



PROGRAM AND REGISTRATION

2017 CMHO CONFERENCE

November 13 & 14, 2017 Hilton Toronto

**BOLD IDEAS: Exploring Research,
Elevating Practice, Influencing Policy**

#CMHO2017 www.cmho.org

Bold Ideas: delivering more effective child & youth mental health services

Children's Mental Health Ontario's 2017 conference welcomes more than 700 delegates who share a passion for delivering high quality, coordinated services to children, youth and families across Ontario.

We look forward to showcasing bold ideas and approaches to child and youth mental health care. Individuals from across healthcare are sharing their successful initiatives in order to scale and spread great work. With a goal of ensuring better outcomes for children, youth and families, our conference convenes children's mental health service providers and cross-sectoral partners, including those from hospitals, primary care, education, child welfare, youth justice and adult mental health.

This year's conference brings together Bold Ideas in many forms: from researchers who will share cutting-edge discoveries to inform practice to expert clinicians spearheading bold new methods – there are many valuable lessons to be learned from our colleagues.

Our keynote speakers include:

- **Dr. Joshua Tepper**, President and CEO at Health Quality Ontario. Always dynamic and engaging, Dr. Tepper is recognized internationally for his work to improve the quality of health care systems.
- **Dr. Charlotte Waddell**, Child and Adolescent Psychiatrist and Professor at Simon Fraser University. Dr. Waddell is Director of BC's Child Health Policy Centre where she draws on research to inform and advocate for policy change in support of children's mental health.
- **Dr. Jean Clinton**, Clinical Professor at McMaster University. A renowned advocate for children's issues, Dr. Clinton specializes in brain development and will deliver an engaging talk about the development of the teenage brain.
- **Dr. Marla Sokolowski**, University Professor at the University of Toronto. Dr. Sokolowski is an evolutionary biologist whose trailblazing research on genes and their interaction with the environment has made her an international authority on behavioural genetics.

Out of the 100+ high quality workshop submissions, clinicians and sector leaders came together to evaluate and select the workshops that best fit this year's theme. Some key workshops include:

- KidsCantWait – CMHO's Political Action Strategy
- Beyond Collaboration - Consortiums and Mergers as New Models to Achieve Higher Impact and Coherence in Human Services
- Intensive Family Services – Working Towards Empowering Parents to Reclaim Their Families
- Innovative and Adaptive Leadership Strategies to Manage Competing Ministry Directives and Continuous Funding Constraints

CMHO is proud to bring innovative leaders, researchers and clinicians together as we build a high quality child & youth mental health system.

We hope you will join us!



 **Kimberly Moran**
President & CEO
Children's Mental Health Ontario

Idées audacieuses : une prestation plus efficace des services de santé mentale pour les enfants et les jeunes

La conférence de 2017 de Santé mentale pour enfants Ontario accueille plus de 700 délégués qui ont une passion commune pour la prestation de services coordonnés et de haute qualité aux enfants, aux jeunes et aux familles de l'Ontario.

Nous anticipons avec joie la présentation d'idées et d'approches audacieuses pour les soins de santé mentale destinés aux enfants et aux jeunes. Des personnes provenant de tous les niveaux de soins de santé partageront leurs initiatives réussies, afin d'étaler et de propager de bonnes pratiques. Ayant pour but d'assurer de meilleurs résultats pour les enfants, les jeunes et les familles, notre conférence réunit des fournisseurs de services de santé mentale pour enfants et des partenaires intersectoriels, y compris ceux des hôpitaux, des soins primaires, de l'éducation, du bien-être de l'enfance, de la justice pour les jeunes et de la santé mentale chez les adultes.

La conférence de cette année réunit des idées audacieuses sous de nombreuses formes : depuis des chercheurs qui partageront des découvertes de pointe pour informer la pratique jusqu'aux cliniciens experts qui dirigent de nouvelles méthodes audacieuses – il existe de nombreuses leçons précieuses à tirer de nos collègues.

Nos conférencières et conférenciers principaux sont notamment :

- **le docteur Joshua Tepper**, président et directeur général de Qualité des services de santé Ontario. Toujours dynamique et captivant, le docteur Tepper est reconnu à l'échelle mondiale pour ses efforts à améliorer la qualité des systèmes de soins de santé;
- **la docteure Charlotte Waddell**, psychiatre pour enfants et adolescents et professeure à l'Université Simon Fraser. La docteure Waddell est directrice du Child Health Policy Centre en Colombie-Britannique, où elle s'appuie sur des recherches pour éclairer et militer en faveur de changements dans les politiques à l'appui de la santé mentale des enfants;
- **la docteure Jean Clinton**, professeure clinique à l'Université McMaster. Reconnue pour défendre sans relâche les causes pour enfants, la docteure Clinton est spécialiste du développement du cerveau et prononcera une allocution captivante sur le développement du cerveau adolescent;
- **la docteure Marla Sokolowski**, professeure à l'université de Toronto. La docteure Sokolowski est biologiste évolutionnaire dont les recherches innovatrices sur les gènes et leurs interactions avec l'environnement ont fait d'elle une autorité mondiale en matière de génétique du comportement.

Des plus de 100 soumissions d'ateliers de qualité supérieure, les cliniciens et les chefs de file du secteur se sont réunis pour évaluer et choisir des ateliers qui conviennent le mieux au thème de cette année. Voici donc certains des ateliers clés de la conférence :

- Les enfants d'abord – la stratégie d'action politique de SMEO
- Au-delà de la collaboration – consortiums et fusions en tant que nouveaux modèles pour assurer un impact supérieur et une meilleure cohérence dans le domaine des services à la personne
- Services intensifs à la famille – Travailler à donner aux parents les moyens de retrouver leur famille
- Stratégies de leadership innovatrices et d'adaptation pour gérer les directives ministérielles en concurrence et les contraintes budgétaires toujours présentes

SMEO est fier de réunir des chefs de file, des chercheurs et des cliniciens pour l'aider dans ses efforts à créer un système de santé mentale pour les enfants et les jeunes de qualité supérieure.

Nous espérons que vous serez des nôtres!



 **Kimberly Moran**
Présidente et directrice générale
Santé mentale pour enfants Ontario

Conference Location

Hilton Toronto

145 Richmond Street West, Toronto, Ontario M5H 2L2

TEL: +1-416-869-3456 FAX: +1-416-869-3187

Located in the heart of Toronto, the Hilton Toronto is steps from all of the attractions Toronto has to offer including the CN Tower, Royal Ontario Museum, Rogers Centre and Air Canada Centre. Hotel amenities include a fully equipped fitness centre, indoor and outdoor pool, sauna and 24hr in room dining.

Directions and Transportation

Pearson International Airport (YYV)

Distance from hotel: 26 KM

Drive time: 40 minutes

Driving: From Airport take Highway 427 south. Exit QEW east. Follow QEW east leading onto the Gardiner Expressway. Take the Spadina Avenue exit and merge onto Lake Shore Blvd West. Turn left onto lower Simcoe Street. Turn right onto Front Street West. Sharp left onto University Avenue and the Hilton Toronto will be on your left.



Union Pearson Express (UP Express): UP Express trains depart every 15 minutes and the journey takes just 25 minutes. First train departs Pearson Station at 05:27 and last train at 00:57. The UP Pearson Station is located right beside the blue Link Train at Terminal 1, connecting travellers to Terminal 3. For more information, visit www.upexpress.com

TTC: The nearest TTC subway stop is Osgoode Station

Accommodation

A limited number of rooms are being held at the Hilton Toronto Hotel for delegates attending the CMHO 2017 Conference. The special conference rate is **\$209.00** plus applicable taxes, per night, for a standard room. This rate is available on a first-come, first-served basis until **October 13th, 2017**. Delegates must make their own reservations by calling the hotel at 1-800-HILTONS or by clicking here: <https://aws.passkey.com/go/CMHO17>. Remember to identify yourself as a Children's Mental Health Ontario delegate in order to receive the special rate.

Registration Fees

If paying by **credit card**, please register [online](#).

If paying by **cheque**, please address the cheque to e=mc2 events and mail to:
e=mc2 events
Suite 620, 1207 11 Ave SW
Calgary, AB
T3C 0M5

		On or before October 27 th 2017	October 28 th 2017, onwards
Full Conference (Monday & Tuesday)	<i>Member</i>	475	540
One Day (Monday or Tuesday)	<i>Member</i>	355	415
Full Conference (Monday & Tuesday)	<i>Non-Member</i>	625	680
One Day (Monday or Tuesday)	<i>Non-Member</i>	470	510
Pre-Conference with Registration		50	
Pre-Conference only		75	

Full Conference Registration Fees Include:

- 5 Keynote Presentations
- 2 continental breakfasts and 2 lunches
- More than 40 educational workshops
- Elizabeth Manson Awards for Community Service in Children's Mental Health

One day Registration Fees Include:

- Breakfast, lunch and sessions on the day of registration

Membership Status

If you do not know what your membership status is, please contact Cindy Prins at cprins@cmho.org before completing your registration.

Cancellation Policy

Requests for refunds must be received in writing by October 31, 2017. All cancellations are subject to a \$50.00 administration fee. Substitutions are accepted. Refund cheques will be issued after the conference.

