

COVID-19 & CYMHSU Partnership Meeting Summary

Date: Thursday, October 15, 2020

Time: 12:00 – 13:00

Overall Objective:

To enable information sharing for the purpose of identifying emerging and significant gaps and opportunities that require a collaborative approach.

To enable a collaborative approach to ensuring equitable provision of child and youth mental health and substance use services during the COVID-19 pandemic.

Objective of This Meeting:

A meeting to hear updates from various partners on ongoing/new services or resources, have an open discussion around the current and emerging needs for mental health services and supports, and further discuss confusion around public health guidance during the pandemic.

Agenda Overview:

Time	Topic
12:00 – 12:03	Welcome and introductions. <ul style="list-style-type: none">The meeting was opened by Deborah Pawar.
12:03 – 12:05	Roll-call of organizations. <ul style="list-style-type: none"><i>Please refer to the participant list on the last page of the minutes.</i>
12:05 – 12:10	Update: Mental Health in Schools Strategy (Danielle Carter-Sullivan) <ul style="list-style-type: none">Outreach is underway and EDUC is in the process of building out their work plan and looking at best next steps.This will be a system-wide approach and EDUC will link with other groups as they move forward
12:10 – 12:45	Updates from key sectors/organizations: Ministry of Child & Family Development (MCFD) <ul style="list-style-type: none">MCFD has put forward an update to their strategic framework in light of the pandemic to navigate the increased need and demand for mental health and substance use services for children, youth and families. Their work going forward will help to support improved service delivery models, building upon resources, and address the anticipated demand for services.Virtual service delivery for individual and family therapy will continue, as well as in-person. MCFD is recognizing the importance of allowing families to choose what works best for them.Continued support for the Step Up/Step Down initiative within A Pathway to Hope, as well as the Early Years initiative and the Integrated Child Youth Teams Family Support Institute of BC (FSI) <ul style="list-style-type: none">FSI supports families around the province who have a family member with any disability (at any age, including concurrent disorders). The premise is based on a peer to peer support model with currently over 280 volunteer families who connect with other families in their community for support. FSI also conducts workshops and training.COVID-19 has significantly disproportionately impacted families with children with disabilities. Typically, FSI receives 6,500-8,500 support calls every year and after the pandemic started, almost all are now around mental health of parents and children.Since COVID started and school is back in session, the message has been that school is the best place to be for kids. However, that isn't the case with children with disabilities or for families who have children with disabilities.

	<ul style="list-style-type: none"> • Many students with disabilities are still not back in school, or have been sent back home, so many of these families are having job-related issues. Many families are having significant financial issues as well as food security challenges. • Virtual supports aren't as robust for children with disabilities, and assessments cannot be done in the same ways. Waitlists are excessive which are leaving children's needs unmet. • Children with disabilities who have behaviour needs and children with disabilities who have mental health needs have been grouped together and is still happening during the pandemic. • Parental capacity is very limited and they need support groups. Kids need support groups and there aren't enough counsellors in schools. • There is still a sense of fear from families about entering healthcare facilities due to COVID-19. • Additionally, the policy around essential visitors was problematic because many people with disabilities were not allowed to enter hospital with their support person. FSI developed a toolkit to go with the essential visitors policy to help families advocate for taking a support person with them. <p>FamilySmart</p> <ul style="list-style-type: none"> • They have seen a shift in the age of kids coming into the crisis unit in Surrey, and they are seeing much younger children. • How parents are coping is important. FamilySmart is also hearing from all over the province how much parents are scared and anxious. • There are also issues around getting appointments, either virtually or in person. • FamilySmart has moved their services to both virtual and in-person, as well as released three In The Know videos for families. The In the Know videos include perspectives from counsellors as well as parents. They touch on lived experience as well as strategies and tools that families can use <ul style="list-style-type: none"> ○ The September video was on parenting when anxiety shows up as anger ○ October's video will be on parenting when our kids can't go to school ○ November's video will be on social isolation.
12:45 – 12:55	<p>Discussion: Current and emerging needs for mental health services and supports. How are acute and community needs changing as a result of returning to school?</p> <ul style="list-style-type: none"> • The data is showing a current decrease in demand for services but we are anticipating an increase in demand, and the demand is starting to increase for child and youth mental health services now that school is back in session. <ul style="list-style-type: none"> ○ First Call BC is hearing of regression issues for children with major issues. ○ Foundry may also have some good data about what they are seeing. ○ Foundry's virtual services are now at full capacity and they are looking to expand to weekend services as well. ○ CMHA has a nationally representative Wave 2 data set that is currently being analyzed. This data set will be around parenting and caregiving and validates the conversation we have had today. The wave 1 data showed demonstrably who has been affected the most against social determinants of health through the pandemic. • There are likely barriers to accessing these mental health services because waitlists are not increasing. It is possible that some families are in such a high level state of distress that they cannot advocate for services for their kids as well right now. • Some families with disabilities are also paying privately for services if they can because of unmanageable wait times. • Access to secondary and tertiary services and navigating the system is challenging. There's a need for human navigation, and it doesn't work as well online for families that are stressed or with complex needs. • A number of Divisions of Family Practice have submitted applications for a social worker

