

**Target population:** Young people ages 12-24 & their families

**Mission:** To transform health and social services for young people by bringing partners together in a single place and integrating services, making it easier for youth to find the care, connection and support they are seeking.

**Funding:** Foundry North Shore is operated by Vancouver Coastal Health (VCH). Services are provided by partner organizations including VCH, with additional operations funding from the Government of British Columbia. Foundry North Shore is a member of the Foundry provincial network, which is supported by the Government of British Columbia, the Graham Boeckh Foundation, St. Paul's Foundation and the Michael Smith Foundation for Health Research. Foundry's online platform, foundrybc.ca, is powered by BC Children's Hospital.

### Context

Foundry North Shore brings over ten partner organizations together to make it easier for young people ages 12-24 to find the care, connection and support they are seeking.

Like all Foundry centres, Foundry North Shore focuses on early intervention and provides mental health, substance use services, peer support, primary care and social services. It also provides navigation to specialized services, creating seamless pathways of care.



### Governance & management

Each Foundry centre is operated by a community-based lead agency – most often a non-profit, and in some cases, regional health authorities. Foundry North Shore is operated by Vancouver Coastal Health. Each lead agency, including Foundry North Shore, brings together local partners, service providers, youth and families in a partnership model. These partners, youth and families form Local Leadership Tables (LLT) and Youth and Family Advisory Councils (YAC and FAC) act as advisory capacities for the centres.

### What this initiative is about

Foundry's strategy of integrated community care breaks down silos and improves access to care for young people with complex mental health and substance use conditions. This approach bridges gaps in the system and allows young people to access all the services that they need, simply by entering one door.

#### Services offered at Foundry North Shore include:

**Mental Health & Substance Use Services:** Both drop-in and appointment-based time-limited counselling are available. Counsellors use strengths-based and evidence-informed brief therapies to support youth with goals and resilience.

**Primary Care (Physical and Sexual Health):** Consists of a team of family doctors, nurse practitioners and public health nurses. This team provides services on a drop-in and/or appointment basis. Opioid Agonist Therapy (OAT) and drug-testing are available and are supported by a substance use nurse.

**Peer Support:** Peer support workers with lived experience provide young people and their families with help and support. They are available on-site during walk-in hours.



**Intensive Youth Outreach Services (IYOS):** This program provides outreach services for youth aged 12-19 experiencing urgent and emergent mental health and substance use issues. Services included: crisis intervention, education, short term counselling, Intensive Case Management (ICM) services, and assessments (either in the ER or community). These services are delivered by clinical counsellors and youth care workers.

**Psychosocial Rehabilitation:** An occupational therapist and rehabilitation assistant work with peer support workers and partner organizations to expand life skills and integrate recreation-based activities including cooking groups, yoga, fitness classes and gardening.

#### The Bounce Back Program ®

For youth aged 15 years or older with mild to moderate depression or struggling with stress or anxiety, the Bounce Back® approach uses cognitive behavioural therapy (CBT) to help youth manage their mood and sleep, build confidence, and increase activity, problem solving and healthy living. A doctor's referral is required to use the coaching program. The program is offered in collaboration with the Canadian Mental Health Association. Foundry also collaborates with YMCA and their mental wellness programs.

### Impact

- ❖ All Foundry centres share a provincial data collection system, called Toolbox, to allow for provincial and local-level evaluation.
- ❖ Since June 2018, Foundry North Shore has provided services to over 1,684 unique youth, in 6,439 total visits. These numbers increasing steadily.
- ❖ 42% of young people visiting the centre are between 16-18 years. The most accessed services include walk-in counselling, mental health and substance use services as well as sexual health services.
- ❖ Through the Youth Experience Survey, young people provide direct feedback on an annual/semi-annual basis. This information help Foundry central office make informed service improvements. Most recently, 100 young people from each Foundry centre completed the last Youth Experience Survey.



### Insights (Key learnings)

- ❖ Foundry's provincial evaluations show that Foundry has transformed access to services for young people and their families and fundamentally reconfigured the service and policy landscapes in the regions in which they were located.
- ❖ During the creation of a Foundry centre system transformation is achieved by "not just [having] everything under one roof" but by facilitating "everyone working together" and "understanding the community" where Foundry operates.
- ❖ Key characteristics of Foundry's initial phase are: the absence of access barriers; youth-friendly staff; youth-appropriate spaces; and navigational ease with embedded family supports.
- ❖ Foundry's provincial youth advisory committee consists of young people from varying Foundry centres across B.C. This group increases the level of youth leadership, working directly with Foundry central office and providing their perspectives and experiences.

