

**SUMMARY OF THE BOARD ADVOCACY COMMITTEE MEETING OF
GREATER ST. ALBERT RCSSD NO. 734
MONDAY, JANUARY 18, 2016**

COMMITTEE MEMBERS PRESENT

Trustees Crockett, McEvoy, Proulx, Shaw, and Tremblay

COMMITTEE MEMBERS ABSENT

Trustee Radford

ADMINISTRATION PRESENT

D Keohane, superintendent; D Schlag, secretary-treasurer

CALL TO ORDER

Trustee McEvoy called the meeting to order at 7:30 p.m. and Trustee Crockett offered the opening prayer.

ADDITIONS TO THE AGENDA

None

MENTAL HEALTH PRESENTATION

Christine Mummery of Alberta Health Services provided the Board with a service overview for children, youth, and families in our district with addiction and mental health issues. A written overview is attached along with a one page bulletin on General Information and Crisis Services. Colleen McClure and Andre Nobert-Bennett from the Learning Services team provided supplemental information to the Board on wrap-around services.

TRUSTEE COMMITTEE REPORTS

Trustee Crockett provided a written report from her attendance at the November 27, 2015 ASBA Zone 2/3 Meeting as well as written reports from her attendance at two St. Albert Business Liaison Meetings on November 19, 2015 and January 13, 2016. Trustee McEvoy provided a verbal update on the Council of Councils Meeting she attended on January 14, 2016.

TRUSTEE DEVELOPMENT / BOARD ADVOCACY

Faith Award

Trustee Shaw discussed the possibility of introducing a faith award which could be available to all staff, not just teachers. She will work with superintendent Keohane to bring concrete considerations to the Board for review at a later date.

Vacant School Council Liaisons and Board Committee Representation

Trustees discussed the openings available and agreed on assignments to bring to the next regular meeting for approval by motion.

Review of the 2015-16 Advocacy Plan

Trustees were provided with a laminated placemat-type copy of the Board Advocacy Plan for 2015-16 to keep on hand for future Meetings.

Trustee Crockett offered the closing prayer. The meeting was adjourned at 9:16 p.m.

Meeting chaired by Trustee McEvoy

General Information

Children, Youth & Families, Addiction and Mental Health – Edmonton Zone provides a wide range of publicly funded mental health services and support for children and youth 5-17 years of age and their families residing within Edmonton and area [and areas extending to central and northern Alberta] who require mental health assessment and treatment.

Through Alberta Health Services, Addiction and Mental Health – Edmonton Zone, services are provided at hospital sites, community health care clinics and various community and school locations throughout the Zone.

Assessment and treatment services are generally provided by a multi-disciplinary team of health care providers.

Three primary points of contact:

Intake Services: 780.342.2701

Crisis Services: 780.427.4491

Referral Form:

<http://www.albertahealthservices.ca/services.asp?pid=service&rid=1001856>

Urban Clinic

Northgate: 780.342.2710

Suburban Clinics

Fort Saskatchewan: 780.342.2388

Leduc: 780.986.2660

Morinville: 780.342.2620

Sherwood Park: 780.342.3373

Spruce Grove: 780.342.1370

St. Albert: 780.342.1410

Intake Services

Intake Services provide a single point of access to children's mental health services within the Edmonton zone. Anyone can refer

- ✓ Parent
- ✓ School Personnel
- ✓ Child and Family Services
- ✓ Agency
- ✓ Family Physician

NOTE: Depending upon requested service, a physician referral may be required.

With the exception of emergency and acute services, Intake provides access to secondary and tertiary level children's mental health services including school aged services at CASA.

When a referral is received a telephone screening interview is conducted by a mental health therapist. Based on the information received and the availability of other community resources a decision will be made regarding the appropriate service.



