



STAYING CONNECTED

VOLUME 2, MARCH 2011

The School-Based Mental Health and Substance Abuse Consortium (SBMHSA Consortium) was formed in response to a request for proposals from the Mental Health Commission of Canada in 2009. 40 leading researchers and practitioners from across the country were assembled to create and implement the proposal. As successful recipients of this MHCC contract, a core team of 15 members was selected to carry out the four main aspects of the project.

A national team of researchers and practitioners committed to synthesizing and sharing evidence-based, practice-relevant knowledge about child and youth mental health in schools.

A Message from Dr. Ian Manion

Dear Consortium Members,

I hope that you enjoy this next issue of the *Staying Connected* newsletter of the SBMHSA Consortium. There is much news to share! We are coming up to the end of the second year of our work with the Mental Health Commission of Canada. During this time, we have seen a tremendous surge in interest and activity around school-based mental health and substance abuse issues right across the country. The conversations are happening and, increasingly, members of our Consortium are being invited to contribute to and often lead these discussions. In our own project, we are beginning to see light at the end of the tunnel for our data gathering stage. The challenge now will be the synthesis and effective communication of what we have learned with those who can benefit most from the knowledge that we have acquired. Engaging stakeholders across the country has been an ongoing process for us as we create an appetite for what we have to share!

In this issue, you will find team updates and profiles of three more core team members, Connie Coniglio, Bruce Ferguson, and Lori Wilder. Each issue we aim to share these bios so we can all get to know one another a little better. We have also introduced a new feature that offers information about SBMHSA activities that members of our Consortium are involved in. We are hopeful that our newsletter inspires further networking across the Consortium.

As always, we welcome your suggestions about the SBMHSA Project, and thank you for your contributions and interest in this work!



ACTION ITEM !!!

We would like to feature related activities and projects in the Newsletter. Do you have a project or activity you are involved in that is related to SBMHSA? Please contact Despina Papadopoulous (DPapadopoulous@cheo.on.ca) to share your work for our next newsletter in June 2011!

SCHOOL– BASED MENTAL HEALTH AND SUBSTANCE ABUSE CONSORTIUM

Meeting the Team

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Dr. Connie Coniglio

Dr. Connie Coniglio is the Director of Health Literacy at BC Mental Health and Addiction Services (BCMHAS), an agency of the Provincial Health Services Authority.

Connie is responsible for the direction and management of health literacy initiatives under the BCMHAS provincial mandate. Ongoing initiatives in Connie's portfolio include the Kelty Mental Health Resource Centre, Provincial Child and Youth Healthy Living initiative, the Multicultural Translation Project, and the BC Partners for Mental Health and Addictions Information. Prior to joining BCMHAS, Connie was Manager of Child and Youth Mental Health and Addictions and Child and Youth Public Health with Vancouver Coastal Health, North Shore. Connie also worked for 21 years in university counseling centre management, including the development and delivery of programs and clinical services to students.

Connie is a Registered Psychologist and her education includes an Ed.D., in Counseling Psychology from the University of Toronto and a M.Ed. /B.Ed. from the University of Western Ontario in London, Ontario, Canada.

Connie's personal interests include sailing and motorcycle touring.



Dr. H. Bruce Ferguson

Dr. Bruce Ferguson is the Director of the Community Health Services Resource Group at The Hospital for Sick Children. He is also a Professor of Psychiatry, Psychology and the Dalla Lana School of Public Health at the University of Toronto. Dr. Ferguson taught psychology at Carleton University and then moved to leadership positions in the health care system at the Royal Ottawa Hospital and the Clarke Institute of Psychiatry.

Dr. Ferguson founded the Community Health Systems Resource Group (CHSRG). The purpose of the CHSRG is to create and implement systemic models for children's success by transferring knowledge to all who can influence healthy outcomes for children. Its goals are to: improve services for children and youth at the community level; build community commitment to children and youth; and advocate for strong policies at all levels of government that support children, youth and their families.

Dr. Ferguson has been involved with the children's mental health measurement project on the Ministry of Children and Youth Services since 1999. The CHSRG continues to lead the implementation and analysis of the outcome measure in that project. In 2004-2005, Dr. Ferguson led a team which carried out the early School Leavers study for the Ontario Ministry of Education. Since then he has worked with the Ministry on the Learning to 18 and Student Success programs. Currently, his team has just completed a study on the transition from grade 8 through grades 9 and 10 and is studying the implementation of changes in classroom instruction to foster academic success in students.

