

# Overview of ICY Teams



This document is intended for partners involved in implementing ICY Teams and provincial leaders to help answer questions about policies and how the teams are set up. It is draft and subject to updates. Revised 2023-02-02.

## Purpose, timing and what is different

- **Integrated Child and Youth (ICY) Teams are part of [A Pathway to Hope](#)** – the provincial strategy for improved mental health and substance use care in B.C.
- **ICY Teams are community-based multi-disciplinary teams that deliver wraparound mental health and substance use services and supports for children and youth** with diverse abilities, backgrounds and situations. Service providers work collaboratively to ensure smooth and appropriate transitions, so families and caregivers do not have to navigate services and supports on their own, **making it easier for children and youth to connect to the care they need where and when they need it** – at school and in the community
- **Each ICY team supports children and youth within a school district area from early years to age 19** (for youth who are already receiving mental health or substance use services from ICY Teams, services may be available to age 21, based on unique needs, strengths, developmental considerations, transition plan and best fit)
- **Five communities** have begun to work as structured, integrated teams and are setting a foundation for other communities to build upon and get started quickly: Maple Ridge-Pitt Meadows, Comox Valley, Coast Mountains, Okanagan-Similkameen and Richmond
- **Seven more communities** will have ICY Teams in 2023: Fraser-Cascade (Hope, Agassiz-Harrison), Kootenay-Columbia (Castlegar/Trail), Mission, Nanaimo-Ladysmith, Okanagan-Shuswap (Salmon Arm), Pacific Rim (Port Alberni) and Powell River
- A total of 20 ICY communities will be underway by 2024, to be fully implemented by 2025
- **With consent, team members share information** relevant to care, reducing the number of times that young people and their families re-tell their stories.
- With children, youth and families, ICY Teams create individual integrated care plans and connect the young person and their family to the care they need, when they need it. Services are based on the strengths and needs of the individual child/youth and their family/care provider and are designed in partnership with Indigenous partners/Nations to ensure programming is culturally safer (as determined by recipients of the services, continuously improving cultural safety)

## Team members

- **Core team members** include the following positions, employed through health authorities, school districts, the Ministry of Children and Family Development as well as other employers (job titles may change)
  - ICY program leaders
  - Child and youth mental health clinicians
  - ICY clinical counsellors
  - Youth substance use clinicians
  - Youth peer supports
  - Family/caregiver peer supports
  - Indigenous child and youth support positions and/or multicultural positions
  - Administrative support roles
- **New and existing positions:** where positions already exist in the community, they are assigned to the teams (e.g., CYMH clinicians and substance use service providers), as appropriate. Where core positions do not exist in the community, positions are added to ensure that each ICY team has minimum staffing of core members
- **Additional team members** identified by the child or youth may be included, such as cultural or religious/spiritual support, family, friends, family physicians, social workers, coaches, support people, Elders, other counsellors or professionals (not additional funding)

## Physical locations

- ICY Teams meet children, youth and families where they feel safe and comfortable, in outbound services as well as regular care settings

## Types of Services

- ICY Teams provide levels of support that can change to match the needs of children, youth and families
- Teams provide a range of services, including assessment, screening, consultation, therapeutic services, and more
- Multi-cultural and culturally safer supports may be available (as applicable in each community), including through Indigenous child and youth support positions
- The teams deliver individual, parent, family and group services

## Access

- ICY Teams receive referrals from other service providers such as early years services, school staff, primary care, mental health and substance use services, Foundry centres and Indigenous-led organizations

## Services for Indigenous children and youth

- The teams work towards culturally safer, distinctions-based, and child-, youth-, family-, community- and Nation-centred approaches by continually engaging and communicating with Indigenous partners and Nations. Approaches are gender inclusive and trauma informed. Wherever possible, services for Indigenous children and youth are offered by Indigenous providers, and additional care members can be invited
- In addition, some children, youth and families may feel safer, more welcome and more likely to ask for help in a community-based setting. ICY Teams can provide services through community-based Indigenous service settings such as Friendship Centres, drop-in centres or recreational programs as applicable per community. This is especially important for those who may feel uncomfortable in some settings such as health care or government offices

## Waitlists

- The multi-disciplinary approach expands the diversity of mental health supports so that children and youth may access services when they are needed, reducing wait time for services. Young people may access support through other ICY team members while they are on the waitlist for specific services. For example, if a young person is waiting for an appointment with a CYMH clinician, they could see other team members (e.g., youth peer supports) individually or in a group setting

## Catchment area and coverage

- ICY Teams operate within school districts' boundaries and maintain close ties with groupings of schools, serving all children, youth and families residing within the school district, including those attending First Nations operated schools, independent schools, alternative school environments or those not in school
- Children and youth connect to ICY Teams based on geographic location if they are new to services
- Children and youth may remain with their current service provider if they already access ICY team services, even if not in the same geographical area, to continue relationships and attachments without disruption