Crisis Services

Crisis Services provides a range of services to families, professionals, and community partners to help support children, youth, and families in mental health crisis. Crisis Services includes:

- **Single Session Walk-In Service** is available to children and youth ages 6-17 and their parent/guardian at the Northgate Addiction and Mental Health Clinic, Monday to Friday 12:30 – 4:00 PM. This service offers a 50-minute, solution-focused, single therapy session on a first-come, first-serve basis with a focus on exploring specific issues and possible solutions. A guardian must accompany the child/youth for consent purposes.
- The **Mobile Response Team (MRT)** offers immediate crisis support through the **Crisis Line (780-427-4491)** to children and adolescents (up to their 18th birthday) and their care providers; it also provides support *to professionals in the community* in the child serving sector. MRT therapists will determine, together with the caregivers, if additional services are required at the time of the crisis call.
- **Emergency Department (ED) Response**
 - **Stollery ED** – Stollery Children’s Hospital has access to a team of mental health specialists for children and youth who have an emergency mental health concern.
 - **Community Hospital EDs** – Community Hospital EDs will assess, determine a treatment plan, and consult as necessary for children and youth who have an emergency mental health concern.





Alberta Health
Services

Children, Youth, and Families Addiction and Mental Health

Edmonton Zone

Service Overview

Edmonton Zone Service Description

Alberta Health Services (AHS) provides a wide range of services for children, youth and their families who need assessment and treatment for mental health and/or addiction concerns. These services are either provided directly by AHS clinical staff and physicians or an external organization (CASA), contracted by AHS.

The main catchment area is Edmonton and its suburban areas; however, children and youth from rural areas in the Central and Northern Zones can access the tertiary or specialist services in Edmonton.

Services are provided at several hospital sites, community health care clinics, and various community and school locations throughout the Edmonton Zone.

Assessment and treatment services are generally provided by inter-disciplinary teams that may consist of psychiatrists and/or psychiatric resident, nurses, child development workers, mental health therapists, social workers, psychologists, and occupational therapists. Some programs are provided in collaboration with the various School Boards in and around Edmonton; therefore, teachers are an important part of the team.

Entry Points to the Service

Intake Services & Program Information	780.342.2701
Crisis Services	780.427.4491
Infant and Preschool Programs <i>(CASA is the primary service provider for Infant/Preschool)</i>	780.438.0011

Community Mental Health Services

Intake Services

Intake Services provides easier access to the right service at the right time by acting as a single point of access to mental health services for children, youth and their families for Edmonton and its surrounding suburban areas. Referrals are accepted from:

- Parent or guardian
- School personnel
- Child and Family Services
- Agencies
- Pediatrician and/or Family Physician
- Child Psychiatrists

*Parent or guardian consent is required.

Intake Therapists are centrally located at Northgate Community Health Clinic. They conduct initial screening interviews — usually by telephone — once a referral is received. Intake Therapists offer information about Children, Youth, and Families Addiction and Mental Health Services (CYFAMH), but also about other service provider options that caregivers may find helpful. Through this screening process, other community services or supports may be deemed as more appropriate for the family.

If a CYFAMH program is deemed to be the best service for the child/youth/family, the first available appointment in the Edmonton Zone is offered. Families generally choose their appointment in the clinic closest to home. Wait time is an important measure of access; therefore, every attempt is made to offer appointments according to the Canadian Psychiatric Standard: urgent appointments within 14 days and less urgent appointments in less than 30 days. When a case is considered to be complex or urgent, physician involvement is sought as well.

Interim Support is offered to families while on the waitlist via the Intake Therapist who performed the screening. Interim support may be providing psycho-education and parenting support by telephone contact, referral to community supports, suggesting internet-based information, etc... Families are encouraged to contact their Intake Therapist if their child's condition changes or becomes more urgent.

Crisis Services

Crisis Services provide telephone intervention; information for families, professionals, and community partners; liaison with emergency room physicians and staff; short-term treatment; and follow-up with referrals to appropriate services. These services include:

1. Crisis Support

780.427.4491

08:00 - 23:45hrs (Monday – Friday)
10:00 - 23:45hrs (Saturday, Sunday & statutory holidays)

Crisis Telephone Line offers immediate crisis support to children/youth (up to their 18th birthday) and their care providers; it also provides support to their professionals in the community in the child-serving sector.

2. Child Psychiatric Emergency team at the Stollery at University of Alberta Hospital (UAH)

The clinical team includes nursing and on-call psychiatry residents/child psychiatrists in addition to the Emergency Physicians and ED team. The emergency physician will assess the need for child and youth mental health involvement. If involvement is requested by the physician, a nurse or child psychiatrist will follow-up with the patient.

A child psychiatrist is on-site Monday thru Friday and a psychiatrist-on-call (after hours) provides advice and consultation for after-hour crises for all of northern Alberta and Northwest Territories.

