Perspectives on Child & Youth Mental Health & Youth in Care

Presenters:
Michael Williams, Director of Operations, Youth Horizons New Zealand
Despina Papadopoulos, Knowledge Broker, Mental Health Commission of Canada (MHCC)
Facilitator: Nicholas Watters, Director of Knowledge Exchange Centre, MHCC

October 12th/13th 2016
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.
Presenters

Michael Williams
Director of Operations, Youth Horizons – New Zealand
Presenters

Despina Papadopoulos
Knowledge Broker, Mental Health Commission of Canada
Expert Advisory Panel review of the child welfare system in New Zealand:

The current system is failing. How do they propose to fix it?
New Zealand key facts

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

• “Atrocity 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.
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
Five Core Improvement Areas

- Prevention
- Transition Support
- Care Support Services
- Intensive Intervention
- Youth justice Services
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
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
Perspectives on Child & Youth Mental Health & Youth in Care

Despina Papadopoulos

October 12th, 2016

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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, LBGQT, justice-involved, some new Canadians
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.
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

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?
Thank you!

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Questions?

Perspectives on Child & Youth Mental Health & Youth in Care
IIMHL Leadership Exchange

When: February 27th – March 3rd, 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
Thank you

Contact us:
For IKEN-MH or IIMHL relation questions: Keely Brach
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To speak with one of our presenters:
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Visit the IKEN-MH Webpage for more information about the IKEN-MH and upcoming webinars.

Please fill out the post evaluation following this webinar!