

# Now is The Time

## Practical Tools & Strategies for Building Self Healing Communities Engaging Transition Aged Youth in the BC Child & Youth Mental Health & Substance Use (CYMHSU) Collaborative



Dr. Jennifer Mervyn & Youth Speaker Kirsten Funk



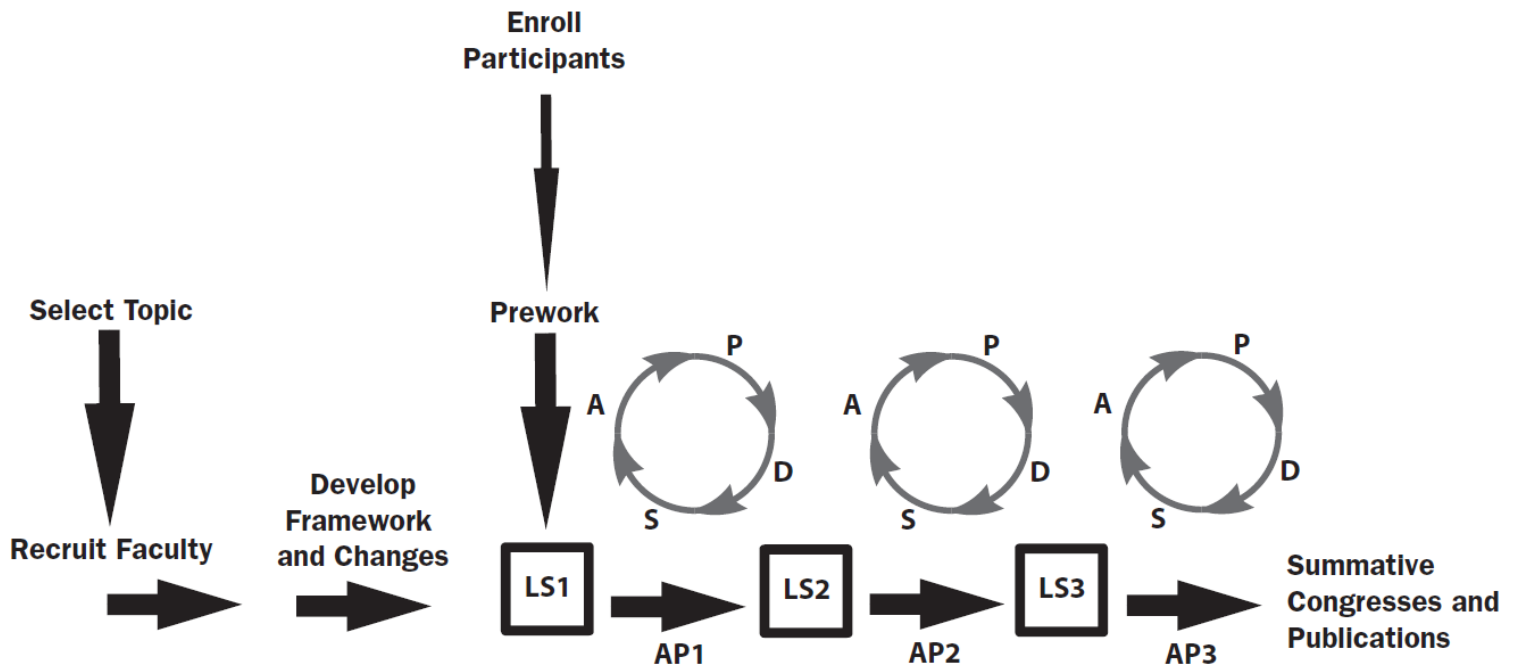
# GOALS OF THE COLLABORATIVE

#1 To increase the number of children, youth and their families receiving timely access to integrated mental health and substance use services and supports.

#2 To document examples and results of the involvement of youth and families in decisions related to program and system design, clinical practice and policy development.



# Collaborative Change Models



LS1: Learning Session  
AP: Action Period  
P-D-S-A: Plan-Do-Study-Act

**Supports:**  
Email • Visits • Phone Conferences • Monthly Team Reports • Assessments



# IHI & Collective Impact

## PEOPLE

 **2,650**  
PARTICIPANTS

 **255**  
PHYSICIANS  
158 GPs  
97 SPECIALISTS

**295**   
YOUTH & PARENTS

**422**  HEALTH  
AUTHORITY STAFF

**201**   
FIRST NATION AGENCIES

**184**   
COMMUNITY SERVICE  
AGENCIES

**205**  
MCFD STAFF  
MINISTRY OF CHILDREN &  
FAMILY DEVELOPMENT

**383**   
SCHOOL PERSONNEL  
(TEACHERS, COUNSELLORS, PRINCIPALS)

**110**   
RCMP

**50**   
ELECTED OFFICIALS  
AND MUNICIPAL STAFF

# Journey Mapping



# WHAT HAS THE COLLABORATIVE MEANT TO YOU?



**TEESHA SHARMA**

Ridge Meadows LAT

It's been incredible — all these amazing people pulling together to make things better for other kids like me! It has given me opportunities to share my lived experience and my energy to make a difference. It is restoring my trust, my hope, and my optimism. It has been healing and empowering.



