



Capturing Data and Lived Experience: How do we build capacity for Autism and Mental Health?

2021 CMHO Virtual Conference



Land Acknowledgement

We would like to acknowledge that we are joining from across Ontario from Aboriginal land that has been inhabited by Indigenous peoples from the beginning. As settlers, we're grateful for the opportunity to meet here, and we thank all the generations of people who have taken care of this land for thousands of years. We recognize that Indigenous practices of health and well-being have been in place in this territory for over 10,000 years and are maintained to this day. As healthcare leaders, we have much work to do ourselves to do our part and support the de-colonization of children's healthcare systems.





Building Integrated Capacity in Autism and Mental Health

Mental Health Provider Survey

Provincial Report



Renforcement des capacités intégrées en matière d'autisme et de santé

*Sondage des fournisseurs
en santé mentale*

Rapport provincial



Autism and Mental Health Lived Experience Panel

Murphy-Issac Boyse, Youth Speaker

Cameron Kane, Youth Speaker

Corrine Bridger, Parent Speaker

Sarah Hudson, Parent Speaker

Tyler Blackwood, Youth Speaker

Capturing Data and Lived Experience: How do we build capacity for Autism and Mental Health?

Dr. Jonathan Weiss

Professor, Department of Psychology York University

York University Research Chair in Autism and Neurodevelopment

Disability Mental Health

Director, LaMarsh Centre for Child and Youth Research

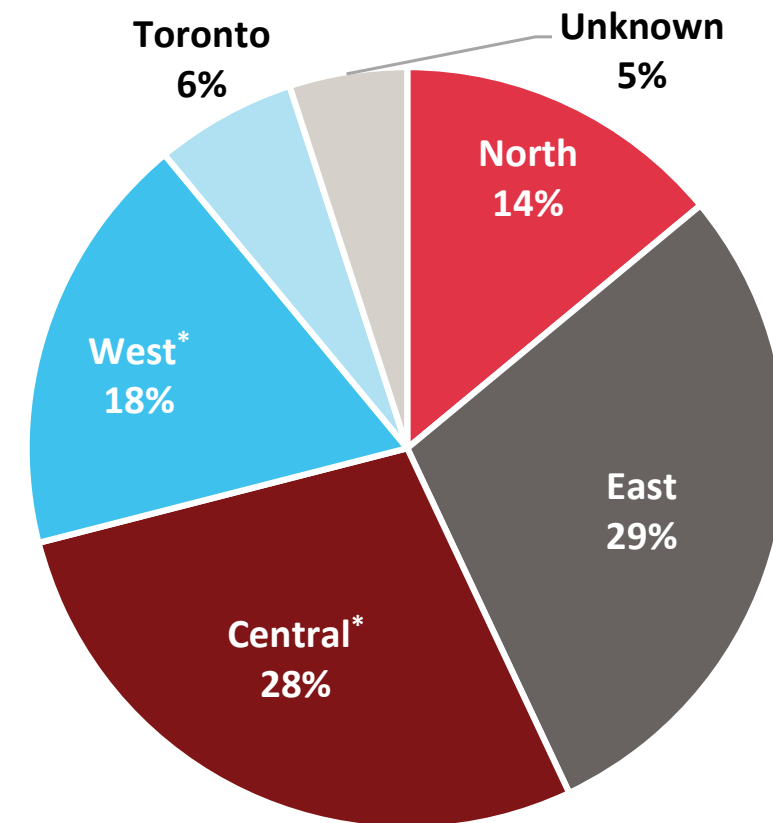
What we did

- Many things that clinicians do can work for clients with autism who have mental health needs
- Therapists' attitudes, skills and training are important to consider
- Objective: Understand mental health clinician knowledge, confidence, adaptations and training needs
 - Co-developed an online survey with Youth Services Bureau of Ottawa – Lead Agency, circulated to Ottawa area agencies
 - Completed by mental health programs within Kinark Child and Family Services, Woodview Mental Health and Autism Services
 - Partnered with CMHO to circulate it across the province

Sample characteristics

- N= 611 mental health care service providers from public agencies
- Most identified as White (79%), employed full-time (92%) and had a post-secondary education (93%), such as a bachelor's degree (32%) or a master's degree (37%).
 - Social workers (45%),
 - Child and youth workers (21%)
 - Registered psychotherapists (19%)
 - Clinical psychologists (4%)
 - Social service workers (2%)
 - Registered nurses (2%)
 - Other professional designations (7%).

