

BC Children's Kelty Mental Health Resource Centre

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BC Children's Kelty Mental Health Resource Centre*

*Federation of Independent Schools' Association of BC
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Overview: Mental Health in Children & Youth

- As many as 14-25% of children and youth in Canada experience significant mental health issues
- Most mental health issues emerge during childhood or adolescence; ~ 75% begin by age 24

- Source: Mental Health Commission of Canada





BC Children's Kelty Mental Health Resource Centre

keltymentalhealth.ca



How can the Kelty Centre help?

The BC Children's Kelty Centre provides BC families of children & youth (up to age 25) with:

- Mental health and substance use information & resources
- Parent Peer Support
- Support identifying and understanding treatment and support options
- Educational opportunities through free webinars and podcasts



Our Services are offered:

- Provincially – targeting parents and caregivers across BC
- We can be reached:
 - In Person at the Healthy Minds Centre at BC Children's Hospital
 - Over the phone (toll-free): **1-800-665-1822**
 - By Email: keltycentre@cw.bc.ca
 - Via Zoom virtual call
 - Mon – Fri, 9:30am – 5pm
- No wait times, no referral required, free of charge



Parent Peer Support @ The Kelty Centre

- Three trained parent peer support workers work at the Kelty Centre through a collaboration with FamilySmart.
- Peer support workers offer non-judgemental, compassionate support to other families across BC.
- Also can connect to resources, help families understand treatment and support options, etc.





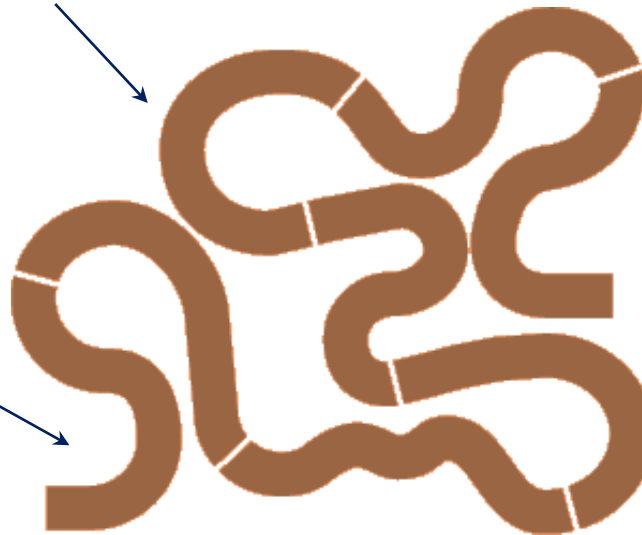
Why do families contact us?

“This is really hard – is there someone I can talk to? Someone my child can talk to?”

“My child is still struggling – what now?”

“I think my child might be depressed – what can I do?”

“My child has been diagnosed with depression – how do I learn more about this?”



Beginning of journey

Looking for additional supports

Requiring other services

Kelty Centre Resources: Our Website

keltymentalhealth.ca

Get Help Now

Search

Finding Support ▼

Healthy Living ▼

Challenges & Disorders ▼

Medication & Therapy ▼

Resource Library





Resources for Parents & Caregivers

Parents & Caregivers



Where You Are: Kelty Centre Podcast



Episode topics include: ADHD, Anxiety, Concurrent Disorders, Eating Disorders, Healthy Technology Use, Self-Harm, Sleep, Substance Use ... and more!

Find us where you listen to podcasts or at keltymentalhealth.ca/podcast

Webinars & Recordings

Kelty's Webinars



Eating Disorders in Youth- A...



Webinar Recording



Eating Disorders in Youth:
A Webinar for Parents & Caregivers

with Joanna Zelichowska,
Jessie's Legacy Eating
Disorders Prevention &
Awareness Program

**Eating Disorders in Youth: A Webinar
for Parents & Caregivers - Webinar
Recording**

BC Children's Hospital

Kelty's Webinars



ADHD:

Webinar Series

For Parents & Caregivers

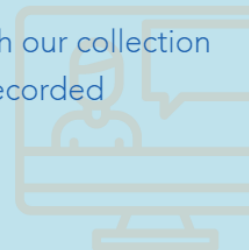
ADHD: Webinar Series

BC Children's Hospital

Webinar Recordings

Browse through our collection
of previously recorded
webinars.