**TYLER EXNER**

West Kootenay LAT

It means a lot less stigma and a lot more awareness. It's definitely made me more open about my struggles and my story. And it's just been getting easier and easier for me to share it. And the system's just getting better. I can just see the improvement over the last couple of years.



**BRENT SEAL**

Learning Session MC

It means we have a voice, and an influence on the mental health system, we connect with other youth, parents and service providers, we share a lived experience perspective, we get the recognition from decision makers and others that our lived experience has value. All this has been amazing and has never happened to the same depth and scope prior to the Collaborative.

Nearly 300 youth and families with lived experience participate on LATs and Learning Sessions. Their experience knowledge and energy are improving the CYMHSU system for themselves, and those to come.

# WHAT HAS THE COLLABORATIVE MEANT TO YOU?



**RYLEE MCKINLAY**

South Okanagan Similkameen LAT

It's been a really integral part of my recovery. When we first started I was still fairly sick; I'd just gotten discharged from the hospital. It has helped me be accountable. I'm an advocate, not just another victim. I'm part of making the change.

It's opened up so many opportunities for me.



**COREY REID**

Langely LAT co-chair

It has given me a sense of belonging I've never had before. That I didn't go through everything I went through for nothing. It's given me a lot of hope in myself and for all the other young people that I come into contact with on a daily basis. It means empowerment, engagement.



**LAURIE EDMUNDSON**

Surrey/North Delta LAT  
Project Lead

It means hope, empowerment, meaning. It means that our lived experience actually means something, like we went through all of that for a reason, which is huge — that it'll actually benefit other people. For me, it gives me so much opportunity to give back.

# Youth Speaker- Kirsten Funk

- My personal journey
- My role in the Collaborative as a Transition Aged Youth (LAT, ER Protocol)
- How I advocated for increased access to services for transition aged youth in my community via the Youth Wellness Center:
  - Psychiatry up to age 25 on Saturdays
  - Primary care & sexual health services
  - Patient navigator
  - Peer support training & leadership opportunities
  - Speaking/teaching opportunities (Family smart video, workshops, Florida)



# 11 TIPS

## TO STRENGTHEN YOUTH & FAMILY ENGAGEMENT

**D**URING THE COLLABORATIVE, it became clear that the involvement of youth and families with lived experience is essential if the system is to improve. While easy to recognise and to say, engagement with youth and families requires time, effort, knowledge and skills. It can be hard to do until these come together. That was the conclusion of the 26-member youth, young adult and family evaluation team (YYAFET).

"Inclusion is not just about being together, it is about deliberately planning for the success of all," said Allison

Zaporozan, a parent member of YYAFET. "There are professional experts and family experts, both bring valuable things to the table."

"When it's an open, receptive, safe, and respectful relationship between the two, change can and does take place," notes Zaporozan who is also a member of **Fort St. James LAT**.

In 2016, the team surveyed levels of engagement on the 64 Local Action Teams and in their analysis developed the following 11 tips for doing it well.

### 1 DISCUSS VIEWS AND VALUES

Review and discuss LAT members' views about youth and family engagement. Do LAT members believe that youth and families with lived experience should be at the centre of all processes that affect the health and mental health of children and youth? How do LATs' actions reflect "youth and families at the centre"? Do team values need to shift? Discuss ways that people can be safe in sharing their thoughts and suggestions.

### 2 DEFINE ROLES

Ensure the LAT is clear on why it is important to have youth and family members with lived experience on the LAT. Discuss how youth and family members will guide and co-develop objectives. Discuss all LAT members' purpose and roles. This is especially important for youth and parents.

### 3 WRITE AGREEMENTS

Develop written agreements about what needs to happen for youth and family members to participate fully and safely in each LAT. Ask what should be in the agreements to have them feel safe.

### 4 RECRUIT TOGETHER

Work collectively to recruit youth and family members with lived experience. Look to local support groups, advocacy groups and those with known interests in building a better child and youth mental health and substance use system.

### 5 MODEL ENGAGEMENT

Ensure Team Leaders and co-chairs model good processes for youth and family engagement. Are one or more LAT members also able to champion this cause?

### 6 EQUALIZE PARTICIPATION

Help youth and family members feel equal on the LAT. For example, hand out orange cards to all LAT members that can be raised when jargon is used at meetings.

### 7 MAKE TIME

Provide time in each agenda for youth and family to share their observations, experiences, or their stories. Co-develop agendas ahead of time and get youth and family input. If there's not enough time, examine why. Also plan how to support them in their sharing, and how to debrief challenging experiences.