The child psychiatrist(s) will make decisions about the need for more extensive emergency assessment and treatment within the Royal Alexandra Hospital Acute Inpatient Program(s) or community follow-up.

Community Mental Health Clinics

Once a child or adolescent has been screened through the Intake process described (see page 3), they may be referred to Community Mental Health Clinics to access assessment & treatment services within a multi-disciplinary model.

Children or youth engaging in treatment, at these clinics, will be provided with a set of time-limited, goal-directed interventions. Parental involvement is an important feature of this service. If clients do not experience improvement in their function or level of distress, more intensive levels of service may be considered.

CASA is contracted by AHS to provide school-aged services. A determination regarding where the child lives, in the zone, assists in the referral pathway. All CASA school-aged services are screened and accessed through the CYFAMH Intake Services.

All referrals to the Community Mental Health Clinics occur through Intake Services. For access to and/or additional information for any CYFAMH services, please call 780.342.2701.

Contact information for the community clinics sites are as follows:

Northgate Mental Health Clinic	780.342.2701
St. Albert Mental Health Clinic	780.342.1412
Morinville Mental Health Clinic	780.939.3319 ext 262

Tertiary & Specialized Services

Inpatient Child & Adolescent Acute Care (Royal Alexandra Hospital: Unit 35 & 36)

Admission to these units is through 1 of 6 consulting child psychiatrists. Admission is considered when community mental health interventions are not able to provide the level of care and support required.

Children (ages 6-12 yrs) Admission occurs after a referral by a child psychiatrist to the program for a planned or elective admission process. Primary purposes of admission:

- stabilization,
- diagnostic clarification,
- assessment, and
- short-term treatment.

Adolescent (ages 13-18 yrs) are admitted to Unit 35.

Two thirds of adolescent admissions are due to an emergency department presentation.

Adolescents can also be referred to the program by a child psychiatrist for a planned or elective admission process. Primary purposes of admission:

- stabilization,
- diagnostic clarification,
- assessment, and
- short-term treatment.

The children and adolescents from Unit 35 and 36 attend a school program as part of their assessment and treatment. As part of the therapeutic programs, patients from both units return home on the weekend (Friday afternoon - Sunday afternoon) if they are stable enough to do so. This enables the children and adolescents to generalize skills within their natural environment, keeps caregivers/families involved as part of the team, and allows continued monitoring of treatment response.

Community Liaison Team (CLTs)

CLT nurses are assigned to every patient discharged from Unit 35 to provide follow-up and support to children, youth, and their families during the transition from in-patient programs to the community within the greater Edmonton area. The goal is to facilitate a smoother transition between hospital, school, home, and community services. For youth living outside Edmonton, the Unit Social Worker provides the support for discharge planning and communication back to the community.

Child & Family Psychiatric Units (CFPU) (Glenrose Rehabilitation Hospital)

The CFPU offers a multi-disciplinary team approach to assessment and treatment services for children and adolescents (aged 5-17). Services are rehabilitative in nature and are offered five days per week throughout the school year with some clinical services provided year round.

Outpatient Programs:

Day Treatment Programs are ambulatory services for children (aged 5 – 12) with a variety of mental health conditions. Access to specific services is determined by presenting concerns and interventions most appropriate to treat.

Specialized Clinics offer tertiary level, psychiatric services to children and adolescents with mental health issues including supportive & educational services to their families. All programs require a physician's referral.

School Mental Health Consultation & Liaison Services (SMHCLS) is a Regional Collaborative Service Delivery (RCSD) funded service representing a partnership between the various school districts in the Edmonton area. The service is designed to meet the mental health intervention and liaison support needs of children and youth attending schools within Edmonton who are referred to the service from tertiary care. SMHCLS nurses provide an integrated, responsive, and comprehensive service for psychiatrically diagnosed children and youth to ensure excellent linkages between tertiary mental health care and their community schools.

School-Based Services

Learning and Development Clinics

Clinics are located at East Edmonton Health Center (EEHC) and Grey Nuns Hospital (GNH).

EEHC:	780.342.4926	FAX: 780.342.4928
GNH:	780.735.9957	FAX: 780.735.9537

Children and youth with learning and/or development issues which may include behavioral/emotional issues can be referred. Referrals must include active participation by the parent/guardian, school, and physician.

