



PROJECT NOW

Project Now – Youth and Family League

Peel Connects Community Forum

February 4, 2020

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Introduction - Project Now Partners

Our mission is that no child or youth will die by suicide in our community.

- Dufferin Peel Catholic District School Board
- Mississauga Halton LHIN
- Peel Children's Centre
- Peel District School Board
- Peel Public Health
- Trillium Health Partners



“This type of collaboration has not been seen in Canada.”

Louise Bradley, President and CEO of the Mental Health Commission of Canada

Our Why – Suicide Statistics in the Region of Peel

In 2017, leaders in the healthcare, education, and community sectors began having initial discussions about the suicide rate of children and youth in the Region of Peel.

Statistics in the Region of Peel were alarming:

- In 2016, 10 youth died by suicide and 157 youth attempted suicide in Peel Region, an increase in attempts of 52% from 2012*.
- In 2017, 14% Region of Peel students in grades 7 to 12 seriously considered attempting suicide, and 4% attempted suicide in the past 12 months***.
- The prevalence of suicidal thoughts is twice as high among female students (20%) as compared to male students (9%)***.
- In 2016, there were 448 ED visits due to deliberate self-harm and suicide among ages 0-24 years in Peel (41 ED visits among 0-14 years; 407 ED visits among 15-24 years)***.
- In 2016, there were 119 Hospitalizations due to deliberate self-harm and suicide among ages 0-24 years in Peel (20 Hospitalizations by 0-14 years; and 99 Hospitalizations by 15-24 years)***.

There was a recognition from leaders that we needed to think and connect differently if we wanted to ensure that no child or youth dies by suicide in our community.

Sources:

*Peel Regional Police, *Trend Analysis of Suicide Occurrences, 2016*

**National Ambulatory Care Reporting Systems (NACRS), 2017

*** Region of Peel – Public Health. *The Changing Landscape of Health in Peel. A Comprehensive Health Status Report. 2019*



Zero Suicide

Initial project work began by looking at system-wide initiatives that had had an impact in North America in terms of reducing rates of suicide in the healthcare sector.

The foremost example of a systems thinking approach to suicide lies in the **Zero Suicide in Health and Behavioural Health Care**.

The Zero Suicide framework presents an aspirational challenge and practical framework for system-wide transformation toward safer suicide care.

This framework is made up of 7 core components:

- **LEAD** system-wide culture change committed to reducing suicides
- **TRAIN** a competent, confident, and caring workforce
- **IDENTIFY** individuals with suicide risk via comprehensive screening and assessment
- **ENGAGE** all individuals at-risk of suicide using a suicide care management plan
- **TREAT** suicidal thoughts and behaviors using evidence-based treatments
- **TRANSITION** individuals through care with warm hand-offs and supportive contacts
- **IMPROVE** policies and procedures through continuous quality improvement

Zero Suicide – Global Initiatives

There are many Zero Suicide initiatives internationally. The majority of these initiatives focus exclusively on making systems-level change within the healthcare sector alone.



Suicide is the 2nd leading cause of death in the world for those aged 15-24 years*.

Globally, among young adults (15-29) suicide accounts for 8.5% of all deaths**.

Sources:

* (2018) World Health Statistics Data Visualizations Dashboard.

** (2014) Preventing suicide: a global imperative, WHO.

A New Approach to Collaboration

While most global Zero Suicide initiatives are based on a collaborative approach, typically this collaboration is focused solely on providers in the health sector, often within a single organization or system.

Project Now partners have broadened this concept to include collaboration across sectors and systems. We come together as a whole community to connect organizations and empower people. We commit to putting children and youth at the centre of our three pillars of **Hope, Help, and Healing**. We have the courage to listen, to look at what is working and what isn't, to speak frankly and be authentic, and to co-create a future where all children, youth, and families will thrive.

We hold ourselves accountable for making a collective impact by continuously communicating, finding creative solutions, sharing a common purpose, providing resources, and measuring our outcomes.

Together, we commit to being a force for change in our partnership, in our respective organizations, in our communities, and within our own lives.





Our Mission: No child or youth will die by suicide in our community.



