



Hamilton

# INFORMATION REPORT

<b>TO:</b>	Mayor and Members Board of Health
<b>COMMITTEE DATE:</b>	May 15, 2017
<b>SUBJECT/REPORT NO:</b>	Mental Health System Transformation and Child and Adolescent Services Overview (BOH17016) (City Wide)
<b>WARD(S) AFFECTED:</b>	City Wide
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## Information

The purpose of this report is to provide Board of Health with an overview of services delivered by Child and Adolescent Services (C&AS) within the context of mental health transformation. Known as “Moving on Mental Health”, this initiative will transform mental health service delivery to children, youth and their families within the City of Hamilton and across the province.

## Background

Within Public Health Services (PHS), C&AS programs fall within the Moving on Mental Health Initiative. C&AS is an outpatient children’s mental health service which serves Hamilton children and youth from birth to 18 years of age with emotional and/or

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*OUR Mission: To provide high quality cost conscious public services that contribute to a healthy, safe and prosperous community, in a sustainable manner.*

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behavioural problems, and their families. C&AS programs are 100% funded by the Ministry of Child and Youth Services (MCYS).

In 2011, Ontario launched the Comprehensive Mental Health and Addictions Strategy, focusing on children and youth (aged 0-18) first. “Moving on Mental Health” is a MCYS initiated plan to transform the experiences of children, youth and families dealing with mental health issues, and to strengthen the community-based system for delivering mental health services to them.

In 2013, MCYS released the Draft Service Framework, outlining for the first time, core services and key processes for community-based child and youth mental health services. MCYS funded services went through a process of mapping of existing programs to the core services and key processes.

In 2014, MCYS began the process of designating lead agencies in each community service area. Lead agencies were charged with the task of ensuring core, community-based child and youth mental health services are available in their service area and collaborating with other community partners to ensure alignment of core services within the broader community. In Hamilton, Lynwood Charlton Centre (LCC) was designated as the lead agency for Hamilton service area.

In 2015, MCYS released a document that outlined the minimum expectations of service providers regarding the delivery of services. LCC began to facilitate a process to engage stakeholders in the development of the Core Service Delivery and Community Mental Health Plan in Hamilton. Within Hamilton, 13 MCYS Core Service Providers were identified. C&AS has been identified as one of the Core Service Providers within the Hamilton service area.

In 2016, six local priority areas were identified to improve the model of community based service delivery in the Hamilton service area. These priorities address gaps in the service system, identify areas needing coordination and highlight processes that will strengthen the system overall. They include improving and coordinating: youth and family engagement; data and information; access; school based services; infant mental health and residential services.

MCYS is currently in the process of developing a funding formula for this community based system of delivery of mental health services. It is expected that a formula will be announced sometime in 2017 and will impact on the 2018-2019 fiscal budget year. Additionally, MCYS continues to focus on refining the role of the lead agency. For example, the development of concrete timelines for system re-alignment to a newly developed community based system for delivery of mental health services; defining

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leadership responsibilities and developing accountabilities through a performance management system. Locally, LCC will continue to work collaboratively with key stakeholders on the implementation of the objectives of “Moving on Mental Health” and identified local priorities.

While the objectives for system transformation have been clearly delineated, the exact impact on children’s mental health service delivery to the residents of the City of Hamilton remains unknown. This includes the services provided by City of Hamilton, PHS, C&AS Program.

### **Child and Adolescent Services**

C&AS is committed to sensational children’s mental health service delivery throughout the transformation period and beyond. Despite increasing costs with no concomitant increase to base budget, we strive to find unique and innovative ways to ensure that Hamilton continues to be the “best place to raise a child and age successfully”.

C&AS services are delivered through a variety of programs to children, youth and their families/caregivers. For example, clinical services are delivered through a variety of programs ranging from individual psychotherapy to family oriented interventions and may include group or workshop formats. The Quick Access clinic acts as a front door to most services while providing timely and effective therapeutic interventions. On average 800 clients and their families access this service annually, with approximately 90% needing further and more intensive C&AS therapeutic services. More intensive services may take the form of formal assessment to better comprehend the wide ranging challenges facing a particular family or face-to-face counselling to better know the resiliencies possessed by the child. Specialized services are provided when dealing with children and families that have experienced significant and complex trauma for various reasons including: sexualized behavior between siblings; anti-social behaviors in the community such as fire-setting; involvement with the Courts and difficulties living in family settings. These are often better understood and guided by the specialized psychological assessments that are conducted in-house. All services offered are strength-based with a focus on the family system. C&AS clinicians have expertise and services are offered through the following program areas:

**Brief Services:** These services are offered to clients who need time-limited, goal oriented interventions that are client centered. Generally, they are offered in one to three sessions with those needing more than this intervention referred on to further services within the clinic.

**Complex Trauma Services:** These services are offered to clients who have experienced significant and multiple traumas. The focus is on repair, helping children and families to move forward and to develop healthy attachment relationships across their lives.

**Forensic Services:** These services are offered to clients who are primarily involved with the legal system (offenders) or to those who have been offended against. They include: High Risk Youth Justice Program; Young Offenders Services; Adolescents Who Sexually Offend; Sibling Incest and Child Sexualized Behaviour and Fire Risk Assessment and Treatment Service. Psychological assessment services are available to support clients in the agency where clarity is needed for treatment purposes.

Overall, we provide a range of services appropriate to the specific needs of the individual client and their family. We employ a Results Based Accountability framework to maintain accountability to MCYS and to ensure that programs are achieving intended impacts. We monitor the quantity of service by tracking the number of clients served as well as the number of interactions, comparing them to provincially set targets. We monitor the quality of our services through client satisfaction surveys (completed bi-annually) and client testimony. We employ standardized measures to monitor the impact of our services. For instance we use the Child and Adolescent Functional Assessment Scale to track improvement over the course of treatment. To date, we continue to reach provincial targets serving approximately 1020 new clients each year which translates to 18,875 hours of face to face services and a cumulative total of 153,150 days spent in service at C&AS. Clients report that services delivered are effective, helpful and for some, life changing.

### **Future Considerations**

Lynwood Charlton Centre, as the designated lead agency for Mental Health transformation in the Hamilton service area, has a responsibility to facilitate ongoing processes; engage various stakeholders; develop iterative versions of the Core Service Delivery and Community Mental Health Plan in Hamilton. These plans provide an inventory of child and youth mental health services, and identify priority areas to continue to strengthen services on an annual basis. The aim is to create a community based system that: improves access to high quality mental health and addictions services; strengthens worker capacity, creates a responsive and integrated system and builds awareness and capacity about mental health issues within the Hamilton service area. As MCYS continues to develop a new funding formula there is a potential for a re-distribution of funds across the province. The re-distribution of funds has the potential to impact services provided through PHS by C&AS.

Going forward, C&AS is committed to keeping Board of Health informed about children's mental health service delivery changes to their residents in a timely manner. The manager and staff will work collaboratively with the lead agency toward ensuring that the Hamilton service delivery area meets the mandates of system transformation. We will continue to find innovative ways to deliver our services in a cost-conscious and efficient manner. In short, we will ensure that the mental health needs of the young residents of Hamilton remain our priority against the backdrop of system change and transformation.

**Appendices and Schedules Attached**

No Applicable