### 8 USE INPUT

When input is provided, incorporate it into the LAT activities and encourage the involvement of youth and families in the co-development of LAT products.

### 9 VALUE PRESENCE

Acknowledge the amazing, brave youth and family members who attend LAT meetings and are engaged in Working Groups. Demonstrate that they are integral to the team. Schedule meetings around youth and family members' schedules.

### 10 SHARE JOURNEYS

Share your own family experiences with child and youth mental health and substance use. This helps reduce the isolation felt by youth and family members.

### 11 MONITOR AND CORRECT

Track your progress. Who is staying, and who is leaving the team, and why? Address issues safely and respectfully.

*The 26-member YYAFET consists of representatives from the Institute of Families/ FORCE, the Collaborative's Evaluation Working Group, and nine youth and 13 parents or grandparents with lived experience.*

# Mental Health Literacy

## The 4 key components to develop mental health literacy:

1. Understanding how to optimize & maintain good MH
2. Understanding pathology & treatment
3. Decreasing stigma
4. Enhancing help-seeking skills (knowing where, how, & when to get right help)

Out of 64 LATs, over 268 mental health literacy activities were held across the province since March 2015 with thousands of attendees

They included:

1. Public forums/presentations (anxiety, depression, suicide awareness, fentanyl)
2. Guest columns on MHSU in local papers
3. School focussed activities (plays, comedy, poetry nights, art shows, hockey games- raise awareness, decrease stigma, and connect people with resources)
4. Community engagement: BBQ's dinners
5. Creating posters, pamphlets, bookmarks, postcards, bracelets & color books



# Prescription Pads

## Mental Health Organizations & Resources | White Rock-South Surrey

Date: \_\_\_\_\_

Mental Wellness Action Plan: \_\_\_\_\_

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	<b>Visit your family doctor</b> Check <a href="http://www.medimap.ca">www.medimap.ca</a> for Walk-In Clinics wait times & hours	Don't have a family doctor & live in White Rock-South Surrey? <b>Call 604.531.3111</b>
	<b>MCFD / Child &amp; Youth Mental Health Walk-In Intake</b> 15455 Vine Ave, White Rock	For initial assessment by a Psychologist / Clinician <b>Open Tuesdays, 9 am – 5 pm, drop-in</b>
	<b>Vine Youth Clinic</b> <a href="http://www.vineyouthclinic.com">www.vineyouthclinic.com</a> 15455 Vine Ave, White Rock	Mental health — depression, stress, anxiety & eating disorders, sexual health, birth control, pregnancy tests <b>Open Mondays, 3:30 – 6:30 pm</b>
	<b>Sources Substance Use &amp; Counselling Services</b> <a href="http://www.sourcesbc.ca">www.sourcesbc.ca</a> 882 Maple Street, White Rock	Substance use and addiction counselling, group interventions
	<b>The F.O.R.C.E. Society in BC</b> <a href="http://www.forcesociety.com">www.forcesociety.com</a>	Support and resources to families who have children / youth with mental health challenges
	<b>SPEAC</b> <a href="http://www.options.bc.ca">www.options.bc.ca</a> 13520-78 Ave, Surrey	Short term counselling and support for suicidal youth 3–18 years
	<b>Alexandra Neighbourhood House</b> <a href="http://www.alexhouse.net">www.alexhouse.net</a> 2916 Mc Bride Ave, Crescent Beach	Youth & parent support, youth workers, Youth Collective & Reconnect Program
	<b>START</b> Short Term Assessment, Response & Treatment	Confidential mental health crisis program that can include assessment, safety planning, and treatment
<b>* Contact numbers on the back</b>		

## Mental Health Organizations & Resources | White Rock-South Surrey

### HELP LINES

Alcohol and Drug Resources (24 hrs)	604 660 9382
Fraser Health Crisis Line 24 hour	604 951 8855
Kids Help Line (BC)	310 1234
Kids Help Phone (National)	1 800 668 6868
Mental Health Support	310 6789
Ministry of Child & Family Development Social Service Intake Line/ Child Protection	1 800 663 9122
Suicide Line (for client, family or friend)	1 800 784 2433

### LOCAL RESOURCES

Alexandra Neighbourhood House	604 538 5060
Child & Youth Mental Health	604 542 3900
CYMH Walk-In Intake (Tues 9 – 5 pm)	604 542 3900
Sources Substance Use & Counselling	604 538 2522
SPEAC (Suicide Prevention & Education)	604 584 5811
START (Assessment & Intervention)	1 844 782 7811
The FORCE Society	604 878 3400
Vine Youth Clinic (Mon 3:30 – 6:30 pm)	604 542 3926
White Rock-South Surrey Hospice Society (Free end-of-life and grief support for adults & children)	604 531 7484

### RESOURCE DIRECTORIES

FETCH – Resources in White Rock-South Surrey  
[www.sswr.fetchbc.ca](http://www.sswr.fetchbc.ca)  
 HealthLink BC – Call 811–24 hour Health Info & Advice Line  
 211 (text or call) – For Community, Government & Social  
 Services

