



STAYING CONNECTED

VOLUME 1, FALL 2010

The School-Based Mental Health and Substance Abuse Consortium (SBMHSA Consortium) was formed in response to a request for proposals from the Mental Health Commission of Canada in 2009. 40 leading researchers and practitioners from across the country were assembled to create and implement the proposal. As successful recipients of this MHCC contract, a core team of 15 members was selected to carry out the four main aspects of the project, with support from the wider Consortium.

A national team of researchers and practitioners committed to synthesizing and sharing evidence-based, practice-relevant knowledge about child and youth mental health in schools.

A Message from Dr. Ian Manion

Dear Consortium Members,

Welcome to the inaugural edition of our Consortium's e-newsletter. We have now been working together on the School-Based Mental Health and Substance Abuse project with the Mental Health Commission of Canada for just over a year. Although some of you have accessed our web portal and all received emails from us, we felt that it was important to find additional ways to keep you all informed about the Consortium's activities. In this regard I would really like to thank Kathy Short, Despina Papadopoulos and Lori Wilder for their time and creativity in getting this e-newsletter off the ground.

A great deal has happened over the last several months. Our Review Team led by Charles Ungerleider is deep into their synthesis of what we know from research in the field. Our Survey Team, also led by Charles, has produced a tool that is being reviewed by the Mental Health Commission's Project Committee. Our Scan team with a hub of activity here in Ottawa is really rolling with over 100 programs nominated to date and interviews being undertaken on a regular basis. Finally, under Kathy Short's leadership, the KTE Team is contributing to the significant buzz about this project across Canada. Momentum is growing through early engagement activities. Now all we have to do is deliver. Here is the chance for you as a Consortium member/partner to get updated on our activities as well as to help us engage the field in all aspects of the project. Thanks to all for contributions to date and for those to come.



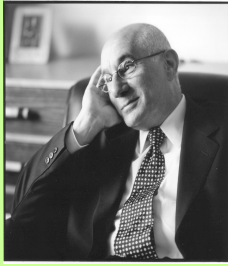
ACTION ITEM !!!

Do you know of a promising or proven program that is currently being used in a Canadian school district? The Scan Team is currently accepting nominations. Contact Despina Papadopoulos (DPapadopoulos@cheo.on.ca) or (SBMHSA@cheo.on.ca) to participate.



Meet the Team Leads

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Charles Ungerleider

Literature Review and Survey Teams

Dr. Charles Ungerleider is Director of Research and Managing Partner at Directions Evidence and Policy Research Group. He is one of Canada's best known and most highly-respected researchers in the field of learning and education and is often sought for public commentary and analysis on issues in education and social policy. Dr. Ungerleider has been a professor in the Sociology of Education in the Department of Educational Studies at the University of British Columbia since 1970, where he also served as Associate Dean for teacher education (1993-1998).

From 1998 until 2001, Dr. Ungerleider served as Deputy Minister of Education for the Province of British Columbia. During his tenure as Deputy Minister, he provided oversight to the introduction of the annual assessment of reading, writing, and numeracy in BC and to the development of performance standards for literacy, numeracy, and social responsibility for elementary and secondary students.

Before becoming Research Director and Managing Partner at *Directions*, Dr. Ungerleider was Director of the Research & Knowledge Mobilization Directorate at the Canadian Council on Learning, where his responsibilities included oversight of all research activities and building relationships with researchers, educators, service providers, and decision-makers working in the area of learning across the country.

Charles lives in Vancouver with his wife, Mary, a documentary film editor. He aspires to cook like Mario Batali, reads noir fiction when his schedule permits, and plays as often as possible with his grandchildren Sofia and Salvador.



Ian Manion

Consortium Lead and Scan Team

Dr. Ian Manion is a clinical psychologist and scientist-practitioner who has worked with children, youth and families presenting with a variety of social, emotional, and behavioural problems. He is a clinical professor in the School of Psychology at the University of Ottawa, and a Visiting Professor at the University of Northumbria (UK). He is the Executive Director for the Provincial (Ontario) Centre of Excellence for Child and Youth Mental Health at the Children's Hospital of Eastern Ontario (CHEO). He is the Inaugural Chair of the National Infant, Child and Youth Mental Health Consortium, Co-Chair of the Canadian Child and Youth Health Coalition (CCYHC), and the Principal Lead for the National School-Based Mental Health and Substance Use Consortium.