OUR GOALS

HOPE

Foster hope and resiliency through awareness, prevention, and identification.

HELP

Help coordinate access to care options that meet the needs of children, youth, and their families.

HEALING

Support healing by building connections that promote learning and understanding about suicide.

OUR BELIEFS



Partnering with children, youth and families



Supporting all those impacted by suicide



Connecting as a whole community

Youth and Family League



How Do We Define Family and Youth?



Definition of Family:

- Family is defined as parents, caregivers, siblings, partners, and other people who are viewed by youth as someone playing a significant emotional, cultural, or other role for youth experiencing mental health challenges. (Source: Frayme)
- Family is someone identified by a youth with mental health and addiction issues as someone being of importance to their well-being and journey to recovery. They may be biologically, legally, or personally connected. (Source: Parents for Children's Mental Health)

Definition of Youth:

- A youth is defined as a person between the ages of 12 and 24 years old.
- For the purpose of Project Now, a youth is defined as someone 16-24.

What is the Youth and Family League?

A key component of Project Now is to ensure that the voice of children, youth, and families with lived experience is embedded in our strategic approach and governance structure.

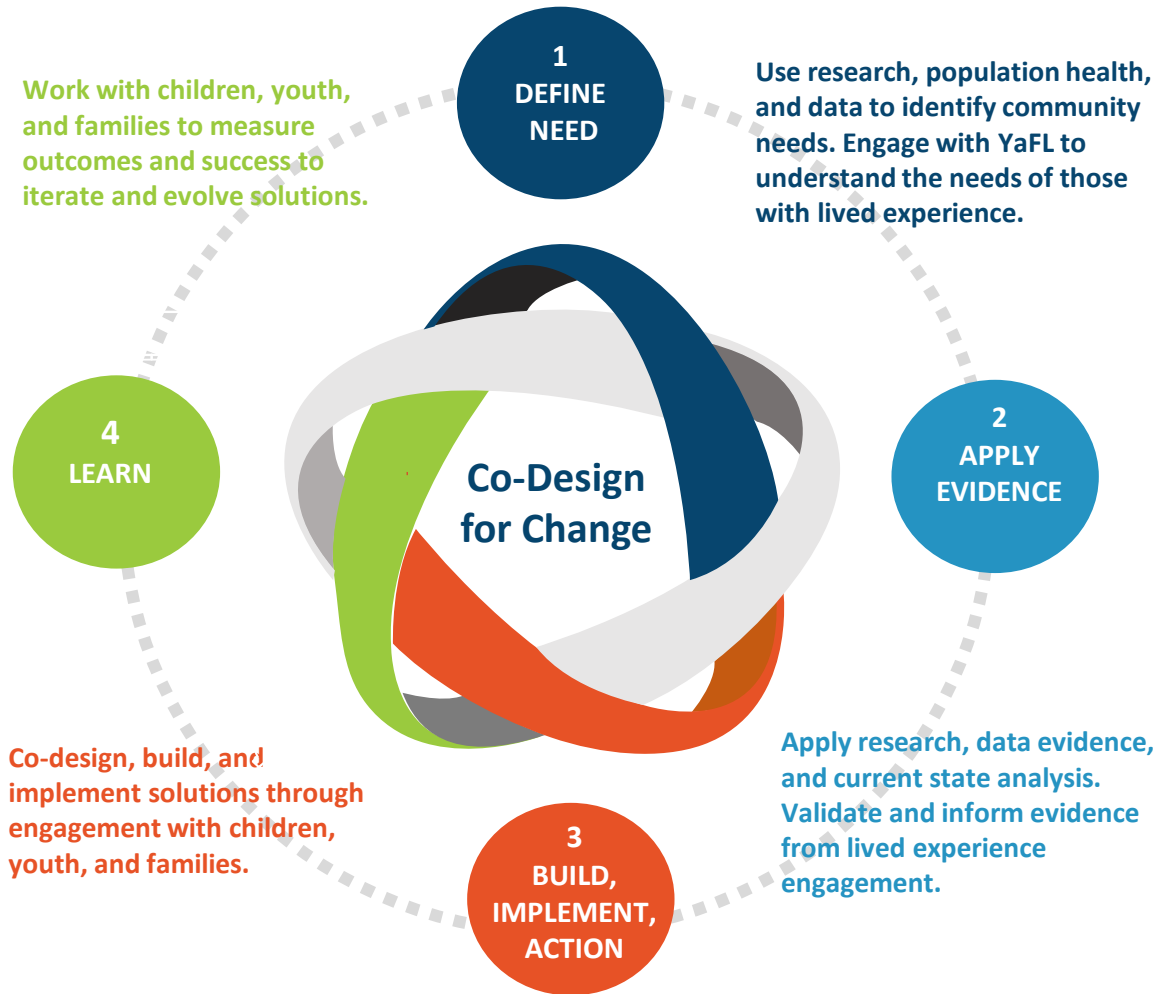
Working together to achieve these goals means engaging children, youth, and families who have been impacted by suicide. Central to this is ensuring that diverse youth and family representatives are invited to share ideas and feedback and advise on Project Now work based on their personal experiences and perspectives. **This is facilitated through the Youth and Family League.**