For assistance with your online registration please contact:

E=mc2 Events at conference@emc2events.com or (647) 350-3137

Program at a Glance

Sunday, November 12, 2017

1:00 pm – 5:00 pm	Pre-Conference Session: Developing Effective Governance Capacity CMHO and the Ontario Centre of Excellence for Child and Youth Mental Health are teaming up to bring you this engaging pre-conference session on governance. This session is designed for Boards of Directors and Executive Directors of CMHO member agencies who wish to improve their understanding of effective governance by identifying tools and practices needed to govern effectively as the sector transforms. Subject areas covered are Risk Management, Environmental Scanning, Health Equity Impact Assessment Tools, and Quality Management for Boards.
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Monday, November 13, 2017

9:00 am – 9:10 am	Opening Remarks
9:10 am – 9:25 am	Youth Action Committee
9:25 am – 9:35 am	Keynote Presentation Speaker TBD
9:35 am – 10:15 am	Keynote Presentation Better Quality Care: Let's be Bold! <i>Dr. Joshua Tepper, President and Chief Executive Officer of Health Quality Ontario</i>
10:15 am – 10:30 pm	Break
10:30 am – 12:00 pm	Workshops MA1 Influencing Public Policy: Election 2018 – CMHO Members Only – Part 1 of two part session (Part 2: TA1) MA2 The Intersection of FASD and Infant Mental Health: Applying a Trauma-Informed Lens for Children in the Child Welfare System MA3 Management and Organizational Leadership in Cultivating Sustainable Youth Engagement MA4 Peer-on-Peer Violence: Increasing Understanding to Enhance Intervention MA5 Digital Strategy to Support Clinical Practice Excellence MA6 Implementation of a Clinical Navigation: Holding and Supporting Families Through Their Service Journeys MA7 STEP in the right direction: Support, treatment and education for preschoolers residing in a women's shelter MA8 Implementation and Measurement of Mental Health in Schools from an Educator's Lens
12:00 pm – 1:00 pm	Lunch
1:00 pm – 2:00 pm	Keynote Presentation Early Intervention: Exploring a Bold New Idea <i>Dr. Charlotte Waddell, Children's Mental Health Policy: For the One and the Many</i>

2:00 pm – 3:30 pm	Workshops
	MP1 Beyond Collaboration – Consortiums and Mergers are New Models to Achieve Higher Impact and Coherence in Human Services (Part 1) – Part 1 of two part session (Part 2: MP9)
	MP2 The Profound Impact of Trauma and Early Childhood Experiences on Developmental Outcomes in the Young Parent and Child Dyad
	MP3 Mapping Community Infant and Early Mental Health Services in Ontario
	MP4 Beyond List-Giving: Exploring the Need for Youth and Family Mental Health and Addiction Navigation Services in Ontario and How it Can be Done
	MP5 The Road Ahead: Developing an Ideal Future State of Youth Mental Health and Addictions
	MP6 Factors that Best Identify Risk to Re-Engage in Aggressive Behaviours and the Best Support Treatment Interventions
	MP7 Surveillance Indicator Frameworks: Looking at Positive Mental Health and Suicide
	MP8 Enhancing Autistic Students' Mental Health and Independence Through Life Skills Programming
3:30 pm – 3:45 pm	Break
3:45 pm – 5:15 pm	Workshops
	MP9 Beyond Collaboration – Consortiums and Mergers are New Models to Achieve Higher Impact and Coherence in Human Services (Part II) – Part 2 of two part session (Part 1: MP1)
	MP10 Intensive Family Services: Working Towards Empowering Parents to Reclaim Their Families
	MP11 Innovative and Adaptive Leadership Strategies to Manage Competing Ministry Directives and Continuous Funding Constraints
	MP12 A Multidisciplinary Approach to Embedding the Science of Infant and Early Mental Health
	MP13 Not a Unicorn: Bold and Innovative Programming for LGBTQ+ Children, Youth and their Families
	MP14 Helping Kids Manage Stress: One School Board's Experience in Building Resiliency Across a School District
	MP15 Let Our Voices Be Heard- New Path Evaluation Findings
	MP16 Aboriginal Children's Health and Well-Being Measure: Innovative Practices for Individualized Clinical Assessments and Intervention, Locally-Based Community Research and Evidence-Based Community Programming, and Opportunities for Influencing Policy

Tuesday, November 14, 2017

8:00 am – 8:55 am	Children's Mental Health Ontario Annual General Meeting
9:00 am – 9:03 am	Opening
9:03 am – 9:13 am	Youth Presentation – The New Mentality
9:13 am – 9:20 am	Keynote Presentation Speaker TBD
9:20 am – 10:20 am	Keynote Presentation Cutting Edge Research to Elevate your Practice Dr. Marla B. Sokolowski – Gene-Environment Interplay: Biological Embedding of Experience Dr. Jean M. Clinton – The Teenage Brain Under Construction
10:20 am – 10:30 am	Break

Tuesday, November 14, 2017 *Continued*

10:30 am – 12:00 pm	Workshops TA1 Engaging the Public, Engaging Government: Execution of an Integrated GR and PR Campaign – “Kids Can’t Wait” – CMHO Members Only – Part 2 of two part session (Part 1: MA1) TA2 Helping the Baby Walk-in: Including Infant and Caregiver Mental Health in our Walk-in settings TA3 Research Methods Designed for Residential Treatment Contexts: Ethnographic Elements of Mixed Method Approaches TA4 Work Load Overload: The development and implementation of a Work Load Review Process that mitigates risks using collaborative resolutions TA5 Supporting children and youth with developmental trauma: assessing commonly presenting symptoms and identifying optimal interventions TA6 The Dragon’s Den Challenge: Demonstrating the Effectiveness of Youth Treatment TA7 Equipping parents to support youth who self-injure: Essentials and recommendations TA8 Promoting Mental Health and Well-Being in Schools: Elevating Practice and Influencing Policy Through Research
12:00 pm – 1:00 pm	Lunch
1:00 pm – 1:45 pm	Keynote Presentation Elevating Clinical Practice: Challenging the Status Quo Todd Leader – It’s Not About Us
1:45 pm – 3:15 pm	Workshops TP1 Introducing the Scoring Tool for Assessing Residential Treatment (START): Measuring Critical Success Factors in Mental Health Residential Treatment for Children and Youth TP2 How to Let Go in Order to Move Forward: Following the Patient to Cultivate Breakthrough Thinking in your Organization TP3 By Youth, For Youth: Principles, Tools, and Strategies for Engaging Young People TP4 Primary Care and Mental Health and Addictions in Ontario TP5 Adolescent Distress and Safety – A New Approach TP6 Innovative Ways of Supporting Young Victims of Human Trafficking TP7 Implementing the Choice and Partnership Approach: How an Innovative Service Delivery Model is Transforming the Delivery of Child and Youth Mental Health Care in Ottawa
3:15 pm – 3:30 pm	Break
3:30 pm – 5:00 pm	Workshops TP9 Transforming our System of Care: The Here 24/7 Experience TP10 Understanding Employee Mental Health at Work and Helpful Leadership Behaviour TP11 A clinical research project evaluating a newly structured, 4-session treatment intervention for anxiety through a multi-site clinical trial (4 CMHO agencies collaborate) TP12 Striving for Clinical Excellence: The Use of Data in Supervision TP13 Addressing Infant and Early Childhood Mental Health (IECMH) Through Collective Impact in Ottawa TP14 Co-designing prototypes for improving transitions from youth to adult mental health services in Ontario: Integrating Implementation Science with Experience-Based Co-Design Methods TP15 Transformation through Standardization and Collaboration: A model for Continuous Quality Improvement of Services TP16 Pourquoi pas? French language child and youth mental health services in Ontario

Keynote Information



Dr. Joshua Tepper MD, MPH, MBA

President and Chief Executive Officer of Health Quality Ontario

Dr. Tepper is a family physician and the President and Chief Executive Officer of Health Quality Ontario (HQO). An arm's length agency of the provincial government, HQO works in partnership with Ontario's health care system to support a better experience of care and better outcomes for Ontarians. Prior to HQO, Dr. Tepper was the inaugural Vice President of Education at Sunnybrook Health Sciences Centre. As Vice President, he was responsible for Sunnybrook's educational strategy and programming for learners, physicians and staff, patients and their families and the community.

Prior to joining Sunnybrook, Dr. Tepper was Ontario's first Assistant Deputy Minister (ADM) in the Health Human Resources Strategy Division of the Ministry of Health and Long-Term Care. As the ADM, he led the HealthForceOntario health human resources strategy to ensure that Ontarians have access to the right number and mix of qualified health care providers, now and in the future.

In addition to his involvement in health policy and research at the provincial level, Dr. Tepper has also been active on a national scale as the senior medical officer for Health Canada, an adjunct scientist at the Institute for Clinical Evaluative Sciences (ICES), and a research consultant for the Canadian Institute of Health Information (CIHI). He has received several provincial and national awards for his leadership in these positions.

Dr. Tepper has always remained in active practice serving marginalized populations and taking on clinical leadership roles. Previously, he served as the Medical Director for the Inner City Health Associates, President of the Inner City Family Health Team and as Vice-President of the Society of Rural Physicians. Currently, Dr. Tepper practices in the St. Michael's Hospital Family Health Team and in the Emergency Department at North York General Hospital.

Dr. Tepper holds a degree in Public Policy from Duke University, a medical degree from McMaster University, a Master of Public Health from Harvard, and his executive Master of Business Administration at the Richard Ivey School of Business. He completed residency at the University of Toronto.

**Dr. Charlotte Waddell**

Canada Research Chair in Children's Health Policy, Professor, Faculty of Health Sciences at Simon Fraser University and Director of the Children's Health Policy Centre

Charlotte is a child and adolescent psychiatrist with longstanding interests in health policy and population and public health. She holds the Canada Research Chair in Children's Health Policy and is Professor in the Faculty of Health Sciences at Simon Fraser University (SFU), where she is also Director of the Children's Health Policy Centre. After her basic training at UBC, Charlotte worked with First Nations communities across BC before going on to complete her MD followed by residencies and research training at McMaster University. She held faculty appointments at McMaster and UBC before joining

SFU in 2006. Charlotte's research focuses on improving social and emotional wellbeing for all children, and on the public policies needed to reach this goal. With academic and policy partners, she co-leads the BC Health Connections Project – a randomized controlled trial assessing the effectiveness of the Nurse-Family Partnership program, which aims to improve child mental health and developmental outcomes starting very early in the lifespan. She also leads the Children's Mental Health Research Quarterly project – an ongoing series of systematic reviews on effective prevention and treatment interventions for children, aimed at informing policy and practice. In addition to her research, Charlotte teaches at SFU and consults with policymakers at the regional, provincial and federal levels. She also continues to work as a psychiatrist with disadvantaged children and youth – who inspire and inform every aspect of her research and teaching.

**Dr. Marla B. Sokolowski^{PhD, FRSC}**

University Professor

Dr. Marla Sokolowski is a University Professor in the Department of Ecology and Evolutionary Biology at the University of Toronto. Her research is esteemed worldwide as a clear, integrative mechanistic paragon of the manner in which genes interact with the environment to impact behaviour. She trail-blazed the development of a branch of Behaviour Genetics that addresses the genetic and molecular bases of natural individual differences in behaviour and is best known for her discovery of the foraging gene. She has over 140 publications, given 250 invited lectures and multiple international distinguished visiting professorships. She was awarded a Fellow of the Royal Society

of Canada (RSC) in 1998 for her pioneering work in the field of Behavioural Genetics and held a Tier 1 Canada Research Chair in Genetics and Behavioural Neurology from 2001-2015.

