

The Core Components and Principles of Integrated Youth Services

WORKSHOP FINDINGS - FEBRUARY 2020

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Frayme hosted its inaugural Learning Institute between February 25-27, 2020 in Toronto, Ontario. The Learning Institute's purpose was to bring together national and international partners from diverse disciplines, backgrounds, and experiences to facilitate information sharing related to youth mental health and substance use care and services. The event presented a unique opportunity for attendees to engage with others, share ideas and challenges, and tap into the knowledge and expertise of key players in the field. Most importantly, it was an opportunity to come together to amplify system transformation through Integrated Youth Services. The Learning Institute intended to galvanize partners and communities to work towards a collective understanding of best practices and core components of Integrated Youth Services.

The Learning Institute attracted 225 attendees from across Canada and internationally. Attendees represented a wide range of roles, as indicated below:

Operational Leaders & Program Staff

100

Clinical Leaders & Clinicians

37

Youth

27

Researchers

23

Backbone Support Staff

12

9

Family Members & Caregivers

6

Policymakers

6

Funders

5

Peer Support Workers

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The Learning Institute was the hosting ground for 25 presentations, collaborative symposiums, and interactive workshops delivered by a diverse range of presenters. One of these workshops was delivered by the Frayme team, and was presented to all 225 participants. The workshop was about the core components and principles of youth mental health care, and more specifically, Integrated Youth Services.

The objectives of the workshop were to:

1 Provide a targeted overview of current research on core components and principles of Youth Mental Health Care

2 Generate discussion among participants on the importance of presented core components and principles

3 Identify additional core components and principles deemed vital from participants' own experiences, expertise, & contexts

4 Explore the possibility of generating alignment and/or standardization of core components and principles across initiatives and jurisdictions

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What are Core Components and Principles?

Core components or principles are defined as evidence-based structural and functional elements and/or activities required to inform the development and delivery of a system of services^{1,2,3}. Core components or principles can play an essential role in ensuring quality of care, and guide a system of services towards achieving and reporting on desired outcomes^{1,2,3}.

Global Framework for Youth Mental Health

In partnership with Orygen, the World Economic Forum is developing a 'Global Framework for Youth Mental Health'⁴. This work is a result of a large literature review and face-to-face consultations with young people, families, clinicians, economists, policy makers, and others from across the globe. The framework identifies 8 'Key Principles' that underpin an approach to youth mental health care. The framework has the capacity to be flexible across settings, considering local factors such as funding, culture, political will, and existing infrastructure. Each principle is operationalized through a range of practices, which can also vary based on local context.

The principles are:

Rapid, Easy, and Affordable Access

Youth Specific Care

Awareness, Engagement, and Integration

Early Intervention

Youth Partnership

Family Engagement and Support

Continuous Improvement

Prevention

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Activity 1: Ranking & Reflecting

1

2

3

The Ask

Participants were asked to work together to establish a consensus-based ranking of the presented core components and principles from the 'Global Framework for Youth Mental Health'⁴. Participants ranked them in order of importance, based on their own professional and personal expertise and experiences with Integrated Youth Services.

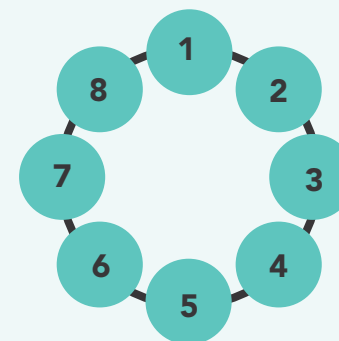
The Response

Workshop participants identified that the presented components and principles are all essential to their own contexts and experiences, and indicated that it was difficult to rank them. They solidified that the principles are closely interconnected and should work in concert with one another in practice. Some participants indicated that these core components and principles should be reflected as a web of interconnecting elements, rather than competing elements.

Participants' consensus-based ranking system:

1. Youth Participation
2. Youth Specific Care
3. Rapid, Easy, and Affordable Access
4. Early Intervention
5. Family Engagement and Support
6. Awareness, Engagement, and Integration
7. Prevention
8. Continuous Improvement

Participants' suggested conceptualization of the interconnectedness of components and principles:



