

## Match Summary

Name of Match: **Transition-aged Youth**

Location of Match: Inner City Youth Program, St Paul's Hospital, Vancouver BC

### 1. Brief summary of the outcomes of your match

- First IIMHL match to focus specifically on transition-aged youth
- Networking personified – often in an informal, humorous way
- Positive, energizing culture of conversation
- Sharing lived experience as a foundation to what we do; discourse positively influenced by participants' lived experience
- Broad-based discussion and workshop on integrative models of care that include mental health and addictions, and that also touch on social determinants of health, e.g. justice, housing, employment, youth-in-care
- Discussion on the creation of provincial and national child and youth mental health and addiction strategies
- Made reference to and shared existing literature and best practice in the area of transition-aged youth
- Discussed authentic youth engagement strategies, making reference to existing literature and best practice
- Shared literature on and identified the importance of the economic argument in driving mental health reform, with reference to the Australian and Canadian contexts
- Did a walking tour of ICY's fully integrative system that provides a range of wrap-around services for high needs youth – housing, mental health, addiction, vocational training
- Addressed various aspects of policy change that would facilitate better transitions for emerging adults, e.g. central data repository and aging out of services
- Discussed challenges and potential solutions in working inter-jurisdictionally and sectorally to provide services to meet the needs of young people (and across the lifespan)

### 2. Resources used in your match

- Experiential learning by visiting various sites in the downtown Vancouver area
- Ontario Centre of Excellence youth engagement resources
- We've Got Growing Up to Do (Ontario Centre of Excellence)
- Taking the Next Step Forward: Building a Responsive Mental Health and Addictions System for Emerging Adults (MHCC and CHEO)
- Evergreen Framework
- Mental Health Strategy for Canada
- Developing brain video from Alberta Family Wellness
- Lived experience
- Stepped care model (Cornish, 2014)
- Collaborative record (Input Health)
- Tickit Platform (Shift Health)
- Hart's ladder of positive engagement

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

- Advanced the paradigm shift for viewing service users as equal partners with service providers
- Advanced the importance of youth engagement in research, service design, and implementation
- Advanced the importance of empowering youth to take ownership and responsibility of their own self management
- Highlighted that transition-aged youth are a priority population with unique needs
- Suggested policy changes, including expanding foster care up to the age of 21-24; ensuring a protected, set percentage of out-patient mental health services is spent on youth with emerging mental health and substance use issues; provide better support for foster parents and support networks; guaranteeing developmental, age-appropriate services (abandon admitting youth into adult in-patient service and programs); shift to service requirements of the individual based on the intensity of response
- Highlighted the importance of trauma-informed care that includes accommodations for neurocognitive consequences of trauma
- Providing resources to at-risk youth is critical in order to prevent a cycle of chronic illness and disease, chronic homelessness, and to improve outcomes, including wellness, purpose, and prosperity
- Highlighted the importance of the integration of service and supports for youth in a centralized location, facilitating access

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

- Provided framework to take this work back to participants' respective organizations and providers to improve outcomes for youth
- Built leadership skills by expanding capacity and literacy (knowledge exchange)
- Built networks for ongoing collaboration in policy development, practice, and service delivery
- Discussed the importance of building a community of practice specific to TAY, collaborating with existing provincial, territorial, and national networks
- Advanced the importance of shared leadership with youth, people with lived experience, and their families or caregivers