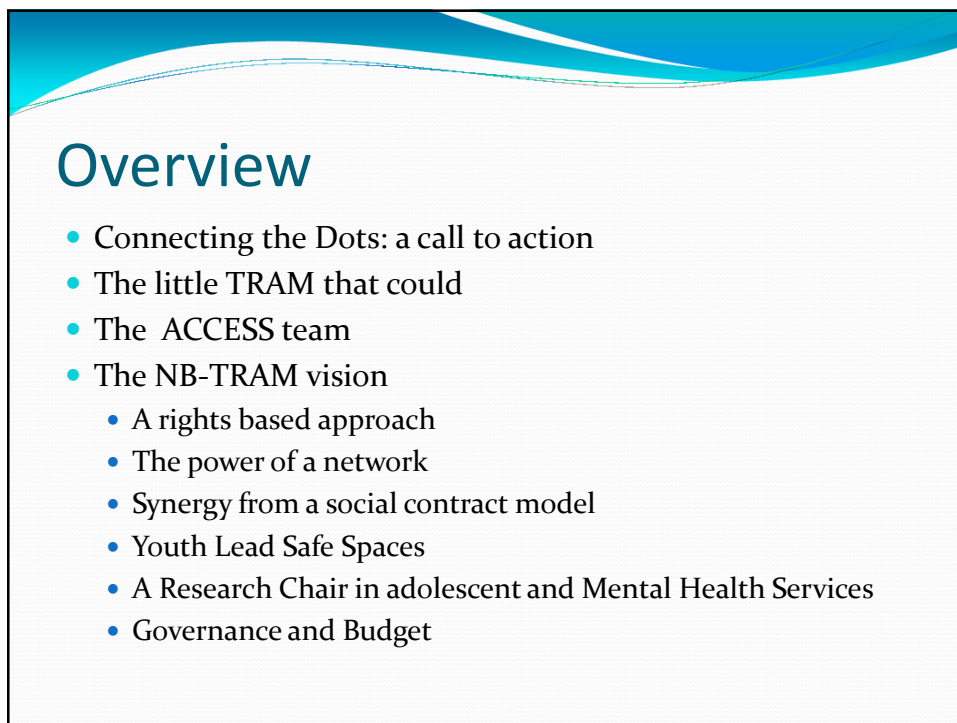


ACCESS-NB:
a youth led reform of access to
youth mental health services

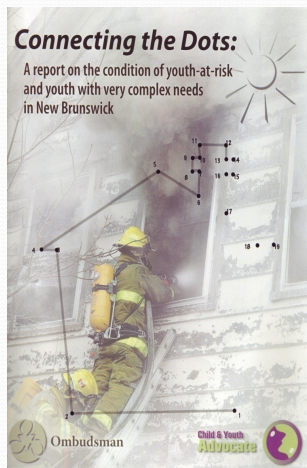
Presentation to the Atlantic Symposium on Youth
Mental Health
Holland College
Charlottetown, August 18 2015



Overview

- Connecting the Dots: a call to action
- The little TRAM that could
- The ACCESS team
- The NB-TRAM vision
 - A rights based approach
 - The power of a network
 - Synergy from a social contract model
 - Youth Lead Safe Spaces
 - A Research Chair in adolescent and Mental Health Services
 - Governance and Budget

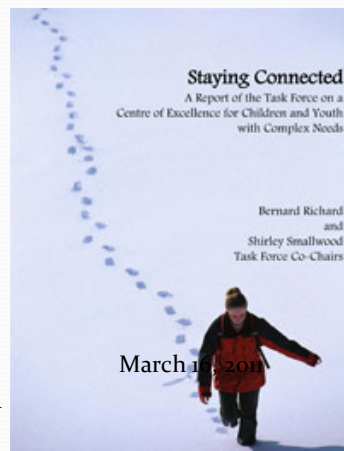
Connecting the Dots



- Lack of mental health services
- Need for community based residential capacity
- Criminalization of mental health behaviors
- Better integration of mental health services
- Gap in services for 16-18 group