### WEBSITES

[Kelymentalhealth.ca](http://Kelymentalhealth.ca)  
[Anxietybc.ca](http://Anxietybc.ca)  
[Mindcheck.ca](http://Mindcheck.ca)  
[Fraserhealth.ca/  
health-info/mhsu](http://Fraserhealth.ca/health-info/mhsu)  
[Mindhealthbc.ca](http://Mindhealthbc.ca)  
[Theforcesociety.ca](http://Theforcesociety.ca)  
[Kidshelpphone.ca](http://Kidshelpphone.ca)  
[Qmunity.ca](http://Qmunity.ca)  
[Teenmentalhealth.org](http://Teenmentalhealth.org)  
[Mindyourmind.ca](http://Mindyourmind.ca)  
[Heretohelp.ca](http://Heretohelp.ca)  
[Youthinbc.com](http://Youthinbc.com)  
[Openmindbc.ca](http://Openmindbc.ca)  
[AGEDOUT.com](http://AGEDOUT.com)  
[BC-counsellors.org](http://BC-counsellors.org)

### APPS

Mindshift App  
 Calm App  
 BoosterBuddy App  
 Optimism App



White Rock-South Surrey  
 Division of Family Practice  
A GPSC initiative



## Resources for Youth with Increased Mental Health Stress



**211** - Call or Text for Information

**HELP LINES**

Kids Help Line 310 1234  
 MCFD Afterhours 604 660 8180  
 Distress Line of BC 1 800 784 2433  
 Fraser Health Crisis Line 604 951 8855  
 Alcohol & Drug Info/Referrals 604 660 9382

**RECREATION PROGRAMS**

City of Langley [www.cityoflangley.ca](http://www.cityoflangley.ca)  
 Township of Langley [www.tol.ca](http://www.tol.ca)

- Anxietybc.ca
- Openmindbc.ca
- Heretohelp.ca
- Youthinbc.com
- Optimism App
- Keltymentalhealth.ca  
*Healthy Living Tool Kit*

## Mental Health Resources for Youth



**211** - Call or Text for Information

- |  |                      |
|--|----------------------|
| Heretohelp.ca  | Anxietybc.ca         |
| Mindcheck.ca   | Teenmentalhealth.org |
| Moodjuice.scot.nhs.uk                                  | Langleychildren.com  |
| Mindshift App - <i>Coping with Anxiety</i>             | Openmindbc.ca        |
| Mindyourmind.ca - <i>Youth Topics</i>                  | Youthinbc.com        |
| Keltymentalhealth.ca<br><i>Healthy Living Tool Kit</i> | Optimism App         |

### ORGANIZATIONS & RESOURCES FOR YOUTH WITH INCREASED MENTAL HEALTH STRESS

- Schedule an appointment with your doctor. If you don't have a doctor, go to a walk-in clinic, or call nurse line 811  **Visit your Family Doctor**
- Infant and Supported Child Development, after-school & daycare programs for children and youth with developmental disabilities  **Child Development Centre**  
604 534 1155 | [langleycdc.com](http://langleycdc.com)
- Child, youth/family support, homelessness, sexual abuse, Family Place Resources & Outreach Centre, Child & Family Groups, Best Babies  **Encompass Support Services Society**  
604 534 2171 | [encompass-supports.com](http://encompass-supports.com)
- Family counselling, substance use services, parent education and outreach, settlement and integrations services  **Langley Community Services Society**  
604 534 7921 | [LCSS.ca](http://LCSS.ca)
- Youth and parents resources and support, education and training programs, webinars, peer support, Friends for Life program  **FORCE Society for Kids Mental Health**  
604 878 3400 | [forcesociety.com](http://forcesociety.com)
- Mental health and substance abuse, resources, peer support for eating disorders, healthy living tool kit, app's, online counselling  **Kelty Mental Health Resource Centre**  
604 875 2084 | [keltymentalhealth.ca](http://keltymentalhealth.ca)
- Confidential mental health crisis program for kids and teens  **START**  
1 844 START11
- Child and youth bereavement support  **Langley Hospice**  
604 530 1115 | [langleyhospice.com](http://langleyhospice.com)
- Culturally Specific Resources including youth & family services, support and wellness group  **Fraser Valley Aboriginal Child & Family Services**  
604 532 3684 | [www.fvacfss.ca](http://www.fvacfss.ca)
- Private Counsellors (\$\$)**

[www.bcasw.org](http://www.bcasw.org)    [www.bc-counsellors.org](http://www.bc-counsellors.org)  
[www.counsellingbc.com/counsellors/location/langley-15](http://www.counsellingbc.com/counsellors/location/langley-15)

