

Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative

LS7 Summary Report  #united4CYMH



Learning Session 7 Summary Report

“It was incredibly powerful to see the passion and commitment from so many professionals in one room. I truly believe my community and my agency can do better and WILL DO better in assisting youth with mental health concerns.”

“I feel excited and energized to continue building on the work we are doing, knowing that we are making a difference.”

“I had an amazing experience at the CYMHSU learning session - I learned just how important lasting relationships are for youth in seeking mental health treatment and I am feeling very inspired to implement things I learned.”

For the seventh time in three years, members of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative came together for the purpose common to all learning sessions – to share successes and challenges, and to gather ideas for continued community and system change.

GROWING NUMBER OF PARTICIPANTS

On March 2nd and 3rd, 2016, the Ballroom of the Sheraton Wall Center, bulging to capacity, held 520 participants from every corner of the province. The magnitude of new attendees is important, it indicates that we are continually engaging new stakeholders in this work and bringing in more experiences and expertise moving forward. Eighty-four percent of participants were members of Local Action Teams, now totaling 64 across the Province. Fifty-three percent of attendees reported that Learning Session 7 (LS7) was the first Learning Session they had attended.

The energy of new participants helps us all keep motivated. Figure 1 provides a breakdown of participants, and Figure 2, overall impressions.

FIGURE 1: Geographical Distribution of LS7 Participants

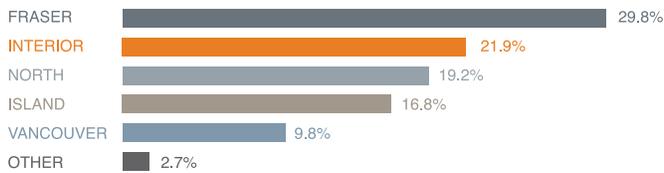
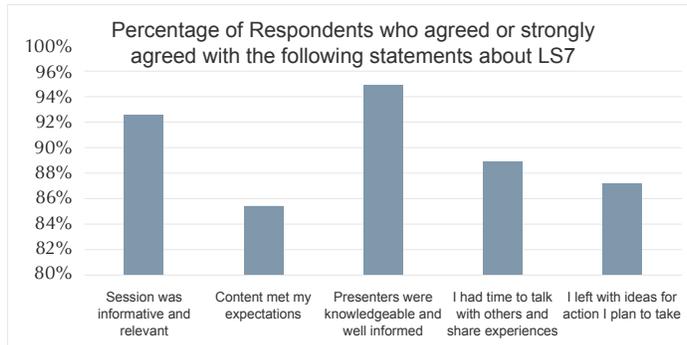


FIGURE 2:



GREETINGS AND WELCOMES

Two events this session helped to inspire and motivate participants for the days ahead and the year to come. First Nations’ welcomes included a heartfelt welcome from Charlotte Mearns, and traditional songs sung by the Nahanee family, who had the room howling like wolves and jumping like frogs. And Dr. Hedy Fry joined us on behalf of Prime Minister Trudeau with a message of support and encouragement, and a commitment to share news of the work of the Collaborative at the Federal level.

What was the most effective part of the learning session for you?

“The youth and the families, they inspire me to not accept the status quo.”

“Powerful reminder from the youth panel on substance use that there are individual stories of struggle, rather than stereotypical narratives that should inform how we understand substance use.”

OUR FOCUS FOR LS7

Unique to Learning Session 7, a ‘Leading Practices Summit’ held on day one featured sessions focusing on areas of practice. These had been identified as important areas by Collaborative participants and expert Faculty. Day two highlighted accomplishments and shared learnings through Storyboard sessions and Bear Den conversations, which also asked attendees to help create actionable steps on how to move key conversations forward to reach our goals.

YOUTH PANEL – “We are more than our substance use”

Eight amazing youth created and delivered one of the most highly rated sessions entitled ‘Youth and Substance Use: For you, by Youth’ where they shared their experiences of substance use and mental health challenges. The courage and leadership they showed was recognized by all, and their moving stories have inspired those listening to drive changes in their communities. Eighty-three percent of participants felt they learned something new through this session, and 84% indicated it helped them identify concrete changes they could try.

YOUTH AND FAMILY PARTICIPATION

Over 70 youth and parents contributed to the event, not only by attending, but by co-emceeding, hosting Bear Dens and Storyboards, and designing and leading breakout sessions and plenaries. Many participants indicated in their evaluations that the youth and family involvement, and voices were a highlight of the session for them.

YOUTH AND FAMILY FEEDBACK

Feedback from youth and families was very positive. They appreciated the many new opportunities to contribute their knowledge, ideas, and leadership, and the effort made to make them feel included and valued. The youth-led plenary on substance use was also the highlight for them.

Youth would like to develop and lead more sessions for future LS, and parents stated they would like the opportunity to share more of their experiences and knowledge gained as reps on their Local Action Teams.

