

# ATTACHMENT B



Canadian Mental  
Health Association  
**Mid Island**  
*Mental health for all*

Association canadienne  
pour la santé mentale  
**Mid Island**  
*La santé mentale pour tous*

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## Project Backgrounder

2019-08-20

### Project Name:

Nanaimo Region Foundry BC Centre

### General Info & FAQ:

Foundry's provincial vision is to transform how young people access health and social services within BC. As part of this, we work with young people, families, government and social-profit (otherwise known as non-profit) partners and communities to open Foundry centres – making services available to young people, aged 12 - 24 in youth friendly and inclusive environments.

Foundry increases access to services by collaborating with existing supports in the community, through an integrated approach to care. Foundry centres practice and promote new ways of working with youth, young adults, and caregivers that make it easier to access the right care at the right time, supporting young people to thrive.

### Q: What is Foundry?

A: Foundry provides early intervention services to support the wellness of young people ages 12-24. Our network of community-based Foundry centres are providing comprehensive care through integrating mental health, substance use services, primary care, social services and peer support. By bringing together a variety of health and social services under one roof and working in partnership with young people and families, Foundry helps BC's young people get the help they need when they need it. Through our online platform, [foundrybc.ca](http://foundrybc.ca), we are providing young people and families access to tools and resources. Importantly, Foundry is based on intentional partnerships – government and community organizations working together toward a shared vision.

### Q: How is Foundry different?

A: Foundry helps remove barriers to care by bringing together services and supports for young people and their families into one location. Instead of having to navigate an array of services themselves, and re-tell their story several times, young people are able to walk through our door to get the help they need in one, youth-friendly location. And if needed, young people receive a "warm handoff" to connect them to another service in the community that would best support their needs. The Foundry brand, helps young people to know where to go for help.

### Q: What services are offered in a Foundry centre?

A: Each centre provides young people with multiple services co-located and integrated under one roof. The core services each centre must offer include: primary health care (e.g. physical health, sexual health), mental health and substance use services, social services (e.g. vocational, educational, financial services) and youth and family peer supports. Centres may also include additional services based on local needs, such as food security and child-minding.

### Q: Why is the target youth and young adults ages 12-24?

A: Nearly 75 percent of mental health challenges begin by the age of 24. In Canada, 1 in 5 young people aged 15-24 report experiencing mental health or substance use problems. If we

can intervene earlier, and before an issue becomes a crisis, we can help young people achieve better health outcomes and a better quality of life. Focusing on this age range (12-24) allows us to support young people as they age out of the child and youth mental health system, or for young people aging out of the care of government. Foundry will reach and support young people when they are most vulnerable to developing mental ill-health.

**Q: Who provides the services at each Foundry centre?**

A: Each Foundry centre is operated by an organization within the community and referred to as a “lead agency”. The development of a Foundry centre involves the coming together of existing youth-focused community-based services, resources and organizations to ensure centres will be able to provide the full range of services through an integrated approach. Services are not just co-located, but work together as a team to help provide a seamless experience for young people.

**Q: What does it take to be a successful Foundry Lead Agency – what criteria do you look for?**

A: Establishing and operating a Foundry centre is an important, and time-consuming, undertaking. Generally, this requires an organization to have strong change leaders, robust community partnerships with the health authority, MCFD, Division of Family Practice, local Indigenous organizations and the school district, an ability to meaningfully engage with young people and families, and expertise and experience in the field. For more information on the experience of some of our current lead agencies, please read our Developmental Evaluation and Proof-of-Concept report.

**The “Ideal” Lead Agency - (from Foundry Developmental Evaluation Report p. 46)**

The developmental evaluation also examined the question of what type of organization might be best suited to serve as a lead agency for future Foundry centres. Evidence suggested that an “ideal” lead agency would be a medium to large-sized, community-based, non-profit organization with a strong track record of leading cross- sectorial work in the community, with an ability to leverage its legacy, accomplishments, and capacity. Lead agencies also required the organizational resources (human and financial) to take on an initiative of this size, and an ability to be flexible and nimble. In addition, lead agencies were also responsible for prioritizing collaborative approaches and demonstrating a willingness to seek and implement solutions outside their system or sector. Finally, lead agencies required a strong vision supported by a diverse portfolio of programs, a strong governance structure, and an enthusiastic, reflective approach to their work. Conversely, larger government agencies were perceived as less ideal for serving as lead agencies, largely due to perceptions of lack of transparency and inflexible policies that made it difficult to collaborate well with other agencies. Conversely, community-based organizations with overall positive histories with staff showed fewer problems throughout the development of Foundry due to shared priorities and a common vision for Foundry’s role within the community, placing youth needs first.