhealthcommission.ca)



To speak with one of our presenters:

Michael Williams, [Michael.Williams@youthorizons.org.nz](mailto:Michael.Williams@youthorizons.org.nz)

Despina Papadopoulos, [Dpapadopoulos@mentalhealthcommission.ca](mailto:Dpapadopoulos@mentalhealthcommission.ca)

Visit the [IKEN-MH Webpage](#) for more information about the IKEN-MH and upcoming webinars.

**Please fill out the post evaluation following this webinar!**

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