

Child & Youth Mental Health & Substance Use (CYMHSU) Community of Practice

Summary Report from 3rd Provincial Gathering: October 19, 2018



Overview

On October 19th, 2018, the CYMHSU Physicians Community of Practice (CoP), now with 160 members, hosted their third provincial gathering at the Pinnacle Harbourfront Hotel in Vancouver.

Objectives

The purpose of the session was to provide physicians with opportunities to:

1. Move from planning to action by endorsing the CYMHSU CoP's strategic plan and to build a strong mandate to move forward with achieving key priorities, including:
 - Working with government ministries in promoting collaborative team-based CYMHSU care,
 - Increasing recognition of the prevalence of childhood trauma among practitioners, and
 - Adopting a trauma-informed approach to care.
2. Expand professional networks of CYMHSU physician champions and leaders to help sustain the work.
3. Learn and share best practices and clinical supports for CYMHSU care for patients, families, communities, and professionals.

Participant Breakdown

62 participants from various disciplines attended the session. We anticipate that the low number of pediatricians in attendance may have been a result of a concurrent B.C. pediatric conference.*

Breakdown by Role	
Family Physician	27
Pediatrician	3*
Psychiatrist	16
Psychologist	2
Doctors of BC/Government	7
Other (Facilitator, Divisions of Family Practice)	4
Compass Program	3
Total	62

Participants came from a variety of regions across British Columbia. Of the 62 participants, 27 had participated in the previous in-person gathering on April 6th, 2018.

Breakdown by Region (Physicians Only)					
Health Authority	Family Physician	Pediatrician	Psychiatrist	Psychologist	Total
Fraser	8	-	2	-	10
Interior	4	1	3	1	9
Northern	2	-	2	-	4
Vancouver Coastal	8	-	4	1	13
Vancouver Island	5	-	2	-	7
Provincial	-	2	3	-	5
Total	27	3	16	2	48

Review of CoP Activities

The day opened with a welcome from the CoP Steering Committee (**Dr Matt Burkey** – Psychiatrist, Williams Lake; **Dr Matt Chow** – Psychiatrist, Vancouver; **Dr Jana Davidson** – Psychiatrist, Vancouver; **Dr Rob Lehman** – GP, Gibsons; **Dr Shirley Sze** – GP, Kamloops) and was accompanied by an overview of the day presented by our facilitator, **Christine Vandebek**.

The three working group chairs then presented a brief [summary of activities](#) since the April in-person CoP Gathering.

CYMHSU CoP Working Groups

Working Group #1	Government Relations	Chair: Dr Matt Chow
Working Group #2	Adverse Childhood Experiences (ACEs)	Chair: Dr Shirley Sze
Working Group #3	Networking	Chair: Dr Matt Burkey

Networking & Team Building

A Networking & Team Building activity asked participants to strategize around what they can achieve through the Community of Practice. The following responses were as a result of the question “By coming together as a CoP we could ...”

- *Continue the advocacy for "Every door is the right door" in being able to connect people with services.*
- *Learn from each other. Help [each other] connect to resources that we don't know exist.*
- *Increase training in trauma.*
- *Shift to family focus... advocate for [the] whole family. We need a team approach in helping considering a wrap-around model, of family choosing their team as they recognize what resources may be available to them and building on strengths within the family.*
- *Assist in transitioning patients with better communication between GP and Specialists.*
- *Support all members of the family unit and recognize intergenerational trauma.*
- *Support each other. Mitigate the burden that falls on our shoulders as individual practitioners.*

