

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

LS8 Summary Report  #united4CYMH



# Learning Session 8 Summary Report

“I think that the more opportunities we have to meet each other regionally, (the more) we will develop and formalize a relationship beyond the funding of the collaborative. Thus, ensuring sustainability.”

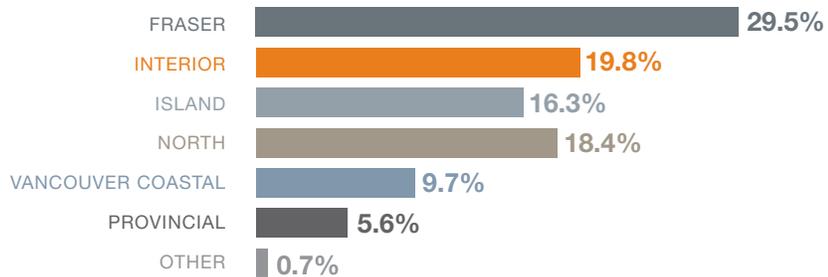
“the Learning Sessions always create more excitement and determination to do the best work possible for our families.”

## OVERVIEW

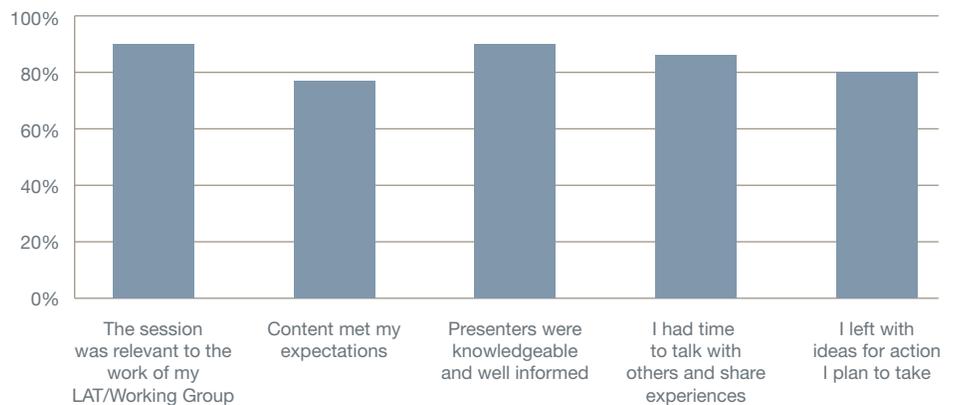
Nearly **600** people from around BC gathered at Learning Session 8 (LS8) of the Child and Youth Mental Health and Substance Use Collaborative on October 5th and 6th, which appropriately took place during Mental Illness Awareness Week. This was the final Learning Session before our Congress in March 2017, and an opportunity to once again share progress and new ideas for transformative change in caring for children, youth and families struggling with mental health and/or substance use issues.

Nearly two thirds (62%) of the attendees had previously attended a Learning Session, and a large number – 87% – were members of Local Action Teams (LATs), committed to making changes in their local communities. The overarching focus of the session was on learning from each other about how to sustain changes over time.

**FIGURE 1: Participant breakdown by region**



**FIGURE 2: Percentage of respondents who agreed or strongly agreed with the following statements about LS8**





## CONTINUING TO LEARN FROM OUR INDIGENOUS FRIENDS, PARTNERS AND COLLEAGUES

We continue to be honoured by the wisdom and guidance of the participants and friends of the Collaborative from diverse Indigenous communities in BC. For LS8 we were fortunate enough to expand our inclusion of Indigenous teachings to enrich the experience for all attendees. This started with the opening prayer by Charlotte Mearns, who so authentically shared her wisdom and encouragement for our work, to the energetic and inspiring performance by the Nahanee family, and the wise words of Dr. Martin Brokenleg sharing the 'Circle of Courage'.

We were again blessed to host a number of healers who provided a welcoming and calming space for participants during the two days. Unique to LS8 was the sharing of cedar in the ballroom and the opportunity for all participants to learn about its special significance and uses for healing.

The results of the conversation at the Indigenous Bear Den sessions, as well as the enthusiastic responses from the participants at LS8, will help to shape how we integrate Indigenous culture into the Congress in March 2017.



# Learning Session **Highlights**

## **WORKING WELL TOGETHER – PARENT AND YOUTH PANEL**

At each Learning Session the youth and parents of the Collaborative, supported by the FORCE, put countless hours and energy into sharing elements of their lived experience to help us improve the system together. LS8 was no exception – the first plenary on Day 1 really set the stage for the rest of our time together.