### MENTAL HEALTH ORGANIZATIONS & RESOURCES FOR YOUTH

- Schedule an appointment with your doctor. If you don't have a doctor, go to a walk-in clinic, or call nurse line 811  **Visit your Family Doctor**
- Youth and parent resources, mental health and substance use issues, peer support for eating disorders, healthy living tool kit, app's and resources.  **Kelty Mental Health Resource Centre**  
604 875 2084 | [keltymentalhealth.ca](http://keltymentalhealth.ca)
- Youth and parents resources and support, education and training programs, webinars, peer support, Friends for Life program  **FORCE Society for Kids Mental Health**  
604 878 3400 | [forcesociety.com](http://forcesociety.com)
- Child, youth and family support, youth homelessness, sexual abuse support, Family Place Resources & Outreach Centre, Child and Family Groups, Best Babies  **Encompass Support Services Society**  
604 534 2171 | [encompass-supports.com](http://encompass-supports.com)
- Family counselling, substance use services, parent education and outreach, settlement and integrations services  **Langley Community Services Society**  
604 534 7921 | [LCSS.ca](http://LCSS.ca)
- Provides afterschool and evening social and recreational activities  **Boys and Girls Club**  
604 533 8552 | [bgcbc.ca](http://bgcbc.ca)
- Provides outreach and supports to youth including Arts Addicts and Night Alive  **Youth Unlimited**  
604 968 1812 | [youthunlimited.com](http://youthunlimited.com)
- Private Counsellors (\$\$)**

[www.bcasw.org](http://www.bcasw.org)    [www.bc-counsellors.org](http://www.bc-counsellors.org)  
[www.counsellingbc.com/counsellors/location/langley-15](http://www.counsellingbc.com/counsellors/location/langley-15)



Artist: Yara Assaf

# worry

it interferes with what I want to do!

## what can I do?

### connect with someone

- friend • family member
- school counsellor • trusted adult

### self-help apps

- “breathe”
- “mindshift”
- “optimism”



### self-help websites

- [keltymentalhealth.ca](http://keltymentalhealth.ca)
- [teenmentalhealth.org](http://teenmentalhealth.org)
- [anxietybc.ca](http://anxietybc.ca)
- [mindcheck.ca](http://mindcheck.ca)

