

# OVERVIEW OF THE THREE YEAR STRATEGY

## Starting with Child and Youth Mental Health

### Our Vision:

An Ontario in which children and youth mental health is recognized as a key determinant of overall health and well-being, and where children and youth reach their full potential.

THEMES	<p><b>Provide fast access to high quality service</b></p> <p>Kids and families will know where to go to get what they need and services will be available to respond in a timely way.</p>	<p><b>Identify and intervene in kids' mental health needs early</b></p> <p>Professionals in community-based child and youth mental health agencies and teachers will learn how to identify and respond to the mental health needs of kids.</p>	<p><b>Close critical service gaps for vulnerable kids, kids in key transitions, and those in remote communities</b></p> <p>Kids will receive the type of specialized service they need and it will be culturally appropriate</p>			
INDICATORS	<ul style="list-style-type: none"> <li>• Reduced child and youth suicides/suicide attempts</li> <li>• Educational progress (EQAO)</li> <li>• Fewer school suspensions and/or expulsions</li> <li>• <b>Higher graduation rates</b></li> <li>• More professionals trained to identify kids' mental health needs</li> <li>• Higher parent satisfaction in services received</li> <li>• Decrease in severity of mental health issues through treatment</li> <li>• Decrease in inpatient admission rates for child and youth mental health</li> <li>• <b>Fewer hospital (ER) admissions and readmissions for child and youth mental health</b></li> <li>• <b>Reduced Wait Times</b></li> </ul>					
INITIATIVES	<p>Improve public access to service information</p>	<p>Pilot Family Support Navigator model Y1 pilot</p>	<p>Implement <i>Working Together for Kids' Mental Health</i></p>	<p>Implement standardized tools for outcomes and needs assessment</p>	<p>Enhance and expand Telepsychiatry model and services</p>	<p>Provide support at key transition points</p>
	<p>Funding to increase supply of child and youth mental health professionals</p>	<p>Increase Youth Mental Health Court Workers</p>	<p>Amend education curriculum to cover mental health promotion and address stigma</p>	<p>Develop K-12 resource guide for educators</p>	<p>Hire new Aboriginal workers Implement Aboriginal Mental Health Worker Training Program</p>	<p>Improve service coordination for high needs kids, youth and families</p>
	<p>Reduce wait times for service, revise service contracting, standards, and reporting</p>	<p>Outcomes, indicators and development of scorecard</p>	<p>Implement school mental health ASSIST program and mental health literacy provincially</p>	<p>Provide designated mental health workers in schools</p>	<p>Expand inpatient/outpatient services for child and youth eating disorders</p>	<p>Hire Nurse Practitioners for eating disorders program</p>
			<p>Implement Mental Health Leaders in selected School Boards</p>	<p>Provide nurses in schools to support mental health services</p>	<p>Create 16-18 service collaboratives</p>	<p>Strategy Evaluation</p>

## Provide Fast Access to High Quality Service

### Description:

- Put in place supports to help families find information and access services more easily while at the same time, providing more high quality services and reducing wait times.

### Activities:

#### MCYS (Lead Ministry):

- Improve public access to information by implementing a web portal, directory, and telephone support service to help kids and families find the right kind of service
- Provide direct support to families to navigate the system, starting with pilots in four selected communities
- Provide resources to hire more workers in community-based child and youth mental health agencies through a targeted funding increase so that services will be available to respond more rapidly to the needs of more kids – the increase will be targeted to those agencies that present the best opportunities for increasing quality services
- Provide resources to hire more youth mental health court workers to divert youth from the justice system to appropriate community-based services
- Develop and implement an integrated wait-time strategy to make sure kids are waiting for the right type of service; enhance quality by training workers on the use of best practices, including use of short-term brief therapies
- Build foundations for long-term transformation of the service system through incenting agency consolidation and efficiencies, introduction of standards, performance measures and enhanced accountability

#### MOHLTC (Lead Ministry):

- Develop a suite of outcomes and indicators that can be reported upon (e.g., a scorecard) and explore the alignment of outcomes and indicators across child and youth mental health, education, and health sectors.

## Identify and Intervene in Kids' Mental Health Issues Early

### Description:

- Provide key professionals in community-based mental health agencies, health providers, and schools with tools to identify children and youth with mental health issues earlier, help them find the right services and work together more effectively.

### Activities:

#### MCYS (Lead Ministry):

- Implement *Working Together for Kids' Mental Health* provincially, so that key adults in schools and in agencies will use effective tools for early identification and work collaboratively to meet the needs of kids and families
- Implement standardized tools to support intake and triage functions in community-based agencies as well as track and monitor outcomes
- Allocate resources for hiring designated mental health workers to provide services to students attending schools to address mental health needs, including needs at transition points such as elementary to secondary and to prevent youth suicide

#### EDU (Lead Ministry):

- Amend the education curriculum to promote healthy development and mental health
- Develop a K-12 Resource Guide/Website which will provide teachers with information on the early signs of mental health issues, and preventative actions they can take
- Implement a school mental health ASSIST program to help schools establish appropriate school-based delivery of mental health programs and services
- Hire Mental Health Leaders in the 15 highest needs school boards, and provide support for mental health literacy training for all educators in the province

#### MOHLTC (Lead Ministry):

- Place 144 nurses with mental health expertise through Community Care Access Centres to provide direct services in schools to children and youth with mental health issues

## Close Critical Service Gaps

### Description:

- Close critical service gaps for vulnerable kids and those in remote communities and increase the availability of culturally appropriate and specialized services and develop specialized training for Aboriginal mental health workers to address issues such as child and youth suicide and to support families.

### Activities:

#### MCYS (Lead Ministry):

- Enhance and expand child and youth Telepsychiatry services to more rural, remote areas and under-served communities through expansion of technology, linkages with telemedicine, and increasing the number of service access sites
- Providing workers to streamline and coordinate the service experience and assist with navigation across services/systems for children and youth with complex mental health needs
- Provide resources to hire new Aboriginal mental health and addiction workers in high risk Aboriginal communities and develop/implement an Aboriginal Mental Health Worker Training Program to increase the supply

#### TCU (Lead Ministry):

- Provide services to youth at the significant transition point from secondary to post-secondary school education settings

#### MOHLTC (Lead Ministry):

- Create 16 Service Collaboratives to support coordinated services for children, youth and adults, including a focus on transitions from in-patient to out-patient settings; between health and justice systems and from child-serving to adult services
- Expand inpatient/outpatient services for eating disorders to meet the needs of more children and youth with complex needs, including hiring of 14 Nurse Practitioners with specialized expertise