



## REPORT 2022-23

**Submitted to:** Johnny's Heart of Gold

**Quarterly Report:** July 1, 2023 - September 31, 2023

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### 1. PARENT PEER SUPPORT

Parent Peer Support Workers use their own lived experience to offer support, resources and information, system navigation, education and mentoring to other families.

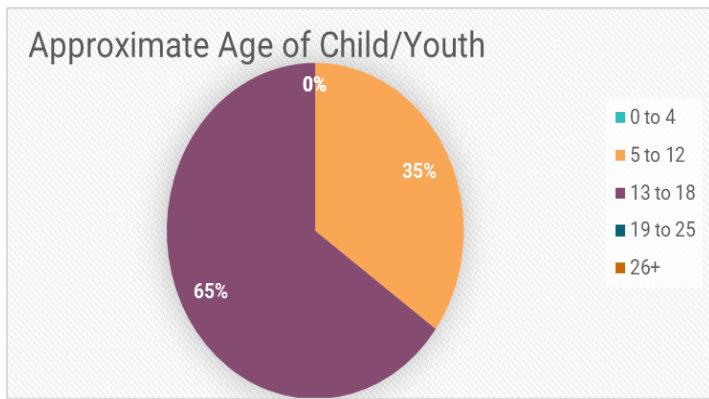
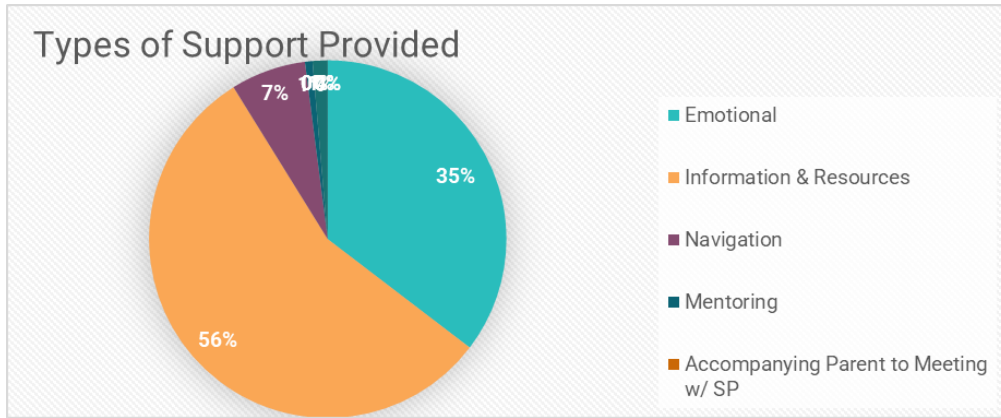
#### 1.A Parent Peer Support at START North

**Short Term Assessment Response Treatment (START)** provides confidential mental health crisis intervention services for children and teens (6 to 18 yrs) who are experiencing the rapid onset (in the past 2-4 weeks) of extreme mental health symptoms resulting in the child/teen being unable to participate in their typical daily activities or relationships. Mental health crisis may include: self-harming, suicidal thoughts or attempts, intense anxiety or depression, distorted thinking, or high risk of significantly harming others.

#### **Johnny's Heart of Gold Funds: Parent Peer Support 2 Days Per Week at START North.**

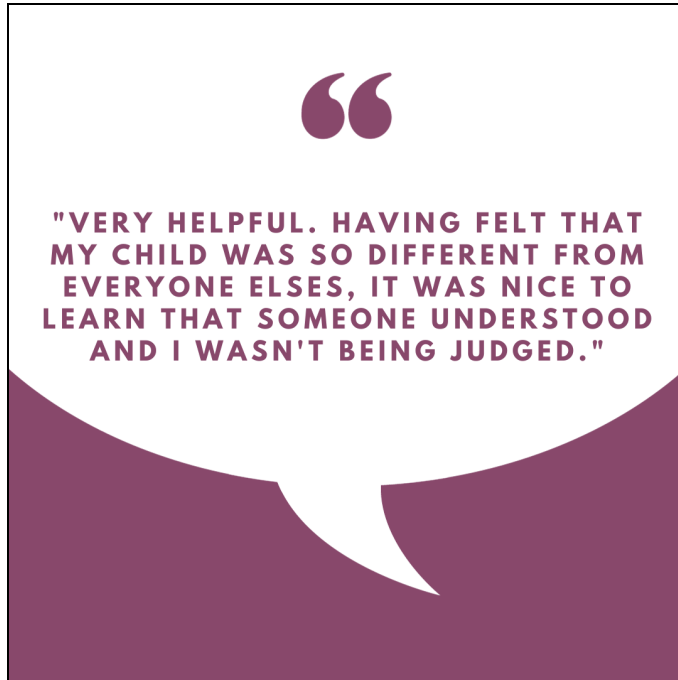
Between July 1, 2023 to September 30, 2023, **83** parents and caregivers with a youth in crisis were supported by a Parent Peer Support Worker at START North.