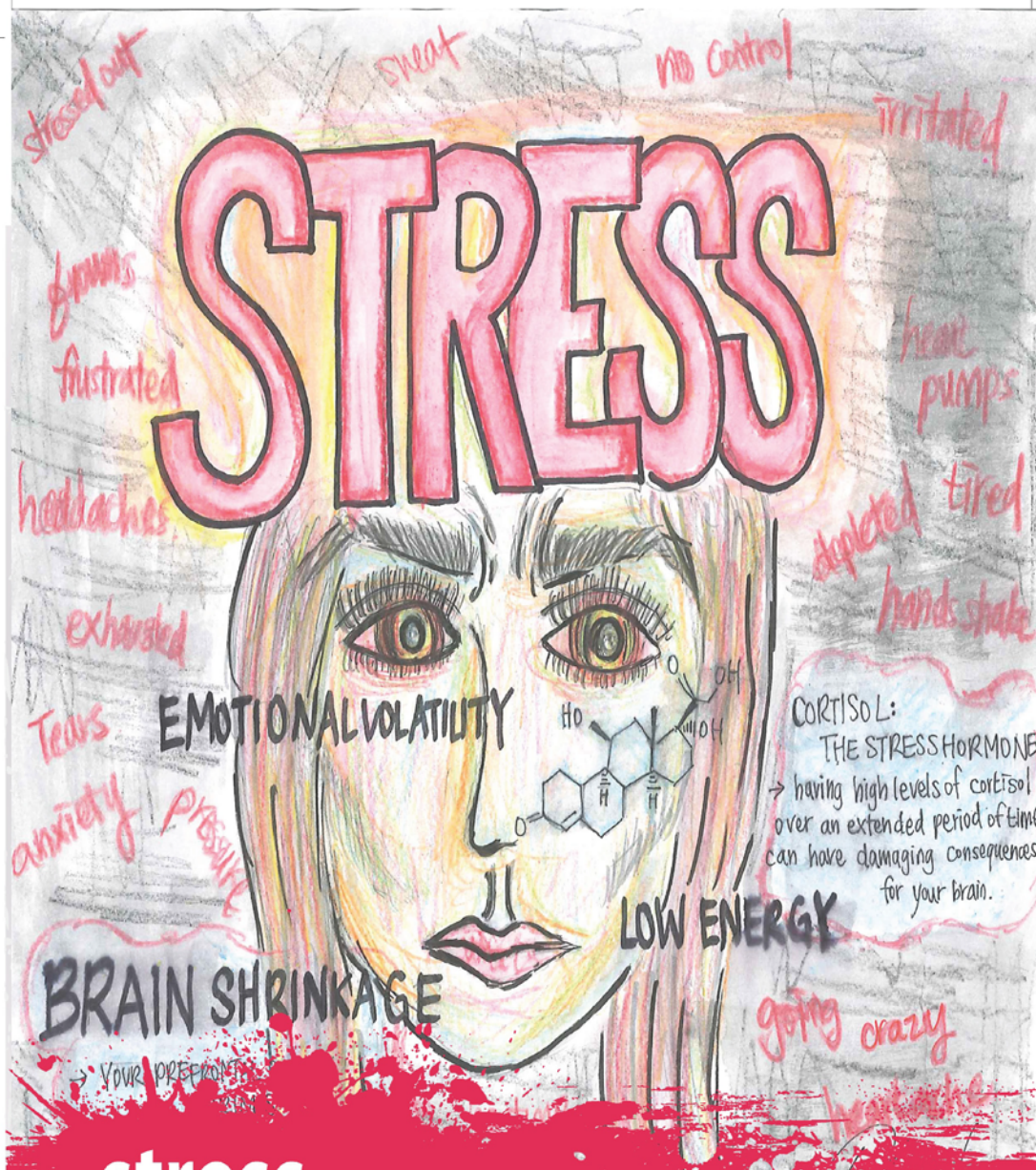
### help yourself

- take 3 deep breaths
- go for a walk with a friend
- exercise
- listen to music
- practice positive self-talk

## still struggling?

make an appointment with your doctor,  
or call 811 to talk with a nurse

Lansley Local Action Team is supported by the Child and Youth Mental Health and Substance Use (CYMH/SU) Collaborative, funded in partnership by District of BC and the BC government.



# stress

my stomach hurts, and I have a constant headache!

Artist: Doris Wu

## what can I do?

### breathing techniques

- soften your gaze and turn your eyes inward, focusing on your count and breath
- inhale through your nose for a count of 4 or 5 and hold for same count
- exhale for the same 4 to 5 seconds, count and hold again for the same count. make sure to exhale all of the air out of your lungs

### connect with someone

- friend or
- school counsellor
- trusted adult

### self-help apps

- "mindfulness"
- "breathe"

### self-help websites

- [kelymentalhealth.ca](http://kelymentalhealth.ca)
- [teenmentalhealth.org](http://teenmentalhealth.org)
- [mindcheck.ca](http://mindcheck.ca)
- [anxietybc.ca](http://anxietybc.ca)



**still struggling?**

make an appointment with your doctor, or call 811 to talk with a nurse

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Artist: Cassidy Stack

# sadness

there is nothing for me here...  
I feel numb, sad and angry

## what can I do?

### connect with someone

- a friend
- family member
- school counsellor
- a trusted adult

### self help

- go for a walk with a friend
- eat regularly
- sleep regularly
- listen to music
- be patient with yourself
- watch a movie with a friend

### self-help websites

- [kelymentalhealth.ca](http://kelymentalhealth.ca)
- [youthinbc.com](http://youthinbc.com)
- [heretohelp.bc.ca](http://heretohelp.bc.ca)
- [mindcheck.ca](http://mindcheck.ca)
- [bluwavebc.ca](http://bluwavebc.ca)

## still struggling?

make an appointment with your doctor,  
or call 811 to talk with a nurse



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Artist: Doh Hee Lee

# self harm

do you have any idea of what it feels like to never be good enough?

## what can I do?

### connect with someone

- friend • family member
- school counsellor • trusted adult

### help yourself

- take 3 deep breaths
- go for a walk with a friend
- write in a journal
- listen to music
- practice positive self-talk

### phone lines

- Youth in BC, 1-866-668-3311
- SPEAC, 604-584-5811
- START (Short Term Response and Treatment), 1-844-START11

### self-help websites

- kelytmentalhealth.ca
- youthinbc.com
- heretohelp.bc.ca
- mindcheck.ca

**still struggling?**

make an appointment with your doctor, or call 811 to talk with a nurse



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# Mental Health Literacy & Specialized Training for Providers

- Learning Links
- Brain Story Certification
- ER Protocol Training



# Learning Links

- Evidence-informed, 15-module interactive online learning tool which can be completed in any order at users own pace
- Aims to improve access to health professionals with expertise in child and adolescent mental health in BC, especially in rural and remote communities
- Each module takes approximately 30-60 minutes
- Free! Education credits for Physicians
- [www.learninglinks.bc.ca](http://www.learninglinks.bc.ca)

# Learning Links Feedback

*“The most valuable components of the module have been the “treatment” aspect. My practise consists of youth with MHSU issues so I do not find the “diagnosis” aspect too difficult. The treatment, especially medications, has been very valuable.”*

*“I found it interesting to review the modules and a good way to learn more about common issues that affect my patients and yet which I had very little training about in medical school or residency. Thank you.”* - *Physician*

*“It is very well done. I would recommend it to all pediatricians and general psychiatrists...I will probably keep it as a resource 24/7 once it has officially launched.”* - *Pediatrician*