2019-2021 CYMHSU CoP Strategic Plan

Our mission	To equip physicians with the tools, skills, and relationships to realize integrated child and youth mental health (CYMH) care across BC		
Our areas of focus	2019	2020	2021
GUIDE health system decision-making towards equitable access to integrated CYMH care	We are uniquely positioned to participate with government and health system partners in addressing CYMHSU needs...		
	<ul style="list-style-type: none"> ○ Build an efficient and effective process for consulting with CoP on behalf of health system partners ○ Map out how specialized care for children and youth with mental health and substance use needs could intersect with the patient's medical home (family practice) 	<ul style="list-style-type: none"> ○ Collaborate with public-facing partner to develop CYMHSU/ACEs awareness and family activation campaign ○ Initiate mentorship connections within CoP between emerging and experienced change leaders 	<ul style="list-style-type: none"> ○ Influence provincial policy to promote commitment to CYMHSU is on par with commitments to equity and continuity of care for child and youth physical care needs.
ADVANCE a new standard of care by enrolling communities in trauma-informed care	...and suggest opportunities for advancing accessible, integrated care throughout the province;		
	<ul style="list-style-type: none"> ○ Partner to embed ACEs in PSP modules for GPs ○ Stimulate commitment of all CoP members to complete ACEs learning 	<ul style="list-style-type: none"> ○ Leverage partnerships to increase clinician uptake of ACEs learning 	<ul style="list-style-type: none"> ○ Advise on models for cross-sector collaborative action
STRENGTHEN our Community of Practice	our impact depends on the breadth and engagement of our Community of Practice.		
	<ul style="list-style-type: none"> ○ Partner with professional associations to expand membership by >50% 	<ul style="list-style-type: none"> ○ Facilitate forum for practice advice from peers throughout year ○ Expand 2019 membership by >25% 	<ul style="list-style-type: none"> ○ Reach 350 members. ○ Key CoP interactions are self-organized by members



OUR VISION
Timely,
seamless
CYMHSU care
across BC

Action Plans

A World Café session was held to review and approve the CoP Strategic Plan and to generate 3 Action Plans to be owned by each of the CoP's established Working Groups. The 2019 goals and suggested solutions for each plan are as follows:

2019 Action Plan Guided by the Government Relations Working Group (Working Group #1)

Goal: Build an efficient and effective process for consulting with the CoP on behalf of health system partners.

Goal: Map out how specialized care for children and youth with mental health and substance use needs could integrate with the patient's medical home (family practice).

- Source a mechanism or list to access a broader range of physicians.
- Explore partnership with Family Smart to establish baseline of CYMHSU needs.
- Proactively develop pulse surveys for CoP members on anticipated policy issues the Ministry will be consulting on. Topic ideas: (1) Risks of marijuana use in youth, (2) Early Psychosis Intervention resources, (3) Identifying enablers and barriers to integrating CYMHSU with PMH, (4) Secure (stabilization) care for youth, (5) Burnout in physicians.
- Establish process and standard timeline to provide feedback with consultation contributors.
- Proactively frame to government some options (co-location of counseling, psychotherapy clinic in PMH, MHSU team as part of PCN) and enablers (Skype, compensation for GPs to connect with specialists on CYMHSU, specialized space for specialists within PMH) for how CYMHSU services can be modernized.

2019 Action Plan Guided by the ACEs Working Group (Working Group #2)

Goal: Stimulate commitment of CoP and community partners to complete ACEs learning.

- Develop plan for ACEs train the trainer model.
- Inventory parenting workshops/courses for parents that CoP members can share with families.
- Develop a trauma-informed 'Trust Building Conversation Starters' crib sheet that CoP members can use with children and youth.
- Develop and execute a plan to promote PSP ACEs modules and GPAC guidelines within our networks.
- Develop a reflective practice exercise that can be used within CoP connections as well as our practices.
- Partner with Divisions of Family Practice with a goal of having 2 physicians participate in ACEs training, identify physician champions.
- Develop and execute a plan to promote cultural sensitivity/safety training through the CoP.
- Assist in raising awareness of ACEs resources to support family and youth in the community.
- Advocate for the development of resources to support family and youth to prevent ACEs.

