

Vision Statement:

"We envision an Ontario in which child and youth mental health is recognized as a key determinant of overall health and well-being, and where children and youth grow to reach their full potential."

-Ontario's Policy Framework for Child and Youth Mental Health

Goal:

"Together, we will transform the experience of children and youth with mental health problems and their families, so that they will know what high quality mental health services are available in our community; and how to access mental health services and support that meet their needs."

-Moving on Mental Health

**News from
Équipe psycho-sociale**



New Hours of Operation:

Mondays, Tuesdays,
Thursdays & Fridays
from 8 am to 4 pm

Wednesdays
from noon to 8 pm

If you would like more
information,
call 613-938-7112
www.equipepsychosociale.ca

WELCOME TO OUR FOURTH NEWSLETTER

We are pleased to issue our fourth newsletter to share our progress in **Moving on Mental Health** in SDG since our last one released in June 2016. All of our newsletters in English and French are posted on the Cornwall Community Hospital website under *Child and Youth Mental Health Services*. You will be able to click on the link there to bring you to the newsletters as well as link directly to the Ministry of Children and Youth Services (MCYS) website for provincial updates:

<https://www.cornwallhospital.ca/en/ChildrenMentalHealth>

<https://www.cornwallhospital.ca/fr/santementaleenfants>

PROGRESS ON 2016-2017 WORK PLAN

Since our last report, we have continued to work with MCYS and with our SDG Children and Youth Mental Health Advisory Committee; our French Language Services Committee; and other partners and stakeholders, including families / caregivers and youth on the identified priorities from our 2016/17 Plans. Our activities support the four Core Services Delivery Plan priority areas identified: (1) family and youth engagement; (2) crisis support services; (3) specialized consultation and assessment; and (4) addressing the gap in out-of-home respite services. As well, we have made progress on our Community Mental Health Plan priorities through our efforts to ensure effective and meaningful participation from our planning committees and work groups with scheduled quarterly meetings and implementation of a meeting exit survey tool. We are continuing to work towards formalizing referral/pathway relationships with various community partners. In this newsletter we will highlight some areas of the work plan.

CRISIS SUPPORT SERVICES

Our new Crisis Support Services Worker has now had the opportunity to meet with almost all key partners in the community (L'Équipe psycho-sociale, CCAC, CAS, etc.), the hospital emergency departments across SDG, all school boards (English, French, both Public and Catholic), regional providers (CHEO and Youth Services Bureau), as well as partners in Akwesasne. Many valuable relationships are being built and a number of protocols established. A total of 50 clients were seen over the first two quarters of 2016-17. The Crisis Support Services Worker's hours of service have now been permanently established at 11 am to 7 pm, based on analysis of peak hours of demand. Processes for after-hours coverage and for any times of absence have been developed. Please note that Professionals can call to consult at 613-362-7672.

Spotlight on PLEO



Toll Free Helpline:
1-855-775-7005
www.pleo.on.ca



info@pleo.on.ca

CORNWALL COMMUNITY HOSPITAL

Community Addiction & Mental Health

NEW LOCATION!

Child and Youth Mental Health Services

Single Point Access

850 McConnell Ave
Cornwall, ON
Tel: (613) 361-6363
Fax: (613) 361-6364

www.cornwallhospital.ca

Cornwall Community Hospital will begin testing a new pilot project with CHEO on January 17, 2017 for a Virtual Mental Health Emergency Department for children and youth in situations of high urgency. The project will be using telehealth capacity in the Emergency Department and the specialist's office or home for mental health crisis assessments.

FAMILY ENGAGEMENT

Our Parent Advisory Group is now well established. It has had 4 meetings to date, ensuring that the family perspective continues to be at the forefront of our work. The Advisory Group was instrumental in supporting the establishment of a bilingual peer support group with Parents' Lifelines of Eastern Ontario (PLEO) in collaboration with Cornwall Community Hospital and L'Équipe psycho-sociale. The SDG Peer Support Group for parents/caregivers of children, youth and young adults (under the age of 25) dealing with mental health and/or addiction challenges, meets monthly. Co-led by locally trained parent facilitators, the group provides an opportunity for parents to share strategies and supports, as well as navigate the system and focus on self-care.

The PLEO website provides further details on the SDG Peer Support Group as well as other services such as a helpline for parents who are looking for help understanding mental health services for their child or youth or support for themselves. (see side panel to the left for "Spotlight on PLEO".)

YOUTH ENGAGEMENT

On November 30, 2016 we received a summary report on our community consultation with youth earlier in the year. We will present the findings to our two Advisory Committees for review in the new year.

YOUTH DROP-IN COUNSELLING PILOT PROJECT

In order to address demands for drop-in counselling in other schools outside of the initial phase that was piloted in some schools this past year, we will begin providing a half-day, drop-in counselling once a month starting in February 2017 in the following schools: Holy Trinity Catholic Secondary School, St Lawrence Secondary School, Cornwall Collegiate and Vocational School, Tagwi Secondary School, St. Joseph Catholic Secondary School, North Dundas District High School, Rothwell-Osnabruck Secondary School and Seaway District High School.

Child and Youth Mental Health Services is doing this through their school-based counsellors; addiction services are participating only as needed.

For more information, contact the Lead Agency:

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