

# Managing Concurrent Mental Health and Substance Use Disorders in Youth

September 11, 2024 | 1830–2000 PT



THE UNIVERSITY OF BRITISH COLUMBIA

**Continuing Professional Development**

Faculty of Medicine

# LAND ACKNOWLEDGMENT

We acknowledge that UBC CPD work on the traditional, ancestral and unceded territory of the Skwxwú7mesh (Squamish), x<sup>w</sup>məθkwəy̓əm (Musqueam), and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

*What is your relationship to the territory or the land that you're on?*



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# FUNDING ACKNOWLEDGEMENT

Funding for this webinar has been provided by the Child & Youth Mental Health and Substance Use Community of Practice, an initiative of the Shared Care Committee.



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# LEARNING OBJECTIVES

1. Define concurrent disorders.
2. Recognize the unique challenges associated with providing care to youth experiencing concurrent substance use and mental health disorders.
3. Identify tools and resources to enhance care for youth experiencing concurrent substance use and mental health disorders.



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# DISCLOSURES

## Panelists

- **Laurie Edmundson:** has received payments from the Sts'ailes First Nation and BC Mental Health & Substance Use Services. This funding has **not** influenced the webinar content.
- **Luke Hupton:** has received payments from the Ministry of Children and Family Development. This funding has **not** influenced the webinar content.
- **Dr. Robert Lehman** (moderator), **Dr. Janice McLaughlin**, **Dr. Carol-Ann Saari**, **Dr. Erin Smith:** nothing to disclose

## Planning Team

- **Dr. Shirley Sze:** has received payments from the Child and Youth Community of Practice supported by Shared Care Committee. This funding has **not** influenced the webinar content.
- **Stephanie Din, Dr. Bruce Hobson, Caldon Saunders:** nothing to disclose



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# Child and Adolescent Psychiatry resources

Child Health BC 2019 report based on 2016 data:

- Number of C&A psychiatrists in BC = 70 (0.6-0.8 FTE)
- Number of general psychiatrists seeing children and youth = 78 (10-30% of the practice)
- Number C&A psychiatrists per youth 1: 12, 281 (recommended by CPA is 1:3,800)
- Number C&A psychiatrists and general psychiatrists per youth 1: 5,937 (?65 FTE)
- Estimate in 2024?



# Managing uncertainty in diagnosis

- Why is it difficult to make diagnoses in the context of substance use?
- How to make diagnoses of mental health conditions in context of substance use
  - Pathognomonic symptoms
  - Pre-existing symptoms
  - Symptoms in abstinent periods
  - Awareness of intoxication, withdrawal and chronic intoxication syndromes
  - “Running Head start” technique
- Medication management in face of uncertainty
  - Balance risk of treatment vs non treatment
  - Risk of medication side effects
  - Risk of combo of meds with substances – use [drugcocktails.ca](http://drugcocktails.ca)
  - How to measure effectiveness? Compliance?
  - Med monitoring, metabolic monitoring



# Compass

A Provincial Consultation Service for  
Care Providers working with Children  
and Youth who have Mental Health and  
Substance Use Concerns





# About Compass

Compass provides information, consultation, and resources to care providers across BC, to help them provide appropriate and timely mental health and substance use care to children and youth up to age 25.

# OUR TEAM

- Psychiatrists
- Nurse Clinicians
- Indigenous Care Coordinator and Social Worker
- Registered Clinical Counselors
- Youth and Family Counselors
- Social Workers

# FOR WHOM

- Primary Care Providers (Family Doctors, NPs, etc)
- Pediatricians, Psychiatrists & other specialists
- MH/SU clinicians (CYMH, SW, Psychologists)
- Nurses & Nurse practitioners
- Case Managers
- Community Carers (Indigenous Elders and any Helpers that walk alongside Indigenous Children)
- School Counsellors, Educational Assistants, and Youth Workers

# What to Expect

## 1. Initial Consultation Call:

**Call 1-855-702-7272** without patients/caregivers present. If you have consent, we will collect some demographic details of the youth, if not, the file will be anonymous.

**Monday-Friday 9am-5pm:** calls answered by an experienced child & youth mental clinician, with child psychiatry available as needed.

