

Vision:

A system of community mental health services that supports children, youth and families to live their best possible life.

Mission:

To develop a comprehensive plan and ensure realization of a better system of mental health services for children, youth and families in Dufferin Wellington.

Dear Community Partner,

Moving on Mental Health Dufferin Wellington is part of the provincial and local momentum driving toward a system of mental health services that better aligns with the needs of children, youth and families. Moving on Mental Health (MOMH) is a province-wide initiative that defines the action needed to realize Ontario's Comprehensive Mental Health and Addictions Strategy. In 2012, the Ministry of Children and Youth Services (MCYS) released its Moving on Mental Health Plan, which aims to build "a stronger, more coherent and accountable system of care that will ultimately support improved mental health outcomes for children and youth". The plan is focused on supporting clearer 'pathways to care', ensuring a consistent set of core services is available to all families across Ontario, establishing Lead Agencies and creating a new funding model.

In August 2015, Canadian Mental Health Association of Waterloo Wellington (CMHA WW) was named the "Lead Agency" for child and youth mental health in Dufferin County and Wellington County (including Guelph). The Lead Agency will be responsible for the planning and delivery of core mental health services across Dufferin Wellington, and for collaborative system planning, including the development of a community mental health plan.

Core Mental Health Services:

Targeted Prevention
Brief Services
Counselling and Therapy Services
Family Capacity-Building and Support
Specialized Consultation and Assessments
Crisis Support Services
Intensive Treatment Services

This is the first newsletter in a series that will keep you informed of our progress. You can also learn more by visiting our MOMH website at www.momhwd.com.

Gathering Insights and Engaging Partners

Our work this year is focused on learning and planning, and no changes are being made to programs or services at this time. An early goal of the MOMH initiative was to understand the needs and experiences of children, youth and their families in accessing mental health services in Dufferin Wellington. With the support of Overlap Associates, we gathered input from approximately 375 people who access or deliver services. This engagement was both deep and broad, and we gleaned significant insights through this process. The key themes from this engagement are shared in our "Insights Report" which you can find on our website: www.momhwd.com.

We have been very fortunate to have broad participation on the Moving on Mental Health Steering Committee. Members include parents; funders; service providers from various sectors (including mental health, education, primary care, child welfare, shelters, police services, etc.); and MCYS. We continue to expand the membership of the Steering Committee to ensure that key groups of

stakeholders are involved or represented in decision-making for our CYMH system. We are using a collaborative planning process focused on finding shared solutions to the things that families have told us are problems in our system. A special thank you goes out to Dufferin Wellington's CYMH core service providers for their ongoing support of this process: Dufferin Child and Family Services, and Family Counselling and Support Services for Guelph-Wellington, in addition to CMHA WW.

March 2016 saw the addition of a Systems Coordinator, Heather Callum, to facilitate the Lead Agency process and support associated MOMH processes.

Identifying Priorities and Moving to Action

Based on what we learned from young people, families and service providers, three priorities were identified for action by the MOMH Steering Committee:

1. Act as One Team with Children, Youth and Families
2. Lead with Clarity, Courage & Accountability to Inspire Action
3. Foster and Accept Shared Responsibility for a System That Works

A number of processes are currently underway to review our core services as well as plan for system-level changes that will improve the service experience for children, youth and families.

Review of Core Services

In June 2016 the Steering Committee developed a "pathways map" to explore what services are provided in Dufferin Wellington; how people move in to, through, between and out of services; and what people see, hear, feel and expect at different points along their pathway. Beginning in Fall 2016, a working group will conduct a service inventory to take a closer look at the services that are being provided, create a profile of service users, gather and use service data to inform decisions, and identify gaps and/or duplication that we need to address in our service system.

How To Get Involved

We will be reaching out to agencies and families in Fall 2016 to ask for feedback on potential solutions to the parts of the system that can be hard for clients, in order to design better services.

We hope you will continue to follow our progress as we work towards transforming mental health services for children, youth, and families in Dufferin Wellington! We will circulate newsletters and post updates to our website (www.momhwd.com) as our work progresses.

Questions and requests to be added to our mailing list can be directed to Heather Callum, Systems Coordinator, Children's Mental Health (hcallum@cmhawwd.ca or 226-979-6060).



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