Public Provider Breakdown by Region



Common Approaches

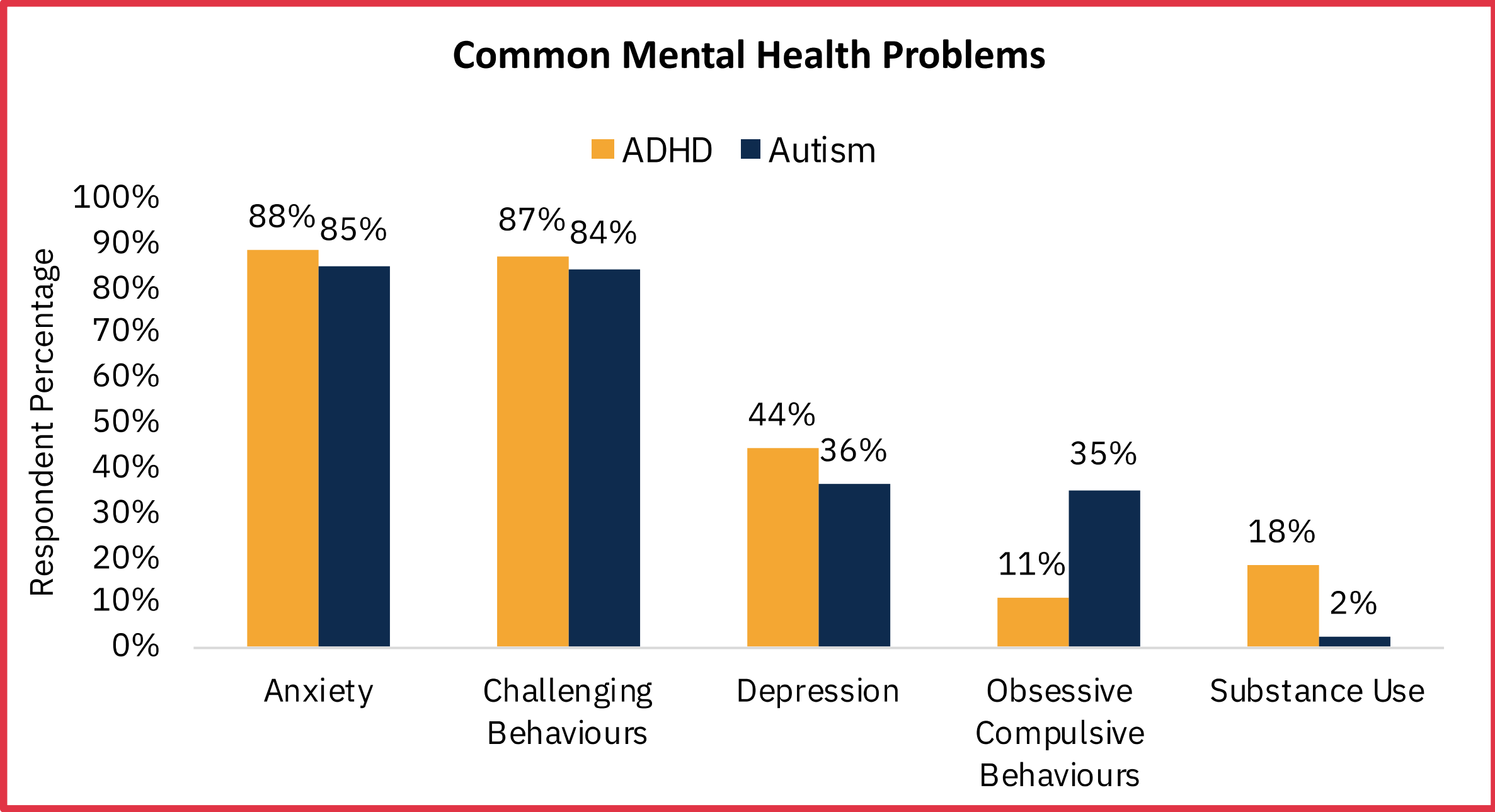
Primary theoretical orientation	CBT: 41% Eclectic: 34% Behavioural: 12% Other: 11%
