FOUNDRY: AN INNOVATION IN YOUTH HEALTH AND WELLNESS

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VISION

Transform access to health and social services for youth and families.
THIS DISEASE BURDEN GRAPH SHOWS THAT THE GREATEST CAUSE OF MORBIDITY IN YOUNG PEOPLE AGED 10-30 ARE THE MENTAL DISORDERS...AND ITS NOT EVEN CLOSE.
75% of all lifetime cases of mental health disorders begin by age 24; 80% of substance use disorders begin by age 20.

**Problems by Age 20:**
APPROXIMATELY HALF OF ALL U.S. TEENS EXPERIENCE A MENTAL HEALTH DISORDER AT SOME POINT IN THEIR LIVES¹
DESPITE THE PREVALENCE OF MENTAL HEALTH ISSUES, THE AVERAGE DELAY BETWEEN ONSET OF SYMPTOMS AND INTERVENTION IS 8-10 YEARS.²

Nearly 80% of young people with mental health issues do not access care.³
FOUNDARY IS IN BRITISH COLUMBIA, CANADA

- Our B.C. population is 4,606,371
  - 3,790,694 urban
  - 609,363 rural

- Approximately 1.1+M young people under the age of 24 live here.

- Our 5 largest cities are:
  - Metropolitan Vancouver
  - Victoria
  - Kelowna
  - Nanaimo
  - Abbotsford

- Healthcare in Canada is provincially and federally funded. B.C. charges nominal health premiums but access to health coverage is ensured by the Canada Health Act

- Many folks have extended benefits for psychological services
WE NOW KNOW MENTAL ILL HEALTH AND PROBLEMATIC SUBSTANCE USE STARTS EARLY

130,000 young people under the age of 24 attempted to access Mental Health or Substance Use services in 2012/13 (Ministry of Health data)

1 in 8 young British Columbians aged 0-24

50%

Youth with MHSU disorders receive MHSU services
IN B.C., OUR LACK OF INVESTMENT IN YOUTH MENTAL HEALTH AND SUBSTANCE USE SERVICES HAS BEEN COSTLY AND CATASTROPHIC

• There has been an **85%** increase in ED visits over five years (2009 to 2013) for youth aged 15 to 19.

• We have seen a **50%** increase in youth inpatient admissions.

• Tragically: **1 in 4** fentanyl deaths in BC are young people aged <29 years old
  • **402** since 2012

• Our system has been described as “fragmented” and a “non-system of care” (Dr Stan Kutcher), with young people and families struggling to find access points.
BUT MAYBE THE GREATEST REASON TO INVEST IN “MENTAL WEALTH”...IS OUR SOCIETAL NEED FOR HEALTHY AND PRODUCTIVE YOUNG PEOPLE OVER THE NEXT 30 YEARS...
SEVERAL COUNTRIES HAVE MOVED FORWARD WITH YOUTH MENTAL HEALTH MODELS.

• headspace Australia: over 100 centres
• headspace Israel and Norway
• Jigsaw Ireland: 10 centres
IN B.C., INNOVATION IN THE YOUTH SECTOR CAME FROM ST. PAUL’S HOSPITAL’S INNER CITY YOUTH PROGRAM…

- The Inner City Youth (ICY) Program was founded in 2007
- A small group of psychiatrists began outreach to Covenant House and several shelters
- The Granville Youth Health Centre was opened in 2015
  - The ICY team proposed a “one stop shop” to provide a menu of services and expand beyond serving a homeless population
  - It served as the prototype with lessons learned, for FOUNDRY

… both initiatives were made possible by donors to St. Paul’s Foundation and now have annualized funding from government
IN 2015, OUR FOUNDING PARTNERS CAME TOGETHER TO SCALE “ONE STOP SHOPS” PROVINCE-WIDE

BC Ministry of Health
BC Ministry of Children and Family Development
Michael Smith Foundation for Health Research
Graham Boeckh Foundation
Providence Health Care
St. Paul’s Foundation

• Confirmed Funding:
  - $3.5M for Prov. Leadership Team
  - $4M Capital for 5 new sites
  - $800,000 for Research & Evaluation
WE LAUNCHED AN EXPRESSION OF INTEREST- DEC 2015 FOR OUR INITIATIVE- 25 COMMUNITIES APPLIED
THE APPLICATION PROCESS BROUGHT TOGETHER OVER 100 PARTNERS (AND COUNTING)
OUR BRAND TOOK A YEAR TO DEVELOP WITH HUNDREDS OF YOUTH CONSULTED...

