

Match Summary

Name of Match: **Children and Youth**

Location of Match: Ontario Centre of Excellence for Child and Youth Mental Health
Ottawa, Ontario, Canada

1. Brief summary of the outcomes of your match

The goals of the match were identified a priori through the established IIMHL child and youth interest group and a participant survey. There was interest identified in a number of themes to be blended with on-site visits of existing programs in the community. Themes included: school-based mental health, transitional-aged youth, implementation of large scale programs, interface with primary care, evaluation and implementation science, youth and family engagement). Fifteen participants attended from five countries (Canada, Sweden, New Zealand, Australia, Ireland). Each participant had the opportunity to highlight their current work as well as identify some key areas where input from peers would be helpful. The work of the Ontario Centre of Excellence was outlined in greater detail given its role as host. The Centre also outlined some of its most recent policy work including the work on a value-based allocation paper in child and youth mental health. The potential for piloting the proposed process across nations was discussed. Dr. Kathy Short from School Mental Health ASSIST in Ontario Canada provided details on this large scale implementation effort in all schools boards across the province. Participants also had the opportunity to choose to visit a variety of local programs and/or to engage in deeper conversations on a number of topics (evaluation, implementation science, school-based mental health, youth suicide prevention). Sites visits included:

- The Mental Health Collaboratives led by the Centre for Addictions and Mental Health
- A parent information night for the On Track Early Psychosis Program (Ottawa Hospital)
- A review of the programs associated with the Youth Services Bureau of Ottawa
- The Inpatient Unit at the Children's Hospital of Eastern Ontario
- The Eating Disorders Programs at the Children's Hospital of Eastern Ontario

Participants were each provided with a memory stick with relevant Centre products in the key areas listed above. Participants also brought material from their home organizations to share.

Specific outcomes included:

- knowledge sharing and joint problem solving on issues identified by participants (e.g., how does one effectively engage policy makers for system change?)
- linkages with community programs with commitments for following up and deeper exchange
- opportunities for joint work to be explored through the existing IIMHL child and youth interest group (meeting scheduled for Nov 24th).

Feedback from all participants was extremely positive.

2. Resources used in your match

www.excellenceforchildand youth.ca

smh-assist.ca

www.daretodreamprogram.ca

3. Brief description of how your match has accelerated change towards mental health, well-being and inclusion

This match was a large one with a great deal of exchange from different constituencies. The inclusion of researchers, service providers and policy makers resulted in a richer dialogue with a focus on systems issues. The process itself was an exercise in inclusion.

4. Brief description of how your match has built leadership for the future

The match is an extension of the IIMHL child and youth interest group that has been evolving over the last decade. Membership grows with each match. The conversations persist through an evolving community of practice that continuously identifies topic of great interest with focused exchange of information across members. The group also makes ad hoc calls for information on specific topics of high relevance for any partner at any time. The Ottawa match also included a post-doctoral fellow extending our reach beyond just existing leaders to include emerging leaders,