Together, nine parents and three youth shared what worked for them in their interactions with the system. We heard numerous stories of how caring connections between diverse individuals can positively impact the lives of youth and families. These messages were reiterated throughout the two days in presentations, conversations, and responses in the evaluation form. It was clear, that the messages had a significant impact on many.

Thank you to everyone who was involved in creating this very impactful start of LS8.



## **LS8 PARENT AND YOUTH INVOLVEMENT**

In total, ninety-nine youth and family members contributed to LS8, not only by attending, but by hosting Bear Dens and storyboards, and designing and leading the parent and youth panel. In addition, twenty-two youth members of the Collaborative gathered on Day 2 to provide feedback on what worked well and what could be improved for the Congress. This feedback will be integrated into our planning for March 2017.

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“The 12 Parent/Youth presenters struck me in the heart and was the most important part of the meeting in my opinion.”

“I was honoured to be witness to the family and youth presentations and felt this was the biggest impact of the session. ... I believe it is the driving force behind the ‘why’ we are doing what we’re doing.”

“(The Panel) was one of the most powerful sessions of my career.”

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## BEAR DEN CONVERSATIONS

Diversity and discussions build knowledge. This principle was the driving force behind the expanded Bear Den conversations for LS8. Twenty-eight Bear Dens led by participants in the Collaborative featured a **wide array of topics**. The conversations were energetic and focused, and key takeaways and actions were captured by the end of each session. As expected, many participants wished they could attend more than two and spend more time with presenters.





## STORYBOARD SESSION

As with previous Learning Sessions, the Storyboard Session continued as a key networking and sharing opportunity for LATs and System Working Groups, and one of the only opportunities to see all the fantastic work taking place across the province all displayed in one room. **Over 70 storyboards and resource tables were featured at LS8**, spilling out of the Junior Ballrooms and into the foyer. As with the Bear Den Session, a huge amount of information was presented within a condensed time-frame. This was again a great opportunity for networking and sharing ideas, and for the Congress, we will look at how we can provide more time to highlight the amazing work happening across the province.

Thank you to all who presented for your efforts in sharing your work.

A storyboard brochure outlining the work of each group, along with their contact information can be found on the Shared Care website [here](#).

## DR. MARTIN BROKENLEG

For many attendees Dr. Martin Brokenleg's dinner presentation was the highlight of the Learning Session. On the evening of Day 1, Dr. Brokenleg shared the 'Circle of Courage', and how Aboriginal wisdom on raising children can help to foster strength and resilience in young people. The model of 'Independence, Belonging, Mastery and Generosity' was mentioned by many participants over the session, showing the impact of his words.





## CREATING COMMUNITY PATHWAYS TO CARE

As the Collaborative approaches its final Action Period, we look towards helping communities ensure their work is sustainable over time. Additionally, we want to support conversations around the work that still remains to be done. To this end, we have invited LATs to engage in the creation of pathways to care. The plenary on Day 2 set the stage for how creating pathways to care can clarify roles and guiding principles at community and provincial levels. The plenary highlighted the benefits of collectively identifying core elements of care, with the goal of achieving a consistent community approach for the future.

We look forward to the testing, sharing and learning from each other's experiences in the coming Action Period as more LATs engage in building pathways to care in their own communities.