Dr. Sokolowski's awards include: the Genetics Society of Canada's Award of Excellence (2007), University Professorship (2010), Senior Fellow of the Canadian Institute for Advanced Research (CIFAR) and the Queen Elizabeth II Diamond Jubilee Medal both in 2013 and the Distinguished Investigator Award from the International Behaviour and Neurogenetics Society (2014). She directed the Life Sciences Division of the Academy of Sciences of the RSC from 2009-2012 and she currently co-directs the Child and Brain Development Programme of CFAR where she is the Weston Fellow.



Jean M Clinton^{BMus MD FRCP(C)}

Clinical Professor McMaster University, Department of Psychiatry and Behavioural Neurosciences

Dr. Jean Clinton is a Clinical Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University (division of Child Psychiatry). She is on staff at McMaster Children's Hospital with cross appointments in Pediatrics and Family Medicine, and an Associate in the Department of Child Psychiatry, University of Toronto and Sick Children's Hospital. She is also a senior scientist at the INCH (INFant Child Health) Lab at McMaster University. In addition she is a Fellow of the Child Trauma Academy.

She has been a consultant to children and youth mental health programs, child welfare, and primary care for almost 30 years. Dr Clinton was recently appointed as an education advisor to the Premier of Ontario and the Minister of Education.

Dr. Clinton is renowned locally, provincially, nationally, and more recently internationally as an advocate for children's issues. Her special interest lies in brain development, and the crucial role relationships and connectedness play therein. Jean champions the development of a national, comprehensive child well-being strategy including a system of early learning and care for all young children and their families. She is equally committed to ensuring that children's and youths' needs and voices are heard and respected.



Todd Leader

Registered Psychology and Social Worker, Professor in the Faculty of Science at St. Mary's University

Todd Leader is a Registered Psychologist, a Registered Social Worker and a professor in the Faculty of Science at St. Mary's University. He was appointed by the Nova Scotia Minister of Health and Wellness to the Ministerial Advisory Panel on Innovation in Mental Health and Addictions. He has been the President of the Public Health Association of Nova Scotia, and a member of the Board of Directors of the Canadian Public Health Association. He is also the President of the Association of Psychologists of Nova Scotia, and the Vice President of the Nova Scotia College of Social Workers.

For the last 27 years Todd has been an advocate for client-centered health services and evidence-based healthy public policy in mental health, addictions, and primary health care. Most recently Todd has written a book called "It's Not About Us; The Secret to Transforming the Mental Health and Addiction System in Canada". He currently works as a consultant and speaker helping to lead client-centered system improvements.

Todd has earned two international best practise awards for his work in health services, a leadership award for excellence in women's health, and the Overall Excellence in Teaching Award from Saint Mary's University Student Association.

Pre-Conference Session: Developing Effective Governance Capacity

Developing effective governance capacity is a key priority for child and youth mental health agencies, particularly during a time of sector transformation. CMHO members and community sector leaders are working on interesting board governance capacity-building projects and will share advice from their work, along with practical tips and tools, to build and strengthen the skills of board members and community agencies.

Keynote Address: *How Boards in the Child and Youth Sector Can Cultivate Learning Through Strategy*

- How is transformation reshaping our field and our organizations?
- How can we instill trust in our stakeholders and keep their best interests at the forefront?
- How can we ensure our organizations are ready to meet future challenges and opportunities?

Learn how the most effective boards use the strategic planning process as an opportunity for continuous learning, rather than an exercise in process planning. Speaker TBD.

Participants will have the opportunity to participate in select workshop sessions:

Legal Overview for Board Members

An overview for new board members, or a refresher for longer-term members, this workshop will present legal liabilities and responsibilities related to due diligence for all Board Members in the context of system transformation.

Risk Management

Develop your Board's appetite for risk by discussing the upsides and downsides of calculated risk. Consider the nature of risks currently facing organizations, including brand and reputation risk, innovation risk, strategy and business model risk and more. Learn how your board can identify and monitor the most significant risks facing your organization.

Environmental Scanning to Inform Board Planning

An environmental scan is systematic process to gather information about current issues and emerging trends. Scan content is frequently collected and organized using a STEEP lens (Social, Technological, Economic, Environmental and Political). Learn how boards can use environmental scanning to monitor issues and prepare for challenges ahead.

Health Equity Impact Assessment Tools

As more organizations move towards ensuring that they are reflective of the communities that they serve, Boards are reflecting on their own equity assessments. This session will examine how boards can look at their own processes for equity bias and develop strategies to address them.

BREAK

Generative Governance

Adopting a generative governance model can help your board navigate complex issues in fast-moving times. This workshop will provide insight into how generative governance can help your board to build resiliency in periods of uncertainty.

Boards as Advocates

Demystify the public policy process with this Advocacy 101 workshop. Learn about how public policy is developed and the key rituals of government that provide opportunities for influence. Learn how to develop a board of strategic influencers and boards can best position themselves to participate in the political process.

Applying Business Model Thinking

A business model is the rationale of how an organization creates, delivers and captures value. Business model stewardship is an important expression of fiduciary responsibility and oversight for association and non-profit boards. Learn how to apply business model thinking to critical conversations and decisions to ensure your agency is primed for success.

Quality Management for Boards

Boards are responsible for providing service quality oversight, however, many board members do not know how to do this at a strategic level, without getting into operational management. This workshop will explore how boards can develop an oversight framework to oversee and manage quality within their organization.

Detailed Workshop Information

Monday, November 13, 2017 | 10:30 am – 12:00 pm

MA1 Influencing Public Policy: Election 2018 – CMHO Members Only – Part 1 of two part session (TA1)

As Ontario heads into an election year, opportunity to embed an issue into the political and platform development process has presented itself. It is critical that ED's and Board Members attend this session to build alignment, provide advice and develop network strategies to ensure that children's mental health is a key election issue.

StrategyCorp, Canada's leading government relations and advocacy, communications and management consulting firm, has worked closely with CMHO leadership and its members to develop an integrated GR/PR strategy to draw much needed attention to the lack of resources to deliver community based mental health services to children and youth in Ontario. The strategy focuses on a direct ask to government, to step up by investing in child and youth mental health. The strategy uses an integrated GR/PR approach to directly appeal to all political parties to act.

Come learn about how to influence this process by hearing directly from John Duffy, a founder of StrategyCorp and one of North America's leading public affairs expert, on how to build and execute a successful GR campaign and what success looks like in an election year.

MA2 The Intersection of FASD and Infant Mental Health: Applying a Trauma-Informed Lens for Children in the Child Welfare System

Mary Motz, Clinical Psychologist, Early Intervention Department, Mothercraft
Margaret Leslie, Director, Child and Family Services, Mothercraft

Children with prenatal alcohol exposure (PAE) experience high rates of child welfare placement, often because of co-existing factors which compromise parenting capacity, and pose risks to the health and development of children. These children are exposed to multiple risk factors both prenatally, and in the postnatal environment.

These risk factors place children with PAE at risk for health and neurodevelopmental problems (including FASD), for disorders of regulation and attachment, and for child maltreatment resulting in trauma. When the conditions that co-exist with prenatal alcohol use persist in the postnatal environment, the risk to children increases and becomes cumulative. Trauma is transmitted across generations through the parenting relationship. Prenatal alcohol exposure represents both a constitutional impact on the child, and a potential continuing disturbance in the caregiving context. This is where infant mental health intersects with FASD and where the application of a trauma lens helps guide our responses to families.

Participants will learn about the delivery of infant mental health services using a trauma-informed lens to a vulnerable family including a young child with FASD, and will have an opportunity to develop the ability to recognize the intersecting factors related to infant mental health and FASD.

MA3 Management and Organizational Leadership in Cultivating Sustainable Youth Engagement

Caralyn Quan, Senior Program Manager, The New Mentality
Mary-Anne Leahy, Network Coordinator, The New Mentality

Over the past decade youth engagement in the children's mental health sector has grown from a concept and small pilot project to a well-established practice that is known to play a key role in organizations and communities. Up to this point

in the evolution of the practice, much of the focus has been on building foundations and principles targeted toward adult allies delivering the frontline engagement work. As capacity across the sector has grown in these foundational elements, our knowledge base has also been growing around another key component of delivering successful and sustainable youth engagement: the role of management and organizational leadership in youth engagement.

This workshop will explore the role management and organizational leadership plays in designing, delivering, and managing sustainable youth engagement programming in children's mental health centres. We will draw upon the knowledge of experienced managers and directors that support youth engagement programming in their agencies. In a panel discussion, we will hear about each panellist's experiences and roles in supporting youth engagement, and identify some of the key components of sustainable youth engagement, including: partnership development, funding, resourcing staff time, sustaining youth participation, supporting adult allies.

MA4 Peer-on-Peer Violence: Increasing Understanding to Enhance Intervention

Glenys Currie, Director of Quality and Risk Management, Banyan Community Services
Patrick McCowell, Director of Residential Services, Banyan Community Services

In order to ensure that residential treatment environments are kept safe for all clients, agencies must commit to understanding the root causes of peer-on-peer violence in order to work to reduce their occurrence.

This practical workshop will explore how research on peer-on-peer aggression provides information on both the incidence and factors that inhibit or enable aggressive behavior. Participants will gain a better understanding of the prevalence of peer-on-peer violence in youth residential custody and detention centers and will learn about findings gained from Banyan's analysis of incidence of peer-on-peer violence.

Presenters will engage the audience to describe how they completed a root cause analysis and profile of risk factors to elevate practice through the introduction of an evidence-based risk management system that reduces risks for peer aggression identified in the historical trend analysis and profiling. Participants will learn how a Risk Management Alert System can be developed, using available evidence, to improve quality of care of young people within residential treatment programs.

MA5 Digital Strategy to Support Clinical Practice Excellence

Karim Ramji, Chief Information Officer, Kinark Child and Family Services
Laurel Johnson, Clinical Director of Community Mental Health, Kinark Child and Family Services

To thrive in a digital age, children's mental health agencies must embrace to the new digital landscape. Digital healthcare solutions can improve client care by making it more accessible, efficient, convenient, accurate, consistent, engaging, safe and effective. With this in mind, presenters will describe how Kinark is using an innovative digital process to transform the clinical landscape and improve service delivery and client outcomes.