View here



Kelty Centre Online Tools



Wish you could just *roll* with the ADHD in your family?

Rolling with ADHD is the new free online learning series from BC Children's Hospital.

Sign up and start today:

rollingwithADHD.ca



Rolling with ADHD – For Families

Stresslr – for kids




Don't let stress stress you out!

STRESSlr
stresslr.ca

Kelty Medication Information Sheets

- Updated in Summer 2022
- A-Z list of mental health medications and medication monitoring forms
- Over 50 medications families can print or email


Available at: keltymentalhealth.ca/medications



Kelty
Mental
Health
Resource Centre

Guanfacine XR

Guanfacine (Intuniv XR®) belongs to a group of medications called "alpha₂ agonists".




What is this medication used for?

Health Canada has approved guanfacine extended-release (XR) for use in children and adolescents age 6 years and older. Guanfacine can help improve symptoms of attention-deficit/hyperactivity disorder (ADHD), including difficulties paying attention, impulsive behaviour and hyperactivity. It may also help treat tic disorders, symptoms of disruptive behaviour disorders, irritability of autism and post-traumatic stress disorder (PTSD). When potential benefits outweigh risks, guanfacine may be prescribed "off-label." Learn more about off-label medication use:

<http://bit.ly/KMH-off-label-use>

Tell your doctor or pharmacist if you:


- Have allergies or bad reactions to a medication
- Take (or plan to take) other prescription or non-prescription medications, including natural medicines. Some medications interact with guanfacine. Your doctor may adjust medication doses or monitor for side effects
- Have a history (or family history) of kidney or liver disease, seizures, fainting or bipolar disorder
- Have a history (or family history) of heart disease, heart block, arrhythmia or "familial long QT syndrome"
- Miss a period, are pregnant, breast-feeding or planning a pregnancy
- Use alcohol or drugs. Taking guanfacine together with certain substances may cause a bad reaction. Learn more at www.DrugCocktails.ca



When will the medication start to work?

You (or your family members) may notice some improvements in symptoms of ADHD after 2 weeks. However, other effects such as drowsiness may appear sooner (or immediately). It may take several weeks for full beneficial effects.


It is important that you continue taking guanfacine regularly even if you are feeling well, as it can prevent symptoms from returning. Talk with your doctor if you feel guanfacine treatment has not been helpful. Your doctor may recommend switching you to a different medication.




Possible common or serious side effects:

Side effects may be more common when first starting a medication or after a dose increase. Talk to your doctor, nurse or pharmacist if any side effect concerns you.

- Drowsiness or fatigue
- Dizziness, lightheadedness or headache
- Low blood pressure or heart rate
- Dry mouth or constipation
- Nausea or stomach ache
- Changes in appetite or weight gain



This medication is not addictive. Do not stop taking it before talking to your doctor.



How do I take this medication?

Guanfacine XR is usually taken once daily, at the same time each day. You may take guanfacine with or without food, but avoid taking it with high-fat meals. Usually, you will start with a low dose and slowly increase this dose over several weeks, based on how you tolerate it.

Guanfacine XR tablets should be swallowed whole with fluid. They should not be divided, crushed, chewed or placed in water. Avoid eating grapefruit or drinking grapefruit juice while taking guanfacine as this may lead to increased blood levels and side effects.

keltymentalhealth.ca/medications | MEDICATION SHEET: Guanfacine XR | Last updated: April 2022

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Kelty Centre Healthy Living

Finding Support ▼

Healthy Living ▼

Challenges & Disorders ▼

Medication & Therapy ▼

Resource Library



Managing Stress



Sleeping Well



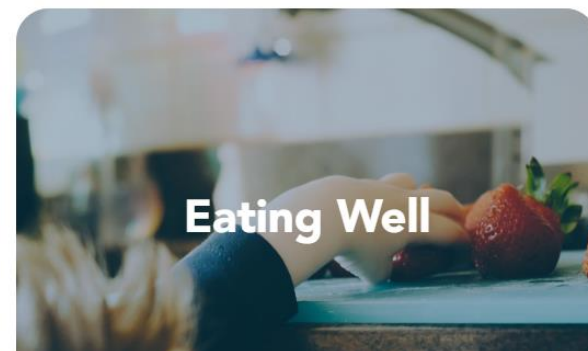
Being Active



**Keeping Tech in
Check**



**Practicing
Mindfulness**



Eating Well



Kelty Centre Empowered Parenting

A Mindful Approach to Parenting and Caregiving

Q: What can I do while my child is on a waitlist?