FIND HELP, HOPE, SUPPORT, FIND YOURSELF.

FORGE NEW CONNECTIONS AND NEW ABILITIES. FORGE YOUR PATH FOR WELLNESS.

A FOUNDATION FOR HEALTH AND WELL-BEING. A FOUNDATION FOR WHO YOU WANT TO BE.

WELCOME TO FOUNDRY.
BY THE END OF 2018, WE WILL HAVE 11 FOUNDRY CENTRES ... AND HOPE FOR MORE

• Phase 1 communities:
  • Campbell River-Open
  • Kelowna-Open
  • North Shore-Open
  • Prince George-Open
  • Vancouver-Granville-Open
  • Abbotsford-Opening May 2018

• Phase 2 communities:
  • Victoria- Opening February 2018
  • Penticton-Opening Fall 2018
  • Ridge Meadows
  • 2 more to be announced!
FOUNDRY VANCOUVER-GRANVILLE
OPENED MARCH 2015
OPERATED BY ST. PAUL’S HOSPITAL

WHERE WELLNESS TAKES SHAPE
FOUNDARY CAMPBELL RIVER

OPENED APRIL 2017
OPERATED BY JOHN HOWARD SOCIETY
FOUNDRY KELOWNA

OPENED SEPTEMBER 2017
OPERATED BY CMHA KELOWNA
FOUNDRY NORTH SHORE

OPENED SEPTEMBER 2017
OPERATED BY VCH

North Vancouver centre offers one stop shop for wellness
Centre among five opening across B.C. that will provide an array of services to youth under one roof

Stay Connected
Mobile Facebook

WHERE WELLNESS TAKES SHAPE
FOUNDRY PRINCE GEORGE

Opened July 2017
OPERATED BY YMCA NBC
GOVERNANCE STRUCTURE

DRAFT - Proposed
FOUNDRY
Governance
Structure

- Governing Council
- Strategic Advisory Panel
- Research & Evaluation Advisory Panel

Youth and Family Engagement Working Group
- Time limited task groups TBD – to address specific issues

Clinical Working Group

Foundry Central Office

Network Operations and Planning Group

Research & Methodology Committee

Evaluation Working Group

- MOU x 11 (BBO, Lead Agency, HA)
- Contract b/w HAAs and respective Lead Agencies

- Centre
- Centre
- Centre
- Centre
- Centre
- Centre

Governance Structure as of March 2018
- Reps to include Youth/Families and other Leaders
- Each = Leadership Advisory TOR x 11

- One-off MOUs (or other agreements) between each Center + each of their partners
- Each = “N” Partner Agencies
THE FOUNDRY MODEL: CORE SERVICES

- Primary Care
- Mental Health Services
- Youth and Family Peer Support and Navigation
- Substance Use Services
- Social Services
INTEGRATION OF SERVICES

Our Challenge: Moving to fully integrated care along a continuum of mental health and substance use services delivered by multiple partners at each FOUNDRY centre.
THE CONTINUUM OF INTEGRATION
THE FOUNDRY MODEL: PATHWAYS

REFERRAL
Phone call or drop in

Self/Family Professional

Screening Assessment

Substance Use Service
- Single Session Walk-In Counselling
  - Stepped Care Pathways

Mental Health Service

Primary Care Service
- General Physical Health
- Sexual Health

Social Service
- Income Assistance
- Housing
- Vocational/Employment Services

Peer Support & Navigation
- Youth Peer
- Parent Peer

STADD Navigator

Youth Peer
Parent Peer
THE FOUNDRY MODEL: INTEGRATED STEPPED CARE

1. **Level of Service:**
   - **High Intensity, Specialist Services**
   - **High Intensity, Short-Term Services**
   - **Low Intensity Services**
   - **Active Monitoring / Information**

2. **Steps:**
   - **Step 1:** Peer Support, Online Information
   - **Step 2:** Wellness Groups, Brief Therapy, Online Apps
   - **Step 3:** Individual & Group Cognitive Behavioural Therapy
   - **Step 4:** Group, Individual, & Family Interventions

