

# Ontario's Three Year Child and Youth Mental Health Plan

**Presentation to:**  
**Coalition for Children and Youth Mental Health**  
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Presenters:

- Mary Mannella, Manager, Mental Health Programs Unit, Ministry of Children and Youth
- Sheree Davis, Director, Health System Strategy and Policy, Ministry of Health and Long-Term Care
- Barry Finlay, Director, Special Education Policy and Programs Branch, Ministry of Education

# Ontario's Three Year Child and Youth Mental Health Plan

Purpose of this presentation:

- To provide an overview of the first three years of the comprehensive Mental Health and Addictions Strategy, which focuses on children and youth, including next steps.

## Ontario's Three Year Child and Youth Mental Health Plan

- The 2011-12 Ontario budget announcement included funding for a comprehensive Mental Health and Addictions Strategy, with the first three years focused on children and youth.
- The over-arching principles of the Comprehensive Mental Health and Addictions Strategy for all Ontarians are to:
  1. Improve mental health and well-being for all Ontarians;
  2. Create healthy, resilient, inclusive communities;
  3. Identify mental health and addiction problems early and intervene; and
  4. Provide timely, high quality, integrated, person-directed health and other human services.
- The first three years will focus on children and youth with an investment that by 2013-14 will grow to \$93 million per year.

## Ontario's Three Year Child and Youth Mental Health Plan

- For the first three years, the Ministry of Children and Youth Services (MCYS), and the partner ministries, the Ministry of Health and Long-Term Care (MOHLTC), the Ministry of Training, Colleges, and Universities (TCU) and the Ministry of Education (EDU) will be working together with their sectors and communities to support children and youth who have mental health challenges to reach their potential and thrive.
- These Child and Youth Mental Health investments are part of the government's commitment to:
  - The Poverty Reduction Strategy;
  - Improving Student Achievement;
  - Wait Times and Family Health Care; and
  - Stimulating and Growing the Economy – getting all Ontarians to their best.

## *A Shared Responsibility*

- In 2006, MCYS released *A Shared Responsibility, Ontario's Policy Framework for Child and Youth Mental Health* (Policy Framework). Its four goals are:
  1. A child and youth mental health sector that is coordinated, collaborative and integrated at all community and government levels, creating a culture of shared responsibility;
  2. Children, youth and their families/caregivers have access to a flexible continuum of timely and appropriate services and supports within their own cultural, environmental and community context;
  3. Optimal mental health and well-being of children and youth is promoted through an enhanced understanding of, and ability to respond to, child and youth mental health needs through the provision of effective services and supports; and
  4. A child and youth mental health sector that is accountable and well-managed.
- Following release of the Policy Framework, MCYS and funded child and youth mental health (CYMH) services completed a 'mapping' exercise that took a "point in time" snapshot of CYMH services in Ontario for the 2007-08 fiscal year.
- Mapping showed that there is still much more to do to build a system in which services are more responsive, integrated, accountable and focused on what Ontarians need when they need it.

# Our priorities for the next three years

## Fast Access to High Quality Services

- Build capacity in the community-based sector
- Reduce wait times
- Meet community needs
- Link education, child and youth mental health, youth justice, health care, and the community

## Identify and Intervene Early

- Provide tools and support to those in contact with children and youth so they can identify mental health issues sooner
- Provide resources for effective responses to mental health issues
- Build mental health literacy and local leadership

## Close Critical Service Gaps

- Increase availability of culturally appropriate services and serve more children and youth
  - in Aboriginal, remote and underserved communities
  - With complex mental health needs
  - At the key transition point from secondary to post-secondary education

## Support System Change

- Support development of an effective and accountable service system for all Ontarians
- Build on efforts that promote evidence-informed practice, collaboration, and efficiencies
- Develop standards and tools to better measure outcomes for children and youth

# OVERVIEW OF THE THREE YEAR PLAN

## Starting with Child and Youth Mental Health

### Our Vision:

An Ontario in which children and youth mental health is recognized as a key determinant of overall health and well-being, and where children and youth reach their full potential.

THEMES	<p>Provide fast access to high quality service</p> <p>Kids and families will know where to go to get what they need and services will be available to respond in a timely way.</p>	<p>Identify and intervene in kids' mental health needs early</p> <p>Professionals in community-based child and youth mental health agencies and teachers will learn how to identify and respond to the mental health needs of kids.</p>	<p>Close critical service gaps for vulnerable kids, kids in key transitions, and those in remote communities</p> <p>Kids will receive the type of specialized service they need and it will be culturally appropriate</p>			
INDICATORS	<ul style="list-style-type: none"> <li>• Reduced child and youth suicides/suicide attempts</li> <li>• Educational progress (EQAO)</li> <li>• Fewer school suspensions and/or expulsions</li> <li>• <b>Higher graduation rates</b></li> <li>• More professionals trained to identify kids' mental health needs</li> <li>• Higher parent satisfaction in services received</li> <li>• Decrease in severity of mental health issues through treatment</li> <li>• Decrease in inpatient admission rates for child and youth mental health</li> <li>• <b>Fewer hospital (ER) admissions and readmissions for child and youth mental health</b></li> <li>• <b>Reduced Wait Times</b></li> </ul>					
INITIATIVES	<p>Improve public access to service information</p>	<p>Pilot Family Support Navigator model Y1 pilot</p>	<p>Implement <i>Working Together for Kids' Mental Health</i></p>	<p>Implement standardized tools for outcomes and needs assessment</p>	<p>Enhance and expand Telepsychiatry model and services</p>	<p>Provide support at key transition points</p>
<p>Funding to increase supply of child and youth mental health professionals</p>	<p>Increase Youth Mental Health Court Workers</p>	<p>Amend education curriculum to cover mental health promotion and address stigma</p>	<p>Develop K-12 resource guide for educators</p>	<p>Hire new Aboriginal workers Implement Aboriginal Mental Health Worker Training Program</p>	<p>Improve service coordination for high needs kids, youth and families</p>	
<p>Reduce wait times for service, revise service contracting, standards, and reporting</p>	<p>Outcomes, indicators and development of scorecard</p>	<p>Implement school mental health ASSIST program and mental health literacy provincially</p>	<p>Provide designated mental health workers in schools</p>	<p>Expand inpatient/outpatient services for child and youth eating disorders</p>	<p>Hire Nurse Practitioners for eating disorders program</p>	
		<p>Implement Mental Health Leaders in selected School Boards</p>	<p>Provide nurses in schools to support mental health services</p>	<p>Create 18 service collaboratives</p>	<p>Plan/Evaluation</p>	

## Next Steps

- New supports and services will be on the ground starting summer and fall of 2011. Not all the initiatives will be implemented at the same time, and details of how investments will impact specific communities will be provided as soon as they are confirmed.
- The first initiatives to be launched will be the targeted increase/new mental health workers, mental health workers for students and expansion of the Youth Mental Health Court Worker program.
- As the Plan unfolds, a range of organizations will be involved and impacted, and more information will be available to you in the coming months, especially in regards to individual agencies and communities.
- We will continue to work with you and with our partners across sectors to implement the initiatives within the Plan.