

Virtual
2020 CMHO Conference
**Innovating and Advancing Child
and Youth Mental Health**
November 23 to December 4

Sponsored by



Ontario Centre of Excellence
for Child & Youth Mental Health

Centre d'excellence de l'Ontario en santé
mentale des enfants et des adolescents



Bridging service gaps for neurodiverse children with mental health issues

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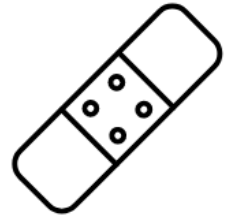
Goals for Today



- **Background: Ontario Child Mental Health Issues**
- **Learn about Strongest Families Institute (SFI)**
 - Overview of Programs and Outcomes
 - SFI-IRIS as a digital solution that is scaleable
 - Impacts on Neurodiverse kids
 - Ontario Case Examples
- **SFI's Ongoing Research and Innovation**
- **Conclusion**



Ontario Statistics



83% rise ER Visits (over past 11 years)

91% rise in hospitalizations (over past 11 years)



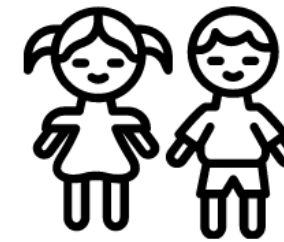
28,000+ on WAITLIST

Up to 2.5 years wait (in some parts of Ontario)



1/3 of Ontario parents have had a child miss school due to anxiety

1/4 of Ontario parents have missed work to care for a child with anxiety



300K Ontario kids/youth with neuro-developmental disorders (NDD)

NDD kids more affected by COVID
(Summers et al, 2020)



Need:

- Remove barriers to care
- Timely access to evidence-based services

Access solution: Removing Barriers to Care via eMH



Strongest Families Institute & IRIS e-system

- Proven in trials - grounded in 20 years social science research
- Award-winning Charity
- Data-driven – outcome measurement & reporting

Distance Education Model (Bilingual) (Co-designed)

- Delivered to families in comfort of home at convenient times
- Telephone support coaching (Days/evenings/nights)
- Customized, family-centred care (NDD staff training)
- Quality Assurance monitoring

Scalable

SFI citation list available upon request



eHealth Platform - IRIS

Information System

Innovative - Leveraging technology to create solutions

Unique - A dynamic, versatile platform that is scalable

Focused - Dedicated to the success of your project



Client interface; staff interface; report generation system



Evidence-based E-services

Programs

3-12
years

Behavior (COPE adapted)
Parents Empowering Kids (PEK)
Positive Parenting/Self-care

6-18+
years

Anxiety
Chase Worries Away/Defeat
Anxiety/ICAN
Relaxation skills/Exposure/Self-care

5-12
years

Night-time Bedwetting
Dry Nights Ahead
Urine alarm/reward system

Mode of Delivery



IRIS technology at the core
of operations



Handbooks / DVDs or Smart
Website



Telephone coaching modes
•1:1 with coach
•Group based

SFI Group-based coaching

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"We're playing teleconference."

- 1 coach & 10-12 clients
- Teleconference bridge
- Various locations across Canada

Provides an engaging peer connection, especially during COVID pandemic.
As effective as 1:1 coach approach.



Coaches



Coach's role is to:

- Reinforce information learned
- Problem-solve with parent/child
- Encourage and support family
- Customize care (Diversity trained)

Highly productive; highly monitored

- Real-time data entry
- Caseload and score card reports

Phone support coach career: 8 Ontario coaches working remotely.



COVID-19 Response



HELPING CLIENTS IMPACTED BY COVID

supporting those experiencing impairment in everyday activities due to behaviour or anxiety concerns surrounding COVID.



CUSTOMIZING PROGRAMS

customizing our programs to meet the needs of our clients, regardless of age.



KNOWLEDGE SUPPORT

keeping up to date on provincial plans and public health guidelines for addressing COVID (e.g., return to work/school).