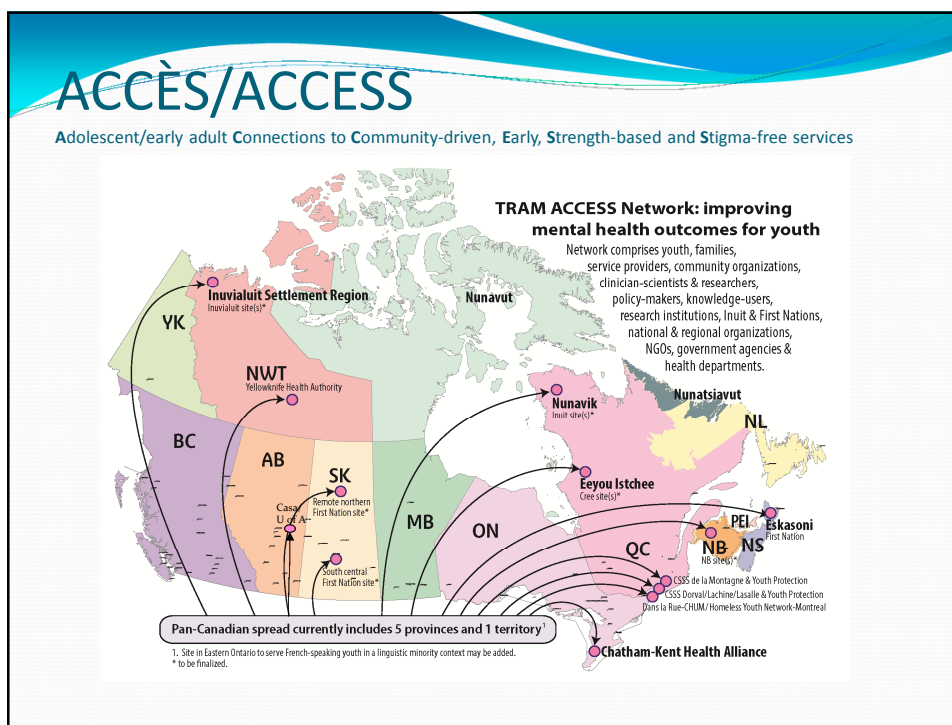
Staying Connected

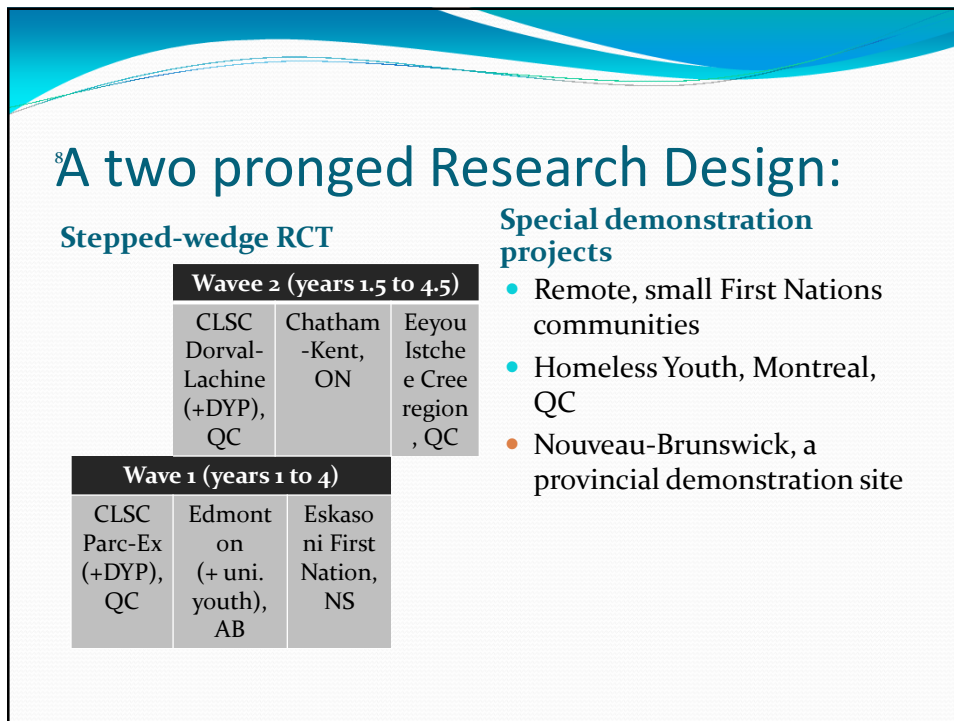
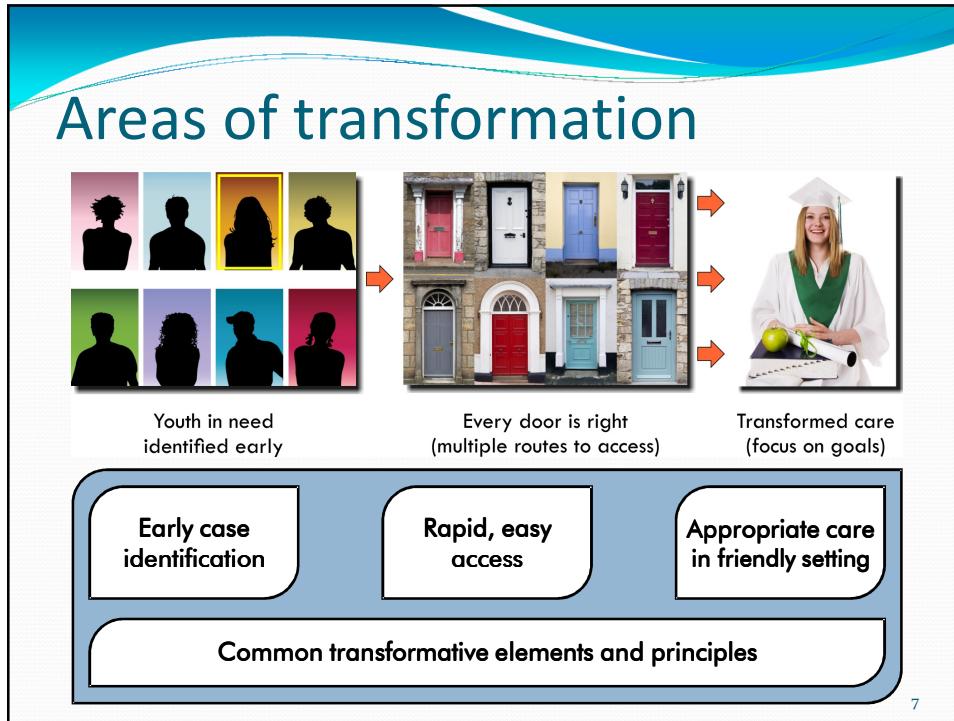
- Youth with complex needs require a higher level of service due to:
 - Multiple diagnoses,
 - Multidisciplinary interventions,
 - Challenging behaviour management
 - The large number of service providers involved.
- Expert services to this hard-to-serve clientèle can be guided by a provincial treatment centre supported by a leading edge research institute