12:55 – 13:00	Closing and action items.
	Action items: <ul style="list-style-type: none"> ❖ Include discussion on demand and severity presentation data at the next meeting ❖ MCFD to present data on severity presentation at the next meeting ❖ Request Foundry to present data on demand and severity presentation at the next meeting ❖ Krysta to circulate FamilySmart's In the Know Series with the group ❖ Include discussion around public health guidance and differences between guidelines at the next meeting

Resources

To review agendas, minutes, and resources from previous meetings, please visit the [Google Drive Folder](#).

Participant List:

Present (P)	Chair	Organization
P	Deborah Pawar	Ministry of Children & Family Development (MCFD)
Host		
P	Krysta Wallbank	CYMHSU Community of Practice
Invitees		
-	Vanessa Brcic	Basics for Health Society
-	Carolyn Fast	BC Association of Clinical Counsellors
P	Christine Loock	BC Children's Hospital
-	Sonja Sinclair	BC Children's Hospital
P	Susan Baer, MD	BC Children's Hospital
-	Shannon Vogels	BC Children's Hospital, Care Advisory Network
-	Brian Evoy	BC Pediatric Society
-	Alexina Picard	BC Psychological Association
-	Dave MacKenzie	BC School Counsellors Association
P	Jonny Morris	Canadian Mental Health Association
P	Matt Chow, MD	CYMHSU Community of Practice
P	Matt Burkey, MD	CYMHSU Community of Practice
P	Rob Lehman, MD	CYMHSU Community of Practice
P	David Smith, MD	CYMHSU Community of Practice
P	Shirley Sze, MD	CYMHSU Community of Practice
-	Wilma Arruda, MD	CYMHSU Community of Practice / BC Pediatric Society
P	Aven Poynter, MD	CYMHSU Community of Practice / BC Pediatric Society
P	Christie Durnin	FamilySmart
P	Keli Anderson	FamilySmart
P	Adrienne Montani	FirstCall (BC Child and Youth Advocacy Coalition)
	Karla Tait	First Nations Health Authority (Care Advisory Network)
P	Angela Clancy	Family Support Institute of BC
-	Karen Tee	Foundry
P	Geneva Healey	Fraser Health Authority (Care Advisory Network)
P	Sandy daSilva	Interior Health Authority
-	Andrea Antonishen	Interior Health Authority (Care Advisory Network)
-	Andrew Tugwell	Kelty Mental Health
-	Barbara Casey	Ministry of Children & Family Development (MCFD)
P	Danielle Carter-Sullivan	Ministry of Education
-	Katherine Palakovic	Ministry of Health

P	Kenneth Tupper	Ministry of Health
P	Rachel YeungThompson	Ministry of Health
P	Roxanne Blemings	Ministry of Health
-	Miranda Andrews	Ministry of Mental Health & Addictions (MMHA)
-	Jens Jacobsen	Ministry of Mental Health & Addictions (MMHA)
-	Lori MacKenzie	Ministry of Mental Health & Addictions (MMHA)
P	Joanne MacMillan	Ministry of Mental Health & Addictions (MMHA)
-	Nick Grant	Ministry of Mental Health & Addictions (MMHA)
P	Jennifer Begg	Northern Health Authority (Care Advisory Network)
-	Raj Chahal	Parkview Crisis Response Program, Kamloops
-	Sheik Hosenbocus, MD	Parkview Crisis Response Program, Kamloops
P	Anne Merrett-Hiley	Vancouver Coastal Health Authority (CAN)
-	Susan Gmitroski	Vancouver Island Health Authority (CAN)