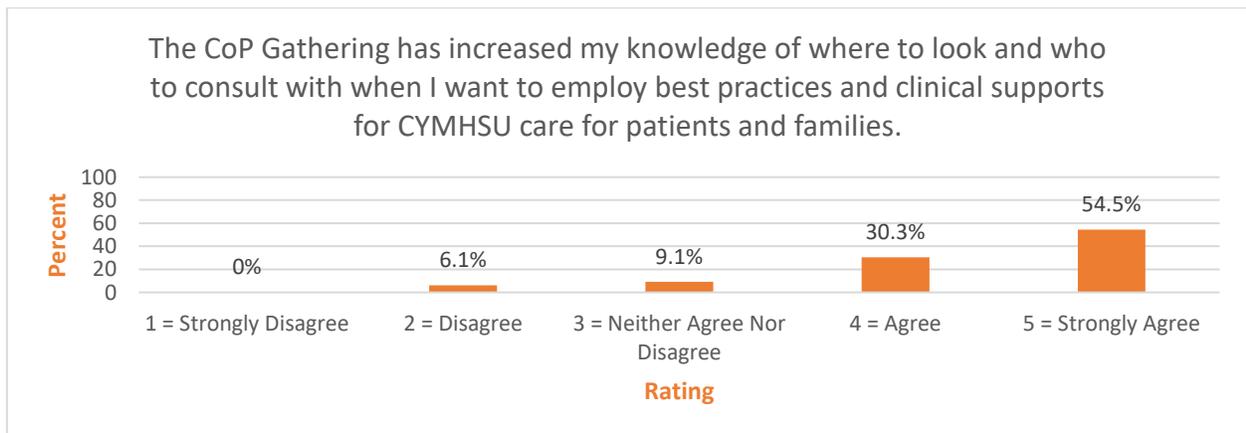
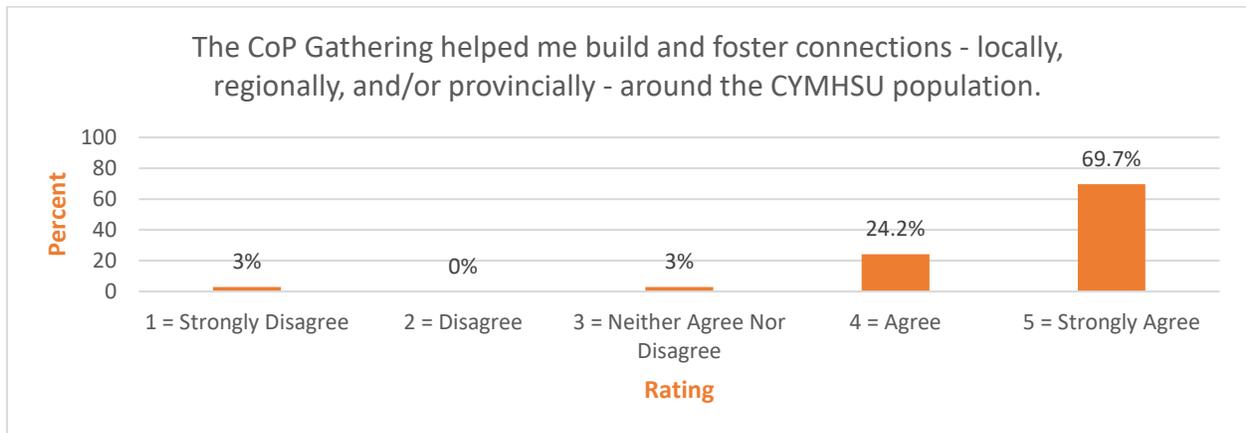
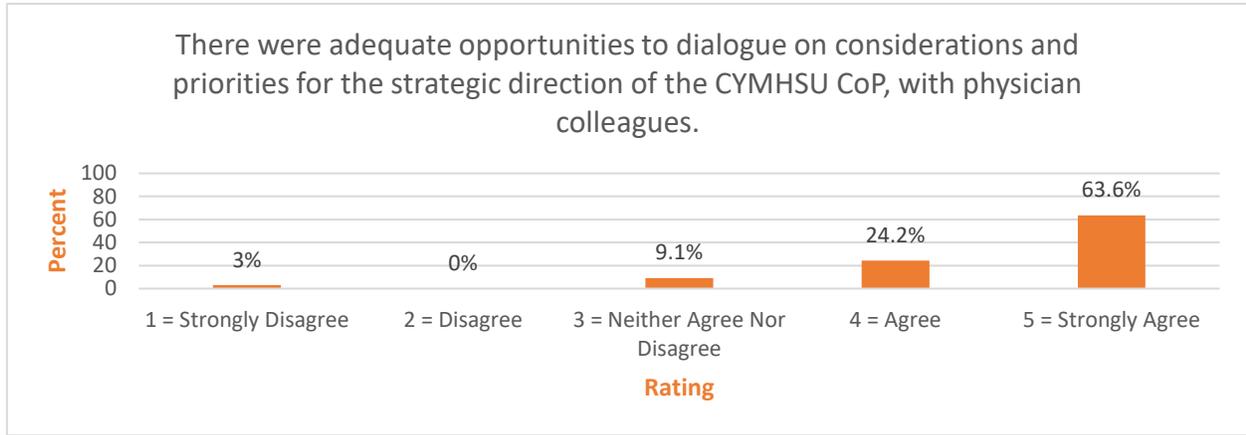
2019 Action Plan Guided by the Networking Working Group (Working Group #3)