**Types of Support Provided to START families this quarter:**



**Reflections from the Parent Peer Support Worker serving families at START North:**

"This Quarter has seen the start of a new 6 week Family Therapy Group at START North. I was grateful to be able to take part in each session and to offer support and encouragement to the parents that attended. This led to me meeting with individual parents after the final session to continue supporting them as they navigate their kids' mental health and substance use challenges. The Family Therapy Group is, I think, a really good example of how clinicians and peer support workers can work well together in coming alongside families to offer care, strategies, and hope." -Sarah, Parent Peer Support Worker, START North



### 1.B Parent Peer Support at Fraser Health's Youth Concurrent Disorder (YCD) Program:

**Fraser Health Regional Youth Concurrent Disorder (YCD)** team provides specialized mental health and substance use services to youth and young adults (13-24) in the Fraser region experiencing persistent and recurrent patterns or cyclic history of substance use and misuse; patterns of mental health dysregulation; difficulty managing mental health and substance use where there is interference with daily life that harms health, relationships, finances, or leads to legal problems; recent opioid overdose with a history of multiple overdoses; multiple hospital presentations with mental health and/or substance use related symptoms; a history of accessing services with failed connections to various services; and acute withdrawal symptoms.

### Johnny's Heart of Gold Funds: Parent Peer Support 2 Days Per Week at the Youth Concurrent Disorder Program.

#### July-August 2023

- The Parent Peer Support Worker hosted weekly virtual drop-in meet and greet sessions on Tuesdays. These sessions provided an opportunity for any parent or caring adult with a youth accessing services through YCD to meet the Parent Peer Support Worker, hear a little bit about how we can help, how we can connect and how to reach the Parent Peer Support Worker for 1:1 support.

## September 2023 - Update and Decision

We want to acknowledge how much we appreciate Fraser Health's commitment to integrating Parent Peer Support for families into their programs. We have learned so much working alongside their teams and are grateful that families have access to clinical and peer support when their kids are struggling. We think this model is strong and appreciate all of the time and investment their leadership and frontline staff have made to do something new so that parents and caregivers have more support to draw on when they need it the most.

We also know that integrating peer support onto a multi-disciplinary team in a clinical setting requires a lot of management support and leadership in the first few years as we learn to work together. We appreciate the positive response the YCD team has had in welcoming FamilySmart Parent Peer Support services. Unfortunately, the number of families coming to us was low. In conversation with Johnny's Heart of Gold we have made the decision to step back from the YCD work so the funds that they are working so very hard to raise can be redirected. We understand that it takes a lot of very hard work to raise the funds that Johnny's Heart of Gold so generously donated to fund this position, and felt as though those funds could be redirected to other non-profits/charities who could implement programming to support the intended community on a more immediate timeline.

It is our hope to revisit this conversation with the YCD in the near future, as we know that children and young people do better when the adults who care about them are supported.

### Next steps

- We are proud to continue our relationship with the YCD and offer our services to their families, as needed, through our Tri-Cities Community Parent Peer Support Workers.

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## 2. OUTREACH IN THE TRI-CITIES

Throughout the quarter, FamilySmart connected with families, carers and service providers in the Tri-Cities by hosting resource tables and/or presenting at the following events:

- Information Presentations were made to:
  - Port Moody Police Department - Mental Health Liaison Team, Victim's Services
  - SHARE Community Services/Tri Cities Foundry
- FamilySmart hosted a table at the following community events:
  - Coquitlam Farmers Market and Port Moody Farmers Market (July/August)
  - Port Coquitlam Pride Day