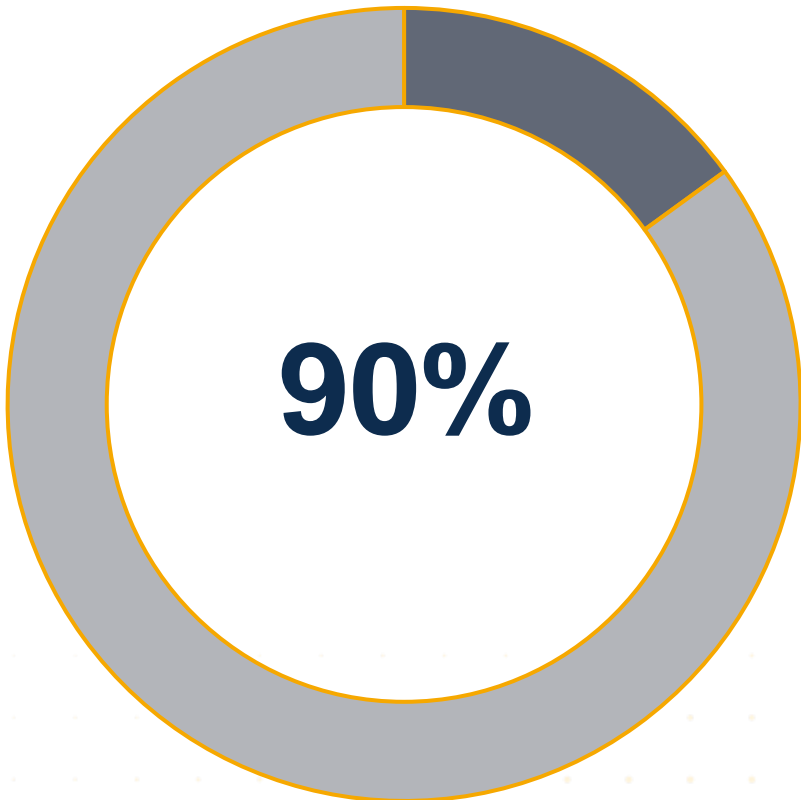


SKILL-BASED ADAPTATIONS

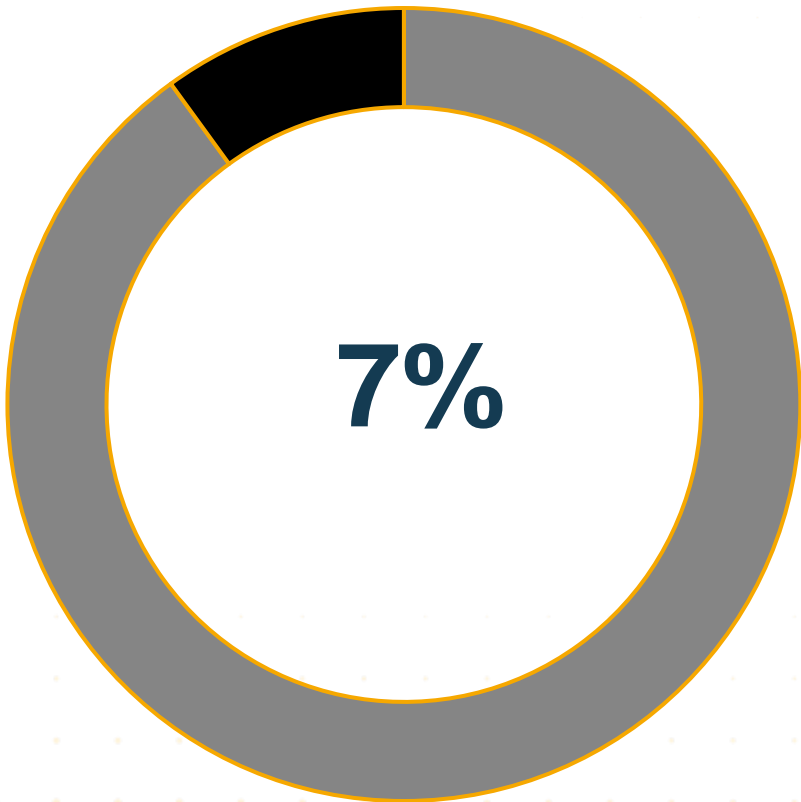
adapting the skills to meet clients' unique needs (e.g., school, childcare, work).

