

The Provincial Centre of Excellence for Child and Youth Mental Health at CHEO
Le Centre d'excellence provincial au CHEO en santé mentale des enfants et des ados



Community Mobilization Awards

Phase 1 Submission Package

Please save this Submission Package as **submission.doc**.
Attach/upload your saved submission with your online application.
Please refer to the Application Instructions for information
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For more information contact the Centre:

grantsandawards@cheo.on.ca

Application Deadline:
January 12, 2009 @ 4:00pm



Applicant Name:
Project Title:

Organization:

Please answer the following questions in the **space provided**, using Arial 11 point, single-spaced format. Any answer that exceeds the space allotted may not be reviewed.

Section 1 – Issue and Background

Issue and Background:

Summarize the pressing child and youth mental health issue around which your community is mobilizing. Include a brief review of the evidence surrounding the issue and a description of any previous collaborative activities your partners have engaged in. Be sure to indicate how this issue is best suited to be addressed through collaborative activities. Please use clear language suitable for a lay audience (**do not exceed the space permitted**).

Over the last 10 years, it has been clearly documented that people living with an Autism Spectrum Disorder (ASD) are particularly vulnerable to mental health problems. The pressing issue in Dufferin County, is the absence of mental health services for children and youth living with ASD. At present, children and youth with a diagnosis of ASD can only access CMHS Crisis Program, provided through Dufferin Child and Family Services. In 1998, Ghaziuddin et al, found that 65 per cent of their sample of patients with Asperger's Syndrome presented with symptoms of a psychiatric disorder. "The Complete guide to Asperger's Syndrome" by Tony Attwood (2007) also states that "Current research indicates that around 65 percent of adolescents with Asperger's Syndrome have an affective or mood disorder, especially depression or anxiety disorder. Perhaps the most common is an anxiety disorder; however, the prevalence of depression is also high. Research has also indicated a greater risk of developing bipolar disorder and there is evidence to suggest an association with delusional disorder. For Asperger's Syndrome an additional mood disorder is the rule rather than the exception."

Soft data provided by The Upper Grand District School Board in Dufferin County, estimates an incidence rate of 1 out of 131 students have a diagnosis on the Autism Spectrum. Although the data from the local board of education would not meet strict statistical criteria, it does provide an indication of the prevalence of children and youth living with an Autism Diagnosis in this county.

Dufferin County with a population of 54,436, is comprised of three towns and five rural townships. The following agencies provide services to children/youth and caregivers based on their needs. Kerry's Place Autism Services (KPAS) provides consultation and support to individuals, families, schools and other agencies regarding the issues surrounding Autism Spectrum Disorder. KPAS is not a provider of mental health services. Dufferin Child & Family Services is a multi-service agency providing child protection services, children's mental health services (CMHS), developmental support services and family visit centre to families living in Dufferin County. ErinoakKids is the provider for the Intensive Behavioural Intervention Program, serving children with Autism in Dufferin County. In 2007, KPAS identified 25 children and youth as needing mental health services by a medical professional. With support from KPAS to find funding to cover costs, 10 children/youth accessed a variety of mental health services outside of Dufferin County with an approximate cost of \$18 000 - \$24 000.

As a smaller region, agencies in Dufferin County have a long history of collaboration. Most recently, partnerships have resulted in the implementation of respiteservices.com, a respite home for children and youth with Autism, a joint committee to allocate funds for behaviour management and the sharing of building space.

Clearly stated, if the mental health needs of children and youth with Autism Spectrum Disorder are to be met, stakeholders need to come together, to develop relationships, share expertise and work collaboratively to review the effectiveness of what others are doing and to plan for how service can be delivered in Dufferin County.





Section 2 – Relevance Statement

Relevance Statement:

Provide a statement highlighting how the application in question addresses child and youth mental health in the province of Ontario as well as the mission and strategic directions of the Centre (**do not exceed the space provided**).