Goal: Partner with professional associations to expand memberships by >50%.

- Define our membership philosophy (e.g. physicians only or other HCPs) and clarify "what's in it for me" of CoP.
- Explore feasibility of adding CoP membership to Doctors of BC membership renewal.
- Identify and roll out 5-10 opportunities for meaningful involvement in the CoP's work.
- Create 'content plan' to meet members' needs in fulfilling CoP vision (e.g. webinars, Slack posts/channels, section in Newsletter).
- Develop a plan and pilot regional small groups that build connections between in-person gatherings. Create opportunities for CYMHSU physicians to network with each other throughout the year at local events, conferences, and regional meetings.
- Create "rapid feedback" mechanism to poll members on issues for discussion with Ministry.
- Establish semi-annual membership drive, prioritizing GPs and child psychiatrists, with one-click referral.
- Offer tools and connection forums that support physician wellness.
- Promote PSP modules on building networks to help foster relationships between GPs and specialists at the community level.

Evaluation & Participant Feedback

The post-event evaluation completion rate was 53%, providing a good overview of the successes, challenges, and suggested areas for improvement.



Key Learnings / Emerging Themes / Successes

Despite some challenges with the room and sound during the day, participants indicated that they really valued the opportunity to interact in-person with physician colleagues who are similarly passionate about CYMHSU. Participants also appreciated the opportunity to learn about new and existing tools and resources, to hear updates on the work of the three CoP Working Groups, and to contribute to the development of action plans for the CoP's strategic plan. Some participants wished they had more time for small group discussions, or unstructured networking time. Some also felt the session should last for two days instead of one.

Presentations

Feedback showed that the session on 'Compass' (a BC Children's phone service for providers to access CYMHSU professionals) and the 'New Cannabis Legislation and CYMHSU' presentation were considered particularly beneficial. Anticipating the interest, a new #cannabis channel was created on the CoP's Slack platform to encourage members to share information and evidence-based clinical supports with their colleagues. Participants also commented that there was a good balance between presentations, with valuable information provided, and a good level of participant discussion.

Links to Presentations

[Welcome](#) – Matt Chow

[Strategic Plan](#) – Jana Davidson (lead), Matt Burkey, Matt Chow, Rob Lehman, Shirley Sze

[Slack](#) – Matt Burkey

[Review of Working Group Activities](#) – Matt Chow; Shirley Sze & Jennifer Mervyn; Matt Burkey

[New Cannabis Legislation & CYMHSU](#) – Carol-Ann Saari & David Smith

[Compass](#) – Susan Baer, Matt Burkey, Jennifer Russel

Next steps

Each Working group is developing strategies to ensure successful accomplishment of the goals of their action plans for 2019. The next CoP in-person gathering is tentatively planned for Spring 2019.