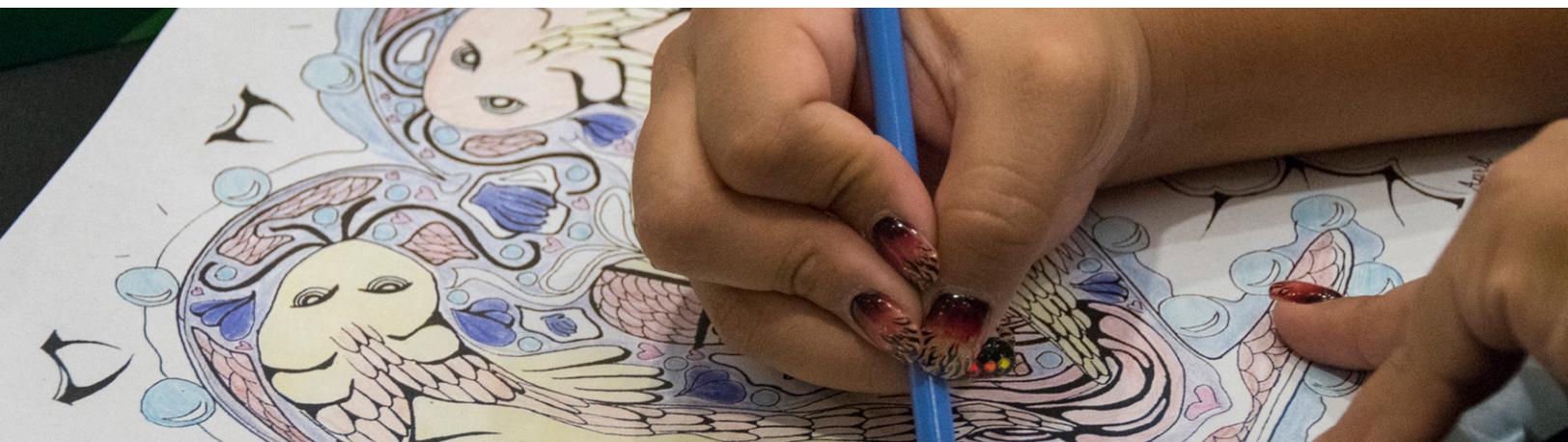
## EVALUATION AND MEASURING OUR IMPACT

Fundamental to our change journey is the ability to gauge our success through a variety of measures. While our journey to measure our impact has not always been a smooth one, the Collaborative has been able to draw on a variety of data sources to assess the impact of current activities of LATs and Working Groups, and also to determine what work still needs to be done.

During this session we heard from two youth from a team of youth researchers supported by the McCreary Centre Society to write a youth-driven report with data from the 2013 Adolescent Health Survey. They highlighted a number of important areas for action.

We also heard from the Collaborative's Evaluation Team, who shared details of themes emerging from the over 300 bi-monthly reports submitted by LATs over the last two years. They shared some of the amazing work taking place across the province, and evidence of our impact to date.

We look forward to being able to support these findings with data from the Ministry of Health on service utilization, and with in-depth case studies produced by the Evaluation Team.





## LESSONS LEARNED

The following feedback and learnings will be considered from LS8 evaluations as we start to plan for the Congress:

1. Bear Den sessions, while engaging and informative, were a bit too large, loud, and short. Breakout style sessions will be considered for the Congress for small group opportunities.
2. Provide opportunities for more youth-driven content and for youth to connect as a group.
3. Continue to expand the role of youth and parents.
4. Provide more time to learn from other LATs and Working Groups.
5. Continue to focus on Indigenous culture and approaches.

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IN THE EVALUATION WE ASKED RESPONDENTS “WHAT IS ONE CHANGE YOU PLAN TO TEST IN THE COMING MONTHS?” BELOW ARE A FEW OF THOSE RESPONSES:

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Too many to list. But definitely getting a Youth Action Team together and trying to create a legacy through them.

To validate the youth’s parents knowledge of their child, and their strength. To understand that who they are in a crisis is not necessarily who they are.

Ways to bring trauma informed practice into our community and schools.

I will make efforts to have some cross-agency training so that we begin to develop more common language.

Pursue greater engagement with our aboriginal community to pursue enhanced Aboriginal CYMH services in our community.

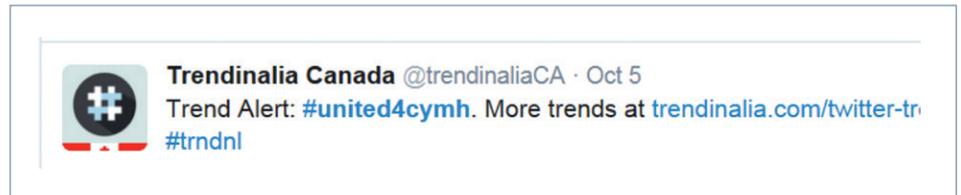
Have a further conversation with emergency department of hospital about how we can partner better together to pave the pathway for community to acute transitions, and acute to community transitions.

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## THANKS FOR SHARING

Thank you once again for sharing your pictures and thoughts of LS8 through the #united4CYMH hashtag on Twitter and other social media. You'll be pleased to know that as a result of your efforts, we trended on Twitter on the first day! We're looking forward to continuing this trend for the Congress in March.



## PICTURES CAPTURING DAY 1 OF LS8

There were some great pictures taken by our professional photographer on Day 1 which we'd like to share with you all. You can take a look and copy pictures at the link, login and password below. Please note that the login and password are case sensitive.

<http://www.robertleon.com/lightbox/>

**Login:** DRs of BC Guest

**Password:** DRs of BC Guest

## NEXT SESSION

**The Congress – the final event of the CYMHSU Collaborative – is planned for March 9th and 10th, 2017 at the Sheraton Wall Centre in Vancouver. A save-the-date has been sent, and registration will open on January 16th, 2017.**