He is actively involved in research in the areas of parent/child interactions, community mental health promotion, youth depression and youth suicide. He is a committed advocate for child and youth mental health sitting on a number of local, provincial, national and international boards and committees. Dr. Manion is co-founder of Youth Net/ Réseau Ado, a bilingual community-based mental health promotion program with satellites across Canada and in Europe. This program strives to understand the mental health issues facing youth, and to better address these issues with sensitivity to gender, age, culture, and geography.

Ian is the father of 5 youth and young adults. He has learned more about youth issues from them than from any book, article or research study. In his spare time, if he has time he is an avid basketball player.



Kathy Short

Knowledge Translation & Exchange Team

Dr. Kathy Short is a member of the Scan and Survey Teams of the SBMHSA Consortium and is delighted to have the opportunity to lead the KTE Team. She brings her front-line research and practice experience to this role, as a Clinical Child Psychologist who delivered direct mental health services in schools for many years, and who currently leads the Evidence-Based Education and Services Team (E-BEST) within the Hamilton-Wentworth District School Board.

E-BEST is designed to help educators to use, do, and share research, with a view to inspiring a culture of inquiry that includes effective data use and uptake of evidence-based practices within the school district. In an attempt to narrow the gap between research and practice in education, particularly in the area of child and youth mental health, E-BEST recently launched the Knowledge Mobilization and Implementation Science Lab @ HWDSB to facilitate systematic study in this area. A number of educator mental health literacy have been piloted through the Lab.

Kathy lives in a log home in rural Hamilton with her husband, two boys, and two dogs, and has recently taken on some new challenges – learning to snowboard and joining a women's hockey team. Though the old dogs and new tricks metaphor probably applies, in spite of the many bruises, to the body and ego, both new tricks are immensely satisfying and a ton of fun.

If you have ideas for the KTE team, please do not hesitate to contact Kathy to share your thoughts!

SCHOOL– BASED MENTAL HEALTH AND SUBSTANCE ABUSE CONSORTIUM

REVIEW TEAM

Review Team Members– Charles Ungerleider, Bruce Ferguson, Dan Reist, Doug McCall, Ian Manion, Sherry Stewart

The **systematic** review consists of an in-depth review of current published and gray literature. The goal is to yield state of the art information about: frameworks for delivering mental health services in schools, **empirically-supported practices related to promotion, prevention, and intervention, critical implementation issues, strategies for testing effectiveness of promising SBMHSA practices, and vehicles for effective cross sectoral communication and partnership.** The review team has completed the keywording phase (identifying the most effective manner to group studies for coding and analysis) of the review and is currently engaged in coding.

Upon completion of the coding phase, reviewers will begin synthesizing the results and preparing to write the final report.

SURVEY TEAM

Survey Team Members– Charles Ungerleider, Bruce Ferguson, Doug McCall, Ian Manion, Margaret Clarke, Michelle Forge,

A **National Online Survey** will be conducted to provide a comprehensive overview of best and promising practices in child and youth mental health in Canada. In addition, the survey is designed to capture needs, concerns, and institutional/cultural obstacles to implementation of mental health and substance abuse services. The Survey Team used a detailed framework to organize item content and have developed a version for vetting with target audiences. This item content will be piloted in January 2011. The Survey team will launch their survey across Canada in the late winter 2011.

Timelines:

The SBMHSA Consortium project runs from spring 2009 through summer 2012. We will be seeking stakeholder input throughout. Findings will begin to be released in Winter 2012.

Look for the National SBMHSA Survey in the field in Winter 2011. Please share the link widely within your networks.

The Knowledge Translation and Exchange Team is currently looking for opportunities to engage with audiences about the Consortium work. If you would like us to connect with your group, please contact Kathy Short.



Team Updates...

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SCAN TEAM

Scan Team- Bruce Ferguson, Dan Reist, Darcy Santor, Despina Papadopoulos, Doug McCall, Ian Manion, Margaret Clarke, Sherry Stewart, Stan Kutcher

A national environmental scan of SBMHSA innovations within the Canadian Context will help the Consortium, its networks, and the Mental Health Commission to identify high-yield programs and services that may be well-positioned for further trials, scaling up, and/or replication. The key deliverables are as follows:

- Scan of established and emerging programs models developed and currently being implemented in Canada
- Scan of Canadian implementations of international programs
- Scan of existing teams and networks

The environmental scan will be complementary to the review and national survey but will delve deeper into SBMHSA programs and initiatives .

