

Compass

A Provincial Outreach Model to Support
Care Providers for Children and Youth
with Mental Health and Substance Use
Concerns



Land Acknowledgment



We acknowledge the privilege it is to present to you all in the ancestral and unceded homelands of the hən̓q̓əmin̓əm̓ and Sk̓wx̓w̓ú7mesh speaking peoples and are grateful for this opportunity.

Presenter Today

Eddie Chau, Nurse Clinician

- Former school teacher
- Board Member at Sprouting Chefs

Outline

- About Compass
- What to expect
- Examples of calls from schools
 - How Compass can support
- Compass education resources



About Compass

Compass is a consultation service for providers of children and youth (up to age 25) living with mental health and substance use.

What to Expect



1. Initial Consultation Call:

Call 1-855-702-7272

Monday-Friday 9am-5pm:

Answered by an experienced child & youth mental health clinician

After Hours: Leave a voicemail to request a callback date and time.

2. Follow up Consultation Call, if required:

- Mental health and substance use is complex.
- Provides ongoing consultation for callers

3. Recommendations

- A summary letter with key recommendations is sent

Who can call

- **School Counsellors, Educational Assistants, and Child & Youth Workers**
- **Community Carers (Indigenous Elders and any Helpers that walk alongside Indigenous Children)**
- Primary Care Providers (Family Doctors, NPs, etc.)
- Pediatricians, Psychiatrists & other specialists
- MH/SU clinicians (CYMH, SW, Psychologists)
- Nurses & Nurse practitioners
- Case Managers

Who we are

- Psychiatrists
- Indigenous Care Coordinator & Indigenous Social Worker
- Registered Clinical Counselors
- Nurse Clinicians
- Youth and Family Counselor
- Social Worker



Examples of calls from Schools

- School Avoidance
- Supporting a Cultural Safety Care Lens for Indigenous Students



Example call of School Avoidance

You are trying to support a student who:

- Is missing a lot of school
 - Current strategies have varying levels of success
 - Known history of mental health struggles
- Struggles to stay in class or school
 - Query if there are intellectual challenges
- Is falling behind in their coursework

How can Compass help?

1. Guidance in collaborative care management
 - a. How to obtain consent to share information
 - b. What information is relevant to different providers (ie, Physicians, CYMH team, counsellors, etc.) for follow up/referrals
2. Provide student specific recommendations
 - a. Explore what has worked to identify student needs
 - b. Explore psychosocial factors to support the student
 - c. System navigation to relevant programs/resources
3. Counsellors on our team can provide guidance for:
 - a. Trauma-informed approaches to counselling, relationship building, problem solving, etc.
 - b. Student-centred coping skills to implement in school

Example call of supporting a Cultural Safety Care Lens for an Indigenous Student

There is an Indigenous student:

- Regularly arrives at school late, tired, and with a common cold
- Is often quiet, and has one good peer relationship
- Does well on school assignments, but hands them in late

The staff are curious about the circumstances surrounding the student's presentation, and would like to support the student with a holistic care plan that supports the student at school, home and in the community.

How can Compass support?

- Connect to our Indigenous Care Coordinator/Social worker to support with:
 - Guidance on exploring the student's connection to their Indigenous background
 - Incorporating Indigenous perspectives to meet student needs (ie, Medicine Wheel)
 - Developing an approach that is mindful of colonialism, and how it affects Indigenous specific determinants of health
 - Provide recommendations in adjusting the learning environment to support purpose and belonging for Indigenous students

What we are unable to do:

- Take on direct, ongoing clinical care or case management
- Prescribe medications
- Expedite inpatient admissions or referrals
- Provide on-demand psychiatry (i.e., urgent assessment)
- Compass is not a crisis service (but clinicians can help navigate)

Education Resources

Education

Compass helps care providers access a range of educational resources, toolkits, and webinars on child and youth mental health and substance use.

[Compassbc.ca/education](https://compassbc.ca/education)

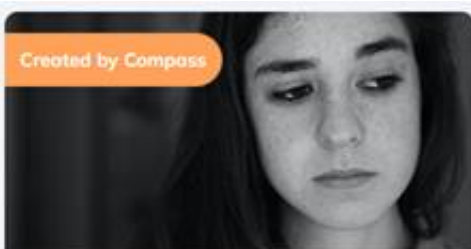
Toolkits

Created by Compass



Self-Injurious Behaviours in
Children & Youth

Created by Compass



Substance Use / Concurrent
Disorders

Created by Compass



ADHD

Created by Compass



Suicide Risk Assessment

Created by Compass



Anxiety

Created by Compass



Depression

Webinars



School Counsellors Series:
Navigating Anxiety in Schools

Self-Injury, Depression & Suicide



Introduction to School Avoidance

Managing School Avoidance

Building A Successful School Year

Sign up for our newsletter at Compassbc.ca!

Connect with us to learn more!



Subscribe

By providing my information I agree to receive
Compass Mental Health communications which may
include periodic newsletters, updates, events, resources
and opportunities to provide feedback.



CONTACT US

Phone: 1-855-702-7272

Monday to Friday 9am to 5pm

(Can leave a message for a call-back)

Email: compass@cw.bc.ca

Website: compassbc.ca