In the Spring of 2006, the DCAFS, Intensive Child & Family Intervention Team members, along with the CMHS Program Manager, participated in a “tour” of other community agencies providing children and youth mental health services in Ontario. The purpose of the tour was to gain further understanding of “what’s working” and what barriers are encountered in delivering services to children/youth and their caregivers. Two centres’ were visited in Eastern Ontario and two telephone conferences took place with northern communities in the province. Much was shared and learned during these conversations. **A consistent response across all four regions was the struggle in meeting the needs of individual’s with an ASD diagnosis, experiencing mental health concerns.**

Historically, in Dufferin County, individual’s living with autism, have been supported through the developmental service stream. There has been little training or opportunity for sharing of knowledge across sectors. This proposed project aims to:

- Foster an integrated system between the developmental and children’s mental health sector through the development of working groups and relationship building.
- Gain a better understanding of current best practice that is evidence based/informed through literature reviews, community forums and focus groups.
- Provide opportunities to build on existing evidence and knowledge through trainings and consultations.
- Build capacity in Dufferin County and in turn increase the capacity of other children’s mental health centres in Ontario, through the sharing of new knowledge and results.
- Develop an Action Plan that will result in pathways being identified, that will guide how service can be delivered in a collaborative manner.





Section 3 – Proposed Activities and Rationale

Proposed Activities and Rationale:

Provide a summary of the activities planned for Phase 1 of the award term. Provide a timeline for each proposed mobilization activity and describe how each will inform an evidence-based, feasible and locally appropriate community action plan. Examples of activities may include community/stakeholder forums, surveys, literature reviews and dedicated personnel (**do not exceed the space provided**).

Developing the plan:

- **Early April 2009 – Stakeholders Forum.** Establish contact with Stakeholders in community. Present information on the planning process; review of pressing issues, project objectives, and the common goals. Begin information sharing. Begin relationship building.
- **Mid April 2009- Development of working group.** The working group members will be responsible for the following: researching and participating in consultations for information gathering; literature review; establish means of gathering information to assess need in community; investigate existing knowledge exchange opportunities; and development of the action plan for Phase 2.
- **On-going - Literature Review.** Research Assistant to be hired for literature review to assist with information gathering and to increase our understanding of the issue and best practices. R.A. will compile information and participate at the working group table.
- **Mid April 2009 – Focus group** with potential users of service i.e. parents, caregivers, to identify priorities to increase our understanding of the issue. The focus group will be guided and informed by the literature review. It will also further inform other areas of potential research.
- **April/May 2009 - Extensive review** – Review of who is doing what in Ontario and other regions. Use of literature review and focus group to narrow down approaches of interest, given their fit for our community and supported by the literature. Seek opportunities to consult with those most relevant, including The Redpath Centre in Toronto for the purpose of information gathering and discovering best practices used in other communities.
- **End of April/Early May 2009 Consultation with Redpath Centre in Toronto.** Through best practices, cross-sector collaboration, teaching and research, The Redpath Centre's experienced clinicians work to address the social and emotional needs of children, adolescents and adults with Asperger Syndrome and related symptoms. This consultation will take place to assist in the discovery of best practices and information gathering.
- **June 2009 – Working group:** Review and analysis of information gathered. Begin development of action plan for Phase 2.
- **End of June 2009: Follow up Stakeholders Forum:** Share information gathered; presentation of research findings and understanding of the issue, presentation and feedback on draft action plan to be implemented in Phase 2; continue building relationships.
- **July 2009 – Working group:** Identify other potential uses of the results of information gathered.
- **July 2009 – Working group:** Finalize action plan for Phase 2.
- **August 2009:** Write and submit Phase 2 application.