Dr. Ferguson has a strong record as a program developer and leader. He has retained a focus on developing effective, efficient and integrated services as a way to improve child and youth life outcomes and sits on a wide array of policy and program working groups.



Lori Wilder

Lori Wilder is a member of the Knowledge Translation and Exchange Team of the SBMHSA Consortium. She brings with her previous experiences as a secondary teacher, vice-principal, principal and Student Success Leader. Currently Lori is the Superintendent of Student Services for the Bluewater District School Board located in Grey and Bruce Counties. Her portfolio includes responsibility for special education, First Nation, Métis, and Inuit education, and alternative programming for students.

A long standing partnership between Bluewater District School Board and Keystone Child, Youth and Family Services has supported children, experiencing mental health issues, and their families within our district through the "Working to Reinforce All Partners" (WRAP) Program. The WRAP program is provincially recognized and was highlighted as an exemplar in Senator Kirby's "Out of the Shadows At Last" Report.

Lori is Co-Chair of the Grey-Bruce Children's Alliance. The Alliance is a network of organizations that work together to offer a more seamless, integrated system of services and supports to children, youth and families. This position has allowed Lori to experience first-hand the needs of rural communities. Education on poverty has been one of the key initiatives of the Alliance. Staff from each of the community agencies represented on the Alliance has been trained using the "Bridges Out of Poverty" model.

Lori is a mother to one son (16 years old) and one daughter (14 years old). This busy mom still finds time to enjoy her passion for running and is training for her first Boston Marathon this coming April.



Team Updates...

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REVIEW TEAM

Review Team Members – Charles Ungerleider, Bruce Ferguson, Dan Reist, Doug McCall, Ian Manion, Sherry Stewart, Eric Chan, Geniva Liu

The systematic review consists of an in-depth review of current published and gray literature. The goal is to yield state of the art information about: frameworks for delivering mental health services in schools, empirically-supported practices related to promotion, prevention, and intervention, critical implementation issues, strategies for testing effectiveness of promising SBMHSA practices, and vehicles for effective cross sectoral communication and partnership.

The review team has completed the keywording (identifying the most effective manner to group studies for coding and analysis) and the coding and quality evaluation phases of the review. The team is currently engaged in double coding. Approximately 10% of the studies have been randomly selected and are currently being double-coded for reliability purposes. If the initial reliability is less than 90%, the team will engage in a reconciliation process to determine which guideline(s) is problematic and, if necessary, reliability coding will be performed on 100% of the articles.

Upon completion of the coding and quality evaluation phase, reviewers will begin synthesizing the results and writing the final report.

SCAN TEAM

Scan Team- Bruce Ferguson, Dan Reist, Darcy Santor, Despina Papadopoulous, Doug McCall, Ian Manion, Margaret Clarke, Sherry Stewart, Stan Kutcher

The environmental scan is a semistructred interview that is complementary to the review and national survey but will delve deeper into SBMHSA programs and initiatives. An electronic nomination link was sent out to all consortium members in mid August and since then over **156 programs have been nominated** to be included in the scan. From late September 2010 to the end of February 2011, approximately **103 interviews** have been conducted and we will continue to coordinate and conduct interviews until May 31st 2011.

We are pleased to note that we have surpassed our originally target of having 100 programs included in our scan and we continue to look forward to learning more about SBMHSA programs across Canada. Our nomination process will conclude at the end of March 2011, therefore if you have not done so already **please click on the link below to nominate an exemplar program, model or initiative.**

http://sbmhsa.smartsimple.biz/Forms/fm_forms.jsp?token=HwoOSxkGYFxaRxJa

SURVEY TEAM

Survey Team Members– Charles Ungerleider, Ian Manion, Sonia Guerriero

A national online survey is being conducted to provide a comprehensive overview of best and promising practices in child and youth mental health in Canada. The survey is designed to capture needs, concerns, and institutional or cultural obstacles to implementation of mental health and substance abuse services. Two versions of the survey have been designed, one for school-based respondents and another for board-level respondents. The surveys are currently in the piloting phase and are expected to be launched in late winter 2011.

