INTRODUCING FOUNDARY AND FRAYME: GROWING INTEGRATED YOUTH SERVICES IN A STEPPED APPROACH

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THIS DISEASE BURDEN GRAPH HIGHLIGHTS THAT THE GREATEST CAUSE OF MORBIDITY IN YOUNG PEOPLE AGED 10-30 ARE THE MENTAL DISORDERS...AND ITS NOT EVEN CLOSE.
75% of all lifetime cases of mental health disorders begin by age 24; 80% of substance use problems by age 20…
WE NOW KNOW MENTAL ILL HEALTH AND PROBLEMATIC SUBSTANCE USE STARTS EARLY

130,000 young people under the age of 24 attempted to access Mental Health or Substance Use services in 2012/13 (Ministry of Health data)

1 in 8 young British Columbians aged 0-24

↓ 50%

Youth with MHSU disorders receive MHSU services
BUT MAYBE THE GREATEST REASON TO INVEST IN “MENTAL WEALTH”...IS OUR SOCIETAL NEED FOR HEALTHY AND PRODUCTIVE YOUNG PEOPLE OVER THE NEXT 30 YEARS...
IN B.C., OUR LACK OF INVESTMENT IN YOUTH MENTAL HEALTH AND SUBSTANCE USE SERVICES HAS BEEN COSTLY AND CATASTROPHIC

• There has been an **85%** increase in ED visits over five years (2009 to 2013) for youth aged 15 to 19.

• We have seen a **50%** increase in youth inpatient admissions.

• Tragically: **1 in 4** fentanyl deaths in BC are young people aged <29 years old
  • **402** since 2012

• Our system has been described as “fragmented” and a “non-system of care” (Dr Stan Kutcher), with young people and families struggling to find access points.
VISION

Transform access to health and social services for youth and families.
THE FOUNDRY MODEL: CORE SERVICES

- Primary Care
- Mental Health Services
- Youth and Family Peer Support and Navigation
- Substance Use Services
- Social Services
OUR BRAND TOOK A YEAR TO DEVELOP WITH HUNDREDS OF YOUTH CONSULTED...

FIND HELP, HOPE, SUPPORT, FIND YOURSELF.

FORGE NEW CONNECTIONS AND NEW ABILITIES. FORGE YOUR PATH FOR WELLNESS.

A FOUNDATION FOR HEALTH AND WELL-BEING. A FOUNDATION FOR WHO YOU WANT TO BE.

WELCOME TO FOUNDRY.
THE APPLICATION PROCESS BROUGHT TOGETHER OVER OVER 100 PARTNERS (AND COUNTING)
BY THE END OF 2018, WE WILL HAVE 11 FOUNDRY CENTRES ... AND HOPE FOR MORE

- Phase 1 communities:
  - Campbell River
  - Kelowna
  - North Shore
  - Prince George
  - Vancouver-Granville
  - Abbotsford
- Phase 2 communities:
  - Victoria
  - 4 more to be announced
FOUNDRY KELOWNA

Opened September 2017
OPERATED BY CMHA KELOWNA
Communities have overwhelmingly responded to Foundry!

Kelowna foundry set to welcome youth and families in early fall

By the beginning of the new school year, Kelowna will have a new establishment equipped to help youth who need it most in our community.

Foundry is a unique and innovative space that will house more than 20 mental health and social organizations working to transform the way youth and families gain access to the support they need in our community.

One-stop youth services facility officially opens

More than 15 community partners ready to lend support

Community raises $42k for Foundry Kelowna

The KGH Foundation's Day of Giving campaign was a success, bringing in $42,500 for the upcoming youth and mental health services. Foundry Kelowna.

The campaign was a one-day event on June 1st and saw participation from young kids to seniors.
FOUNDRY CENTRAL TEAM IS THE BRIDGE BETWEEN OPERATORS, HEALTH AUTHORITIES AND GOVERNMENT
THE FOUNDRY MODEL: STEPPED CARE

Stepped Care Pathways
Mood/Anxiety/Distress
Substance Use
Early Psychosis
THE FOUNDRY MODEL: PATHWAYS

REFERRAL
Phone call or drop in

Self/Family Professional

Screening Assessment

Substance Use Service
- Single Session
  - Walk-In
  - Counselling
- Stepped Care Pathways

Mental Health Service
- General Physical Health
- Sexual Health

Primary Care Service

Social Service
- Income Assistance
- Housing
- Vocational/Employment Services
- STADD Navigator

Peer Support & Navigation
- Youth Peer
- Parent Peer
**Screening & Assessment**

**Youth**
- I feel like my world has fallen apart. I had a break up a month ago and it's spiraled. I'm skipping classes and quit my job.
- My boyfriend broke up with me 2 days ago and I have been crying a lot.
- I haven't left the house in months and everything feels really hard.
- My boyfriend broke up with me 2 weeks ago and I've been really down. I'm struggling at school and talking to friends isn't really helping.
- I feel powerless. She's dropped out of school and withdrawn from everything.

