



CANADIAN ASSOCIATION OF PAEDIATRIC HEALTH CENTRES (CAPHC)  
ASSOCIATION CANADIENNE DES CENTRES DE SANTÉ PÉDIATRIQUES (ACCSP)

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## **Canadian Association of Paediatric Health Centres (CAPHC)**

*Reclaiming the Mental Health of our Children & Youth  
“A National Call to Action”*

CAPHC 2006 Annual Meeting – Building Blocks for the Future  
Improving the Health of Canada’s Children and Youth!

**CAPHC 2006, October 15 – 18, 2006  
Vancouver, B.C.**

## **About the Canadian Association of Paediatric Health Centres (CAPHC):**

CAPHC was established in 2001 through a transformative process of organizational renewal of the Canadian Association of Paediatric Hospitals (CAPH - established in 1968). This watershed activity was undertaken to respond to member needs arising from emerging healthcare challenges and the shifting landscape of child and youth health service delivery in Canada.

Today CAPHC is a forty-two member organization representing multidisciplinary health professionals that provide health services for children, youth and their families within: quaternary and tertiary health centres; community health centres; rehabilitation centres; and home care provider agencies nationwide.

All children's hospitals and their respective Children's Hospital Foundations in Canada are members of CAPHC, thereby providing linkages to clinical care, education and research. A complete list of CAPHC member organizations is posted on CAPHC's web site – [www.caphc.org](http://www.caphc.org).

### **CAPHC's Mandate:**

CAPHC's mandate is to effect system-wide change in the delivery of health services to children and youth across Canada. CAPHC focuses on initiatives that have national and broad relevance, and at the same time are practical and actionable at the point of service delivery.

CAPHC is committed to enhancing the application of knowledge from research to practice, practice to health policy, to the development and promotion of evidence-based clinical practice guidelines for all children and youth.

CAPHC shares with all its members, a fundamental goal of advancing a national child and youth health service delivery agenda through knowledge creation and transfer in high priority areas. Central to this goal is the facilitation of linkages and partnerships to mobilize the expertise and resources of organizations whose common and complementary goals and objectives advance child and youth health.

The following proceedings are reflective of the work and commitment of national mental health working group represented by experts, leaders and organizations dedicated to improving mental health for all children and youth. The work and outcome outlined in the following text, is representative of the initial work and recommendations that were addressed at CAPHC's 2005 Mental Health Symposium held in St John's Newfoundland on October 17, 2005 entitled – "*Healthy Minds – Time for Action!*"

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**A National Call to Action**  
*October 17, 2006*

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**Supporting Information**

*PowerPoint presentations from this concurrent session can be found on the CAPHC website – [www.caphc.org](http://www.caphc.org).*

2006 Report by the Senate Standing Committee on Social Affairs, Science and Technology (The Kirby Report): <http://www.parl.gc.ca/39/1/parlbus/commbus/senate/com-e/soci-e/rep-e/rep02may06high-e.htm>

## Concurrent Session description: Setting the Stage

**Background:** Over 1.25 million children and youth in Canada have a significant mental health problem. Services are frequently inadequate and fragmented. The recently released report by the Senate Standing Committee on Social Affairs, Science and Technology (The Kirby Report) has highlighted the plight of our children and youth and has occasioned the opportunity for our community to take action.

To set the context for the session, the following panel of speakers were called on to share information and personal experiences with conference delegates:

Marilyn Booth, Past Chair, CAPHC Board of Directors; Executive Director, Ontario Children's Health Network – **Session Moderator**;

Simon Davidson, Director, Mental Health, Children's Hospital of Eastern Ontario, Executive Director, Planning and Development – **Session Reactor**;

Bruce Ferguson, Director, Community Health Systems Resource Group, The Hospital for Sick Children, Toronto, Ontario;

Patrick McGrath, Professor of Paediatrics, and Psychiatry, Canada Research Chair, Dalhousie University, IWK Health Centre, Halifax, NS;

Susan Hess, President of Parents for Children's Mental Health;

Kristin Morrison, FRCPC, Southern Alberta Child and Youth Health Network – Healthy Minds, Healthy Children Project; and

Don Buchanan, Director, Child and Youth Health Partnership, McMaster Children's Hospital, Hamilton, Ontario.

As part of this concurrent session, child and youth mental health service delivery programs were showcased providing delegates with examples of innovative practice and positive impact. Our speakers focused on the following four areas:

- Building primary care capacity;
- Using technology to extend access;
- Implementing community and family education; and
- Engaging families in leadership.

Drawing from these examples, as well as from our delegates' experiences and expertise, participants focused their attention to identifying national priorities and an action plan, focusing on the following:

- *Building community capacity;*
- *Mental health service models;*
- *Health human resource development; and*
- *Research and knowledge mobilization.*

## Developing a National Action Plan – Guiding Principles

*The following principles will serve as crosscutting themes for all action items:*

- The need to actively engage families, caregivers, children and youth in the process of building a national action plan;
- The need to reduce the stigma surrounding mental illness and mental health;
- The need to advocate for the following:
  - Prevention and promotion
  - Access and availability to comprehensive care
  - Research
  - Education
- The need to work and partner with key individuals, organizations and government across sectors (municipal, provincial, territorial, federal, professional organizations, NGOs, etc.) in the process of building a national action plan.

### ***Building Consensus – Affirmation of Key Challenges in Building a National Action Plan for Child and Youth Mental Health***

- i. How do we work best with families, caregivers and health professional to reduce the stigma surrounding mental health and mental illness?
- ii. How do we keep mental health and mental illness in the public consciousness?
- iii. How do we optimally share best practices?
- iv. How do we ensure that our mental health services are truly infant, child and youth centered?
- v. How do we advocate effectively increasing understanding of and focusing on mental health and mental illness?
- vi. How do we develop an integrated mental health system across the sectors and disciplines that serve infants, children and youth? (e.g. Health; Mental health; Justice; Education ; Social and community services including recreational and others)
- vii. How do we ensure fair and adequate funding for an integrated system of infant, child and youth mental health care?

## Going Forward – Developing a National Child and Youth Mental Health Strategy and Action Plan

### *Consensus was reached on the following recommendations:*

- CAPHC to facilitate a national process to work collaboratively with individuals, groups and organizations that are actively engaged in the development and implementation of a cohesive, infant, child and youth Mental Health National Action Plan
- Enhance, respond and act upon recommendations as outlined in the 2006 Report by the Senate Standing Committee on Social Affairs, Science and Technology:  
<http://www.parl.gc.ca/39/1/parlbus/commbus/senate/com-e/soci-e/rep-e/rep02may06high-e.htm>;
- Develop an effective advocacy strategy to ensure the engagement of the public and policy makers in the building of a national action plan;
- Establish a common definition of primary prevention to ensure the inclusion of mental health prevention and mental health promotion;
- Promote and facilitate a central repository of evidence based and most promising practices for mental health professionals, families, caregivers and educators;
- Promote, support and monitor the uptake of evidence based practice and innovative models of care;
- Advocate for continuity and coordination of care;
- Advocate for improved and equitable access to infant child and youth mental health services;
- Develop national standards of care targeting both coordinated and integrated services that have the capacity to monitor and evaluate outcomes;
- Build research, education and training capacity across disciplines and sectors, using a transdisciplinary and evidence-based framework;
- Develop a national network for infant, child and youth mental health research and program evaluation in partnership with the National Child and Youth Health Coalition (NCYHC) - Child and Youth Research Network – (CYRN); and
- Promote video and other emerging technologies to improve access to service and build capacity across the system.