The Youth and Family League is an important part of the Project Now governance structure. The YaFL has representation on the Management Committee and Executive Committee and are *equal partners* along with other core partners.

The Project Now governance structure ensures recommendations from the YaFL are considered and that regular input is relayed to those who participated on the outcomes of such recommendations.

- Youth and family are the experts in their mental health experiences, needs and lives.
- Youth and families bring a unique perspective through their lived experiences/expertise.
- Youth and family voices bring more diverse perspectives.

How is the Youth and Family League Involved in Project Now Work?



Embed the voice of lived experience through the Youth and Family League.

- ADVISE ON DIRECTION**
Provide wisdom, advice, guidance, and feedback on direction from the perspective of lived experience.
- SUPPORT THE PROCESS**
Support engagement process as appropriate.
- INFORM SOLUTIONS**
Provide input to inform work streams and actively participate in co-design.
- EVOLVE ITERATIONS**
In an advisory capacity, participate in the iteration and evolution of solutions.

Who can join the Youth and Family League?

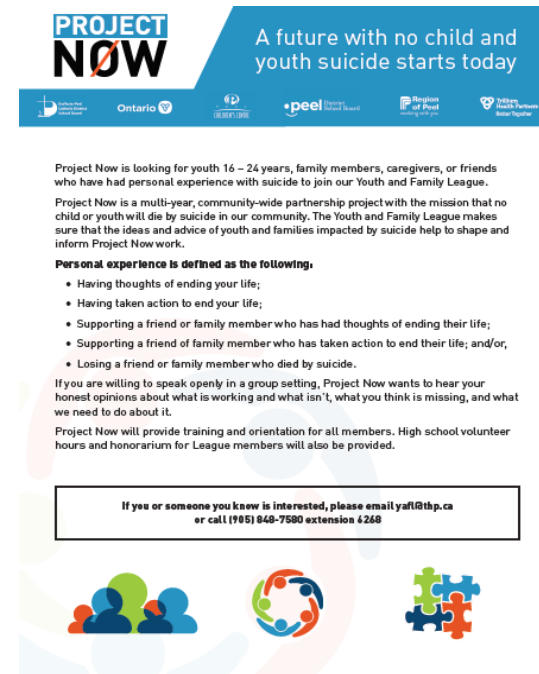
- Youth 16 – 24 years, family members, caregivers, or friends who have had personal experience with suicide are eligible to join our Youth and Family League.
- **Personal experience is defined as the following:**
 - Having thoughts of ending your life;
 - Having taken action to end your life;
 - Supporting a friend or family member who has had thoughts of ending their life;
 - Supporting a friend or family member who has taken action to end their life; and/or,
 - Losing a friend or family member who died by suicide.
- If you are willing to speak openly in a group setting, Project Now wants to hear your honest opinions about what is working and what isn't, what you think is missing, and what we need to do about it.
- Project Now will provide training and orientation for all members. High school volunteer hours and honorarium for League members will also be provided.

Youth and Family League – Recruitment

Recruitment is currently underway.