A scan tool identifier link and template was created by the Provincial Centre of Excellence and was sent to all consortium members through email asking you to identify and nominate SBMHSA programs for our scanning purposes. Over 100 programs have been nominated and interviews are currently underway. However, if you have not done so already **please click on the link below to nominate an exemplar program, model or initiative.**

http://sbmhsa.smartsimple.biz/Forms/fm_forms.jsp?token=HwoOSxkGYFxaRxJa

KNOWLEDGE TRANSLATION & EXCHANGE TEAM

KTE Team – Connie Coniglio, Chuck Cunningham, Bruce Ferguson, Michelle Forge, Doug McCall, Ian Manion, Dan Reist, Kathy Short, Lori Wilder

The KTE Team is responsible for ensuring that the knowledge generated through the review, survey, and scan reaches key audiences and stimulates further dialogue and exchange. Rather than an “end of contract” activity, the KTE Team has adopted an approach in which cumulative knowledge sharing is preceded by early engagement of target audiences, and the co-creation and field testing of sample KTE products and processes. In preparation for these activities, the team has conducted a series of Key Informant Interviews and consultations related to knowledge needs and preferences. Awareness-building has begun, with virtual and face-to-face presentations to national and provincial organizations (e.g., Canadian Association of School Administrators, B.C. Teachers, Ontario Public School Board Association). The team has also created and shared a SBMHSA video designed to inspire educator engagement and have published a brief article that appeared in the spring edition of the CODE Chronicles, a professional magazine for Ontario Directors of Education (www.ontariodirectors.ca). These early engagement activities will continue over the next year, and draft KTE products and processes will be vetted through validation networks. A national mobilization event is being planned for 2012. If you have ideas or comments for the KTE Team, please contact Kathy Short.

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Staying Connected

Member	Affiliation	Contact
Ian Manion	Provincial Centre of Excellence for Child and Youth Mental Health	manion@cheo.on.ca
Charles Ungerleider	Directions EPRG	cungerleider@directions-eprg.ca
Kathy Short	E-BEST, Hamilton-Wentworth DSB	Kathy.Short@hwdsb.on.ca
Carol E. Adair	University of Calgary	ceadair@ucalgary.ca
Cindy Andrew	Canadian Association for School Health	candrew@cash-aces.ca
Claire Avison	MHCC Project Team	Claire.Avison@gov.bc.ca
Melanie Barwick	The Hospital for Sick Children	melanie.barwick@sickkids.ca
Julie Belanger	Canadian Council on Learning	jbelanger@ccl-cca.ca
Kathryn Bennett	Department of Clinical Epidemiology and Biostatistics	kbennett@mcmaster.ca
Amy Cheung	MHCC Project Team	dramy.cheung@gmail.com
Margaret Clarke	University of Calgary	margaret.clarke@albertahealthservices.ca
Connie Coniglio	Provincial Health Services	cconiglio@bcmhs.bc.ca
Laura Conroy	The Provincial Centre of Excellence for Child and Youth Mental Health	Teach_korea@hotmail.com
Wendy Craig	Queen's University	Wendy.craig@queensu.ca
Charles E. Cunningham	McMaster Children's Hospital	cunnic@hhsc.ca
Simon Davidson	The Provincial Centre of Excellence for Child and Youth Mental Health at CHEO	davidson@cheo.on.ca
Scott Davies	McMaster University	daviesrs@mcmaster.ca
Cathy Dyer	The New Mentality	cathy@cmho.org
Bruce Ferguson	Hospital for Sick Children	bruce.ferguson@sickkids.ca
Michelle Forge	Council of Ontario Directors of Education (CODE)	michelleforge@yahoo.ca
Calvin Fraser	Canadian Teachers Federation	cfras@ctf-fce.ca
Laura Ghali	Fraser Mustard Chair in Childhood Development	ghali@ucalgary.ca
Sonia Guerriero	Directions Evidence and Policy Research Group, LLP	sguerriero@directions-eprg.ca
Penny Hawe	University of Calgary	phawe@ucalgary.ca
Katherine Kelly	Joint Consortium for School Health	kakelly@gov.pe.ca
Stan Kutcher	Dalhousie University	Stanley.Kutcher@iwk.nshealth.ca
Brenda Leung	Mental Health Commission of Canada	bleung@mentalhealthcommission.ca
Ellen Lipman	MHCC Project Team	lipmane@mcmaster.ca
Carol MacDougall	The Ontario Healthy Schools Coalition Perth District Health Unit	cmacdougall@pdhu.on.ca
Douglas McCall	Canadian Association for School Health	dmccall@cash-aces.ca
Brenda McCormack	Fraser Mustard Chair in Childhood Development	brenda.mccormack@albertahealthservices.ca
Gail McVey	Hospital for Sick Children University of Toronto	gail.mcvey@sickkids.ca
Louise Moreau	York Region District School Board	louise.moreau@yrdsb.edu.on.ca
Gillian Mulvale	MHCC Project Team	gmulvale@mentalhealthcommission.ca
Despina Papadopoulos	The Provincial Centre of Excellence for Child and Youth Mental Health at CHEO	dpapadopoulos@cheo.on.ca

