

# Moving on Mental Health 2014-15: A Fact Sheet for Parents

## What is *Moving on Mental Health* (MOMH)?

- MOMH is a Ministry of Children and Youth Services plan to create a system of mental health services and supports that makes sense for children, youth and families. 2014-15 is the first year of implementation.
- Vanier Children's Services is the lead child and youth mental health agency for London-Middlesex and is responsible for leading and coordinating services.
- Vanier will work with other local mental health agencies to improve the quality and responsiveness of services over time. These core service agencies are:
  - ✓ Anago
  - ✓ Boys and Girls Club of London
  - ✓ Children's Services Coordination Network (CSCN)
  - ✓ Craigwood Youth Services
  - ✓ London Family Court Clinic (LFCC)
  - ✓ Merrymount Children's Services
  - ✓ St. Joseph's Health Care, Parkwood Institute, Mental Health Care, Adolescent Outpatient Services, Emergency Child & Adolescent Psychiatric Assessment Service
  - ✓ St. Leonard's Community Services
  - ✓ Western Area Youth Services (WAYS)
- Parents and youth, along with service providers, have important and needed perspectives to share about their experiences in the system and how it can be improved.

## 2014-15 Key Activities

- Consultation meetings were held with mental health, social service and youth justice service providers, education, police and Children's Aid. Seventy-five people participated and shared their perspective on what is working and what needs to be strengthened or improved.
- There were two focus groups with family members with 17 participants and an on-line survey for families. Thirty-three responses were received. Family members were asked about their experiences with the mental health system, what their priorities for change were and how families can continue to be involved in the future.
- Thirteen youth worked with mental health providers to begin developing ways that youth can inform system change in the year ahead.
- A beginning inventory of available mental health services and supports in London-Middlesex was created ranging from prevention activities to specialized treatment services.

## What Vanier Learned about System Needs

- Access to service is the top priority
  - ✓ Decrease wait times and provide wait list support
  - ✓ Provide clear service criteria
  - ✓ Create a single point access or a coordinated access approach ("no wrong door")
  - ✓ Provide greater access to specialized assessments, flexible appointment times
  - ✓ Ensure equity of access despite ability, culture or geography
- Clear and ongoing communication is needed
- Ministries and sectors, particularly health and education, need to work together and pathways need to be created for smooth transitions to adult mental health services. Parents, in particular, want mental health services in schools and want educators to know how to help.
- Youth shared what questions they want to be asked about their experiences entering, during and leaving care.

### **Core Service Priorities for 2015-16 and Next Steps**

- Vanier and the other core service agencies selected three key priorities for 2015-16 based on the input received:
  - ✓ Rotating Walk-In Clinics in Middlesex County and expansion of “Talk-In” Clinics currently operating in London will improve access to core child and youth mental health services for under serviced groups.
  - ✓ Continued refinement and implementation of the Youth Engagement Strategy will allow youth to meaningfully inform the restructuring process and help agencies to become more “youth-friendly”.
  - ✓ Expanding the Families and Infants Together Program (FIT) and/or the Quick Response Program (QRP) will address the need to defer children and youth from entering the child welfare system and will respond to the call for earlier intervention. This priority is dependent on additional resources being available.
- The group will also establish two working groups to examine
  - ✓ Earlier intervention and the impact of Full Day Learning (FDL) for children with identified mental health and behavioural issues
  - ✓ Transition planning and aftercare support for children and youth leaving any core service agency

### **Vanier’s Commitment**

- We are committed to the children, youth, families and community service providers who will work with us to co-create a transformed system.
- We have listened carefully to you during the engagement process in Year 1 when you shared your interests, ideas and concerns. Your insights are important indicators of how we can move forward.
- We pledge to create opportunities that allow for honest and brave conversations.
- Your desire to make a positive difference will help us shape the road ahead

### **For More Information**

- *Moving on Mental Health*  
<http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/mentalhealth/moving-on-mental-health.aspx>
- Vanier Children’s Services  
[www.vanier.com](http://www.vanier.com)
- HOPE (Helping Other Parents Excel) - a parent-to-parent resource that offers trained mentors, a parent-parent help line, one-one and group support  
<http://www.vanier.com/families.aspx>
- Mental Health 4 Kids – a local web-based information resource  
[www.mentalhealth4kids.ca](http://www.mentalhealth4kids.ca)
- Mind Your Mind – an interactive web-based youth mental health resource  
[www.mindyourmind.ca](http://www.mindyourmind.ca)
- Parent’s for Children’s Mental Health  
[www.pcmh.ca](http://www.pcmh.ca)