

Child & Youth Mental Health & Substance Use Resources

August 2018

This document provides a set of recommended resources for direct care staff working with child and youth mental health patients across a wide range of settings. These educational tools build on the foundational pediatric competencies and learnings that are a part of the ***Pediatric Foundational Competencies eLearning course***.

<https://learninghub.phsa.ca/Courses/5869/pediatric-foundational-competencies>

We recognize that topics falling under the broad category of Pediatric Mental Health are vast and complex. The goal is to provide a foundational level of knowledge from which staff can continue to build on.

*Always check for and follow any policies, procedures and guidelines specific to your Health Authority or place of employment.

General Pediatric Mental Health Resources

1. **The Kelty Mental Health Resource Centre:** A BC resource that provides information/education for healthcare professionals, parents and youth.
<http://www.keltymentalhealth.ca/>
2. **FamilySmart Resources:** FamilySmart™ works to ensure that children, youth and their families feel supported, accepted and empowered; and that they have greater access to services that are respectful and effective.
<http://www.familysmart.ca/resources/>
3. **Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative:** Focused on building relationships and connecting systems of care to ensure that every door is the right door for children, youth and families seeking help with mental health and substance use concerns.
<http://www.sharedcarebc.ca/initiatives/cymhsu-collaborative>
4. **Child Health BC:** Provincial Guidelines and systems planning specific to children and youth are found here.
<http://www.childhealthbc.ca/>

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5. **Foundry:** Foundry offers young people ages 12-24 health and wellness resources, services and supports – online and through integrated service centres in seven communities across BC.
<http://foundrybc.ca/>

Key Ingredients of Service Delivery

1. **Pediatric Mental Health Presentation by Dr. Jana Davidson, Vice-President Medical Affairs & Psychiatrist in Chief, Children's & Women's Mental Health Programs:** provides a short overview of the key ingredients of child youth mental health service delivery.
<http://mediasite.phsa.ca/Mediasite/Play/29d6522fccc24d1fa8ad6416fdb9a801d>
2. **Brain Story Certification: The course offers videos of over 30 leading experts in neurobiology, mental health and addiction at no cost to learners.**
<http://www.albertafamilywellness.org/>
3. **San'yas Indigenous Cultural Safety Training: Core ICS Training Module, PHSA:**
<http://www.sanyas.ca/training/british-columbia/core-ics-health>
4. **San'yas Indigenous Cultural Safety Training: Core ICS Mental Health Training, PHSA:**
<http://www.sanyas.ca/training/british-columbia/core-ics-mental-health>
5. **Cultural Humility:**
<http://www.fnha.ca/wellness/cultural-humility>

Trauma Informed Care

1. **Trauma Informed Care:** eLearning Module from Alberta Health Services (PHSA Learning Hub)
<https://learninghub.phsa.ca/Courses/7621/nha-cl-trauma-informed-care-tic-elearning-module>
2. **Comprehensive Trauma Informed Practice Guide:** This Guide was developed on behalf of the BC Provincial Mental Health and Substance Use Planning Council in consultation with researchers, practitioners and health system planners across British Columbia
http://bccewh.bc.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf

3. **MCFD Trauma Informed Practice Guide:** Healing Families, Helping Systems: A Trauma-Informed Practice Guide for Working with Children, Youth and Families. Ministry of Children and Family Development, 2016.
http://www2.gov.bc.ca/assets/gov/health/child-teen-mental-health/trauma-informed_practice_guide.pdf
4. **Understanding and Addressing Vicarious Trauma :** Online Learning Module (PHSA Learning Hub)
<https://learninghub.phsa.ca/Courses/7284/understanding-and-addressing-vicarious-trauma>

Mental Health Act and Infants Act

1. **BC Mental Health Act:** Quick module reviewing the Mental Health Act and related forms. Not specific to children and youth but the processes and forms are applicable. (PHSA Learning Hub)
<https://learninghub.phsa.ca/Courses/7626/nha-mhas-bc-mental-health-act>
2. **Mental Health Act:** Guide to the Mental Health Act of BC
<http://www.health.gov.bc.ca/library/publications/year/2005/MentalHealthGuide.pdf>
3. **Infants Act:** The Infants Act of BC
http://www.bclaws.ca/EPLibraries/bclaws_new/document/ID/freeside/00_96223_01

Overview of Common Mental Health Disorders and Treatments

1. **Northern Health - MHAS - Mental Health 101:** Develop familiarity with the most commonly diagnosed mental health issues. (PHSA Learning Hub)
<https://learninghub.phsa.ca/Courses/7745/nha-mhas-mental-health-101>
2. **Learning Links:** 15 modules, designed to enhance knowledge, skills and confidence of health care professionals in child and youth mental health.
<https://learninglinksbc.ca/>

Mental Status Exam

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1. **Mental Status Exam:** On Line Learning Module provides a brief and basic overview. (PHSA Learning Hub)
<https://learninghub.phsa.ca/Courses/7700/nha-mhas-mental-status-exam>

Suicide Risk

1. **Orientation to Suicide Risk**
<https://learninghub.phsa.ca/Courses/16554/orientation-to-suicide-risk>

Concurrent Disorders (CD) /Substance Use

1. **Respectful language and Stigma**
http://www.bccdc.ca/resource-gallery/Documents/respectful-language-and-stigma-final_244.pdf
2. **Here to Help CD fact sheets and You and Substance Use toolkit**
www.heretohelp.bc.ca
3. **From Grief to Action Coping Kit:**
<http://fgta.ca>
4. **Canadian Center on Substance Abuse:** educational website
www.ccsa.ca
5. **Substance Abuse and Mental Health Services Administration:** educational website
www.samhsa.gov
6. **National Institute on Drug Abuse Research Reports**
www.drugabuse.gov
<https://teens.drugabuse.gov/>
7. **National Institute on Alcohol Abuse and Alcoholism:** educational website
www.niaaa.nih.gov
8. **Drug +Alcohol referral line:** Lower Mainland: 604-660-9382,
BC: 1-800-663-1441, Yukon: 1-866-980-9099

9. **Parents Together and Parents Forever support groups**
<http://www.bgc-gv.bc.ca>
10. **Facts About Drugs**
www.drugcocktails.ca
11. **BCCH Provincial Youth Concurrent Disorders Program:**
<http://www.bcchildrens.ca/health-professionals/refer-a-patient/youth-concurrent-disorders-referral>
12. **Provincial Harm Reduction Program (includes Take Home Naloxone Resources):**
<http://towardtheheart.com/>
13. **British Columbia Drug and Poison Information Centre (BC DPIC):**
<http://www.dpic.org/>