3. **Examples of Interventions:**
   - If not respond to High Intensity, Short-Term Services, move to Step 4.
   - If not respond to Low Intensity Services, move to Step 3.
   - If not respond to Active Monitoring / Information, move to Step 2.
CORE COMPONENTS OF A FOUNDRY CENTRE: CYCLE 2

Drop In, Single Point Access

- No wrong door
- No wrong time
- No wait lists
- Integration
- Look for reasons to offer service; screen in not out

Empowering youth as care seekers

- Youth take the lead in deciding what they want, what they need, and when
- Youth decide who their supports are
- Professionals are flexible to practice differently at Foundry

Safe space

- To access the services you need
- To explore options
- To tell your story
- To protect your privacy
- To be yourself and not be judged

No referrals

- Professionals see who comes in the door, offers something for everyone
- Outreach and drop in can “sell services”
- Requires practice change for mental health clinicians, more so than others

March-7-18
THERE ARE 3 TYPES OF EVALUATION UNDERWAY AT FOUNDRY

**Developmental**
To provide feedback that shapes the content and structure of Foundry

*Some key questions:*
How does Foundry foster system transformation toward improved youth well-being at the population level?

How are the principles of youth and family engagement defined, practices, and evident in Foundry (provincially and locally)?

What methods, indicators, measures, and benchmarks are most suitable for assessing Foundry’s performance over time?

**Formative**
To help improve how Foundry is implemented, ensuring fidelity to the model that has been created

*Some key questions:*
How well are Foundry centres implementing the Foundry model?

Which groups of young people are Foundry centres reaching and which groups are under-represented?

How has help-seeking behaviour changed among young people in communities with a Foundry centre?

**Summative**
To judge the merit, worth, or effectiveness of Foundry

*Some key questions:*
To what extent has Foundry transformed access to services for young people and families?

What impact has Foundry had on young people’s health outcomes?

What impact has Foundry had on families and caregivers?

What is Foundry’s impact on acute care utilization by young people?

**Data collection methods:** interviews, focus groups, surveys, clinical and administrative data

**Target groups:** youth, family/caregiver, Foundry staff, Foundry centre leadership and community partners

March-7-18
**Prince George – Dashboard**

**Referral Pathway**

- School counsellor or teacher: 62
- Other: 57
- Friend: 35
- Worker: 35
- Family member: 31
- Doctor or nurse: 24
- Saw the centre: 20
- Advertising materials: 11
- Foundry website: 3
- Internet or online search: 1
- Hospital or crisis nurse: 1
- From someone who received services here: 0

**Gender of Service Recipients**

- Female: 332
- Male: 2
- Cis: 4
- Not sure/questioning: 4
- Transgender: 3
- Do not wish to answer: 1
- Two-spirit: 135
- Non-binary: 76
- Other: 3

**Age at Registration**

- 12: 8
- 13: 10
- 14: 12
- 15: 26
- 16: 31
- 17: 33
- 18: 35
- 19: 27
- 20: 16
- 21: 14
- 22: 11
- 23: 7
- 24: 9
- Over: 9

**Ethnicity**

- Indigenous: 95
- White: 130
- Chinese: 1
- Filipino: 2
- Japanese: 2
- Korean: 1
- Latin American: 1
- South Asian: 0
- Southeast Asian: 0
- West Asian: 0
- Black: 4
- Arab: 1
- Don't want to answer: 3
- Other: 7
WE HAVE PARTNERED WITH BC CHILDREN’S HOSPITAL TO BUILD FOUNDRY ONLINE ..... LAUNCHING NOVEMBER 2017
Social Media – Paid and Organic

8 Easy Tips For Venting to Friends - Foundry
We are forging a new, province-wide culture of care through the development of a network of centres and e-health services.

Foundry
Published by Signals Digital Group | Jan 31, 2018
https://foundrybc.ca/stories/8-easy-tips-venting-friends/

Victoria's Story - Foundry
We are forging a new, province-wide culture of care through the development of a network of centres and e-health services.