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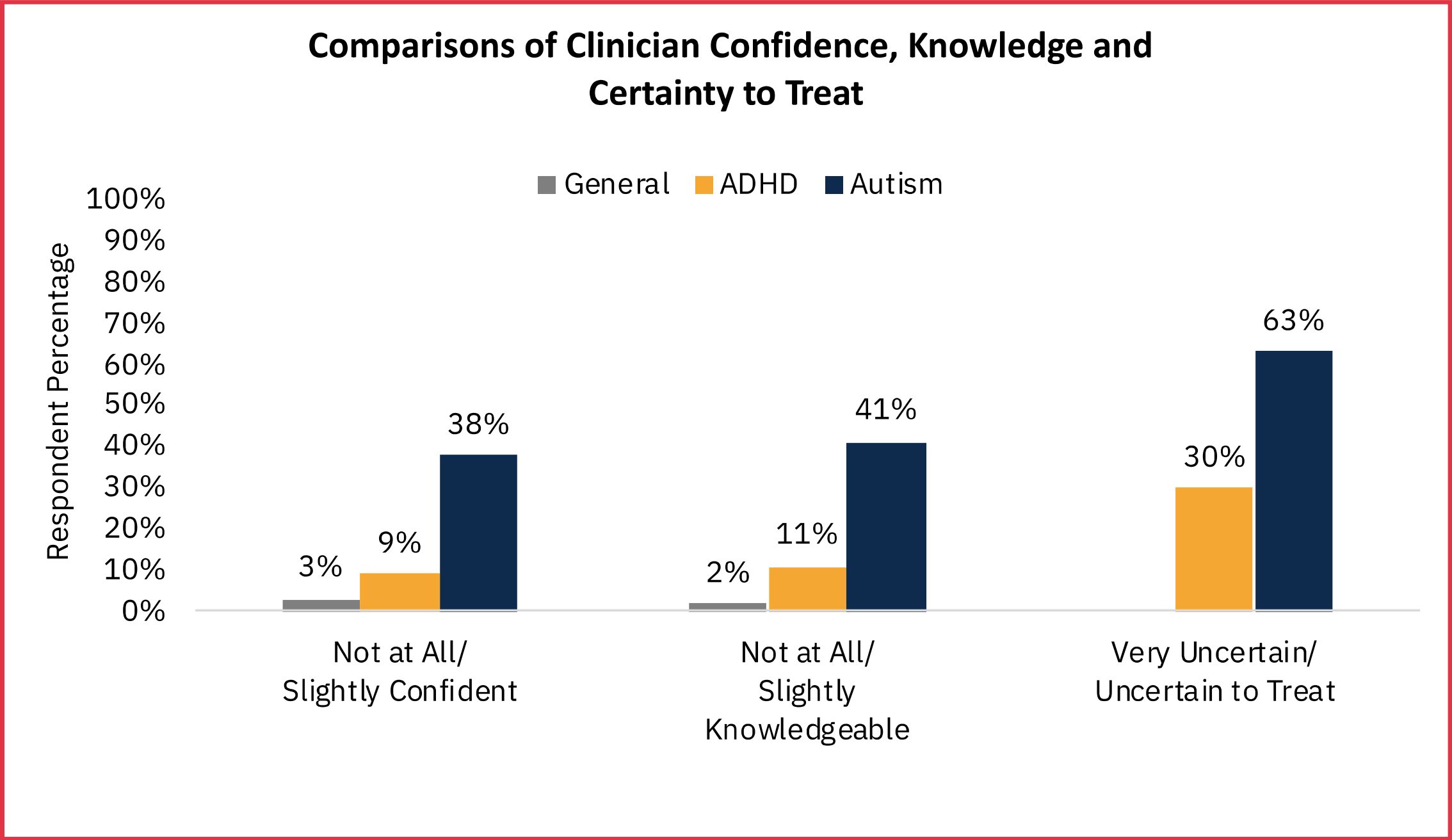
90% of clinicians reported having at least one client with autism

