

# YouthCan IMPACT

Comparison of “Integrated Collaborative Care Teams” (ICCTs) and usual hospital treatment for youth with mental health/addictions challenges

Szatmari, Henderson, Cheung, Cleverley, Chaim, et al.

# Integrative Collaborative Care Team

- “Integrated Youth Centre” study
- 4 hospitals: SickKids, CAMH, TEGH, Sunnybrook
- 3 community agencies: EMYS, LOFT and Delisle
- Primary care/community health centres
- Funders/foundations: Sashbear, McCain Centre, Graham Boeckh

# A Collaborative Project!



ONTARIO CHILD HEALTH SUPPORT UNIT  
better research - better care - better outcomes

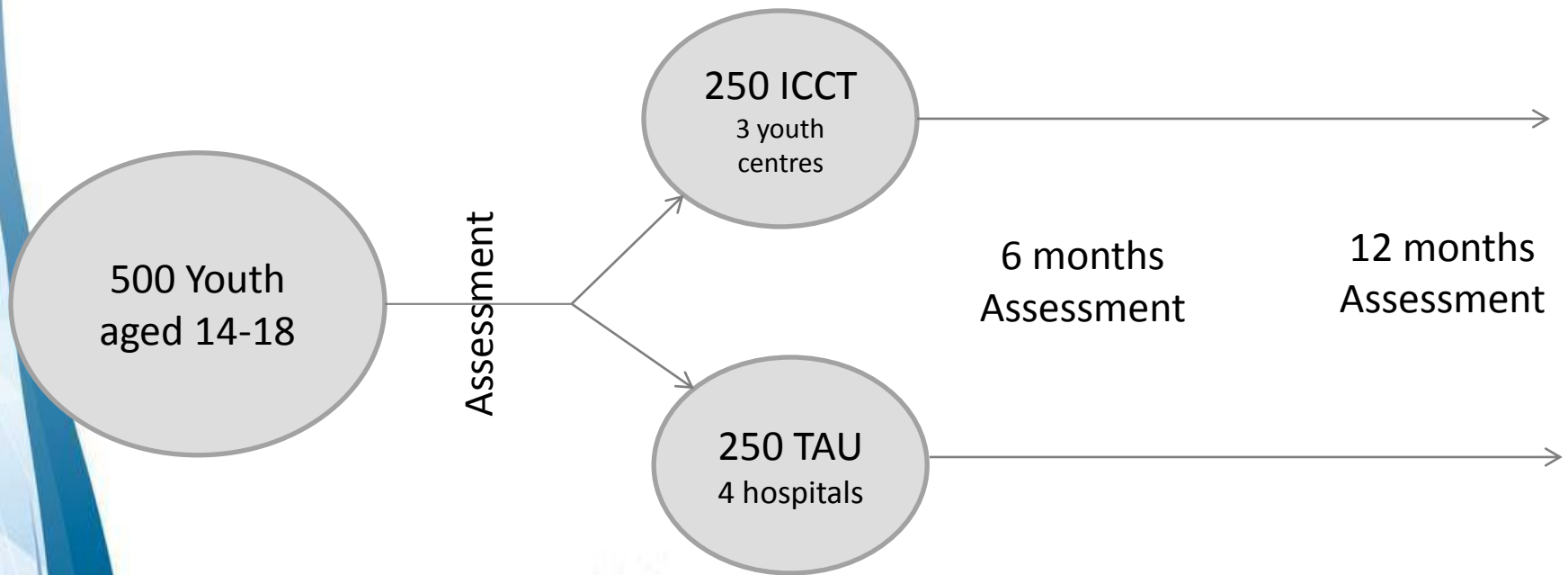


# Objectives

To address mental health/addictions service system gaps...

- Compare the effects of the youth service centres to hospital-based outpatient treatment
- Develop model in partnership with youth, families, community partners and other stakeholders

# Method



# ICCT Treatment

**Intake:** Solution-focused brief therapy

**After SFBT session(s):**

	<b>Low Risk</b>	<b>High Risk</b>
<b>Low Functioning</b>	Moderate intensity: DBT Skills Group	Nurse Practitioner/Psychiatry Plus other services
<b>High Functioning</b>	Low intensity: Solution-focused brief therapy	Nurse Practitioner/Psychiatry Plus other services

