

Expert care and research for healthy

YOUNG MINDS

Transforming lives, one young mind at a time

Through research, training and collaboration we will create specialized psychiatric and mental health services that improve the overall health of children, youth and their families living in Eastern Ontario.

CHEO

The iLe
Royal

Mental Health - Care & Research
Santé mentale - Soins et recherche

OUR SERVICES

CHEO (Up to 18 years old) The Royal (16-18 years old)

- Acute inpatient care
- Emergency care
- Urgent care
- Eating Disorder Program
- Medical/surgical consultation
- Specialized outpatient care for moderate to severe mental illness
- School-based child and adolescent day treatment programs
- Specialized inpatient care for severe and complex mental illness
- Partial hospitalization program
- Specialized outpatient care for moderate to severe mental illness
- School-based adolescent day treatment

“They helped me lay out a plan for when I am in a bad mood and helped me with my school work.”

-Patient from The Royal’s Partial Hospitalization Unit

IMPROVED ACCESS AND PATIENT FLOW*

3,033

CHEO Emergency Department visits

-2.6%

7,465

Inpatient days at CHEO and The Royal

-0.2%

11,434

General outpatient visits at CHEO and The Royal

+25.4%

2,112

Outpatient referrals at CHEO and The Royal

+20.7%

WAIT TIMES*

43 Days

To first appointment in The Royal’s Youth Program

-90.4%

108 Days

To first outpatient appointment at CHEO

-46%

*Data is from 2018 calendar year & is compared to 2014, before Choice and Partnership Approach (CAPA)

REACHING BEYOND OUR WALLS

104 transitional-aged youth received telemedicine consultations from The Royal. These consultations have expanded to include family members or other caregivers to ease the burden on youth and empower loved ones to help.



7 MDs and **7** health professionals from CHEO are using telehealth to visit patients in their homes.

More than **100** visits have been conducted so far.

397 primary care providers in 92 cities across Ontario have received child and youth mental health training through

CHEO's Project **ECHO**.

"Excellent sessions relevant to my current practice"
— Nurse Practitioner in north-eastern Ontario

132

students attended therapeutic school programs customized to their learning and health needs.

1/3 of patients in The Royal's Youth Program use drugs or alcohol several times a month or more.

Over the past year, staff at both The Royal and CHEO have received specialized training to help patients and families address problematic substance use.

"When I was a patient, we really used the kitchen a lot, and that was time when I was able to build friendships with other people and learn from them. It was a chance to do something meaningful, which is such a big part of recovery. It really made you feel like you were at home when you weren't."

- Former patient of the Youth Psychiatry Program

The Royal revamped its youth kitchen in 2018 thanks to support from generous donors. Activities like cooking empower patients to build life skills that can enhance their recovery.

BUILDING LIFE SKILLS TO ENHANCE RECOVERY

A quality improvement initiative at CHEO has helped improve access to a number of group therapies for parents and family members supporting children and youth with mental health concerns.

88% of parents and caregivers who participated said they now feel better equipped to help their child or youth.

Investigators: Dr. Marjorie Robb, Dave Murphy, Alejandro Martinez, Heather Bragg, Dr. Stephanie Greenham, Michael Ranney, Dr. Bill Gardner

A new Mind-Body Connections Group at CHEO helps patients with somatic symptoms and their families understand the connection between emotional and physical distress. They learn to recognize, accept, and respond to emotional experiences, improving their physical symptoms, functioning and readiness for mental health treatment.

HELPING THROUGH DISCOVERY

In 2018, members of the Young Minds Partnership:

- Published 38 papers in peer-reviewed publications
- Received 31 external research grants

135%

Increase in emergency self-harm visits for Ontario's children and youth from 2009-2017

Gardner et al. (2019) Canadian Journal of Psychiatry

8

studies are underway to increase access to care and supports that will help more kids and youth avoid emergency visits

SUICIDE PREVENTION

Young Minds Partnership researchers have a number of ongoing studies with a focus on suicidal ideation and self-harm, including:

- A Youth Suicide study launched at The Royal to determine the role various risk factors play in mediating the success of treatment
- A brief group intervention, BRAVA, being evaluated at CHEO for youth with mild to moderate suicidal ideation, and their caregivers
- The Self-Harm and Resilience in Adolescents (SARA) study, which aims to better understand self-harming behaviours in adolescent girls