September – A Time for Transitions

September beings the 5th operational year of Calgary and Area Regional Collaborative Service Delivery! We are excited to come together for another year of working beyond boundaries for children and youth.

As we transition from summer to fall, we feel a mix of emotions – sadness at letting the summer go, excitement about new possibilities, and some apprehension or even anxiety about the change. Our feelings at this simple seasonal transition point are good reminders about how transitions, even the natural and predictable transitions, can be a source of tension. We know that the most challenging times for children, youth, and their families often involve points of transition. There are big transitions in all children’s lives, such as from adolescence into adulthood. Other big transitions are less common, such as from a hospital setting back into school. We also deal with smaller transitions every day, such as moving between home and school. No matter the size of the change, all transitions require preparation and support to ensure a child’s success, health, and resilience; and they are easier when not managed alone. Calgary and Area RCSD is exploring ways to make transition points easier for families – by helping link families and service providers to resources and by making connections across service systems to make the transition process as seamless as possible. Look for more information as we delve into the needs of younger children between 0 and 5 years of age, children of school age with more diverse needs, and how to support our youth as they begin their journey into adulthood.

Upcoming Opportunities

Youth Transitions Patient and Family Advisory Committee
Volunteer Opportunity
This Committee is a formal group of volunteer patients and family members who are preparing for transition or who have transitioned from paediatric to adult healthcare services. Meetings begin September 2017.
Click here for more information.

Collaboration Launch Pad: Sparking your Network’s Connections
Webinar
September 18, 2017 12:00 – 1:00 pm
This session will share tools for getting your network members to share deeply, discover common goals, and map your way to collective solutions.
Click here to register.

Understanding Mental Health Concerns in Children and Youth
Workshop
October 4, 2017 9:00 am – 4:00 pm
This workshop is designed for educators, service providers, caregivers, and anyone seeking a better understanding of the complexities that surround mental illness. Participants will be provided with a general overview of the common mental illnesses that affect children and youth, signs and symptoms, themes for treatments, and controversies that surround diagnoses.
Click here for more information and to register.
National Forum on Infant, Child, and Youth Mental Health
Conference  October 4 – 6, 2017 University of Calgary
The Child Welfare League of Canada (CWLC) and Alberta Children’s Services presents this conference as a unique opportunity to network and exchange ideas as a means to design and develop implementable solutions to address child and youth mental health. Click here for more information.

Groups All Around: What? Where? With Whom?
Conference  October 19 – 21, 2017 Halifax, NS
CGPA’s Annual Conference aims to advance knowledge related to current and new approaches to group therapy and group leadership, understand best practices and standards of excellence, network national participants, and deliver training to demonstrate supervision techniques and modalities. Click here to register. Click here for the full brochure.

Canadian Association of Paediatric Health Centres (CAPHC) 2017 Annual Conference
Conference  October 22 – 24, 2017 Montreal, QC
The theme of this year’s conference is: “Engaging Children, Youth, and Family: Are We Ready to Move Beyond Good Intentions?” Click here to register.

Calgary Stampede Poster Competition
Scholarship  Deadline: October 27, 2017
The Poster Competition is about more than the selection of a poster for the Calgary Stampede; the competition focuses on youth achievement and development by fostering and developing artistic skills. This program takes youth on a journey of craftsmanship and creation, an experience just as valuable as claiming the top prize. Click here for more information.

Childhood Anxiety: Understanding and Helping Children Heal
Workshop  November 25, 2017 9:00 am – 5:00 pm
At this workshop, participants will learn about the psychological and physiological roots of anxiety, why it is on the rise in our children and what to do to help children better manage it. This presentation is appropriate for parents, caregivers, teachers, and mental health professionals. Click here for more information and to register.

Brain Story Certification
Online
Learn the scientific underpinnings of the Brain Story from leading experts and be eligible for credits with this free online course, developed by the Alberta Family Wellness Initiative. Click here for more information and to register.

Resources
Preparation for Adulthood (16 – 18) and Adult Service Listings: Children’s Link
Committee work from the Children’s Link has developed two resources to support the transition of youth into adulthood by mapping the steps and considerations necessary for youth to manage their own care and listing the supports and services available to adults. Click here and here to access the resources.