Foundry
Published by Signals Digital Group | Feb 9, 2018
https://foundrybc.ca/stories/victorias-story/

foundry_bc
Simply just talk about it
By pledging to not stay silent, we can help break down the stigma associated with mental illness. Thank you @bhutt10 @jakevirtanen18... more
FOUNDRY CENTRAL OFFICE IS THE BRIDGE BETWEEN OPERATORS, HEALTH AUTHORITIES AND GOVERNMENT-20 CONTENT EXPERTS WORKING ON IMPLEMENTATION
FOUNDARY RECEIVES DIFFERENT STREAMS OF FUNDING:

**One-time: $10.3M**

*Capital to build the sites:*
- Provincial Philanthropy: $4.5M
- Local fundraising: $3M+

*Research funding:*
- Michael Smith Foundation for Health Research: $800K

*Foundry Online service funding:*
- RBC donation to BC Children’s Hospital: $2M

**Annual: $16.8 - 21.8M+**

*Foundry Central operations:*
- Ministry of Health: $1.8M (to March 2018)
- In-kind support: PHC (Finance, Legal, HR, Administration), St. Paul’s Foundation (Fundraising, Fund Management), and PHSA (Foundry Online leadership)

*New annualized operating:*
- Ministry of Health $5M ($500,000 per site for 10 sites)

*Existing/in-kind resources:*
- Lead Agencies, Partners, incl. Health Authority: $10-15M (conservative average $1-1.5M per site)
FLOW OF FUNDS

Legend:
Blue = funds flow to or through PHC
Green = funds flow to others - UBC, Lead Agencies, and/or Health Authorities

BC Ministry of Health
One-Time Grants

Graham Boeckh Foundation Donation

St. Paul's Foundation and Inner chang Foundation Fundraising

Pooled Foundry Fund at St. Paul's Foundation

PHC

Foundry Lead Agencies Capital Grants

FOC Operations and Special Projects

BC Ministry of Health

PHC

FOC operations and Special Projects (e.g., Virtual Care, SU response)

Michael Smith Foundation for Health Research Grant

UBC (CHEOS)

Foundry evaluation

Local fundraising

Lead Agencies or Partner Charities

Capital and operational gaps, future needs

MOH New Annual Operating Funds ($500k/year)

Health Authority to Lead Agencies

Foundry centre operations - augmenting existing services

BC Children's Hospital Foundation Fundraising

BCCH/PHSA

foundrybc.ca (online portal)
COMMUNITIES HAVE OVERWHELMINGLY RESPONDED TO FOUNDRY!

Kelowna Foundry set to welcome youth and families in early fall

By the beginning of the new school year, Kelowna will have a new establishment equipped to help youth who need it most in our community.

Foundry is a unique and innovative space that will house more than 20 mental health and social organizations working to transform the way youth and families gain access to the support they need in our community.

One-stop youth services facility officially opens

More than 15 community partners ready to lend support

Community raises $42k for Foundry Kelowna

The KGH Foundation’s Day of Giving campaign was a success, bringing in $42,500 for the upcoming youth and mental health services. Foundry Kelowna.

The campaign was a one-day event on June 1st and saw participation from young kids to seniors.
AND HAS BEEN WELL RECEIVED BY YOUNG PEOPLE…

“It’s awesome because when you show up to the health centre it’s not just seeing your case manager or your psychiatrist. I find it easier to go to one place instead of going to many places to see a ministry person, someone for primary care, or attending a recreation group. Having described all the services under one roof is nice but having awesome staff who treat you like a real person, no matter what situation, is totally AWESOME.”

-Amy, describing her experience on receiving integrated care at Foundry
FOUNDARY HAS QUICKLY GAINED PUBLIC RECOGNITION FROM POLITICIANS…

"We know that support for youth is critical upstream. That's where we need to make sure that we are supporting our young people before they have reached a crisis point in their lives. Investing in prevention, in intervening early, when a young person is struggling,"

-Min. Mental Health and Addictions Judy Darcy.
“Foundry represents a unique opportunity for donors to support innovation in youth mental health services, and to have an outsized impact by leveraging new funding from the Province, along with the assurance of rigorous evaluation and support from the Foundry Central Office.”

– Rob Boeckh, Graham Boeckh Foundation

“We saw unprecedented creativity in how the community gave; how friends and families were engaged, how our messages of hope and action were shared… the opening of Foundry is really a testament to what can be accomplished when we work together”

- Doug Rankmore, CEO Kelowna General Hospital Foundation
WE ARE BUILDING KNOWLEDGE TRANSLATION NATIONALLY AND INTERNATIONALLY AS A PARTNER OF FRAYME

We believe in the power of knowledge to enhance the integration of youth services.

Frayme is a global network built to gather and share the best evidence and practice-based knowledge about integrated youth services, and to put it into action in communities around the world.