

North Shore Local Action Team (LAT) Fact Sheet

Who We Are

As part of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative, the North Shore Local Action Team (LAT) has been working to serve the Collaborative's purpose **to increase the number of children, youth, and families receiving timely access to integrated mental health and substance use services and supports in BC**. Youth and parents provide leadership and participate in all aspects of the Collaborative. The CYMHSU Collaborative is funded by the Shared Care Committee in a partnership with the General Practice Services and Specialist Services Committees; all are Joint Collaborative Committees of Doctors of BC and the BC government. On the North Shore, the North Shore Division of Family Practice holds the contract for the Collaborative.

Since its inception in June 2015, the North Shore LAT has grown to over 20 members who share knowledge and guide its activities. The LAT membership currently represents: youth, family members, family physicians, psychiatrists, pediatricians, Vancouver Coastal Health (VCH), Ministry of Children and Family Development (MCFD), City of North Vancouver, District of North Vancouver, District of West Vancouver, Tsleil-Waututh Nation, Squamish Nation, North Vancouver School District, West Vancouver School District, RCMP, West Vancouver Police Department (WVPD), youth workers, Canadian Mental Health Association (CMHA), North Shore Multicultural Society (NSMS)... And many more people have been involved in the work of the LAT through working groups and events.

What We Do

The North Shore LAT has selected four objectives to focus its work towards achieving the Collaborative goals. The four objectives are:

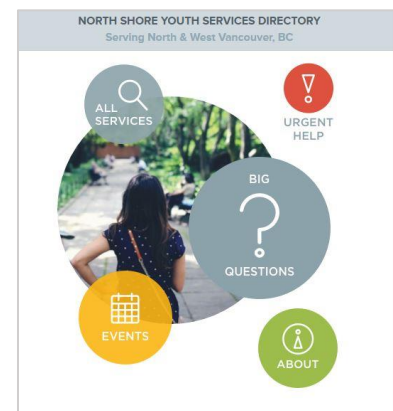
1. Identify and communicate how to access local and provincial mental health and substance use (MHSU) services and supports
2. Support sustainable models of collaborative care
3. Build mental health and substance use literacy in schools; and
4. Promote culturally competent care in our communities through education and practices to address cultural safety.

What is the LAT Working on?

In 2015-2016, the LAT focused its effort on achieving our objective #1 – creating resources of local CYMHSU services and supports. In 2016-2017, we built upon our successes and organized a number of events and training.

Objective 1. Identify and communicate how to access local and provincial mental health and substance use (MHSU) services and supports

- We have collaborated with the North Shore municipalities on testing and improvement of the North Shore Youth Services Directory (nseyouth.ca), which provides a wide range of resources for youth (10-24 years). We continue our work to improve and promote this youth friendly resource. There is also a pocket card available for distribution.



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- We are currently working with North Shore Community Resources to strengthen resources for children (connectforkids.ca).

Objective 2. Support sustainable models of collaborative care

- A group of child psychiatrists and family physicians are exploring ways to improved shared care and increase capacity.

Objective 3. Build mental health and substance use literacy in schools



- We are collaborating with the two North Shore School Districts (North Vancouver and West Vancouver) to increase mental health literacy among secondary school students through the implementation of the Mental Health & High School Curriculum. Over 100 teachers and service providers received the Curriculum Guide training, and over 240 families and community partners attended information sessions in December 2016. Classroom implementation in 10 North Shore secondary schools started in February 2017 and is ongoing.

Objective 4. Promote culturally competent care in our communities through education and practices to address cultural safety

- We supported 29 service providers in the community to complete the Provincial Health Services Authority (PHSA)'s [Indigenous Cultural Safety \(ICS\) Training](#), an eight-week self-paced online training.
- We hosted a multicultural panel event, *Through a Cultural Lens: Immigration, Integration, and Mental Health in Children and Youth*, in November 2016 at the HOpe Centre. 46 people attended the event with a shared interest to raise awareness of diverse cultural expectations of MHSU challenges.
- We also hosted a one-day First Nations cultural competency workshop in January 2017. 48 participated in this experiential workshop.



We Want to Hear Your Voice!

We meet monthly. We invite youth (18-25 years) with lived experience with mental health and/or substance use challenges and family members who have experience parenting a child/youth with mental health and/or substance use challenges to join the LAT and/or its working groups and various activities. If you are interested in getting involved, contact the North Shore LAT Project Lead, Chisato Ito, at cito@divisionsbc.ca or 778.945.3017.