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

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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 Sharlynn 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
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:

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


Tags: BC Children's and BC Women's