Jordan’s Principle: Enhanced Service Coordination with First Nations Health Consortium
The First Nations Health Consortium provided an information session on the work completed to date. Click here to view the video.
**Reports and Research**

**Integrated Early Childhood Development Services**
There are many benefits to integrating and coordinating early childhood development services for families and young children in a coherent way. The Encyclopedia on Early Childhood Development has collected a list of texts for further reading.
Click [here](http://www.CalgaryandAreaRCSD.ca/news-and-events/newsletter-signup/) for the resource list.

**A Guidelines for Transitions from Paediatric to Adult Health Care for Youth with Special Health Care Needs: A National Approach from the CAPHC National Transitions Community of Practice June 2016**
This national guidelines was developed to support the successful transitions of youth into adult health care.

**The Maternal Newborn Child and Youth Strategic Clinical Network – August Bulletin**
Inside there is information on the Postpartum and Newborn Pathway Review, Children with Complex Care Needs, and much more.

**Screen Time and Young Children**
The Canadian Paediatric Society has published a new position statement on minimizing screen time for young children and mitigation strategies for screen time’s potential negative effects.
Click [here](http://www.CalgaryandAreaRCSD.ca/news-and-events/newsletter-signup/) for a directory to the full statement, parent resources, and clinical tools.

**My Cat Makes Me Happy: What Canada’s Youth Told Us About Their Well-Being**
A new UNICEF Canada Report released highlights what Canada’s youth consider critical to their well-being. Workshops were held across Canada to learn directly from youth what well-being means to them, and to gain a better sense about what it’s like to grow up in Canada.
Click [here](http://www.CalgaryandAreaRCSD.ca/news-and-events/newsletter-signup/) for the full report.

**Youth Health Rights in Canada Discussion Paper**
Jennifer L. Gibson, PhD, Angel Petropanagos, PhD, Lee Ann Chapman, JD, Randi Zlotnik-Shaul, LLM, PhD
In Canada, children and youth have health rights that are protected through various federal, provincial, and territorial laws and regulations. However, many young people are not aware of these rights and may face barriers in exercising their rights.
Click [here](http://www.CalgaryandAreaRCSD.ca/news-and-events/newsletter-signup/) to download the report.

**Youth Health Priorities Survey: Health Rights and Responsibilities Project**
The Young Canadians roundtable on health (YCRH) is a youth-led initiative of the Sandbox Project. Public education and evidence-based policy development. The purpose of this survey is to gain more insights from youth’s knowledge of their legal rights to access health care and the biggest issues youth face when trying to access health care in Canada. These questions will provide us with the information we need in order to develop an education and advocacy platform designed to support youth health advocacy across the country.
Click [here](http://www.CalgaryandAreaRCSD.ca/news-and-events/newsletter-signup/) to take the survey.

Please take a moment to forward this eNewsletter to your colleagues and encourage them to sign up at: [http://www.CalgaryandAreaRCSD.ca/news-and-events/newsletter-signup/](http://www.CalgaryandAreaRCSD.ca/news-and-events/newsletter-signup/). We send out an eNewsletter once a month between September and June with reviewed information relevant to everyone who works together for children and youth.
Helping Kids and Youth in Times of Emotional Crisis

We want to make meaningful changes to how kids, youth, and their families experience going to the ER for mental health concerns.

To do that, we need to:

1. Hear from kids and youth about what their experiences have been like.
2. Listen to families share their experiences of seeking help for their loved ones.
3. Talk to ER and Addictions and Mental Health staff to hear what’s working and what isn’t.
4. Understand what the data and literature says about services being provided.

Once we have collected all of this information, visual maps will be created that show how patients, families, and health care staff experience care in the ER.

The maps will be used to identify times in the patient’s journey where changes would make a big difference.

Youth Survey Link – survey.ahs.ca/KidsYouth
Family/Caregiver Survey Link – survey.ahs.ca/FamilyCaregiver

Want to get involved? Find out more info:
On our website: www.albertahealthservices.ca/scns/page7698.aspx
On Twitter: @amh_scn

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