- Interpretation and clarification of diagnostic information to the child/adolescent and family
- Liaison, consultation, and case conferences with family and community partners (e.g. school) as required
- Individual counseling and family work with mental health therapists
- Therapeutic group services changes based on identified need. These groups may include:
 - Incredible Years Groups (various ages from 6 - 12 years of age): parent and child portions
 - Zones of Regulation (children's group; often paired with Incredible Years Parenting)

School Services

Regional Collaborative Service Delivery (RCSD)

RCSD is a partnership among school authorities, Alberta Health Services (AHS), Human Services, and other community stakeholders. AHS mental health therapists work in schools with teachers, school staff, parents and other RCSD partners to support students' learning and success through enhancing social emotional wellbeing. Students from Kindergarten through Grade 12 with mild to complex mental health needs are helped through one-to-one or group intervention. Consultation with school personnel, referrals to other CYFAMH services or community resources and in-services for school staff are provided. Services are provided at the school and are short-term. Referrals are made by the principal (or designate) of the school.

Youth Addiction Services

Youth Addiction Services

These services offer a continuum of programs and services for children/adolescents (aged 12 - 18), families, and professionals concerned about alcohol, drugs, tobacco and gambling.

Outpatient Services (12325-140 Street, Edmonton)

780.422.7283

Outpatient Services provides individual, group, and family counseling by appointment. Referrals to Detox/stabilization, Residential, Intensive Day Treatment, and other treatment options are completed through Outpatient Services. Youth needs are matched to the appropriate service through an intake appointment, either drop-in or by appointment.

Intensive Day Treatment Program

This 6-week treatment program is intended to help youth learn strategies to manage addiction. Program includes individual, group and family counseling, incorporates leisure assessment and support, as well as curriculum based education services. Hybrids of outpatient and intensive day program treatment are considered to ensure access is quick and needs specific to individual youth are being met.

Mobile Services

Mobile counselors provide intake, referral, counseling and prevention services to youth and families at designated community sites.

Stabilization Treatment

780.644.1535.

This voluntary 6-10 day residential stabilization program that supports helps to stabilize youth from alcohol, other drugs, and gambling. Youth receive a comprehensive assessment, access to family counseling, connection with mental health services providers, and planned transition to other voluntary services. Youth can access the program through an outpatient counselor or by direct contact with the Stabilization program.

Residential Treatment

This voluntary 12-week residential treatment program, for youth, offers longer term treatment for substance use. The 12-week group program includes: individual, group, recreational and family counseling. All youth attend an onsite school and participate in supervised community outings and activities that support wellness and a healthy transition to home communities. Programming also includes access to mental health services and cultural activities. Youth wishing to access this program will need to complete an assessment and referral package with an Outpatient Counselor.

Protection of Children Abusing Drugs (PChAD)

The PChAD Act is a tool that can be used by guardians or primary caregivers whose youth are using alcohol or other drugs in a dangerous way and are unwilling to access voluntary services. When a guardian believes that a youth's substance use may be physically, psychologically or socially harmful to themselves or others, they can apply to family court for a confinement order or an apprehension and confinement order.

Application for a PChAD order is facilitated by the local Family Court.

Key Partners

Child, Adolescent, Family Mental Health (CASA)

CASA provides residential programming as well as intensive day and outpatient programs. Referrals to most programs (Infant and Preschool services excluded) are made via regional intake (see page 5).

Infant and Preschool Services - The Infant and Preschool Services program helps families and their infants and children up to age 5.

CASA House This 20-bed, long-term (4 months), residential program focuses on treating adolescents who have not responded to previous interventions and require a higher degree of intensive treatment. The youths' emotional, psychological and behavioral difficulties are so extreme and enduring that the family or school cannot tolerate the continued effects.

Child and Adolescent Day Programs provides mental health treatment and academic support who are unable to attend a community school because of emotional, psychological and/or behavioral problems.

School Age Services

Provides voluntary, non-residential mental health services for children (age 5-18 years) and their families, who are experiencing emotional, psychological and/or behavioral problems. Individual, family and group therapy are offered in a variety of formats including:

For more information about these programs, please visit
<http://www.casaservices.org/programs-services> or contact Regional Intake at 780.342.2701