Outcomes – Service Delivery (N=13.8K)

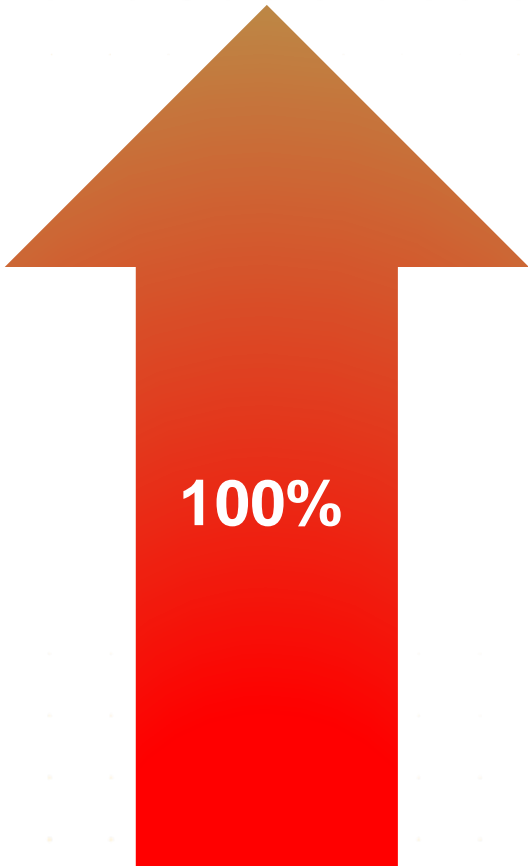
Outcome Success



Attrition Rate



High Client Satisfaction



Other strong impacts seen:
Academic progress/attendance
Bullying & Victimization
Family Functioning
Parental Mood

Majority complete full programs







Overall Service Satisfaction



SFI Service Availability in Ontario



SFI Contracts

| | |
|---|--|
|  | EveryMind Mental Health Services |
|  | Woodview Mental Health & Autism Services |
|  | Hands the Family Help Network |
|  | Chatham-Kent Children Services |
|  | Barrie Community Health Center |
|  | New Path Youth and Family Services |
|  | National: MFRC's |

Recent contract signed with Vanier Children’s Mental Wellness!



Ontario Effect Size (n=622)

| Mental Health Indicator | Pre Av. | Post Av. | Effect Size |
|-------------------------|---------|----------|-------------|
| Attention | 74.5 | 54.1 | 2.4 |
| Cooperativeness | 75.0 | 51.0 | 2.7 |
| Conduct | 85.2 | 55.3 | 2.0 |
| Externalizing | 75.0 | 52.2 | 2.4 |
| Separation | 78.1 | 56.0 | 2.0 |
| Anxiety | 75.5 | 53.7 | 2.0 |
| Mood | 78.6 | 51.2 | 2.3 |
| Self Harm | 79.1 | 50.5 | 2.6 |
| Internalizing | 75.5 | 53.3 | 2.0 |
| Social Participation | 82.1 | 53.3 | 2.3 |
| School Functioning | 76.1 | 50.6 | 2.4 |
| Child Functioning | 76.6 | 51.2 | 2.5 |
| Family Situation | 80.2 | 55.6 | 1.8 |
| Informant Mood | 76.1 | 59.9 | 1.5 |
| Peer Relations | 73.4 | 50.0 | 2.8 |

- BCFPI treatment effect size results (t-score ≥ 65 at baseline with an exit BCFPI)
- Strong intervention effect across all mental health indicators



Outcomes – Other facts



27% of the families...

- Below **30k income**
- **66%** single parents



Anxiety & Depression

- **38%** presented with significant depression
- **87%** resolved both anxiety and depression
- **55%** resolved sleep issues



Strong outcomes

- Canadian Indigenous
- LGBTQ2S+
- Community Services / At risk
- Developmental disorders



What do we know about Neurodiverse Kids



**Canada: 10-17% of 4-14 year olds have NDD
(Stats Can 2020: 500-800K kids). Ontario is about 300K**

**Wait times for services 2-3 years
(diagnosis and/or treatment)**



**3-5 x more likely to have underlying mh conditions
(e.g., behaviour/anxiety). Only 10-30% gain access to care**



Large unmet need

NDD kids can benefit from evidence-based services



NDD kids are impacted by COVID-19. - Need for evidence-based services that support the environment and routines important for improved mental well-being (Summers et al., 2020)

Parents of NDD kids experience barriers to face-to-face appointments



Source : Dekker, M. C., Koot, H. M., van der Ende, J., & Verhulst, F. C. (2002). Emotional and behavioral problems in children and adolescents with and without intellectual disability. *Journal of Child Psychology and Psychiatry*, 43(8), 1087-1098. doi:10.1111/1469-7610.00235. Toms, G., Totsika, V., Hastings, R., & Healy, H. (2015). Access to services by children with intellectual disability and mental health problems: Population-based evidence from the UK. *Journal of Intellectual and Developmental Disability*, 40(3), 239-247. doi:10.3109/13668250.2015.1045460. Holtz, C. A., Carrasco, J. M., Mattek, R. J., & Fox, R. A. (2009). Comparison of treatment outcomes. *Child & Family Behavior Therapy*, 31(4), 292-311. doi:10.1080/07317100903311018. JAACAP Sep 2020 paper Summers et al: NDD and COVID [https://www.jaacap.org/article/S0890-8567\(20\)31904-3/fulltext](https://www.jaacap.org/article/S0890-8567(20)31904-3/fulltext); Infographic: <https://kidsbrainhealth.ca/index.php/about/overview/> Number of Children: <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1710000501> <https://braininstitute.ca/research-data-sharing/neurodevelopmental-disorders>;