Clinicians will gain insight into the ways that digital tools can be used to enhance their practice. There will be an opportunity to share how data is being harnessed within their own agencies and to learn new ways that data can be used effectively to drive continuous improvement.

MA6 Implementation of a Clinical Navigation: Holding and Supporting Families Through Their Service Journeys

Stacey MacNeil, Clinical Manager – Community Clinical, Blue Hills Child and Family Centre

Simone Schindler, Clinical Supervisor – Community Clinical, Blue Hills Child and Family Centre

Being able to effectively navigate the system is critical for families who have moderate to severe mental health concerns, to ensure that the services they access are useful and responsive to their needs in a timely manner. The Clinical Navigation program is one component of a large-scale service redesign that took place over the course of a year at Blue Hills Child and Family Centre, that aims to support families in this process.

This workshop will explore the factors that led to all staff at the agency being engaged in visioning exercises, research reviews, connections with other agencies sharing similar struggles, and the transformational journey away from ongoing counselling as the “golden nugget” of service, towards a family-centered practice recognizing that children, youth and families cannot sit on waitlists for several months and longer, but, must be supported in meaningful ways when they reach out for support.

Participants will hear from a front-line staff who helped shape the program and who delivers the service, as well as a parent who has received the service. We will review the challenges encountered with launching a new service during a time of substantial change within the agency and within the sector, and our response to those challenges.

MA7 STEP in the right direction: Support, treatment and education for preschoolers residing in a women's shelter

Dr. Paula Barata, Associate Professor, University of Guelph

Many pre-school children living in women's shelters are exposed to domestic violence and are at-risk of developing mental health issues. Learn how the STEP program is successfully addressing children's needs while also encouraging mothers who have experienced domestic violence to foster their learning and development.

This workshop will outline the design, implementation and evaluation of this trauma-informed program. Participants will learn about the needs assessment that led to the program's development, how the program was designed to prioritize known impacts of intimate partner violence, including: self-regulation, expression of feelings, problem-solving, and communication. Participants will also have the opportunity to discuss the early results of a qualitative research study delivered in partnership with the University of Guelph to identify program challenges and improve the program approach.

This workshop will be of interest to those interested in aligning the principles of early childhood education with the fundamentals of trauma-informed practice to support and positively affect preschooler's mental health, while inviting clinicians to elevate the mothers' voice in the treatment approach.

Monday, November 13, 2017 | 10:30 am – 12:00 pm

MA8 Implementation and Measurement of Mental Health in Schools from an Educator's Lens

Lori Schlueting, Special Assignment Teacher & Primary Social Skills Teacher, Nipissing Parry Sound Catholic District School Board

Trish Tessier, Mental Health Lead, Nipissing Parry Sound Catholic District School Board

As school-based mental health programs and supports receive greater attention, it is essential that we measure our efforts to determine how to effectively pursue such initiatives in schools across Ontario.

The aim of this workshop is to share the learning outcomes and demonstrate the influence of the work done one school in the Nipissing Parry Sound Catholic District School Board, focused on student well-being and achievement. This workshop will expand the academic conversation surrounding well-being and student learning.

Presenters will bring to life our journey of implementing the Self-Regulation strategies and the socioemotional program "Tools for Life", and will actively show participants how co-created success criteria reflect our students' learning in the areas of socioemotional learning as well as a common understanding of "Look Fors" for students, parents, guests, and administration who enter the school.

Participants will gain an appreciate for how to foster schools that have a deep commitment to building resilience, confidence, and self-awareness in our students and how to address challenges in driving better outcomes and seek innovative solutions.

MP1 Beyond Collaboration – Consortiums and Mergers are New Models to Achieve Higher Impact and Coherence in Human Services – this is a two part session with MP9

Lydia Sai-Chew, Co-CEO, Skylark Children Youth and Families

Marg Campbell, Co-CEO, Skylark Children Youth and Families

Tony Diniz, CEO, Child Development Institute

Dr. Peter Szatmari, Chief of the Child and Youth Mental Health Collaborative, Hospital for Sick Children

Huge demand for services; growing need for data, outcomes, accountability, and collaboration; and public funding that has not been able to keep pace have contributed to an environment in the children's mental health sector that is ripe for organizations' leaders to consider innovative approaches to ensure that the service system thrives into the future. One response is merging or amalgamating two organizations into one.

This approach is not for the faint of heart as there are many challenges to deal with along the way. In order to survive the inevitable challenges of such a reorganization it's vital that leaders are able to keep the vision for the future state clear and in focus.

Skylark Children Youth and Families, SickKids Centre for Community Mental Health, and Child Development Institute have approached the challenges in different ways but all have recently undergone amalgamations. In this workshop, leaders from these organizations lead participants through discussions of: reasons to amalgamate; different approaches to the amalgamation process; supporting the newly amalgamated organization through post-amalgamation integration; and concrete strategies when considering a reorganization for your own organization.

This is a can't-miss workshop for anyone considering organizational integration!

MP2 The Profound Impact of Trauma and Early Childhood Experiences on Developmental Outcomes in the Young Parent and Child Dyad

Tonya Verburg, Executive Director, Monica Place

Patti Pikett, Manager of Residential and Community Support, Monica Place

Eva Lukacssovics, Counsellor, Monica Place

Working with the young parent and child dyad, there are a wide range factors that influence and shape brain development in the early years, impacting children as they emerge into their adolescent years, and through the rest of their lives.

This hands-on, participatory workshop will lead participants in building a brain that is as tall as possible—which represents functionality, and as sturdy as possible—which represents the ability to withstand stresses.

Participants will use real life early childhood experiences, as well as experiences of trauma specific to pregnant and parenting youth, and build a greater understanding of the powerful impact experiences have on early brain development: what promotes it, what derails it, and the consequences for society.

MP3 Mapping Community Infant and Early Mental Health Services in Ontario

Dr. Chaya Kulkarni, Director of Infant Mental Health Promotion (IMHP), The Hospital for Sick Children

To effectively support the healthy development of infants, toddlers and their families, inter-professional collaboration within the community is key. This workshop will explore a community engagement project initiated by the Infant Mental Health Program at Sick Kids to bring together professionals who support infant mental health with the goal of enhancing practices for infants, toddlers and their families.

Community mapping projects have now been held in 15 communities across Canada and have included participation from child protection, child care, public health and more. Participating Ontario communities to date include Niagara Region, Ottawa, Simcoe County, Muskoka/Parry Sound, Regent Park, Durham Region, Simcoe County Indigenous and Metis, Timiskaming District, Algoma District, East York, Etobicoke, Timmins and Cochrane. Communities outside Ontario include Lac la Ronge, Saskatchewan and Langley, British Columbia.

Participants will learn about the development, implementation and evaluation of this community engagement project, using examples from participating communities – including 5 indigenous specific communities. Participants will learn how to use the community engagement facilitation manual that was created in order to engage in a similar process in their home community.

MP4 Beyond List-Giving: Exploring the Need for Youth and Family Mental Health and Addiction Navigation Services in Ontario and How it Can be Done

Staci Weingust, Administrative Director, Family Navigation Project, Sunnybrook Health Science Centre

Miriam Blond, Clinical Navigator, Family Navigation Project, Sunnybrook Health Science Centre

Dr. Anthony Levitt, Chief of Brain Sciences; Medical Director of the Family Navigation Project, Sunnybrook Health Sciences Centre

Kendyl Dobbin, Director of Strategy and Partnerships, Family Navigation Project, Sunnybrook Health Science Centre

The concept of system navigation has become more and more popular as patients, clients, caregivers, and their providers try to understand and interact with the increasingly complex healthcare system. Parents and caregivers of youth with mental health and/or addictions (MHA) concerns are often tasked with navigating the complex MHA system on behalf of their youth. They face numerous barriers to finding care and experience strains to their own and their families' lives. Navigation is a viable solution.

This workshop will provide an overview of the characteristics, service needs and barriers of Ontario caregivers of youth with mental health and/or addiction concerns, based on a survey of 800 caregivers of youth in Ontario; explore a current innovative system solution to these barriers by examining the Family Navigation Project at Sunnybrook—which has worked with over 1750 families since opening in 2013; and offer an opportunity to learn about the nuances of navigation in a youth and family context through an interactive group exercise.

Participants will gain an appreciation for the importance of taking a family-centred approach, the intricacies involved with navigation planning for the whole family, and the benefits of a navigation model that takes a team approach and focuses on the whole family.

MP5 The Road Ahead: Developing an Ideal Future State of Youth Mental Health and Addictions

Gail Czukar, CEO, Addictions and Mental Health Ontario

Olga Amza, Senior Policy Advisor, Ministry of Children and Youth Services

At the last year's CMHO conference, members of the Youth Mental Health and Addictions Working Group (YMHA WG) shared the initial results of a mapping processes of youth mental health and addictions services across the province, as well as the most effective models of care for addressing mental health and addiction problems.

This year, our presentation will focus on how the input received from a variety of stakeholders at the CMHO conference as well as research were used to develop recommendations to inform an integrated, well-connected system for youth with mental health and addiction issues. The working group's recommendations focus on three main challenge areas: concurrent disorders, provincial policies on ages, and transitional aged youth.

With the recommendations that address these challenges in the system, the YMHA WG has developed a vision and mission for mental health and addiction services for youth across the province. This workshop is an opportunity to learn more about and continue to contribute to the shaping of this vision.

MP6 Factors that Best Identify Risk to Re-Engage in Aggressive Behaviours and the Best Support Treatment Interventions

Zameena Hussain, High Risk Therapist, Pathstone Mental Health

Bill Helmeczi, Director of Mental Health, Pathstone Mental Health

Violent offenses by adolescents is a serious public health issue. It results in damages to property, to individuals, and even in death.

In the Niagara Region, community agencies including the Children's Mental Health Agency, Child Welfare, Police, School Boards, and the hospital system developed a Risk Assessment Protocol to identify and develop appropriate interventions for adolescents at risk for extreme violence. In 2015-2016 there were 34 referrals with less than half who would commit to service. In a follow-up, there were no differences in additional violent acts between the treatment group and the group that did not finish treatment.