Median = 15% of the caseload involved clients with autism

Common mental health problems



Overall confidence and knowledge ratings



Barriers

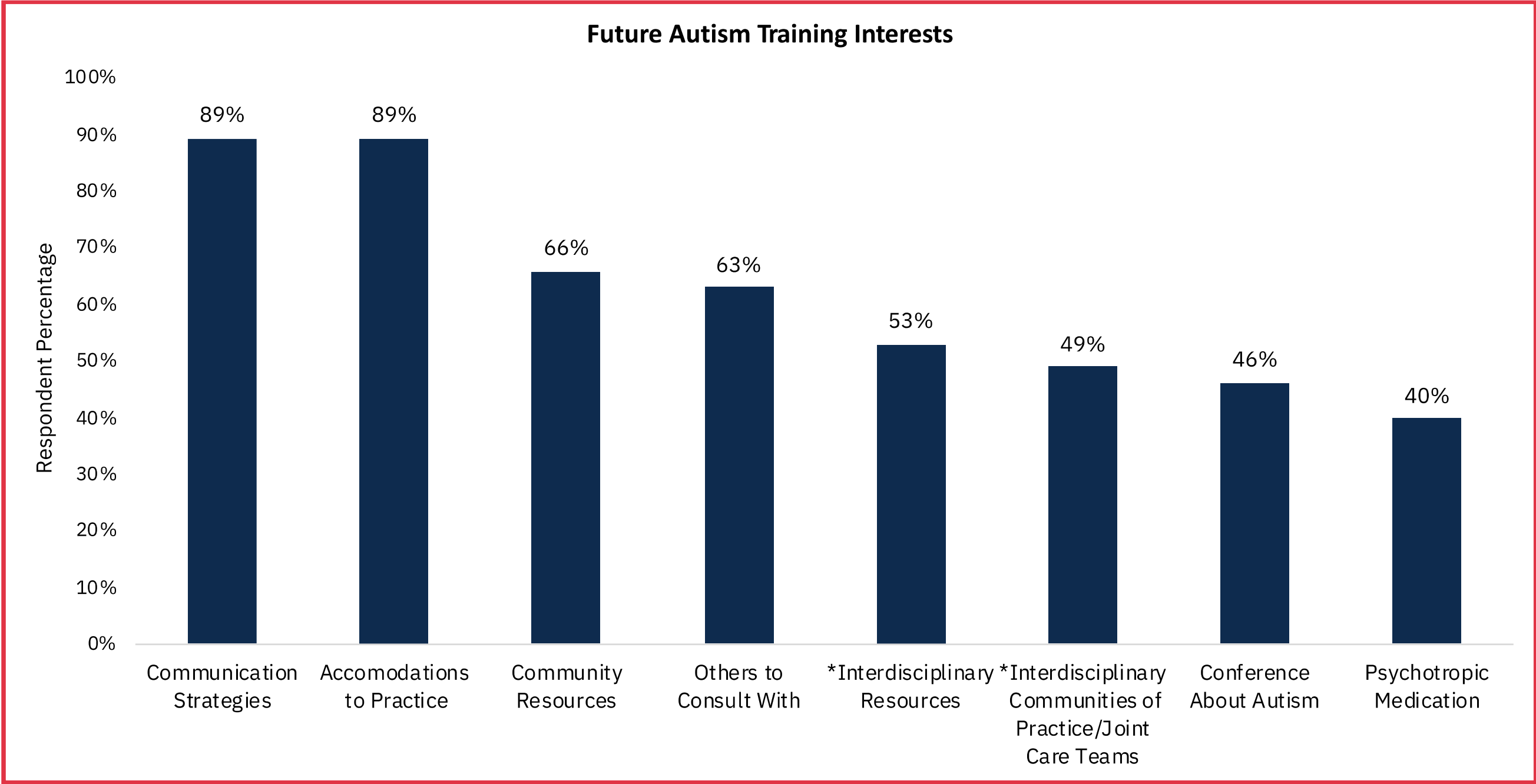
“Services available are not always sufficient or a good fit for the needs of the youth/child. Yet, since there are often no other services available, so we have to try to accommodate the family's needs as best possible.”

“Sometimes families have to go through many services to actually find a clinician who is able to develop a treatment plan or refer to other professionals who can create a proper treatment plan with the family.”