A big thank you to the newsletter committee, Kathy Short, Despina Papadopoulos, Lori Wilder and Darlene Thomson. If you would like to contribute to our next newsletter please contact us before April 1st 2011 at sbmhsa@cheo.on.ca.

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Member	Affiliation	Contact
Caroline Parkin	McMaster University	parkinc@mcmaster.ca
Debra Pepler	York University	pepler@yorku.ca
Janice Popp	Southern Alberta Child & Youth Health Network	jpopp@mentalhealthcommission.ca
Jennine Rawana	MHCC Project Team	rawana@yorku.ca
Dan Reist	University of Victoria	dreist@uvic.ca
Nancy Reynolds	MHCC Project Team	NReynolds@research4children.com
Joanna Anneke Rummens	The Hospital for Sick Children	anneke.rummens@sickkids.ca
Diane Sacks	MHCC Project Team	teendoc75@aol.com
Darcy Santor	The Provincial Centre of Excellence for Child and Youth Mental Health at CHEO	dsantor@cheo.on.ca
Kathy Short	Hamilton-Wentworth District School Board	kathy.short@hwdsb.on.ca
Sherry H. Stewart	Dalhousie University	sstewart@dal.ca
Peter Szatmari	McMaster University	szatmar@mcmaster.ca
Pauline Theoret	Canadian Teachers Federation	ptheo@ctf-fce.ca
Terri Thompson	Canadian Council on Learning	tthompson@ccl-cca.ca
Kate Tilleczek	University of Prince Edward Island	ktilleczek@upe.ca
Charles Ungerleider	University of British Columbia	cungerleider@ccl-cca.ca
Tracy Vaillancourt	McMaster University	tracy.vaillancourt@uottawa.ca
Kim Weatherby	MHCC Project Team	Kim.Weatherby@gov.bc.ca
Gloria Wells	Rocky View School Division	wellsgl@shaw.ca
Ted Whiteland	BC Principals & Vice-Principals Association	TWhiteland@bcppva.bc.ca
Lori Wilder	Bluewater District School Board	lori_wilder@bwdsb.on.ca
Samantha Yamada	York University	yamadasa@yorku.ca

Contact Us:

Consortium Lead:

Dr. Ian Manion

manion@cheo.on.ca

Review and Survey Team:

Dr. Charles Ungerleider

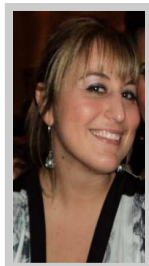
cungerleider@directions-eprg.ca

Scan Team: Dr. Ian Manion

manion@cheo.on.ca

KTE Team: Dr. Kathy Short

Kathy.Short@hwdsb.on.ca



Despina Papadopoulos

SBMHSA Project Coordinator

Despina Papadopoulos is a Research Associate-School Liaison in the Knowledge Exchange Team at the Provincial Centre of Excellence for Child and Youth Mental Health at CHEO. She has experience in both the Mental Health and Community Education Sector as well as interdisciplinary teaching experience. At the Centre, she currently oversees all of the School Based Mental Health and Substance Abuse Projects. Specifically, she is the project lead on the Student Support Leadership Initiative (SSLI), The Mental Health Literacy Training Program and the School Based Mental Health and Substance Abuse Consortium Project.

Despina is overseeing the scan piece of the project, therefore if you know of a promising or proven program that is currently being used in a Canadian school district please email her at dpapadopoulos@cheo.on.ca or sbmhsa@cheo.on.ca.

In her spare time Despina enjoys playing sports, specifically soccer, volleyball and touch football. She loves the outdoors and is a huge Montreal Canadiens fan, even though she grew up in the Hamilton/Toronto region.