

Care and services models for youth with serious behavioural disorders and mental health issues

English summary

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SUMMARY

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Introduction

Youth living in Youth Rehabilitation Centre for Adaptation Difficulties (Centre de réadaptation pour jeunes en difficulté d'adaptation -CRJDA) exhibit serious behavioural disorders, including oppositional, impulsive or aggressive behaviours. Many also present with alcohol or drug use issues, a history of running away or suicidal risk. Numerous youths living in CRJDA present complex clinical profiles due to the co-occurrence of severe behavioural disorders and mental health issues such as anxiety and depression, attention deficit/hyperactivity disorder, conduct disorders, and personality disorders. For staff and managers responsible for their safety and protection, the severity of these behaviours and their potential consequences is concerning and poses a challenge in providing appropriate responses to their physical and mental health needs. These needs require the mobilization of multiple resources and can be addressed in various ways.

Methodology

This state-of-knowledge report aims to conduct a scoping review to answer the following questions:

- What are the care and services models developed elsewhere in Canada and in the rest of the world for youth with serious behavioural disorders and mental health issues?
- What are the modalities for implementing these models?

This state-of-knowledge report presents summary and descriptive results regarding the care and services models deployed in Canada (with the exception of Quebec) and around the world. Selected documents were published since 2018 in member countries of the Organization for Economic Co-operation and Development (OECD) sharing the most characteristics with Canada.

This state-of-knowledge report does not include an evaluation of the efficacy of the models or any recommendations.

Results

The scoping review identified 53 care and services models developed to address the needs of youth with serious behavioural disorders and mental health. These models include:

- Organizational practices involving cultural and structural changes at all levels of the system, as well as collaborative practices (e.g., with mental health services).

- Care and services programs offered in settings similar to CRJDA as well as in settings identified as alternatives to CRJDA in the birth or foster family.

The user-centred approach and the trauma-informed approach broadly guide the care and services models to develop a common culture and language across different organizational levels. A trend toward practices rooted in the community mobilizing key stakeholders as team members or agents of change was also identified. These settings within the community are supported by increased services for the young person and their family.

Strategies are implemented to promote access to and continuity of care and services, particularly in mental health, regardless of the young person's living environment. In most identified care and services models, modalities are established to facilitate consultations of the team with staff and professionals specialized in psychiatry. In some models, these psychiatry specialists are involved with the youth and take on an active role within the team (e.g., mobile teams). The roles of care and services manager and individual service plan coordinator also exist in some of the identified models.

Finally, training for staff and professionals is a prerequisite for the implementation of many of the identified models and programs. Moreover, specific training is offered to other key actors. Many models also offer interventions, training and support to parents and foster families.

Conclusion

The scoping review yielded summary results about care and services models outside Quebec. Due to the descriptive nature of the information, the results are not contextualized to the Quebec situation. The review does not evaluate care and services models' efficacy and does not formulate recommendations.

The current report aims to be a lever to support consideration of care and services models developed elsewhere in Canada or around the world to address the needs of youth with serious behavioural disorders and mental health issues.

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