- The following list of recruitment resources are available for download at the THP link provided below:
<http://trilliumhealthpartners.ca/patientservices/mentalhealth/ProjectNow/Pages/Youth-and-Family-League.aspx>

- Sample Social Media Messaging
- Digital Downloads
 - Printable self-nomination application form
 - Printable Youth and Family League flyer
 - Images for social media posts
- Video
- Fact Sheet
- In the News



PROJECT NOW A future with no child and youth suicide starts today

Project Now is looking for youth 16 – 24 years, family members, caregivers, or friends who have had personal experience with suicide to join our Youth and Family League.

Project Now is a multi-year, community-wide partnership project with the mission that no child or youth will die by suicide in our community. The Youth and Family League makes sure that the ideas and advice of youth and families impacted by suicide help to shape and inform Project Now work.

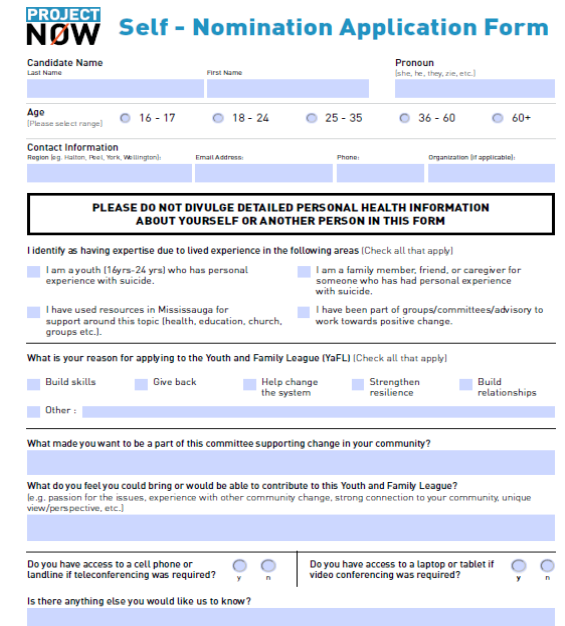
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If you or someone you knew is interested, please email yafli@thp.ca or call (905) 848-7580 extension 4268



PROJECT NOW Self - Nomination Application Form

Candidate Name
Last Name First Name Pronoun (she, he, they, etc.)

Age (Please select range) 16 - 17 18 - 24 25 - 35 36 - 60 60+

Contact Information
Region (eg. Hamilton, Peel, York, Wellington) Email Address Phone Organization (if applicable)

PLEASE DO NOT DIVULGE DETAILED PERSONAL HEALTH INFORMATION ABOUT YOURSELF OR ANOTHER PERSON IN THIS FORM

I identify as having expertise due to lived experience in the following areas (Check all that apply)

I am a youth (16yrs-24 yrs) who has personal experience with suicide. I am a family member, friend, or caregiver for someone who has had personal experience with suicide.

I have used resources in Mississauga for support around this topic (health, education, church, groups etc.). I have been part of groups/committees/advisory work towards positive change.

What is your reason for applying to the Youth and Family League (YaFL) (Check all that apply)

Build skills Give back Help change the system Strengthen resilience Build relationships

Other: _____

What made you want to be a part of this committee supporting change in your community?

What do you feel you could bring or would be able to contribute to this Youth and Family League?
E.g. passion for the issues, experience with other community change, strong connection to your community, unique view/perspective, etc.

Do you have access to a cell phone or Landline if teleconferencing was required? y n

Do you have access to a laptop or tablet if video conferencing was required? y n

Is there anything else you would like us to know?

Interested candidates are encouraged to email Samantha Burgess at YAFI@THP.CA for further information or to submit completed application forms.

Youth and Family League – Membership to Date

Eight Members have joined YAFL to date:

- Members include youth, young adults and parents and family with lived experience
- Introductory meetings are being held with all new joining members
 - Members of YAFL have been engaged in the first Project Now Initiative Working Group meeting

Kick-off Meeting:

- Youth and Family League Kick-Off Meeting is scheduled for next week – **Thursday, February 13, 2020**



A future with no child and youth suicide starts today.

