

Better Mental Health Services for Children & Youth in Lambton County

November 17, 2015

SARNIA ON – Better mental health services for children & youth in Lambton County is the focus of *Moving on Mental Health*, a provincial initiative to transform children & youth mental health services. Now in its second phase, the Ministry of Children & Youth Services has named St. Clair Child & Youth Services as the lead agency for Lambton County.

Moving on Mental Health will transform the experiences of children, youth and families so that wherever they live in Ontario, they can access the same core services and have clear pathways to care.

To begin the process, we are seeking the feedback from people in Lambton County. Through a variety of ways including online surveys, phone interviews and focus groups, Lambton County youth and parents/caregivers can provide their feedback about how to strengthen the way services are delivered.

You are invited to share your ideas through an online survey made available at www.stclairchild.ca or by using the QR code below:



The initial stage of this work includes gathering feedback from youth, parents/caregivers and the community, mapping out current children and youth mental health services in Lambton County as well as identifying the top 3 priorities for improving the current system.

The transformation will continue over the next few years resulting in easier access, improved transitions and better services for children and youth requiring mental health services.

QUOTES –

“We are honoured to take on this responsibility for our community. We will be working closely over the coming months and years with our community partners to ensure that through this we do create better ways to serve children and youth who may experience mental health challenges.” (*Brian White, President, Board of Directors, St. Clair Child & Youth Services*)

“In the upcoming months, in fact throughout the whole process, we will be listening closely to the voices of children, youth and parents to guide us in this transformation. Their experience and insights will help us create the best children’s mental health services we can for our region.” (*Sue Barnes, Executive Director, St. Clair Child & Youth Services*)

BACKGROUND INFORMATION~

Moving on Mental Health: <http://www.children.gov.on.ca/htdocs/English/topics/specialneeds/mentalhealth/moving-on-mental-health.aspx>

QUICK FACTS

- 1 in 5 Ontario children and youth has a diagnosable mental health problem - that's about 500,000 kids and teenagers. Most have mild or moderate illness that is treatable.
- Research has proven that early intervention is critical to providing kids with a hopeful and healthy future. The services offered by community-based mental health centres such as St. Clair Child & Youth Services often prevent mental health problems from escalating. In fact, about 75 per cent of children and youth who get counselling and treatment at community mental health centres emerge better - a remarkably good success rate in the mental health field.
- Parents usually can approach accredited agencies directly; a doctor's referral is not required. Services are provided at no cost to clients. Children's mental health disorders can be very difficult to diagnose. The symptoms of a disorder in children are often different from the symptoms experienced by adults. It is important that your child receive an accurate diagnosis, especially before considering medication.
- Community-based child and youth mental health services are funded by the Ministry of Children and Youth Services and work in collaboration with other professionals and community partners to meet the needs of children, youth and their families

St. Clair Child & Youth Services:

Formally established on April 1, 2000 as a result of the merging of two long-standing agencies in our community (Sertoma Child & Youth Centre and the Community Girls' Home) St. Clair Child & Youth Services is regarded as the primary advocate and source for services related to the mental health of our children and youth in Lambton County. St. Clair Child & Youth Services is a progressive Children's Mental Health Centre dedicated to helping children and youth in coping with and adapting to life's challenges. With vision, creativity and flexibility, we work with parents and the community in providing integrated early intervention, prevention, and treatment services. We strive to meet the diverse and changing needs of children, families, and our community by working collaboratively with other organizations. The agency is an accredited member of Children's Mental Health Ontario and is funded by the Government of Ontario, the County of Lambton, the United Way of Sarnia-Lambton, as well private and corporate donations.

For additional information please contact:

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