KNOWLEDGE TRANSLATION & EXCHANGE TEAM

KTE Team – Connie Coniglio, Chuck Cunningham, Bruce Ferguson, Michelle Forge, Doug McCall, Ian Manion, Dan Reist, Kathy Short, Lori Wilder

The KTE Team is continuing to focus on Early Engagement activities that involve education professionals, in an effort to build momentum for SBMHSA. For example, the video, *Open Up*, was released to Directors of Education across Canada in January 2011, along with a User Guide and related materials. An invitation to join an emerging on-line Learning Forum was issued as part of this mailing and many individuals have expressed an interest in joining this group. In addition, several face-to-face presentations have been delivered within educator forums, and Consortium members have prepared papers and academic presentations describing Consortium activities. The KTE Team is presently looking for opportunities to connect with education/community mental health professionals in provinces and territories beyond Ontario and British Columbia. If you have contacts and connections in these provinces, and know of opportunities to share SBMHSA messages, please share your ideas with Kathy Short.

At this time, the KTE Team is also preparing to translate the findings from the Review, Scan, and Survey. Two main methods of knowledge exchange will be used: a SBMHSA web presence and a live/virtual national symposium. The Team will be working with Curriculum Services Canada to enact the technical aspects of these methods. We look forward to sharing developments in these areas in the next newsletter!

Contact Us:

Consortium & Scan Lead: Dr. Ian Manion

manion@cheo.on.ca

Review & Survey Team: Dr. Charles Ungerleider

cungerleider@directions-eprg.ca

KTE Team: Dr. Kathy Short

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SCHOOL– BASED MENTAL HEALTH AND SUBSTANCE ABUSE CONSORTIUM

SBMHSA Activity Snapshots



Timelines:

The SBMHSA Consortium project runs from **spring 2009** through **summer 2012**. We will be seeking stakeholder input throughout.

The **Survey team** will be piloting their survey in the spring.

The Scan Team will continue to conduct interviews until May 31st.



Innovative Mental Health Training for School Administrators

Schools are increasingly being seen as a primary location to promote health, well-being and mental health. Every day in our schools, we encounter students and staff who are experiencing mental health problems and illnesses. Administrators have an important role to play in building the capacity of their school communities to implement and sustain local approaches to mental health prevention, intervention and treatment.

To meet this need, the York Region District School Board will begin providing its school administrators with quality professional learning about mental health and mental illness through a seven-module on-line training series. Modules include: 1 – *School Mental Health Promotion*, 2 – *Mental Health and Mental Illness*, 3 – *Common Mental Disorders in Children and Youth*, 4 – *Other Mental Disorders in Children and Youth*, 5 – *Co-Morbid Disorders in Children and Youth*, 6 – *Psychosocial Concerns in Children and Youth*, and 7 – *Related Mental Health Issues for Schools*. Embedded in each module are three components which contribute to a health-promoting school: curriculum, teaching and learning; school organization, culture and environment; and school and community partnerships and services. The module site will include fact sheets, video clips, webcasts, resources, links, and an *Ask The Expert* section.

School administrators will complete these introductory mental health training modules as part of their professional learning over the next two years. These modules will be supported by web-based resources, information and practice guides, and live interactive workshop sessions on mental health for school teams. This proactive and preventative focus for Board professional learning is intended to raise awareness and educate school communities about mental health and mental illness, and address the associated stigma which acts as a barrier to those with mental health needs accessing help.

Dr. Kelly Boyko, Managing Psychologist – Behaviour and Complex Needs, York Region District

Modeling the Mental Health Practice Change Preferences of Educators: A Discrete Choice Conjoint Experiment

Charles E. Cunningham, Melanie Barwick, Kathy Short

Knowledge translation (KT) refers to the process via which scientific evidence is converted into a format that is useful to decision makers, service providers, patients, and the general public (Straus, Tetroe, & Graham, 2011). To ensure KT initiatives are relevant and useful, end users need to be included at each step of the knowledge to action process (Gagnon, 2011). As one component of a CIHR team grant led by Melanie Barwick, this project is using a discrete choice conjoint experiment to study design factors influencing the decision of 1000 educators to utilize professional development options enabling them to improve student mental health outcomes. Although these methods have, only recently, been applied to the design of KT strategies (Cunningham et al., 2008; Cunningham et al., 2009; Cunningham, Vaillancourt et al., 2009), they are widely used by marketing researchers and economists. In this project, the process of implementing evidence-based mental health practices is defined as 15 4-level attributes (e.g., learning process, time demands, networking opportunities, long-term support, etc.). Educators choose between hypothetical implementation options comprising experimentally varied attribute-level combinations. We will determine the relative influence of each attribute on utilization decisions, identify segments with different preferences, and simulate an optimal approach to the design and implementation of a series of school-based mental health initiatives.

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