



**CITY OF HAMILTON**  
**PUBLIC HEALTH SERVICES**  
**Healthy Families Division**

<b>TO:</b>	Mayor and Members Board of Health
<b>COMMITTEE DATE:</b>	September 21, 2020
<b>SUBJECT/REPORT NO:</b>	Child & Adolescent Services Budget 2020-2021 (BOH20018) (City Wide)
<b>WARD(S) AFFECTED:</b>	City Wide
<b>PREPARED BY:</b>	Lynn Foye (905) 546-2424 Ext. 3697
<b>SUBMITTED BY:</b>	Jennifer Vickers-Manzin, CNO Director, Healthy Families Division Public Health Services
<b>SIGNATURE:</b>	

**RECOMMENDATION**

That the Child & Adolescent Services budget be approved, and the Medical Officer of Health be authorized and directed to receive, utilize, report and execute all service agreements and contracts required to give effect to the 2020-2021 Ministry of Health funded Child & Adolescent Services program, in a form satisfactory to the City Solicitor.

**EXECUTIVE SUMMARY**

Child & Adolescent Services (C&AS) provides outpatient children's mental health services. Effective April 1, 2019 financial and program oversight for C&AS moved from the Ministry of Children, Community and Social Services (MCCSS) to the Ministry of Health (MOH). As part of the ongoing transition of services from MCCSS to MOH, budget submissions for the 2020-2021 year are assumed to reflect 2019-2020 and expected to move forward as an amendment to our current contract.

C&AS serves Hamilton children, youth and families from birth to 18 years of age presenting with mental health concerns including social, emotional and/or behavioural problems. Services are community based and delivered by a multidisciplinary team comprised of registered social workers, psychotherapists, family therapists, an occupational therapist and a psychological associate.

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OUR Vision: To be the best place to raise a child and age successfully.

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

OUR Culture: Collective Ownership, Steadfast Integrity, Courageous Change, Sensational Service, Engaged Empowered Employees.

The need for timely and responsive mental health treatment for children, youth and families has been well documented and outlined through the Provincial strategy titled Roadmap to Wellness: A Plan to build Ontario’s Mental Health and Addictions System. The current context of COVID-19 has resulted in increased need for mental health supports and has made system wide challenges with access and wait times even more visible. Our Quick Access Service model was modified to a virtual walk-in pilot to further improve access to mental health services in the context of COVID-19 and to inform future system planning through and beyond recovery. Through this pilot, clients seeking mental health services can register for brief, single session services on-line and are not required to complete a lengthy intake assessment prior to attending a virtual therapy session with a clinical therapist. We anticipate this pilot will assist us in mitigating operational and system pressures by streamlining administrative process for referrals while also mitigating long wait times for mental health services for children, youth and families.

Maintaining staffing levels will help to slow the further erosion of mental health services for children, youth and families and ensure that timely and responsive mental health services are available to those who need them most. Further, maintaining staffing levels will allow C&AS to continue to support collective efforts to address the documented negative health impacts of COVID-19 for children, youth and families now and through the recovery phase.

**Alternatives for Consideration – Not Applicable**

**FINANCIAL – STAFFING – LEGAL IMPLICATIONS**

Financial: The 2020-2021 budget allocation will require no FTE change.

<b>Ministry of Health (MOH) Funding</b>						
	<b>2018-2019</b>		<b>2019-2020</b>		<b>2020-2021</b>	
	<b>Annual Budget</b>	<b>FTE</b>	<b>Annual Budget</b>	<b>FTE</b>	<b>Annual Budget</b>	<b>FTE</b>
C&AS Children and Youth Mental Health Services	\$2,190,518	17.56	\$2,190,518	17.39	\$2,190,518	17.39

Staffing: Staffing levels and permanent 17.39 staff FTE will be managed within the fiscal year.

Legal: The C&AS 2020-2021 budget submission will be submitted as an amendment to our current contract and/or in accordance with defined Ministry of Health contract requirements.

## **HISTORICAL BACKGROUND**

To stay within budget cap over the past four years C&AS has made the following FTE changes:

- (2016-2017) A 0.60 FTE receptionist and 0.24 FTE clinical therapist reduction (BOH16025);
- (2017-2018) A 0.22 FTE clinical therapist reduction (BOH17014);
- (2018-2019) A five percent base funding increase enabled the program to maintain clinical therapist FTE and increase 0.46 FTE clinical therapist (BOH18024); and,
- (2019-2020) A decrease of 0.17 clinical therapist FTE (BOH19036).

Though clear details are not yet known, mental health transformation in the child and youth section will be further impacted by recent Government initiatives including the development of Ontario Health Teams, the development of the Centre of Excellence for Mental Health and Addictions and the overarching Provincial strategy for mental health and addictions. Further, it is recognized that the negative mental health impacts of COVID-19 may result in a surge need for mental health supports, particularly for children, youth and families and over an extended period of time.

## **POLICY IMPLICATIONS AND LEGISLATED REQUIREMENTS**

Provincially funded child and youth mental health services are provided to children and youth under 18 years of age under the authority of the *Child, Youth and Family Services Act (CYFSA)*. Services and supports that address a range of social, emotional, behavioural, psychological and/or psychiatric problems are provided to children and youth who are at risk of, or who have developed, mental health problems, illnesses or disorders.

## **RELEVANT CONSULTATION**

Finance and Administration has been consulted regarding the preparation of the budget. The report was reviewed by the Business Administrator and by the Manager, Finance and Administration, who provided review of financial figures.

## **ANALYSIS AND RATIONALE FOR RECOMMENDATION**

Each year C&AS provides high quality, evidence-based mental health treatment services to approximately 700 new children, youth and their families in addition to those

carried in from the previous year. Many of these clients are vulnerable children or youth dealing with serious emotional and/or behavioural problems as well as complex social problems such as the lack of sufficient housing and the experience of homelessness and poverty.

Mental health issues are a significant concern for children and youth in Hamilton. Increasing rates of hospital emergency room visits for self-harm have been well documented at both the provincial and local level. The services provided by C&AS are highly valued by families and can vastly improve the life trajectory of those served and help to turn the curve on mental health and well-being of children and youth in our community.

The number of families C&AS services each year is variable and dependent on several factors such as: the number of families referred; the length of time each family requires services; staffing levels and the length of wait for services. Continuous quality improvement (CQI) efforts enable us to achieve small gains to maintain service levels. For example, in 2019 we implemented a walk-in intervention model which resulted in high client satisfaction and positive outcomes for clients. In addition, immediate access to a clinical therapist and shorter service duration resulted in decreased wait times for clients in need of longer-term intervention.

Our Quick Access Service model quickly pivoted in the context of the COVID-19 pandemic to provide timely access to virtual therapy and resulted in improved access to mental health services for 60 unique children, youth and families to date. We anticipate this pilot will further assist us in mitigating operational and system pressure by streamlining administrative process for referrals while also mitigating long wait times for mental health services for children, youth and families.

We will monitor impact of this budget allocation on service delivery with a focused priority to mitigate potential negative impact to children and youth and staff.

## **ALTERNATIVES FOR CONSIDERATION**

Not Applicable.

## **ALIGNMENT TO THE 2016 – 2025 STRATEGIC PLAN**

### **Healthy and Safe Communities**

Hamilton is a safe and supportive City where people are active, healthy, and have a high quality of life.

## **APPENDICES AND SCHEDULES ATTACHED**

Appendix “A” to BOH20018: Letter from Ministry of Health dated March 27 2020