Answer



Q: I am struggling to cope with my child's illness. Where can I get support?



Answer



Q: How can I find a support group?

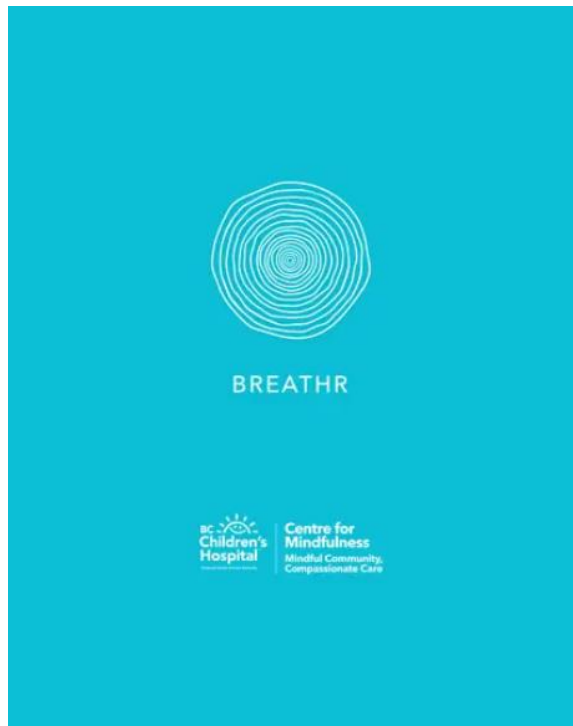


Answer



Breathr App

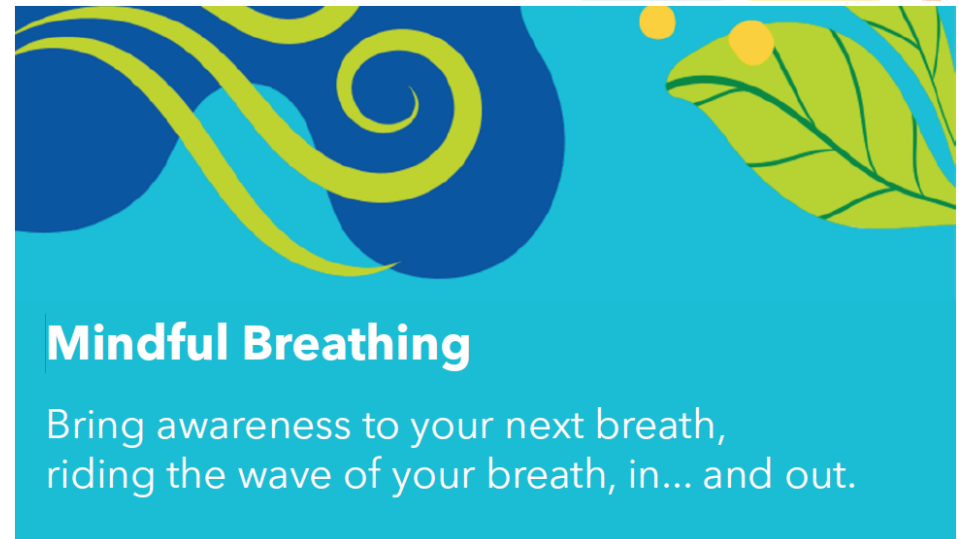
Free mindfulness app for health professionals, parents and caregivers and youth



keltymentalhealth.ca/breathr

Print Materials

- Order print materials free of charge from the Kelty Centre website
- Includes Promo items for the Kelty Centre items, Breathr Mindfulness App for Youth, Rolling with ADHD online tool, and more!



Order here: keltymentalhealth.ca/order-form



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Monthly e-newsletter
(sign up on our
website)



keltymentalhealth.ca



THANK
YOU!