The concern is that the threat assessment protocol involves multiple agencies and numerous professionals. The treatment professionals commit time to arranging appointments, discussing issues with collaterals, and planning for service. The hours lost and the resources that were not effectively utilized could be diverted to current waitlists. To address this issue, a research study was undertaken to look at the components of risk assessments, the utilization of the integrated theories model of risk, and specifically how it explains cognitive distortions.

This workshop will look at this study to provide participants with a better understanding of how to address these issues in their communities.

MP7 Surveillance Indicator Frameworks: Looking at Positive Mental Health and Suicide

Lee Merklinger, Analyst, PHAC

Robin Skinner, Senior Analyst, PHAC

In 2016, the Public Health Agency of Canada (PHAC) released the Federal Framework for Suicide Prevention, which outlines the federal commitment to create awareness and reduce stigma surrounding suicide, accelerate the use of innovation in mental health and suicide prevention, and to make existing statistics about suicide and related risk factors publicly available. As part of this commitment, PHAC developed two surveillance indicator frameworks which help monitor and inform policy and programs.

The Suicide Indicators framework includes indicators of suicide-related outcomes (i.e., ideation, attempts, and deaths), and risk and protective indicator groups across four domains (individual, family, community, and society). The Indicators for Positive Mental Health are divided into two separate frameworks, one for adults 18 years and older, and the other for youth 12-17 years old. The indicators and outcomes included are the same for each age group; however, the measures change according to the life course, and provide comprehensive, high quality information on positive mental health outcomes and associated risk and protective factors across the individual, family, community and society level.

The project depicts a clear picture of the state of positive mental health and suicide among Canadian youth, and is an important session for anyone engaged in data tracking, reporting, and analytics.

MP8 Enhancing Autistic Students' Mental Health and Independence Through Life Skills Programming

Yvonne Bristow, Child and Youth Worker, Toronto District School Board

Chris Sands, Assistant Curriculum Leader, Special Education, Toronto District School Board

Strength-based approaches are essential to success in supporting autistic youth. In this session, participants will explore the process of implementing life skills lessons and activities into the regular schedule of students in an autism intensive support program. The speakers will identify the challenges and opportunities of managing change with students and diverse professionals in an intensive support program embedded within a mainstream high school.

The presenters will discuss how they started teaching life skills during resource periods and will share ideas and resources on topics including: communication, relationships, self-esteem, advocacy, hygiene, culinary skills, public transit-training and transition planning.

With opportunities to practice engaging in the change management process, as well as hear about key research- and practice-based evidence that underscores the positive impact of life skills training, this session will appeal to participants who are looking to start or strengthen social and life skills lessons within their agency or program.

MP9 Beyond Collaboration – Consortiums and Mergers are New Models to Achieve Higher Impact and Coherence in Human Services – this is a two part session with MP1

Lydia Sai-Chew, Co-CEO, Skylark Children Youth and Families

Marg Campbell, Co-CEO, Skylark Children Youth and Families

Tony Diniz, CEO, Child Development Institute

Dr. Peter Szatmari, Chief of the Child and Youth Mental Health Collaborative, Hospital for Sick Children

MP10 Intensive Family Services: Working Towards Empowering Parents to Reclaim Their Families

Katherine Bodkin, Intensive Family Support Services, Craigwood Youth Services

Mike Serwatuk, Intensive Family Support Services, Craigwood Youth Services

Research data point to Multi-Systemic Therapy and Family Preservation as effective models for supporting complex families. The Intensive Family Services (IFS) at Craigwood has at its roots the Multi-Systemic Therapy framework and Family Preservation principles. The expected outcome of IFS is to preserve the family system by building family system capacity and resilience, thus ultimately preventing family breakdown and removal/placement of youth outside the home.

Craigwood's IFS program has evolved and aligned itself with current literature, emerging trends in the field and through review of client outcome data. Currently IFS is delivered for families through a 12 week model. The first six weeks is a skills development group for parents engaging family members to prepare for more intensive services. This is then followed by six weeks of intensive in-home and in-community services.

Presenters will provide an overview of the program evaluation process and the steps taken to complete the program "refresh." The participants will be walked through materials from the start of the group to the end of service including termination strategies, and will learn why focusing IFS service primarily on the parent can lead to empowerment and long-term changes in whole family functioning.

MP11 Innovative and Adaptive Leadership Strategies to Manage Competing Ministry Directives and Continuous Funding Constraints

Dr. Rosemary Vito^{MSW, PhD, RSW}, Assistant Professor, School of Social Work, Kings University College at Western University

The current trend in human services towards a lack of sufficient funding, staffing and technology resources to respond to growing demands for service and accountability requires a need for adaptive leadership and innovation.

As this workshop will explore, leading research in public sector administration highlights adaptive strategies leaders adopt in reaction to budget constraints. These strategies include expanding client services strategically, inter-organizational networking to secure new funding and resources, and employing business management skills to produce outcomes and promote an effective image with funders. Leadership vision, executive team commitment, stakeholder involvement and marketing of goals are important to enact these strategies. These innovative and adaptive leadership strategies are especially important given the external challenges leaders in children's mental health agencies are currently facing.

Drawing on research findings from a qualitative multiple case research study with two children's mental health agencies in Ontario, the specific challenges leaders were facing and their organizational impacts will be shared. Participants will gain an understanding of the major challenges facing children's mental health agencies due to competing ministry directives and continuous funding constraints, and will discuss bold opportunities for senior leaders to collectively influence policy and system change through innovative and adaptive leadership strategies.

MP12 A Multidisciplinary Approach to Embedding the Science of Infant and Early Mental Health

Karine Collette, Project Coordinator, *Infant Mental Health Promotion*

Awareness of early childhood mental health is essential for any professional working with very young children (ages 0-3). Multidisciplinary front line practitioners need to understand the impact of a young child's experiences on their mental health and emerging sense of self. Every professional working with young children needs a strong understanding of infant mental health.

Practitioners working with infants and children under three are in a unique position to support and provide optimal responsiveness to a child's needs during this incredibly sensitive period of growth and development, and to promote healthy social and emotional outcomes throughout that individual's lifespan. The earlier we identify developmental concerns and the earlier we respond with appropriate supports and services the more likely we are to positively influence a child's developmental – mental and physical – outcomes.

Participants will gain an understanding of the multidisciplinary nature of infant mental health; normal infant and toddler development with a focus on mental health; the influence of risk and protective factors on a young child's development; what promotes or impairs the development of positive early mental health; and the challenges that may be experienced when implementing infant mental health into community programs.

MP13 Not a Unicorn: Bold and Innovative Programming for LGBTQ+ Children, Youth and their Families

Washington Silk^{MSW, RSW}, OK2BME Program Coordinator, Public Educator and Therapeutic Counsellor, OK2BME Program

Spencer Small^{MSW, RSW}, Therapeutic Counsellor and Public Educator, KW Counselling Services – OK2BME Program

Meeting the needs of an LGBTQ+ child or youth means going beyond the individual. It requires the inclusion of family members, friends, classmates, schools and communities.

This workshop targets clinical leaders that want to improve their services towards the LGBTQ+ population. OK2ME staff will serve as presenters and share their specialized knowledge and skills for serving the unique needs of this population through discussing micro and macro level interventions. The OK2BME program of KW Counselling Services is an innovative, bold program that supports the LGBTQ+ community in the Waterloo Region, actively challenges homophobia, bi-phobia, transphobia and cissexism, and creates safe, inclusive and supportive environments.

In this workshop, participants will learn key practices to support LGBTQ+ children, youth and their families and about the OK2BME program's micro and macro level interventions including: LGBTQ+ inclusive public education, training and consulting, group supports and LGBTQ+ Affirmative therapy. Individuals will leave with knowledge of innovative ideas

and practical ways to create multi-levelled LGBTQ+ programming. Clinical leaders will learn of the multitude of ways in which they can engage in LGBTQ+ affirmative practices in both individual and community settings why the various components of the OK2BME program were created, how they function, and why they have been effective.

MP14 Helping Kids Manage Stress: One School Board's Experience in Building Resiliency Across a School District

Deanna Swift^{PhD, C.Psych}, Chief Psychologist, Manager Professional Student Services and Mental Health Lead, Kawartha Pine Ridge District School Board

Leslie Walberg-Hegan^{RSW, Ed. D}, School Board Counsellor, Kawartha Pine Ridge District School Board

Catherine Willinsky^{MHSc}, Program Consultant, The Psychology Foundation of Canada

Learning to recognize and manage stress is a crucial aspect of developing positive mental health and resiliency. And it is an important component of helping to promote the success and well-being of students.

This workshop will share the experience of the Kawartha Pine Ridge District School Board, in their strategic efforts to promote student mental health across their system, and help young people learn to effectively manage life's stressors using the Kids Have Stress Too resources from the Psychology Foundation of Canada. Resources across all grades will be explored, including the soon to be launched high school resource (grades 9-12). Successes and lessons learned through their experience will be shared.

Participants will learn how one school district is working to promote the mental health of their students, school staff and broader community through a district wide, multi-faceted approach to building stress management competencies; learn about and share strategic activities and practices to support and sustain healthy schools; and explore practical, psychologically sound, Canadian resources designed to help children, youth and adults better manage life's stressors.

MP15 Let Our Voices Be Heard – New Path Evaluation Findings

Lisa Kalfus, Supervisor, New Path

Sharif Mahdy, Associate Director, The Students Commission of Canada

In 2011, the Students Commission of Canada SCC, the lead organization for the Centre of Excellence for Youth Engagement (CEYE), identified a consistent gap in the capacity of Canadian youth-serving organizations to effectively tell their story. In fact, most organizations did not have the capacity or resources to rigorously evaluate their programs. As a result, there was a lack of Canadian evidence for youth engagement programs, initiatives, and interventions. Through support and funding from the Ontario Trillium Foundation, the SCC launched the Sharing the Stories (StS) research and evaluation platform.

This workshop explores the evaluation of the StS program at New Path Youth & Family Services. The New Path project used three Stepping Up quantitative survey modules to discover trends and outcomes of the program: the Mental Wellness, the Consistent Caring Person, and the Youth Engagement Qualities modules. A total of 73 young people from two New Path Mental Health Services programs, Adolescent Outreach and Justice-Youth Diversion, completed the surveys.

Participants will understand how New Path is engaging their youth in the evaluation process and what stories the data is telling us about our services and how that impacts outcomes for youth and families.