Strongest Families Institute NDD Stats

| Statistic | All SFI NDD Cases (N=517) | Ont NDD Cases (N=58) |
|------------------------------|---------------------------|----------------------|
| Outcome Success | 88% | 85% |
| Overall Satisfaction | 100% | 97% |
| Attrition | 5% | 5% |
| Annual Income < \$30k | 28% | 34% |
| Pref for Online vs Hard copy | 42% vs 58% | 51% vs 49% |
| Behaviour vs Anxiety | 70% vs 30% | 80% vs 20% |
| ASD | 56% | 60% |
| 2 year + delay | 24% | 22% |
| Tourette's | 14% | 16% |
| FASD | 6% | 2% |

Note: Suspected and diagnosed cases are represented. ADHD cases are excluded.



Parents Empowering Neurodiverse Kids

Canada-wide Clinical Trial: Still Recruiting!

Strategic Patient Oriented Research (SPOR)

- All 3-14-year-olds with NDD Diagnosis
- Behaviour issues > 6 months
- Reliable access to internet and phone



3-arm trial

SFI Group Coaching
Self-mediated
Control



PEK program enhancements

Animated Skill Demonstration Videos
Enhanced with NDD specific content
Visual Schedules/timers
Calming techniques
Self-care

Strongest Families
INSTITUTE

iris
intelligent research and intervention software

Strongest FamiliesTM
NEURODEVELOPMENTAL

 **CHILD-BRIGHT**
Network

Strategy for Patient-Oriented Research
SPOR
Putting Patients First 

Pan-Canadian Parent Advisory
Co-designed



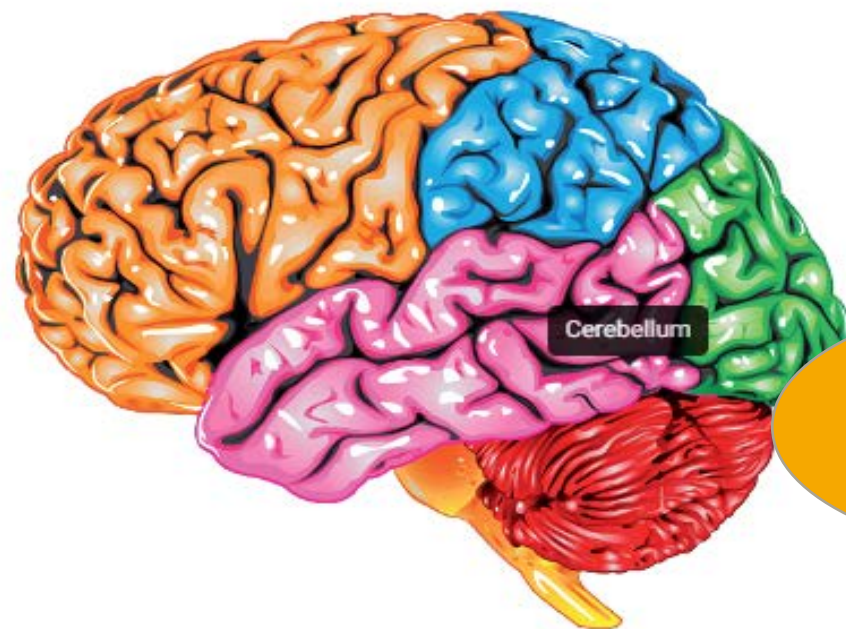
How to access the NDD trial

- crfh.ca/neuro
- Self-referral
- Toll Free: 1-877-341-8309



Tip

Click on the coloured parts of the brain below to learn more!



Interactive
Infographics

Updated
media

Cerebellum

The cerebellum is located in the back of the brain. The cerebellum is also involved in movement; it controls posture, balance and coordination. It is described as the air traffic controller for the

Video Exercise

Session 1, Scene 1

Watch the first video scene. The dad is working on his computer, but his son wants him to watch his video game. His son wants some attention but is not getting any from his dad.