- *“Long waiting lists.”*
- *“Lack of trained and capable and confident clinicians.”*
- *“Unfortunately, there is some kind of mandate that does not allow all clients presenting with autism to access services...”*
- *“Developmental and Mental Health sectors seem to operate separately...”*
- *“...no autism-specific service and lack of community resources.”*
- *“...Parents knowing how to access our services.”*
- *“Lack of training for mental health staff around dual diagnosis, particularly autism & mental health.”*
- *“They [clients] need to have moderate to severe mental health challenges to qualify...”*
- *“...not enough funding to provide quick access to services.”*



Training interests



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Cathy Lonergan

Senior System Lead, Youth Services Bureau of Ottawa

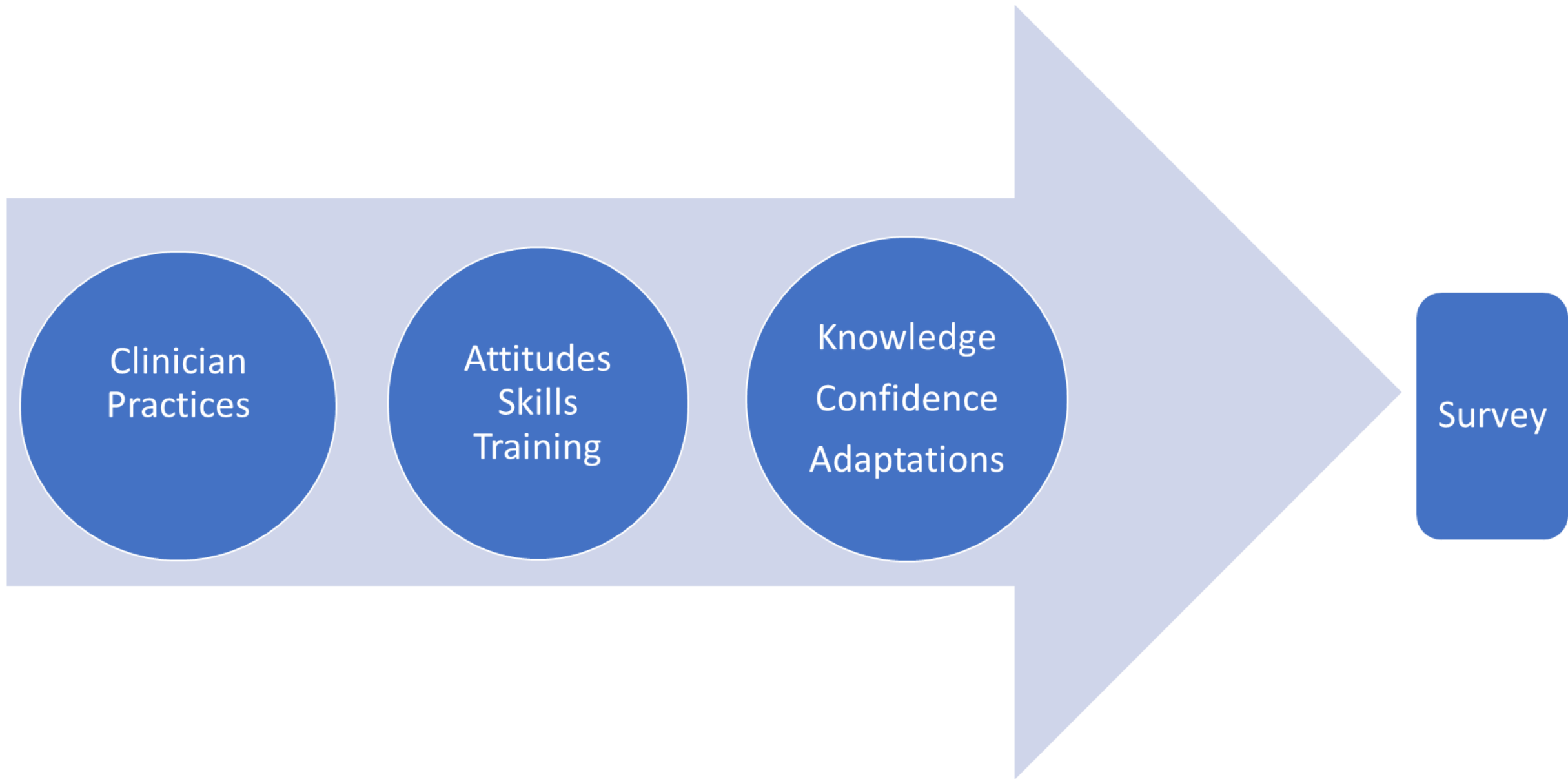


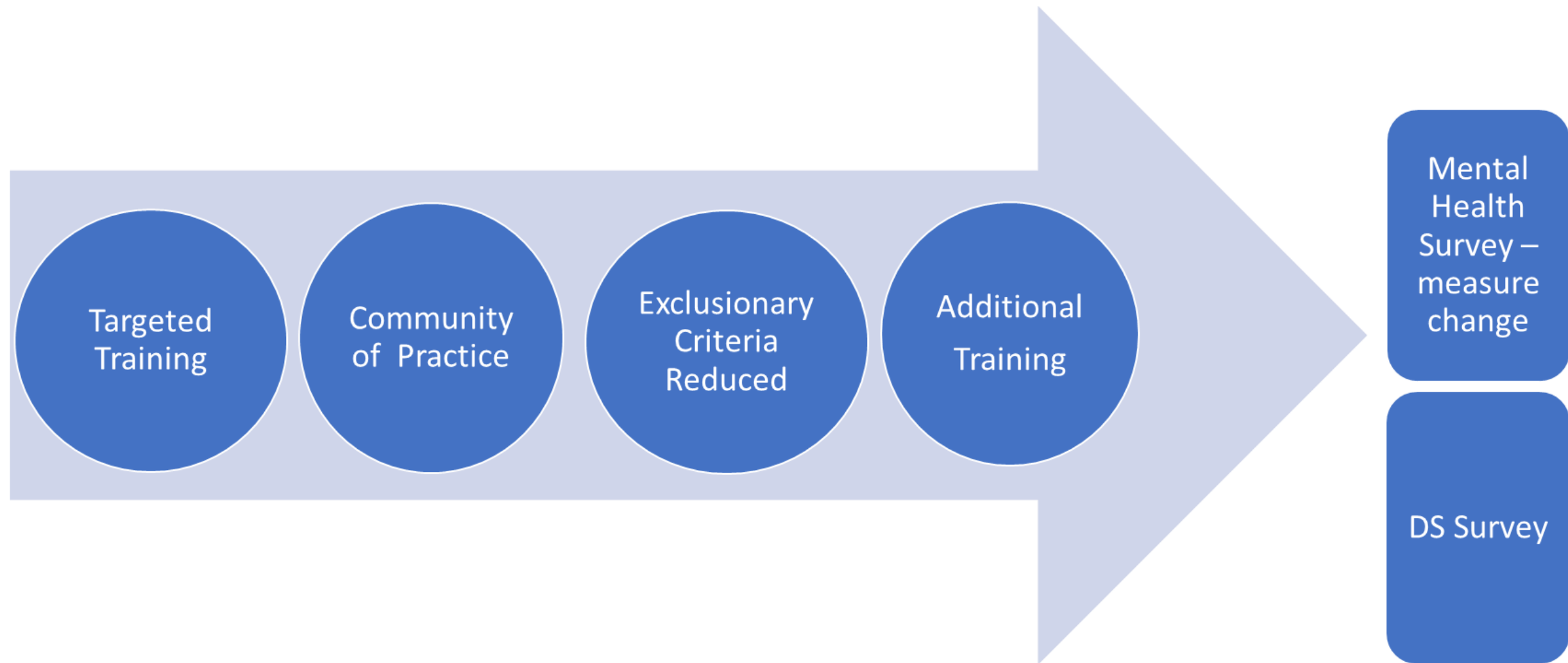
Mental Health and Autism - Lead Agency Priority

- Extensive consultation with caregivers, parents and providers mental health services for children and youth with Autism highlighted as a significant gap in service
- Autism noted as an exclusionary criteria for some mental health programs
- Siloed approach to plans of care and supports
- Complex Special Needs profiles

WE CAN DO BETTER!









Building integrated capacity in autism and mental health

Q & A





Knowledge Institute on Child and Youth
Mental Health and Addictions

Institut du savoir sur la santé mentale et les
dépendances chez les enfants et les jeunes



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