MP16 **Aboriginal Children's Health and Well-Being Measure: Innovative Practices for Individualized Clinical Assessments and Intervention, Locally-Based Community Research and Evidence-Based Community Programming, and Opportunities for Influencing Policy**

Morgan Purdy^{BA. BSW}, Systems Navigator, Ottawa Inuit Children's Centre

Lynda Brown^{BA Hon.}, Manager of Youth Programs, Ottawa Inuit Children's Centre

Nancy Young^{BSc PT. MSc. PhD}, Research Chair in Rural and Northern Children's Health Professor, Laurentian University

Challenges have been reported by Aboriginal health directors, that local health services are often informed by national data, which do not meaningfully reflect the specific needs of local communities, and thus are ineffective for guiding program development. In response to these challenges, the Aboriginal Children's Health and Wellbeing Measure (ACHWM) was developed by the Laurentian University and implemented at The Ottawa Inuit Children's Centre (OICC).

The ACHWM is an innovative assessment tool that is appealing and accessible to children and youth, allowing local agencies to better understand the needs of individuals and communities. The development of ACHWM was based on collaborations with Aboriginal children, through community partnership; as well as, informed by existing literature and experts in the field of health and wellness. The goal of ACHWM is to enable community and health agencies within Aboriginal communities to collect information and assess the well-being of children and youth ages 8-18 in their local community. It provides the opportunity for Aboriginal children and youth to self-report on their health and well-being through a culturally grounded survey.

Participants will learn about the opportunity for holistic and multi-level intervention through one method (i.e., ACHWM) and about how positive and inclusive partnerships between mainstream/non-indigenous and indigenous organizations can operate successfully.

TA1 Engaging the Public, Engaging Government: Execution of an Integrated GR and PR Campaign – "Kids Can't Wait" – CMHO Members Only – Part II of two part session (MA1)

With the provincial election on the horizon, opportunity to reframe an issue and get on the government's and all political parties list of priorities, has presented itself. It is critical that ED's and Board Members attend this session to build alignment, provide advice and develop network strategies to ensure that children's mental health is a key election issue.

CMHO has assembled a highly experienced team to execute a winning campaign. StrategyCorp and Responsible Communication has worked closely with CMHO leadership and its members to develop and execute an integrated GR/PR strategy. The strategy focuses on grassroots member, client and public engagement to create the space for government to act. The team has national expertise in government and media relations along with digital campaign strategies. The team will detail the "Kids Can't Wait" campaign that has been developed.

"Kids Can't Wait" has been designed to engage regions, members, local media markets and families to take action over focused on the election. The campaign is creating a sense of urgency among the public in order to encourage them to take immediate action to contact the Premier to increase funding for children and youth mental health by \$120 M per year.

This workshop will provide participants with the opportunity to hear directly from StrategyCorp's John Perenack and Responsible Communications, Kathleen Powderley and Karen Snider architects behind the "Kids Can't Wait" campaign, on how to execute on the "Kids Can't Wait" campaign and what success looks like in an election year.

TA2 Helping the Baby Walk-in: Including Infant and Caregiver Mental Health in our Walk-in settings

Mary Rella, Manager, Community and Counselling Services, Skylark Children, Youth and Families

The significance of the infant's primary caregiving relationship is indisputably central to the infant's over all cognitive, social and emotional development. The caregiving relationship is at risk for creating adversity when a caregiver's stress becomes overwhelming as a result of intimate partner violence, caregiver depression, and or other significant determinants of health issues such as poverty and isolation.

Recognizing that infant mental health is fundamentally rooted in the caregiving relationship, offering the benefits of walk-in to caregivers in the early months of their baby's life can prove to be significant in the development of security in the relationship and hence beneficial to the infant. The Walk-In model of intervention can facilitate and/or support the significance of the serve and return relationship and potentially minimize adverse childhood events from interrupting security.

Participants will learn how to include caregivers and their infants in walk-in mental health services; identify the community partners necessary to link with in order to provide the service; and learn about strengths-based approaches helpful in identifying stressors for the caregiver that may interfere with the development of relationship security.

TA3 Research Methods Designed for Residential Treatment Contexts: Ethnographic Elements of Mixed Method Approaches

Dr. Kiaras Gharabaghi, Associate Professor, Ryerson University

Dr. Alex Elkader, Director, Research and Outcome Measurement, Kinark Child and Family Services

Research on residential treatment in Canada is lacking. This workshop explores research methods as they apply to residential treatment in the child and youth mental health sector by exploring findings from the “Learning as Intervention” project – an international research project funded by the Social Sciences and Humanities Research Council (SSHRC) which brings a specific focus on ethnography – the scientific study of customs and culture.

Traditional research methodologies on residential treatment tend to fall into 3 categories: 1) client-level outcomes measured by clinical instruments to inform evidence-based interventions; 2) organizational development such as trauma- and attachment-informed care, behavior management and organizational practices such as professional development, supervision, multi-disciplinary approaches; and 3) a focus on the experiences of young people and their families in treatment – often based on retrospective and qualitative narratives.

This workshop will seek to address a fourth – yet equally important component of research: ethnography – in particular how ethnographic research can be incorporated into residential treatment settings, what data these practices yield, and how the preliminary findings of the Learning as Intervention project illustrate the value of this approach.

This workshop will be of interest to residential treatment and other mental health service providers who are interested in learning about the value of ethnography and how to use it to improve their approach.

TA4 Work Load Overload: The development and implementation of a Work Load Review Process that mitigates risks using collaborative resolutions

Mark Fraser, Director of System Management and Quality, Child and Family Centre (Sudbury)

Alexandra Clement, Clinical Administrative Supervisor, Child and Family Centre

Debbie Dixon, Child and Youth Worker, Child and Family Centre

Jenny Anderson, Clinician, Child and Family Centre

Managing clinical workloads is crucial to minimizing client risk, as well as maximizing the efficiency and effectiveness of CYMH services. It is also extremely important for the health and wellbeing of clinicians. This workshop presents a simple yet effective framework to identify work load pressures and provides strategies to relieve these pressures in a demanding client-oriented environment.

While past approaches to work load management have often focused heavily on clinical case load, the Child and Family Centre of Sudbury shares their approach to managing clinical work load by identifying four key dimensions, including case load, program and staff support, and internal and external non-client activities. Presenters will also share their experience developing a Work Load Review Process to provide a systemic review of clinical work load over time and consider how it impacts organizational effectiveness.

This workshop will provide participants with the opportunity to practice managing workload scenarios using a case study approach and will help improve their capacity to develop collaborative solutions. Participants will also be equipped with copies of the framework in order to facilitate similar processes within their own organizations.

TA5 Supporting children and youth with developmental trauma: assessing commonly presenting symptoms and identifying optimal interventions

*Leticia Gracia, Director of the Community Clinic, The George Hull Centre
Dr. Taylor Armstrong, Child and Adolescent Psychiatrist, The George Hull Centre*

Experiencing developmental trauma in childhood is linked to many negative and costly outcomes including major depression, poor school functioning, conduct disorders, relationship problems, suicide attempts, post-traumatic stress disorder and anxiety. Children with developmental trauma are also at risk of developing comorbid conditions.

It is challenging for clinicians to differentiate symptoms of trauma from disorders defined in the DSM-5. Given symptoms that suggest one disorder may actually result from the child's experience of trauma, it can be confusing for clinicians to treat symptoms of anxiety, mood dysregulation, and poor executive functioning, when overlaid with the impact of complex trauma. Established evidence-based treatments, including thoughtful use of psychotropic medications, may not yield the results typically expected and achieved in therapeutic work in children who have not suffered complex trauma.

Participants in this workshop will be equipped to better understand how symptoms of developmental trauma map closely with other diagnostic entities in the DSM-5 through a case study approach. There will be an opportunity to discuss assessment strategies to distinguish disorders that primarily relate to trauma, as well as how psychopharmacological interventions should differ in children with a history of complex trauma.

TA6 The Dragon's Den Challenge: Demonstrating the Effectiveness of Youth Treatment

Dr. Laura Mills, Director, Research & Evaluation, Pine River Institute

How many of us have been asked to describe what we do? If you had to, could you effectively demonstrate the value of your work in Dragon's Den format?

Child and youth treatment agencies are not currently mandated to demonstrate our effectiveness. Reporting on process indicators and anecdotal observation alone is not enough to improve client outcomes or build continuous improvement. While it can be easy to believe that the use of evidence-based treatment (EBT) precludes the need for evaluation, this belief is subject to two challenges. First, EBT may be based on populations that are unique from the children and youth being served. Second, even if staff are trained in EBT, there is no way to ensure the client is receiving treatment that adheres to evidence unless agencies measure fidelity with the approach.

With this in mind, Pine River Institute has developed a research and evaluation framework with client-oriented measures to help validate and improve daily work with youth and families. In Dragon's Den style, this workshop will highlight how Pine River tracks process indicators and monitors client-oriented outcomes. Presenters will explore how the work is measured, how treatment change is considered, and how partnerships with other agencies and university research partners can enhance the work.

This fun and highly interactive workshop will invite participants to play the role of the investor's panel on Dragon's Den by asking key questions about process, outcomes, and return on investment.

TA7 Equipping parents to support youth who self-injure: Essentials and recommendations

Alexis E. Arbuthnott, PhD Candidate, University of Guelph
Stephen P. Lewis, Associate Professor, University of Guelph

Non-suicidal self-injury is a growing mental health concern among youth – with nearly 1 in 5 young people reporting having self-injured. Parents and caregivers can be a valuable support through the recovery process, but youth self-injury can greatly impact parents' wellbeing, making it difficult for them to provide the support that is needed.

This workshop integrates recent research on parents of youth who self-injure with current clinical practice guidelines for treating self-injury among youth. Participants will learn about the impact of youth self-injury on parents, the unique role that parents can have during a youth's recovery from self-injury, and what parents need to better support their youth – including the factors that might prevent them from seeking help altogether. Practical ways to meet parents' needs while providing evidence-based treatments for youth self-injury are also covered.

Participants will also explore evidence-based ways to incorporate the needs of parents into the youth's treatment. They will also gain practical skills to support parents of youth who self-injure, including information about parent alliances and the Internet as mediums to offer support.