TRAM timeline...

- February 2013 – TRAM Call for proposals -NBHRF convenes partners
- April 30th - Expressions of Interest finalized ACT-NB
- June 17th - Provincial Partners meeting in Moncton
- June 26th – TRAM National Strengthening Workshop- Montreal
- July 20/19 & 20 August – ACCESS Team meetings in Montreal
- October 2nd -Letter of Intent filed by the national ACCESS team
- November 8th - ACCESS selected one of three finalists
- March 30th - submission of final applications
- May 22, 2014 - ACCESS is announced as the project leader for TRAM



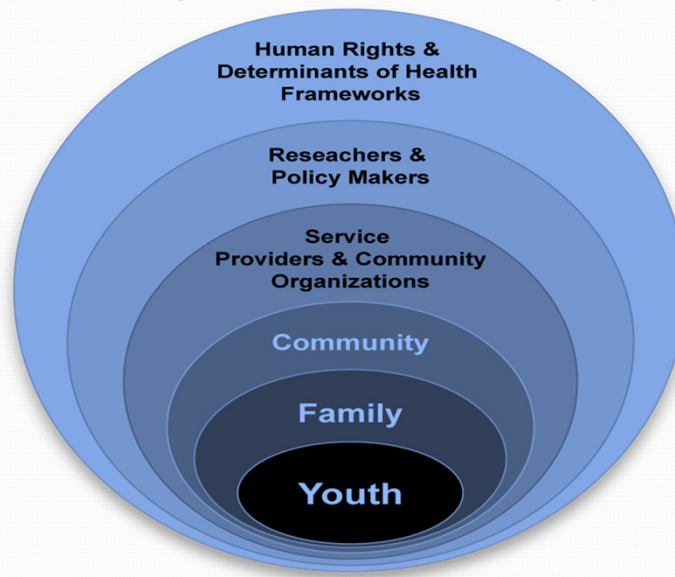


A Youth lead process of transformation

Existing models:

- locally
 - PEER 126,
 - Elsipogtog Safe Space,
 - Moncton Youth Quest
- And globally:
 - Headspace in Australia,
 - Jigsaw in Ireland

A holistic youth based approach



An approach grounded upon fundamental human rights

Community

3 - What kinds of families and communities do New Brunswick's children and youth live in?