**Parent**
- I've noticed she's been upset since the break up and has been texting all the time.
- She's been avoiding the family. She seems to only to talk to people on social media. She missed some shifts at a job she loves.
- She's been avoiding the family. She seems to only to talk to people on social media. She missed some shifts at a job she loves.
- She's not speaking much anymore and we used to be so close. I've seen cuts on her arms. I'm so worried about her.

**Clinician**
Cut off scores below:
- PHQ9 – P 0-9 G 0-5 S 71-80
- GAD7 – G 10-14 S 61-70
- SOFAS – S 71-80

**Step 1**
- Active monitoring
- Intake/Primary Care
- MHSU information (written/online)
- Intake/Primary Care
- Peer Support YPSW

**Step 2**
- Self-care/guided self-care (written/online)
- Intake/Primary Care
- e-health: online modules/eCBT
- Intake/Primary Care
- Wellness & Prevention Group YPSW Counsellor
- Single Session/Brief Therapy Counsellor
- Family Education Counsellor

**Step 3**
- Group CBT Counsellor
- Individual CBT Counsellor
- Consider Medication (SSRI) GP
- Consider Shared Care/Psychiatric Assessment Psychatrist/GP
- Family Education Counsellor

**Step 4**
- Evidence-based interventions specific to diagnoses, provided by multi-disciplinary team; Refer to Specialist Service

**Mood/Anxiety/Distress Pathway**
Draft August 31, 2017

**Step placement and intervention decision** is based on assessment results, clinician judgement, and youth/family preference. Services at each step could be offered in order, by preference or possibly simultaneously.

**If not respond to low intensity intervention, move to Step 2**

**If not respond to low intensity intervention, move to Step 3**

**If not respond to high intensity short term intervention, move to Step 4**

**Cut off scores**
- PHQ9 – P 0-9 G 0-5 S 71-80
- GAD7 – G 10-14 S 61-70
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**If not respond to high intensity short term intervention, move to Step 4**
INTEGRATION OF SERVICES

Our Challenge: Moving to fully integrated care along a continuum of mental health and substance use services delivered by multiple partners at each Foundry centre.
THE CONTINUUM OF INTEGRATION

Engagement → Development → Initial Implementation → Integrated Care
WE HAVE PARTNERED WITH BC CHILDREN’S HOSPITAL TO BUILD FOUNDRY ONLINE ..... LAUNCHING NOVEMBER 2017
WE ARE BUILDING KNOWLEDGE TRANSLATION NATIONALLY AND INTERNATIONALLY

We believe in the power of knowledge to enhance the integration of youth services.

Frayme is a global network built to gather and share the best evidence and practice-based knowledge about integrated youth services, and to put it into action in communities around the world.
OUR VISION:
- Systems of care where youth get the mental health and addictions help they need when they need it

OUR MISSION:
- To facilitate local action, national collaboration and international knowledge mobilization to improve mental health and addictions outcomes for youth

OUR FOCUS:
- Integrated youth services (IYS)
- Stepped-care models embedded in IYS
- Strengths-based approaches
- Youth engagement
- Family engagement
- Youth-friendly technology within care
Background

- Over 100 partners
  - 9 countries
  - 25+ universities

- Key stakeholders include
  - Youth
  - Family
  - Service providers
  - Policy-makers
  - Researchers
  - Philanthropic organizations
  - Non-government organizations
  - Not-for-profit organizations
Priority Projects

- **Best Practices in Integrated Stepped Care Model**
  - Literature review
  - Knowledge Mobilization plan

- **Pathways**
  - Scan of Integrated Youth Services & Stepped Care pathways

- **Data collection**
  - Minimal core data set
  - Common platform

- **Detailed scan of Integrated Youth Services services**

- **Gap analysis of evidence in Integrated Youth Services and Stepped Care models**
  - Pending publication of partner-led scoping reviews

- **Peer Support Curriculum**
Priority Projects

- Technology for Integrated Youth Services
  - Scan and best practices

- Indigenous strategy
  - Proposal developed, pending approval, to
    - Identify and engage Indigenous partners (initiated)
    - Synthesize model adaptations for Indigenous communities

- Policy mapping

- Youth engagement synthesis and policy
  - Synthesis in process
  - Policy drafted and in review
THANK YOU!