TA8 Promoting Mental Health and Well-Being in Schools: Elevating Practice and Influencing Policy Through Research

Kathy Short, Director, School Mental Health ASSIST
Myra Stephen, Education Officer, Policy, Priorities and Engagement Branch, Ministry of Education
Lisa Lumley, Manager, Special Education/Success for All Branch, Ministry of Education

Children with a positive sense of self are better positioned to reach their full potential. Equipping students with the skills they need to be active, engaged and productive citizens will prepare them to meet the challenges of today's world. Fortunately, Ontario's renewed commitment to student wellbeing recognizes that schools provide an important context for this work.

Educators are increasingly aware that mental health is an important component of wellbeing. While educators do not provide direct mental health and addictions services, they are in a unique position to identify the children and youth who may benefit from additional support.

This workshop explores the important relationship between mental health, wellbeing and student success – beyond academic achievement. Presenters will discuss how a partnership between the Ministry of Education, District School Boards, and School Mental Health ASSIST is working to bring mental health and wellbeing to the centre of the student experience. Presenters will discuss findings from a provincial engagement initiative that reached out to educators, parents, community partners and students and will link these findings to the creation of key pilot projects by Mental Health Leaders in schools. Participants will learn how these pilots are yielding resources to be shared more broadly with additional school boards, as well as the practical steps being taken to support every day mental health in schools.

TP1 Introducing the Scoring Tool for Assessing Residential Treatment (START): Measuring Critical Success Factors in Mental Health Residential Treatment for Children and Youth

Dr. Claire Baxter, Research and Evaluation Advisor, Kinark Child and Family Services

Dr. Kelli Phythian, Research and Evaluation Advisor, Kinark Child and Family Services

Larry Shaw, Project Lead, Strategic and Operational Initiatives, Kinark Child and Family Services

Dr. Alex Elkader, Director, Research and Outcome Measurement, Kinark Child and Family Services

Residential treatment programs (Intensive Out-of-Home Service), as a mental health treatment intervention for children and youth, has recently been given substantial focus in the sector due to the risks of child displacement and the availability of less costly home-based mental health interventions.

Guided by the mission of "Helping children and youth with complex needs achieve better life outcomes," Kinark has become increasingly focused on ensuring that residential services are provided to the appropriate clients and that residential treatment programming is offered in line with the current research evidence. As such, in 2015, based on a review of research evidence, Kinark Child and Family Services released a policy paper identifying critical success factors in children and youth mental health residential treatment. Since then, Kinark has developed (and is currently piloting) an assessment tool to measure a residential treatment service provider's alignment against these critical success factors.

The focus of this workshop will be to introduce the Scoring Tool for Assessing Residential Treatment (START), to obtain feedback in terms of its generalizability across the sector and to demonstrate how it can be applied to other agencies to support their efforts towards quality improvement in their residential treatment services.

TP2 How to Let Go in Order to Move Forward: Following the Patient to Cultivate Breakthrough Thinking in your Organization

Callum Tyrrell, Director of Quality, Patient Safety and Patient Experience, Ontario Shores Centre for Mental Health Sciences

Leah Pineda, Patient Experience Advisor, Ontario Shores Centre for Mental Health Sciences

Elaine Miller, Patient Experience Advisor, Ontario Shores Centre for Mental Health Sciences

As service providers, we do not often have a chance to step back and assess how our daily processes impact the experiences of our clients. But by seeing our services through their eyes – we are given the opportunity to bring fresh and new ways of thinking into our approach. This workshop will explore how Ontario Shores for Mental Health Sciences is working to empower clients to lead innovation by using an experience-based, co-design methodology.

The workshop will begin with a facilitated exercise to determine the salient obstacles faced by service providers. Presenters will then explore the stages that Ontario Shores undertook to develop a successful co-design approach, from inception to design and redesign. Participants will have the opportunity to trial two key practical tools that can be customized to support similar co-design initiatives at their agencies, including how to coach for continuous improvement in their own teams.

TP3 By Youth, For Youth: Principles, Tools, and Strategies for Engaging Young People

Cherrilyn Birchwood, PhD Candidate; Children and Youth in Challenging Contexts Network, Youth Action Committee member

Alicia Raimundo, Children and Youth in Challenging Contexts Network, Youth Action Committee Co-chair

Don Mahleka, Children and Youth in Challenging Contexts Network, Youth Action Committee Co-chair; CMHO ambassador/youth leader

The Children and Youth in Challenging Contexts (CYCC) Network is a national knowledge mobilization (KMb) initiative funded by the Government of Canada through the Network of Centres of Excellence Knowledge Mobilization Initiative (NCE-KM). The CYCC supports researchers, community based organizations, educators, policy makers, and others in our mission to build a strong, effective, and collaborative youth serving sector working to improve the mental health and wellbeing of vulnerable and at-risk children and youth.

Members of the CYCC Network's Youth Action Committee will lead participants through exploring the importance of positioning children and youth as active partners in the development, maintenance and evaluation of interventions, rather than simple recipients.

Participants will learn about key principles, strategies and reasons for meaningfully engaging young people in your work. There will be a special focus on mental health and stigma reduction, combining research and practice into a dynamic workshop.

TP4 Primary Care and Mental Health and Addictions in Ontario

Camille Quenneville, CEO, Canadian Mental Health Association – Ontario

Kim Moran, CEO, Children's Mental Health Ontario

Robin McAndrew, Director, Mental Health and Addictions Services, Sandy Hill Community Health Centre

Dr. Jonathan Bertram, Staff Physician, Addictions Medicine Service, Centre for Addictions and Mental Health

Delivering effective and appropriate mental health services for children and youth requires a coordinated approach across sectors. In 2016, the Primary Care and Mental Health and Addictions Working Group of the Mental Health and Addictions Leadership Advisory Council administered a survey to Ontario Health Service Providers with the goal of better understanding how primary care and mental health and addictions services are being integrated across the Province.

This workshop will report on findings from the survey to describe how recommendations to improve relationships between these two sectors were developed. Presenters with diverse perspectives will take a panel-style approach to highlight their sector's experience with collaborative care models, including promising practices, associated challenges, and opportunities for improving working relationships between primary care and mental health and addictions in Ontario.

Given CMHO members contributed greatly to this survey, this presentation will highlight their experiences. Participants will gain a better understanding of the nexus between mental health and addictions and primary care within Ontario, and will learn ways to operationalize the Working Group's recommendations in their communities.

TP5 Adolescent Distress and Safety – A New Approach

Dr. Jeremy Butler, Lead Psychiatrist – Emergency Mental Health Services, Halton Healthcare
Lisa-Marie Burka-Daniels, Patient Care Manager – Mental Health, Halton Healthcare

In May 2017, Halton Healthcare (specifically Oakville Trafalgar) saw a dramatic increase of children and youth presenting to the ED with mental health concerns. 44% of all patients presenting to the unit were under the age of 18. A significant amount included some aspect of suicidality or self-harm and alongside a controversial Netflix series, it was clear we needed to change our approach from a diagnostic, medical methodology to a more environmental wellness model.

This workshop will explore The Emergency Assessment Protocol, a controversial tactic that challenged the organization's "exemplary patient experience, always" motto by highlighting that we are not here to make you happy; we are here to make you better. This bold approach included practical solutions with a simple strategy: eliminating distractions and increasing the social engagement between family members.

Participants will learn about the groundwork to implementation and roll-out procedures that can help other organizations easily adapt these protocols, and will hear about clinically relevant case studies and offer messaging to allow the participants in the conference to take back real ideas and get the by-in from their colleagues. All of these protocols, pathways and tools do not require any more resources and are adaptable to a variety of environments.

TP6 Innovative Ways of Supporting Young Victims of Human Trafficking

Nicole Biros-Bolton, Manager of Advocacy & Human Trafficking Programs, Boost Child & Youth Advocacy Centre
Emmie Dekort-Henderson, Research Student

Human sex trafficking in Canada is increasing in prevalence, yet the research to support treatment models and interventions to support victims of trafficking is still very new.

This workshop will explore what is known about human sex trafficking, its impact on youth and what is needed by way of victim support. Presenters will use their experience as advocates and case managers to explore the ways that community partners can come together to support those who have experienced human trafficking. Using the backdrop of research, the group will discuss strategies to form a bold new approach to supporting young victims of trafficking. Participants will have the opportunity to apply their learnings by using hands-on tools to support them in their own work with clients who have experienced complex, coercive violence such as trafficking.

TP7 Implementing the Choice and Partnership Approach: How an Innovative Service Delivery Model is Transforming the Delivery of Child and Youth Mental Health Care in Ottawa

Francine Gravelle, Director of Mental Health Services, Youth Services Bureau of Ottawa
David Murphy, Manager Mental Health Outpatient Services and Mental Health Quality Improvement, Children's Hospital of Eastern Ontario
Vestine Ndayishimiye, Intervenante clinique à l'accueil, Centre Psychosocial
Monica Armstrong, System Planner, Youth Services Bureau of Ottawa

Tuesday, November 14, 2017 | 1:45 pm – 3:15 pm

The Choice and Partnership Approach (CAPA) is an innovative service transformation model that combines collaborative and participatory practice with service users to enhance effectiveness, leadership, skills modelling and demand and capacity management. CAPA brings together the active involvement of clients, demand and capacity ideas/lean thinking and a new approach to clinical skills and job planning. CAPA does not dictate what services or interventions to provide but does help service providers develop a client-led service that is accessible and outcome focused.

CAPA's emphasis on clear pathways, services that are accessible and outcome focused, and data that demonstrates capacity and activity and what we are doing with whom, addressed many of the system issues we had heard about in our community consultations, and met certain key priorities of Moving on Mental Health. As a result, five core child and youth mental health service providers are implementing CAPA in Ottawa: Children's Hospital of Eastern Ontario, Royal Ottawa Mental Health Centre, Centre Psychosocial, Crossroads Children's Centre, and Youth Services Bureau of Ottawa.

In this session, participants will learn about CAPA's core components, key implementation drivers, lessons learned and how implementing CAPA is improving access, maximizing available resources and putting children, youth and families at the centre of their own care.