UN Convention on the Right of the Child: Article 2, 3, 4, 5, 6, 9, 12, 18, 27, 31

	Age or Grade	Male	Female	NB Average	Canadian Average	Rank (NB to Canada)	
Family Economic Situation	1 - Living in low-income family (under 17 years old) (2006, %)	Under 17 years old	X	X	16	17.5	3/10
	2 - Unemployment rate (2010, %)	15 and over	X	X	9.3	8	7*/10
	3 - No high school diploma (25 years and older) (2006, %)	25 and over	23.1	19	21	15.4	8/13
	4 - Living in a single parent family (2006, %)	Under 18 years old	X	X	16.3	15.9	5/13
	5 - Family receiving Social Assistance or Welfare benefits (2010, % out of all families with children at home)	All families	X	X	5.88	X	X
	6 - Family support payments received (2009-2010, %)	All population	X	X	89	83	3/7
	7 - Aboriginal on Social Assistance or Welfare benefits as source of income (2006, %)	15 and over	X	X	10	16	
	8 - Food insecurity in homes with children 0 to 5 present, moderate and severe (2007-2008, %)	0 to 5 years old	X	X	5.2 ^a	4.9	5/13
	9 - Food insecurity in homes with children 6 to 17 present, moderate and severe (2007-2008, %)	6 to 17 years old	X	X	8.7	5.2	11/13
	10 - Food insecurity in homes with children less than 18 years old, moderate and severe (2007-2008, %)	Less than 18	X	X	7.3	5.1	10/13
	11 - Household spending 30% or more of their income on housing cost (2006, %)	All population	X	X	12.6	17.8	4*/13
Parental Health Behaviours	12 - Parents who eat 5 or more fruits or vegetables a day (2010-2011, %)	Parents - K to 5	X	X	47	X	X
	13 - Parents who did not consume sweetened non-nutritious beverages day before (2010-2011, %)	Parents - K to 5	X	X	54	X	X
	14 - Parents being very physically active at least 30 minutes 3 or more times per week (2010-2011, %)	Parents - K to 5	X	X	58	X	X
	15 - Parents who spend 2 hours or less per day in sedentary activity [in front of a screen] (2010-2011, %)	Parents - K to 5	X	X	90	X	X
	16 - Parents who participate in leisure activities [crafting, singing, listening to music, playing the piano, etc.] (2010-2011, %)	Parents - K to 5	X	X	86	X	X
	17 - Parents who say they ate breakfast yesterday with children (2010-2011, %)	Parents - K to 5	X	X	55	X	X
	19 - Parents who did not eat at a fast food restaurant in the last week (2010-2011, %)	Parents - K to 5	X	X	47	X	X
	20 - Adults who watched TV more than 15 hours in the last week (2007, %)	20 and over	X	X	32.4	29.2	10/10
Family and Community Connectedness	21 - Youth sense of belonging to their community, somewhat strong or very strong (2009-2010, %)	12 to 19 years old	81.8	82.1	81.9	74.4	4/13
	22 - Youth satisfaction with mental fitness needs related to friends (2009-2010, %)	Grade 6 to 12	77	85	83	X	X
	23 - Youth satisfaction with mental fitness needs related to family (2009-2010, %)	Grade 6 to 12	70	82	83	X	X
	24 - Families receiving subsidies for adopted children with special needs (2010-2011, count)	Under 18 years old	X	X	309	X	X
	25 - Infants placed for adoption [public adoption] (2010-2011, count)	Infants	X	X	<10	X	X
	26 - Private adoptions (2010 - 2011, count)	Under 18 years old	X	X	31	X	X
	27 - International adoptions (2010-2011, count)	Under 18 years old	X	X	73	X	X

Legend:
 Doing Well (ranked 1, 2, 3)
 Caution
 Logging (last 3 places)
 Includes all provinces and territories when data is available (-13 maximum)
 *Another province has the same ranking
 K=Kindergarten
 = Data unavailable
 = Use data with caution, sample size too small

The New Brunswick Advantage

- “Small is beautiful”:
 - Children’s Rights & Well-Being Framework
 - Integrated Service Delivery
 - YIDP – Crime Reduction Roundtable
 - Recovery Model of Care (CAR & YIP)
 - Family Group Conferencing and MH
 - A Provincial Treatment Centre
 - A provincial network of Excellence
 - A Research Chair in Adolescent Mental Health



Governance and budget

- An Oversight Committee, an executive Committee, a small secretariat and subcommittees drawn from within the Network (research, ethics, evaluation, clinicians, youth, family, community, First Nations, etc.)
- An overall project of nearly \$1 million per year for five years, of which 15% will go to project administration, 10% to support the provincial knowledge transfer network, 10% for knowledge transfer activities and nearly two thirds towards the establishment of safe spaces to transform access to mental health services for adolescents and young adults throughout the province.