HONOURING AND LEARNING FROM INDIGENOUS CULTURE

We heard feedback from our previous sessions that we needed to pay closer attention to how we were including indigenous culture and their unique contributions to this work; so in this session we included indigenous voices and practices in new and different ways.

In this session, the Indigenous Healing Space provided services to 74 different Collaborative participants, and was mentioned as an important aspect for many. The indigenous welcomes were integral parts of both days, and many Breakouts and Bear Dens featured strategies to engage and support indigenous youth, as well as learn how culture can be a tool in healing.

We will continue to strive to include diverse voices and approaches in the Learning Sessions and deeply appreciate all the contributors to the planning and delivery of the sessions and supports listed above.





TIPPING POINTS REVISITED: Have we moved the needle?

Since LS6, our focus has remained on monitoring our collective progress to reach the Tipping Points needed to indicate a transformed system of care for our children, youth and families. An outline of our progress to date, including work from within and beyond the collaborative was provided to LS7 participants. We know that reaching the tipping points will take a steady focus and commitment from each one of us. As part of this commitment, participants were asked to write out their commitment to change and post it on our commitment wall. There were so many, that it took over an entire section.

Participants were also asked to chart our progress on the Tipping Points to compare to the last session. *A comparison document will be sent to you at a later date.* We will continue to bring back the scales at each Learning Session to monitor our progress over the final year.

STORYBOARD SESSION

At the last LS, you told us you loved the storyboards. The Storyboard session has now been established as a key networking and sharing opportunity for both LATs and working groups. It is also one of the only opportunities we have as a Collaborative to see all the fantastic work taking place across the province all displayed in one room. This time, the session allowed new LATs to learn from the work of more mature teams, while also becoming familiar with the progress of each of the Collaborative's Working Groups.

Over 50 storyboards were presented at LS7. Many thanks to every presenter.

See page 7 for a link to a storyboard brochure outlining the work of each group, along with their contact information.

BEAR DEN CONVERSATIONS

Diversity and discussion build knowledge. This principle was the driving force behind the creation of the Bear Den conversations. **Twenty-two important topics** were identified to discuss in order to ensure success of the final year of the Collaborative. These lively conversations were a favorite of many attendees and have resulted in many recommendations for next steps. These will be shared at a later date.

LESSONS LEARNED AND NEXT STEPS

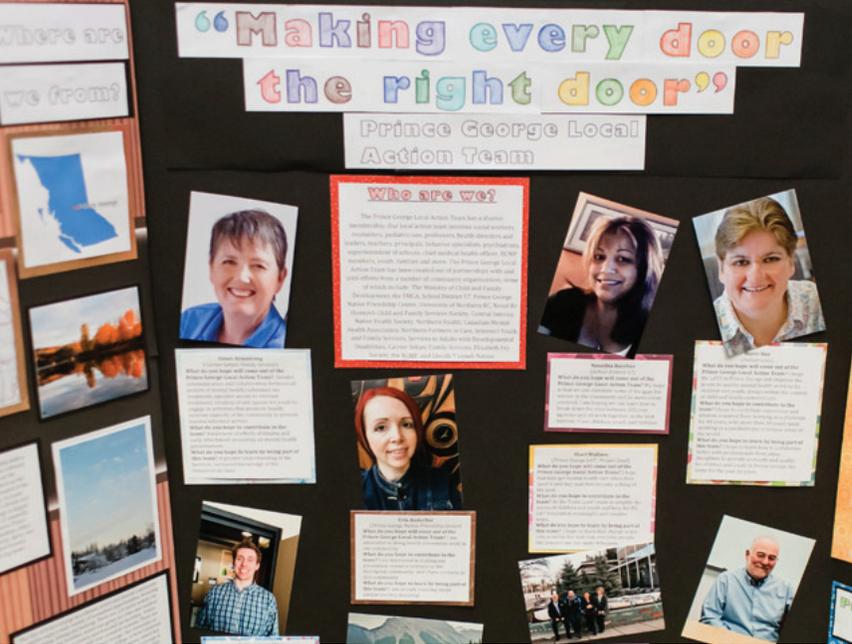
The following learnings will be considered from LS7 evaluations as we start to build Learning Session 8 for the fall.

1. Small group discussions and networking are highly valuable. Maintaining or increasing these sessions is beneficial to all.
2. Sessions led by youth, as well as parents were a highlight for participants and need to be included in future sessions as much as possible.
3. Breakouts and plenaries can feel rushed, look at how we can ensure adequate time is allocated to all sessions.
4. Continue to include and increase the focus on indigenous culture and approaches.
5. Keep on time.

NEXT SESSION

Learning Session 8 is planned for October 5th and 6th at the Sheraton Wall Centre in Vancouver. Registration will open mid-August.

[BOOK YOUR ROOM NOW HERE](#)



Links to additional Learning Session 7 Resources

[Storyboard Program](#)

[Summary of Break-Out Sessions](#)

[List of Bear Den conversation topics](#)

[LS7 Photos](#)