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Activity 2: Revising			1	2	3
The Ask					
<p>Participants were asked to work together in groups to identify core components and principles they felt were missing from those presented. Participants were urged to consider their own professional and personal experiences, expertise, and contexts when developing a list of missing core components and principles.</p>					
The Response					
<p>Participants outlined the following list of additional core components and principles that they deem essential. Since many groups independently identified the same core components and principles, this list is organized from 'most frequently' to 'least frequently' identified:</p>					
<div style="background-color: #333; color: white; padding: 5px;"> 1. Equity including: cultural competence, intersectionality, diversity, inclusion, and anti-oppressive practices </div>					
<div style="background-color: #00AEEF; color: white; padding: 5px;"> 2. Peer Support </div>		<div style="background-color: #00AEEF; color: white; padding: 5px;"> 2. Trauma-Informed Care </div>		<div style="background-color: #00AEEF; color: white; padding: 5px;"> 2. Partnership including: multidisciplinary staff partnerships, organizational partnerships, and partnerships with government and funding agencies </div>	
<div style="background-color: #008000; color: white; padding: 5px;"> 3. Navigation and Transition Support </div>			<div style="background-color: #008000; color: white; padding: 5px;"> 3. Sustainability including: adequate and long-term funding </div>		
<div style="background-color: #6A329F; color: white; padding: 5px;"> 4. Outreach </div>			<div style="background-color: #6A329F; color: white; padding: 5px;"> 4. Harm Reduction </div>		
<div style="background-color: #483D8B; color: white; padding: 5px;"> 5. Truth and Reconciliation </div>		<div style="background-color: #483D8B; color: white; padding: 5px;"> 5. Virtual Care </div>		<div style="background-color: #483D8B; color: white; padding: 5px;"> 5. Stepped Care </div>	
<div style="background-color: #483D8B; color: white; padding: 5px;"> 5. Community Engagement and Advocacy </div>			<div style="background-color: #483D8B; color: white; padding: 5px;"> 5. Mental Health Promotion and Education </div>		
<div style="background-color: #483D8B; color: white; padding: 5px;"> 5. Basic Needs </div>					

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Activity 2: Aligning

1	2	3
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The Ask

Participants were asked to share their perspectives on whether core components or principles should be nationally standardized or aligned.

The Response

Most participants noted that although it would be important for agencies and initiatives to align on a set of consensus and evidence-based overarching components, it is vital not to mandate strict standardization requirements. Participants indicated strong agreement that agencies should be able to contextualize components and services based on local factors and needs. Local clinical and operational staff, as well as local youth and family advisory committees, know the communities in which they work and live best and are able to identify how components should be contextualized to provide the best care to local youth and families.

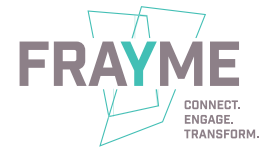
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				<ul style="list-style-type: none">• Core components or principles are defined as evidence-based structural and functional elements and/or activities required to inform the development and delivery of a system of services^{1,2,3}. Core components or principles can play an essential role in ensuring quality of care, and guide a system of services towards achieving and reporting on desired outcomes^{1,2,3}.• In partnership with Orygen, the World Economic Forum is developing a 'Global Framework for Youth Mental Health'⁴. This work is a result of a large literature review and face-to-face consultations with young people, families, clinicians, economists, policy makers, and others from across the globe. The framework identifies 8 'Key Principles' that underpin an approach to youth mental health care. The framework has the capacity to be flexible across settings, considering local factors such as funding, culture, political will, and existing infrastructure. Each principle is operationalized through a range of practices, which can also vary based on local context. The principles are 1. Rapid, easy, and affordable access, 2. Youth specific care, 3. Awareness, engagement, and integration, 4. Early intervention, 5. Youth partnership, 6. Family engagement and support, 7. Continuous improvement, and 8. Prevention.• Workshop participants identified that the presented components and principles are all essential to their own contexts and experiences, and indicated that it was difficult to rank them. They solidified that the principles are closely interconnected and should work in concert with one another in practice. Participants outlined a list of additional core principles or components that they deem essential: 1. Equity, 2. Peer Support, 3. Trauma-Informed Care, 4. Partnership, 5. Navigation and Transition Support, 6. Sustainability, 7. Outreach, 8. Harm Reduction, and more.• Workshop participants were asked to share their perspectives on whether core components or principles should be nationally standardized or aligned. Most participants noted that although it would be important for agencies and initiatives to align on a set of consensus and evidence-based overarching components, it is vital not to mandate strict standardization requirements. Participants indicated strong agreement that agencies should be able to contextualize components and services based on local factors and needs. Local clinical and operational staff, as well as local youth and family advisory committees, know the communities in which they work and live best and are able to identify how components should be contextualized to provide the best care to local youth and families.	

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Frayme will continue to work on soliciting more feedback on core components from partners and stakeholders working within the system. Frayme will also be working on establishing a core minimum evaluation protocol (measures, metrics and indicators) as well as the development of an online community to share measures and contexts of care in order to facilitate the collection and mobilization of data on shared indicators across Canada.

This initiative will improve the monitoring and evaluation of IYS and their effects on health outcomes, advance knowledge regarding effectiveness of services within varying contexts and provide a repository of data that will support economic evaluation of mental health services.

To stay up-to-date on this work, please subscribe to us at [Frayme.ca](https://frayme.ca)

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References

1. Blase K, Fixsen D. Core Intervention Components: Identifying and Operationalizing What Makes Programs Work. ASPE Research Brief. US Department of Health and Human Services. 2013 Feb.
2. Embry DD. Community-based prevention using simple, low-cost, evidence-based kernels and behavior vaccines. Journal of Community Psychology. 2004 Sep;32(5):575-91.
3. Fixsen DL, Naoom SF, Blase KA, Friedman RM, Wallace F, Burns B, Carter W, Paulson R, Schoenwald S, Barwick M, Chambers D. Implementation research: A synthesis of the literature.
4. World Economic Forum, Orygen. Global Framework for Youth Mental Health. 2019.