

Our Vision Statement:

Working together to create a community where infant, child and youth mental health is recognized as a key determinant of overall health and well-being, and where children, youth and families grow to reach their full potential.

-Adapted from Ontario's Policy Framework for Child and Youth Mental Health

Our Mission Statement:

Cornwall Community Hospital's Child and Youth Mental Health Services, in its role as Lead Agency for the SDG Service Area, engages a range of system partners including youth and families for the purpose of coordinating service planning for the infant, child and youth mental health and addiction sectors.

WELCOME TO OUR EIGHTH NEWSLETTER

We are pleased to issue our eighth newsletter to share our progress in **Moving on Mental Health** in Stormont, Dundas, and Glengarry. All of our newsletters in English and French are posted on the Cornwall Community Hospital (CCH) website under *Child and Youth Mental Health Services*. You will be able to click on the link below to bring you to the newsletters as well as link directly to the Ontario government website for provincial updates: <https://www.cornwallhospital.ca/en/ChildrenMentalHealth>

MULTI-YEAR PLANNING

Ontario's, **Roadmap to Wellness: A Plan to Build Ontario's Mental Health and Addictions System** was released in early March 2020:

(<https://news.ontario.ca/mohltc/en/2020/03/ontario-unveils-plan-to-build-mental-health-and-addictions-system.html>)

The plan will help improve mental health services in communities across Ontario, and support Ontarians living with mental health and addictions challenges. As part of the strategy, Child and Youth Mental Health Lead Agencies within each of Ontario's 33 geographical service areas are providing leadership and leading local planning efforts to help move this important work forward.

One of the principal ways in which lead agencies are carrying out their leadership role is through engaging with their local core service providers and community partners in a multi-year planning process and the completion of a Service Area Plan, which was submitted September 30, 2020.

Although we are in challenging times due to COVID-19 pandemic pressures, the Cornwall Community Hospital (as lead agency for the SDG service area) was able to build on the solid planning foundation and the work underway in our community for a number of years. In developing our Multi-Year Plan we revisited and updated our Vision and Mission Statements (see side panel of this newsletter), assessed our strengths, and identified gaps and areas for improvement. We also reviewed our goals and the priorities that we will work on over the next three years to address gaps.

**For more information,
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OUR GOALS

We have identified two main goals:

1. To ensure equitable access to a continuum of high quality mental health services and supports offered “closer to home” in both French and English, thereby improving the experience of children and youth and their families.
2. To strengthen the system, streamline access and provide services “closer to home” by building awareness, promotion of services, and improving referral/pathway relationships with community partners, including primary care and regional partners

OUR PRIORITIES

Priorities for Goal #1:

- Access to Services – Ensuring that children, youth and families receive services in a timely manner by: implementing a wait list management strategy; a brief services pathway; and enhancing clinical service in live-in treatment.
- Enhancement of Crisis Services – Being able to offer a continuum of services that are easily accessible for children, youth and families by: advocating for the expansion of the hours of the Virtual Emergency Departments Risk Assessment; and advocating for funding to develop local crisis beds.
- Specialized Services – Enhancing our service area’s capacity to provide specialized assessments and interventions locally in English and French through: building capacity for treatment interventions for complex mental health issues; expansion of Ontario Structured Psychotherapy Program; access to regional groups through virtual platforms; and recruitment and training of Francophone staff.

Priorities for Goal #2:

- Infant and Early Years Mental Health Pathways – Enhancing and promoting care pathways to ensure a coordinated, collaborative community-based approach to meet the unique needs of children under age 3 by: building capacity to identify high risk families and make appropriate referrals; and collaborating with primary care providers including midwives and nurse practitioners, as well as with hospital units to explore key issues, gaps and barriers, opportunities for improved service delivery and potential solutions for cross sector collaboration.
- Creation and Promotion of Pathways to Services – Building community awareness of English and French child and youth mental health services by: bringing primary care providers together for information sessions; promoting community initiatives through social media and other promotional materials; leveraging Youth Wellness Hub Ontario as an opportunity to promote services; developing packages - one pagers that can be distributed; and establishing pathways to and from local and regional services.