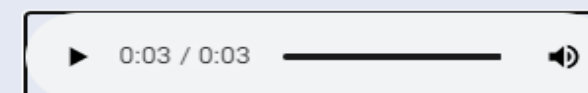
Session 1, Scene 1



You can download the file here.

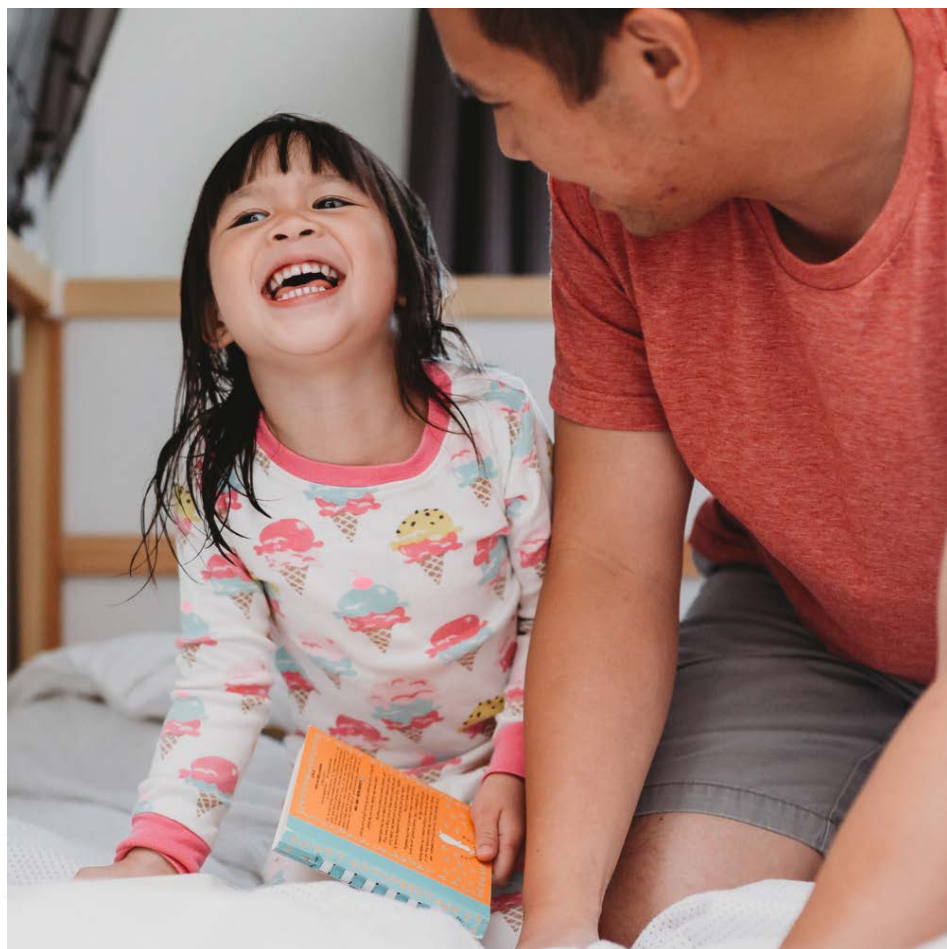
Listen to the audio clip of a parent demonstrating Spread Attention Around in their home.

Example: Spread Attention Around



You can download the file here.

Stepped Care Model Coming Soon!



Universal Parenting Program (UPP)

‘Parents Empowering Kids – The early Years (PEK-EY)’

Goal to provide universal promotion of positive parenting.
Intervening early to prevent behavioural disorders.

- In partnership with the NL Government and funding support from the Public Health Agency of Canada (PHAC)
- An extension to our current PEK program with varying levels of intensity, aligning with NL stepped care model.



Our Awards and Funders

Awards



Funders



Vanier Children's Mental Wellness launching soon!

Conclusion

Digital Solutions: Bridge the access gap

- **SFI is an effective, Canadian solution**
- **Proven eMH pediatric programs**
 - Customized for NDD
 - Strong outcomes for NDD and family
 - Highly accepted by clients of all ages
 - Compliments system
- **Scalable to address wait times**
 - **#Kids Can't Wait!**



QUESTIONS??



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Contract Inquiry: ppottie@strongestfamilies.com

Coach Career: strongestfamilies.com/our-careers/

NDD Parenting Study (3-14yo): crfh.ca/neuro