Tuesday, November 14, 2017 | 3:30 pm – 5:00 pm

TP9 **Transforming our System of Care: The Here 24/7 Experience**

Helen Fishburn, Senior Director of Services and System Transformation, Canadian Mental Health Association, Waterloo Wellington

Meredith Gardiner, Director of Here 24/7, Canadian Mental Health Association, Waterloo Wellington

Here24/7 in Waterloo Wellington region is one of the first coordinated access mechanisms for all addictions and mental health services in Ontario, offering crisis service for the region well as the gateway into all formal addictions and mental health services for all ages. Developing Here24/7 has been a significant system transformation, involving 11 agencies, with the end goal of making the system easier and simpler for people (of all ages) and providers to access the care that they need.

This workshop will describe how Here24/7 is putting clients first – including how a shared portal was developed to ensure that different providers, with their own client software systems, can work in real time to retrieve referrals and correspond with other providers to ensure a seamless transition for clients. Participants will also hear how Here24/7 is able to track, manage and report on service utilization and wait times for all addiction and mental health services in the region – and how this allows providers to speak with one voice with their funders and stakeholders. Finally, presenters will share what's next for the Here24/7 program, including the development of a specialized stream of service for those with special needs, and how they are working to engage primary care by embracing them as the "hub" of our health care system.

TP10 **Understanding Employee Mental Health at Work and Helpful Leadership Behaviour**

Kelly Lazure-Valconi, Employee Support Services, HWCDSB

Meg Petkoff, Consultant, HWCDSB

Mental health is the number one reason for absenteeism and presentism in the workplace; there has been a 700% increase in financial settlements related to mental health at work; \$6.4 billion represented the annual productivity impact of mental illness in the workplace; and by 2041, it is estimated that that value will be \$16 billion.

Employee mental health concerns are challenging and as organizations, we have a responsibility to more fully understand and appreciate the negative impact of mental distress on the workplace and on our valued employees. As organizations serving children and youth and their families, we must also be responsive to the needs of our employees and understand our responsibilities, from the perspective of our ethical, business, employment and human rights obligations.

In this workshop participants will develop a better understanding of: the nature and dynamics of psychological illness, stigma and the impact on the employee; the leadership skills and strategies necessary to facilitate difficult conversations related to employee mental health; the role of neuro-leadership and emotional intelligence in promoting psychologically healthy workplaces; the best practices as they relate to mental health at work and improving workplace culture; and the application of various "best practices" including legislation and policies in addressing mental health at work concerns.

TP11 A clinical research project evaluating a newly structured, 4-session treatment intervention for anxiety through a multi-site clinical trial (4 CMHO agencies collaborate)

Everett McGuinty, Adjunct Professor, University of Western Ontario

Delivering children's mental health services through structured brief treatment formats has increasingly become an important part of service delivery models for all child and youth mental health agencies. However, such psychotherapy models have seldom been clinically evaluated.

The proposed workshop will examine a novel, narrative-style treatment intervention (for children and youth 12-18 years of age), which integrates Externalizing Metaphors Therapy together with Innovative Moments into a uniquely crafted treatment model. EMT is delivered in only 4 one-hour therapy sessions, while the IMs are delivered 3 times between sessions. A CMHO pilot study has begun its first year in focusing on its clinical evaluation using the MASC2 outcome measurement (at Hands TheFamilyHelpNetwork.ca, North Bay, ON). And now 4 CMHO agencies have begun a clinical trial further evaluating EMT (Pathstone Mental Health, Skylark, Hamilton Health Services, HN REACH).

The presentation team hopes to challenge existing agency models currently adopted and used within the Brief Services format. The attendees will be challenged in terms of thinking of offering one intervention during the therapy session, and then another intervention between therapy sessions – two models that complement each other boosting reportable outcomes for clients and families.

TP12 Striving for Clinical Excellence: The Use of Data in Supervision

Marjory Phillips ^{Ph.D., C.Psych}, Director, Program Development, Research & Quality Assurance, Child Development Institute
Elizabeth Ward, Quality Assurance and Information Systems Coordinator, Chatham Kent Children's Services

Linda Yuval ^{Ph.D.}, Director of Performance Measurement and Improvement, Peel Children's Centre

Michelle Dermenjian, Lead Agency Lead and Senior Manager, Quality, Research, Evaluation, and Psychology, Hands the Family Help Network

At the CMHO conference in November 2015, a provincial Supervision Community of Practice was formed. The CoP's work has progressed over the last two years, as webinars have been offered on an ongoing basis, a resource repository has been built, and an email listserv has been established.

This year, the Supervision CoP's work continues at the CMHO conference, where there will be a focus on using data generated by our CISs and any assessment and evaluation tools to improve/enhance the practice of supervision. Representatives from a variety of children's mental health organizations across Ontario will share their innovative use of data systems and outcome tools to enhance the provision of supervision, clinical decision making and ultimately the quality of client service.

Participants will be led through discussions on core themes such as addressing caseloads vs. workloads, optimal use of technology, creative strategies to minimize time spent in paperwork, use of data to ensure fidelity to a program model, and staff engagement in the use of outcome measures to optimize client outcomes. We will identify barriers to using data to inform clinical decision making and supervision oversight, and will generate innovative and creative solutions for developing a data informed supervision process.

Tuesday, November 14, 2017 | 3:30 pm – 5:00 pm

TP13 Addressing Infant and Early Childhood Mental Health (IECMH) Through Collective Impact in Ottawa

Harpreet Grewal^{R.N.}, Family Health Specialist (A), Ottawa Public Health, Health Promotion Disease Prevention Branch, Family and School Health Division

Lisa Lalonde, Professor, Faculty of Early Childhood Education, Algonquin College

Cherry Murray, Associate Executive Director, Crossroads Children's Centre

Over the last decade, the Ottawa community has come together and made significant impact in improving the system, services and programs for infants, young children and their families, especially in the areas of language and communication. Despite these strides, 25% of children are considered "vulnerable" and not ready to start school. Specifically, schools, early learning and care programs are dealing with a decrease in early skills related to emotional maturity and a child's ability to deal with everyday stress.

Ottawa's IECMH Initiative brings together service providers from across sectors, including mental health services, public health, education, child care, child protection etc. to address IECMH through collective impact. This workshop is intended to showcase how IECMH has emerged as a focus area in Ottawa at a time of unprecedented attention on mental health, and how this community mobilized efforts to affect change in two key areas: knowledge and awareness and building a system of care.

In this workshop, participants will learn about how leaders and communities came together to "bring to life" the work of Dr. Jean Clinton and her colleagues in Supporting Ontario's Youngest Minds: Investing in the mental health of children under 6.

TP14 Co-designing prototypes for improving transitions from youth to adult mental health services in Ontario: Integrating Implementation Science with Experience-Based Co-Design Methods

Gillian Mulvale, Associate Professor, Health Policy and Management, McMaster University

Ashleigh Miatello, Doctoral Candidate, Health Policy, McMaster University

Heather Bullock, Doctoral Candidate, Health Policy, McMaster University

Sam Brandow, Masters Candidate, Epidemiology, Western University

Experience-Based Co-Design (EBCD) is an approach that seeks to empower youth, family members and service providers in developing solutions to improve experiences in health services. The approach identifies 'touch points', which are powerful experiences in the health care journeys of each participant type, who subsequently work together to co-design improvements to enhance experiences. We applied this approach at a co-design event to improve youth mental health transitions by bringing together youth, family members and service providers to design system improvements when transitioning from child to adult mental health services based on their collective experiences.

The EBCD approach appears to be highly effective in addressing power imbalances, fostering eagerness to learn together, and in co-creating services improvements that have buy-in from all three perspectives. In order to enhance the implementation process, we are drawing on the tools and processes specified in the implementation science literature, and integrating them with the EBCD approach.

This workshop will interactively engage participants in a structured dialogue and small-group activities to explore the EBCD approach used to date and the prototypes that resulted from it, and to collectively generate an implementation approach for moving forward that draws from the principles and tools from both EBCD and implementation science.

TP15 Transformation through Standardization and Collaboration: A model for Continuous Quality Improvement of Services

Shaun Baylis, CEO, Pathstone Mental Health

Bill Helmeczi, Director of Mental Health, Pathstone Mental Health

Pathstone Mental Health made a commitment to Continuous Quality Improvement. To achieve and maintain success in this transformation it was decided that the most effective course of action would be through standardization and collaboration, to ultimately improve clinical practice and reduce our wait lists and times.

The process included extensive consultation with our many stakeholders, an examination of how we communicate to individuals and families both verbal and written, standardization of programming, common treatment forms and reports, along with an in-depth examination of our program outcome data. To quantify the change and ensure ongoing compliance our Balanced Score Card analyses four organizational areas: Customer Service and Quality; Operational Effectiveness; Fiscal Responsibility; and Workplace Health and Excellence.

Participants will be shown the specific objectives under each of the score card's four areas, along with the indicators for each and how those indicators capture demonstrate our commitment and success in meeting the stated objectives and in ensuring an agency-wide philosophy of Continuous Quality Improvement. Participants will also have the opportunity to learn both the barriers and strategies to circumvent those barriers in order to develop a model that motivates staff, empowers families, engages with community partners, and delivers effective programming while meeting Ministry targets and expectations.

TP16 Pourquoi pas? French language child and youth mental health services in Ontario

Raymond Lemay, Principal Consultant, L-R Lemay Consultants

Purnima Sundar, Director, Knowledge Mobilization, The Ontario Centre of Excellence for Child and Youth Mental Health

Laura Kelly, Program Associate, The Ontario Centre of Excellence for Child and Youth Mental Health

Michelle Hurtubise, Executive Director, The Ontario Centre of Excellence for Child and Youth Mental Health

As system transformation activities in the child/youth mental health sector are being implemented, there is an opportunity to understand the unique needs and strengths of this population, and to highlight promising practices to strengthen French language service delivery for Ontario's francophone children, youth and families.

In this workshop, presenters will share key findings from The Ontario Centre of Excellence for Child and Youth Mental Health's (the Centre's) new policy-ready paper Pourquoi pas? French language child and youth mental health services in Ontario. As will be discussed, effectively meet the needs of francophones in Ontario, a different understanding and approach is needed; one which focuses on enhancing service access and delivery, supports capacity-building, and provides and infrastructure.

Participants will be given a better sense of the experiences of francophone youth, families, and service providers with French language community-based child and youth mental health services in Ontario; will hear a brief history of French language services, with a focus on the concept of active offer; will learn about the current state of French language service delivery in Ontario's child and youth mental health, and related sectors; and will consider recommendations on how to improve French language services for francophone children, youth, families and service providers.



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