

May 6th **HEADS UP** Don't miss out on your chance to recognize and celebrate the good work happening around us. Nominations for the 2024 PHS+ Awards close on Friday, May 17 at 5 p.m. [Sign out](#)  
ACROSS PHS

May 2, 2024 **RECOGNITION & AWARDS**

## BC Children's Healthy Minds Centre marks National Child and Youth Mental Health Day on May 7

### MEREDITH DE FREITAS

Program Manager

May 7 is [National Child and Youth Mental Health Day](#). Founded by [FamilySmart](#) in 2007, this day is about building connections between young people and the caring adults in their lives, which in turn can have a positive impact on the mental health of children and youth.

"Stigma is one of the greatest challenges we face in delivery of mental health services. This recognition day raises awareness, to ramp up the dialogue and to our reaffirm to our children, youth and their families that they are part of the care team," says Sharlyne Burke, provincial executive director, Child, Youth and Young Adult Mental Health and Substance Use Program and Specialized Pediatric Medical Services, BC Children's Hospital. "We need to talk about mental health, to create an understanding of the challenges that our young people face, and to break down the stigma and barriers to receiving care."

The mental health leadership team at BC Children's Hospital wants to recognize and showcase the work taking place at the Healthy Minds Centre to support children, youth, and their caregivers experiencing mental health and substance use challenges and disorders. Here are some highlights, including some resources and activities taking place around Child and Youth Mental Health Day.

### Program highlights:

The Healthy Minds Centre has outpatient, day treatment, and inpatient mental health clinics supporting patients from infants to young adults. Some exciting work includes the provincial Mind-Body-Connection Group, the obsessive-compulsive disorder intensive treatment program, the newly redesigned Eating Disorder Day Treatment Program, and an Eating Disorder Family-Based Treatment training and consultation hub.

Through telephone consultation, the [Compass Mental Health Program](#) supports BC health care providers with patients experiencing mental health and substance use challenges. Compass also provides direct assessments to support select rural communities that have limited access to psychiatric services. [Educational resources](#) are available on the Compass website.

The Health Promotion and Health Literacy team supports a range of projects and initiatives that empower children, youth and families. Recent highlights include the [Kelty Mental Health Resource Centre's](#) refreshed website, [Where You Are](#) podcast, and peer support for families; new



[substance use content for youth](#); a [mental health promotion coaching program](#) for BC school districts; and a refresh of the [Breathr app](#).

The Program Improvement and Projects Team, and the Substance Use Response and Facilitation (SURF) service, developed universal substance use training modules for Healthy Minds staff.

The Patient and Family Advisory Council supports patient, family and caregiver engagement at Healthy Minds, and recently informed new program discharge surveys.

The Missing Middle program is focused on identifying systems improvements and better supporting transition aged youth (16-24) experiencing mental health and substance use challenges and their families. The program aims to build awareness and increase capacity of care providers through a demonstration project in Richmond and the development of an online training program.

The Eating Disorders team works with community programs to adapt and evaluate a group-based treatment for caregivers of youth with eating disorders. The team received funding from the PHSA Innovation Pathway to support their research on the implementation of evidence-based treatments for pediatric eating disorders.



While the above spotlights a few of the projects and programs happening within the Healthy Minds Centre, the mental health leadership team wants to recognize all the amazing staff that show up each day to support and care for the children, youth, and caregivers that access our services and resources. Your caring hearts truly make a difference!

## Child and youth mental health resources

For families and caregivers:

[Kelty Mental Health Resource Centre](#)

[BC Children's Hospital Family Library](#)

[Where You Are Podcast](#)

For youth and young adults:

[FoundryBC](#)

For healthcare providers:

[Compass Mental Health](#)

Events and webinars:

From May 6 to 10, 2024, stop by the [Kelty Mental Health Resource Centre](#) at BC Children's Hospital to pick up some Child and Youth Mental Health Day swag.

On May 8, 2024, attend a [webinar](#) on the new resource, [Language Matters - An Introductory Guide for Understanding Mental Health and Substance Use: A Resource for Educators and School Communities](#).

Tags: [BC Children's and BC Women's](#)

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We are grateful to all the First Nations who have cared for and nurtured the lands and waters around us for all time, including the xʷməθkʷəy̓əm (Musqueam), Sḵw̓x̓wú7mesh Úxwumixw (Squamish Nation), and sə́ilwətaʔ (Tsleil-Waututh Nation) on whose unceded and ancestral territory our head office is located.

Our values: Compassion | Respect | Equity | Courage | Innovation

Coast Salish teachings: Thee eat "Truth" | Eyhh slaxin "Good Medicine" | Nuts a maht "We are one" | Whax hooks in shqwalowin "Open your hearts and your minds" | Kwum kwum stun shqwalowin "Make up your mind to be strong" | Tee ma thit "Do your best"

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