# Brain Story Certification

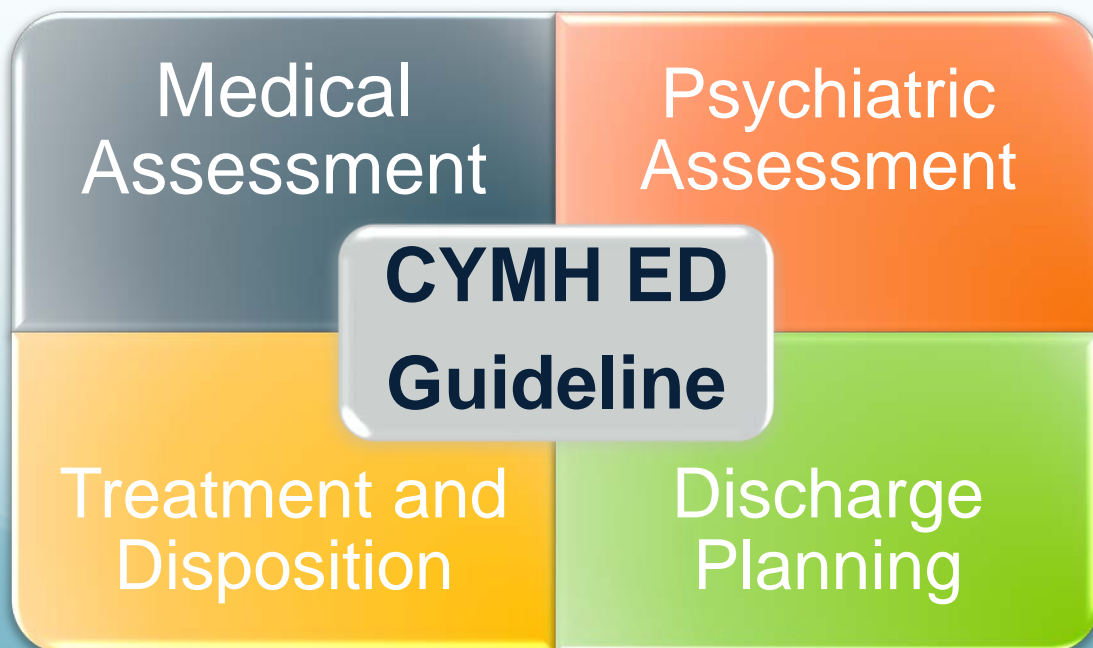
<https://www.albertafamilywellness.org/training>

- An in-depth course for professionals interested in the scientific underpinnings of the Brain Story
- 30 hours of instruction time; videos of over 30 [leading experts](#) in neurobiology and mental health
- Certification in Brain Story science
- online course to make Brain Story science available to professionals and the public
- Brain Story Certification is designed for those seeking a deeper understanding of brain development and its consequences for lifelong health
- The course is also designed for professionals seeking certification in a wide range of fields.

# Emergency Department Protocol



Started with giving patient a pamphlet to inform them of the process in ER then we moved to:



# Developing Peer Support Network

- As the Collaborative was winding down, the Collaborative youth were winding up:
- June, 3 youth Leaders from the Steering Committee chaired a meeting with Provincial and national stakeholders stakeholders



# Creating an Army on the Ground

- The purpose was to determine state of peer support, peer coaching and peer leadership in BC related to mental health and substance use. Over 40 organizations involved in offering peer support services attended.
- The first meeting ever of this kind
- The Ask: to have 2200 Peer Support Workers employed in BC supporting youth with MHSU challenges or who are at risk





# Youth & Parent Leadership & Peer Support in all Levels of Care

- Youth/Parent as Co-chairs on LAT's
- Youth/Parent in paid positions as Project Leads
- Youth membership on Provincial CYMHSU Steering Committee
- Regional Youth Forums- youth planned & facilitated
- Youth/parent participation in conference planning
- Parent in residence in new CAPSU unit
- Youth in Residence at CAPSU
- Peer Support Workers for outpatient programming
- Parent co-authorship of publications (Psychiatry access)

# Adverse Childhood Experiences (ACEs)

- Collaborative youth have been advocating for system transformation which offers Trauma-Informed care at every level
- The use of the ACEs questionnaire and trauma-informed approaches are being promoted in every aspect



- Langley-one of 1<sup>st</sup> LATs with youth and parent co-chairing with physician
- Corey Reid: From Addict to Advocate (TedTalk)
- Division of Family Practice Paid Position for Youth Engagement at HUB- now hired by Family Start Program full time

# ACEs-Early Adversity & Trauma

## Perinatal & Early Years:

- A Workshop was held at Doctors of BC in May, bringing together Alberta and BC physicians and policy makers with three focus areas: ACEs in perinatal care, young people transitioning to parenthood and primary care
- Connection has been sought with the Shared Care-Perinatal Services BC Maternity Care initiative, and CYMHSU Collaborative leaders were asked to present ACEs at the Inter-professional Collaborative Workshop at the end of May