Section 4 – Community Partners

Provide a list of the community partners that have committed to full participation in developing the community action plan. Include a brief description of the unique interest and expertise each partner will bring to the project, and identify a project lead for each partner.				
Partner 1 Dufferin Child and Family Services – Children’s Mental Health	Project lead: Brenda Courtney Behavioural Clinician	Address: 655 Riddell Road Orangeville, Ontario L9W 4Z5	Phone: 519-941-1530 #353	E-mail: Brenda.courtney@dcafs.on.ca
Partner 1 role: Lead agency and contact. Agency to provide mental health supports to children/youth living with ASD. Transfer Payment agency. Working group member.				
Partner 2 Kerry’s Place Autism Services – Dufferin, Central West office	Project lead: Lynn Walbourne Autism Consultant	Address: 15 Elizabeth Street Orangeville Ontario L9W 3X3	Phone: 519-940-3590 #222	E-mail: lwalbourne@kerrysplace.org
Partner 2 role: Support and consultation to child and families with ASD. Working group member. Participate in information gathering, and other tasks as agreed upon in working group.				
Partner 3 Dufferin Child and Family Services – Developmental Support Services	Project lead: Dorothy McLachlan – Program Manager	Address: 655 Riddell Road Orangeville, Ontario L9W 4Z5	Phone: 519-941-1530- 423	E-mail: Dorothy.mclachlan@dcafs.on.ca
Partner 3 role: Liaison and resource re: Community supports for developmental services, linkage to Dufferin planning table for both DH children and adults. Working group member.				
Partner 4 Parent Partners	Project lead: Julie Wood Lynne Fadden	Address: 4 Beechnut Street Orangeville On L9W 4A8	Phone: 519-940-8793	E-mail: tswood@sympatico.ca
Partner 4 role: Provide feedback and input regarding needs of children/youth and families. Working group members. Assist with planning of focus groups, and development of action plan for Phase 2.				
Partner 5 (organization/group):	Project lead:	Address:	Phone:	E-mail
Partner 5 role:				





Section 5 – Budget (Phase 1 only)

Eligible Budget Items	Cost per Item (\$)	Total Cost (\$)
Personnel Costs		
Project Coordination personnel cost: 10 hours per week x 24 weeks for the purpose of planning and coordination of activities including, stakeholder forum, consultations, and focus groups.	\$35.	\$8,400
Literature review – 14 hours (hiring of research assistant)	\$35.	\$490
Consultation Costs		
Redpath Consultation		\$2,000
Partner and Community Meeting Costs (excluding Mobilization Workshop)		
Food		\$300
Supplies		\$250
Knowledge Exchange Activities (Max. of \$500)		
Presentations Supplies for forums, focus groups		\$100
Reports completed from focus groups		\$100
Food		\$200
Photocopying		\$100
Travel Costs		
To Toronto to Redpath Centre	\$.44/km	\$100
Other travel		\$100
Administrative Costs (details required; Max. 10% of approved budget)		
Administrative, technical, practical and management supports and resources		\$1500
Other Costs		
Long distance phone costs		\$200
Total Cost of All Expenses (Max. of \$15,000)	\$	\$13,840







Section 6 – Budget Justification

Provide a justification for all expenses listed in the above project budget table. Pay special attention to the sustainability of contributions made by external consultants, travel costs and administrative support (**do not exceed the space provided**).

Personnel Costs – The identified hours will be available to the community partners to dedicate specific time to this issue. At present, there are no resources allocated to examining, researching or planning to address the absence of mental health services for the ASD population in Dufferin County. Any KPAS or DCAFS personnel involved in community mobilization efforts are committed to these hours beyond their regular work hours.

Hiring of a research assistant to review and compile the literature review which will inform the action plan to be created.

The Redpath Centre Consultation – We will seek valuable information based on their evidenced-based practices with Asperger's and related symptoms. The consultation will provide the working group with information on what's working in their region to address this issue, identify trainings, and to share their knowledge and expertise on best practice regarding mental health concerns for children and youth living with ASD.

Community forum will establish contact, begin dialogue, confirm common goals, and share information.

Working group meetings will provide structure to the time and activities needed for the gathering of information and creation of an action plan.

Dufferin County is located one hour north of The Redpath Centre in Toronto. Other appropriate consultations may be identified and explored.

Administrative costs will include technical and office supplies, resources and services and management supports.

Section 7 – OPTIONAL – Project Description

Applicants may choose to provide additional details of the proposed community mobilization project. Submissions must be completed in Arial 11-pt font, single-spaced on 8.5 x 11 inch paper. **For this section, a maximum of 4 pages of text is permitted.** When complete, this submission package, including the project description, must be no longer than 10 pages, excluding the cover page. Save the completed Submission Package as a single word document called "**submission.doc**".