Family intervention (Family Connections) offered to all families

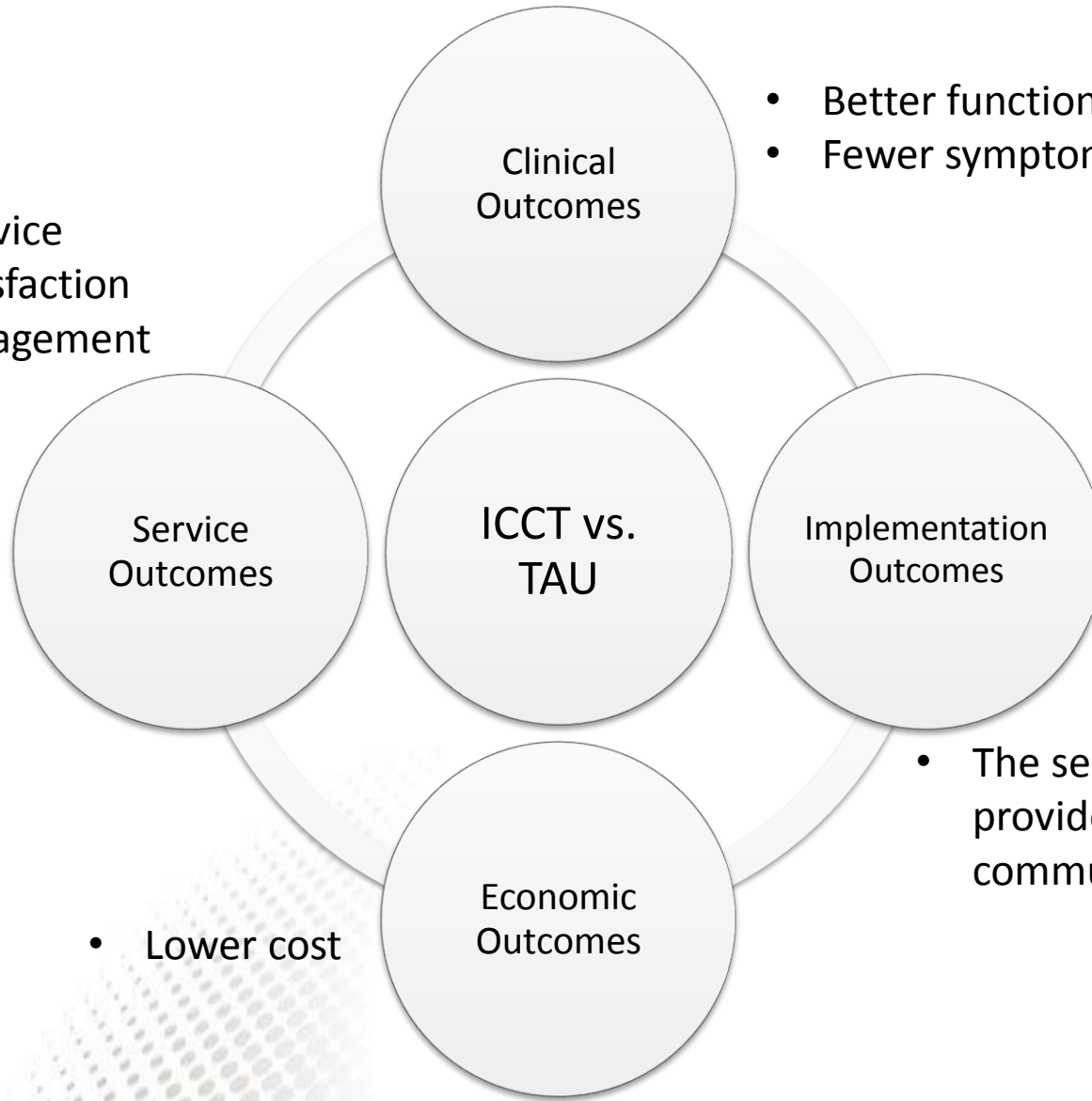
# ICCT Treatment

Additional options  
available at any time  
after intake

- Peer support mentor – LOFT
- Drop-in peer support group – LOFT
- 24/7 text/phone support (crisis - LOFT)
- Drop-in activity area
- Individual DBT
- Group/individual CBT
- Support groups (various)
- External agency service
- Other counselling
- Other agency services

# Outcomes

- Faster service
- More satisfaction
- More engagement



- Better functioning
- Fewer symptoms

- Lower cost

- The service can be provided in the community agencies



# Contact Information

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Funding is provided by the Ontario SPOR SUPPORT Unit, which is supported by the Canadian Institutes of Health Research and the Province of Ontario.