# ACEs & Primary Care

- Goal: Embed the ACEs Questionnaire into primary care practice – incorporating it in a patient’s social history-taking in the GP’s office
- In June, a plenary on ACEs was held at the GPSC Summit (bringing together GPs, Divisions of Family Practice and policy makers); participants identified the top two priorities as:
  - 1) Training and supporting physicians and clinicians so they can change the conversation with patients from “what is wrong with you?” to “what have you experienced?”
  - 2) Enabling community partners, GPs, specialists, and other clinicians to work collaboratively to build resilience in families and communities

# ACEs & GP Guidelines

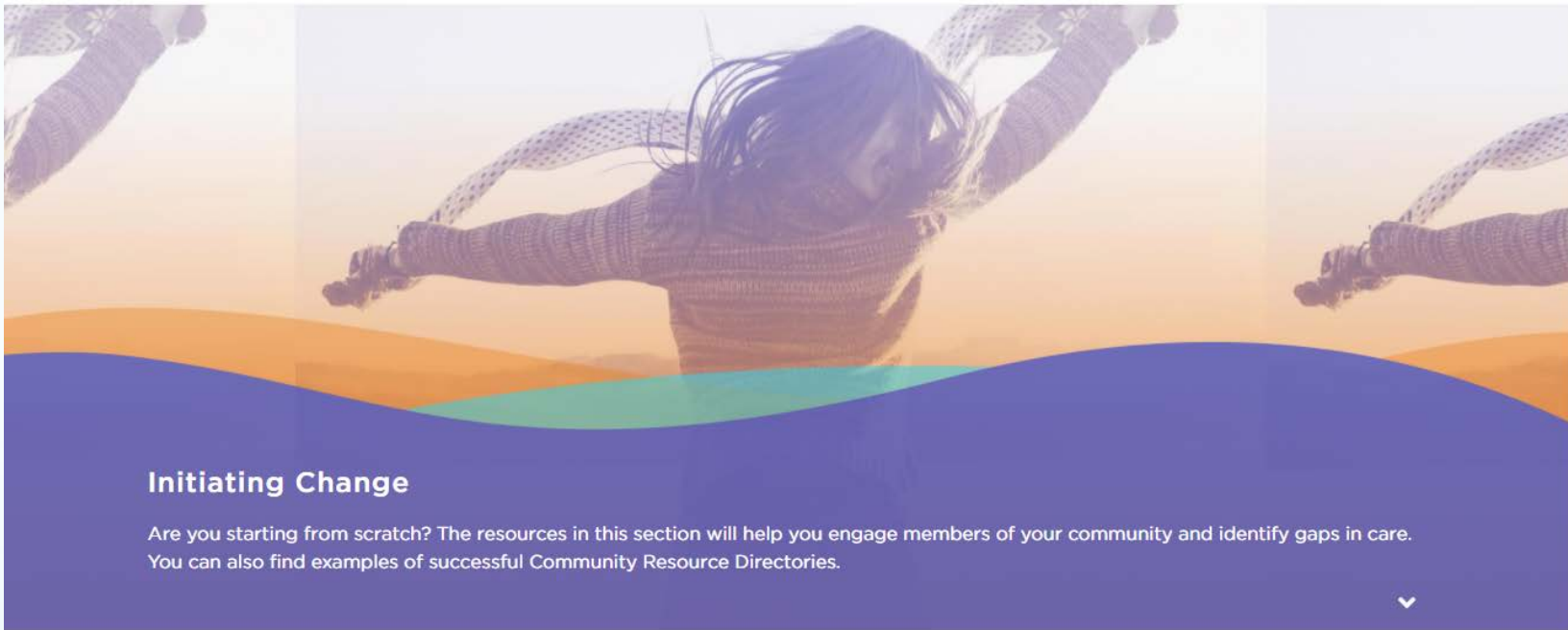
- We are exploring embedding ACEs into relevant BC clinical practice guidelines for physicians.
- The Guidelines and Protocols Advisory Committee (GPAC) planning group of Ministry of Health and Doctors of BC has expressed interest.
- The committee has identified 13 existing guidelines that are correlated with ACEs to be explored

# ACEs Summit

## Nov 14/15

- 500 participants are expected
- Attendees will include a wide range of service providers and community members representing health and social sectors including indigenous leaders and practitioners, physicians, social workers, policing, and justice.
- Keynote is Vincent Felitti, principal investigator of original ACEs study
- Recent Health Minister Philpott has supported the idea of a federal Summit

ACCESS EVERYTHING YOU'VE SEEN HERE!!! Feel free to copy, use borrow, adapt from our database of resources!!!



### Initiating Change

Are you starting from scratch? The resources in this section will help you engage members of your community and identify gaps in care. You can also find examples of successful Community Resource Directories.



[www.collaborativetoolbox.ca](http://www.collaborativetoolbox.ca)