**2. Follow up:** (as many as you need, longitudinally)

**3. Summary letter:** sent to you via fax/email

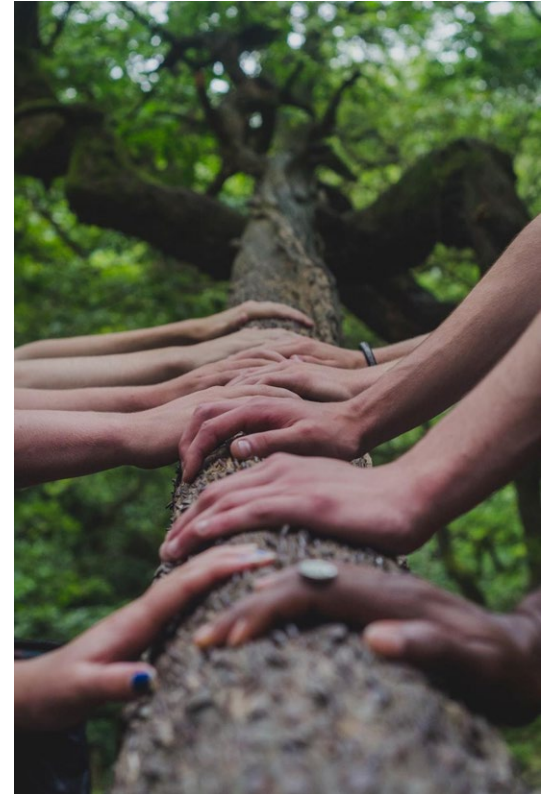


# What we are unable to do:

- Take on direct, ongoing clinical care or case management
- Prescribe medications
- Expedite inpatient admissions
- Provide on-demand psychiatry (i.e., urgent assessment)
- Compass is not a crisis service (but clinicians can help navigate)

# Benefits to a Compass Call

- Increasing capacity to provide care, support with treatment planning
- Billing and Continuing education credits
- Connections with other care providers
- Follow up consultations for ongoing complex cases
- Support can help reduce burnout in providers (increase retention of providers in remote and rural areas)
- Provide a Culturally safe, Trauma-Informed, and Indigenous care lens



# When to Call?

## If you need support with:

- Diagnostic Clarification
- Medication recommendations
- Counselling recommendations
- Safety planning/risk assessment for self-harm, suicidality or aggression
- System and resource navigation
- Challenging clinical experiences, burnout





# Compass

Are you a healthcare provider seeking guidance on **clinical care** for child & youth mental health and substance use disorders?

➤ Call **1-855-702-7272**

or visit **[compassbc.ca](https://compassbc.ca)** for support with prescribing, counselling, diagnosis or treatment planning for children and youth in your practice.

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Are you a healthcare provider seeking **education** on common child & youth mental health and substance use disorders?

➤ Visit **[compassbc.ca/education](https://compassbc.ca/education)** to find clinical toolkits, webinar recordings, and curated resources.

## Services

Service Navigation

Telephone Case  
Consultation

Education for  
Healthcare  
Providers

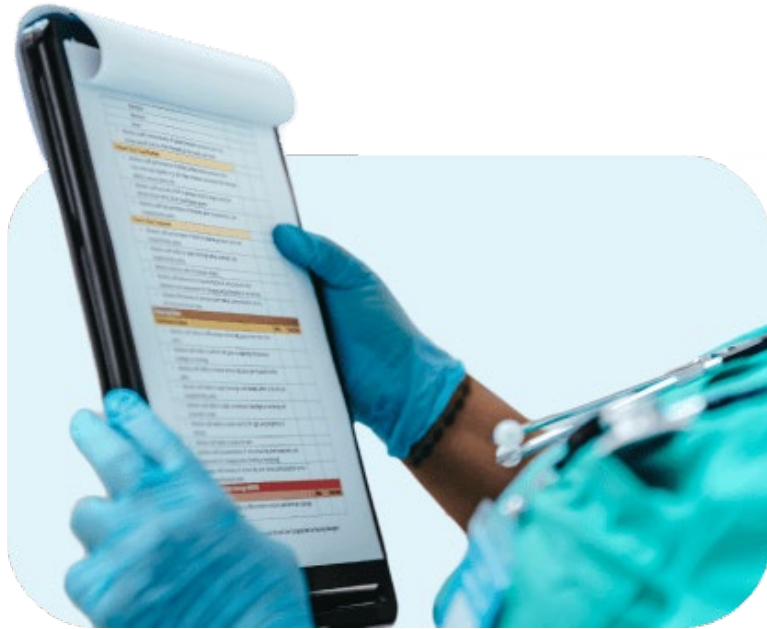
Indigenous Care  
Coordination



## 2. Follow up Consultation Call, if required:

- Mental health and substance use is complex
- If additional expertise and consultation is required, follow up consultations can range from 15 minutes to an hour





### 3. Recommendations

- Providers are sent a summary letter with key recommendations from the consultation
- Clinicians calling Compass can claim CME credits for time spent collaborating with a Compass Clinician.
- Family Physicians and Specialists can bill for their time