



**Helping Abbotsford's youth
develop the lifelong habit of
protecting and enhancing all
aspects of their health.**

December 2013 CQI Conference Presentation

Coordinating Partners

- Abbotsford Community Services (including the Youth Resource Centre and Abbotsford Addictions Centre)
- Abbotsford Division of Family Practice (as well as other representatives from Abbotsford's Medical Community – doctors and registered nurses)
- Ministry of Children and Family Development (Child and Youth Mental Health, Integrated Youth Services)
- IMPACT Youth Substance Use Services (Matsqui-Abbotsford IMPACT Society)
- Fraser Valley Aboriginal Children and Family Services Society – Xyolhemeylh
 - Abbotsford Youth Commission
- University of the Fraser Valley, Childhood Education/Child and Youth Care department (ECE/CYC)
 - Trinity Memorial United Church, Abbotsford
 - Directors of Youth-Friendly Health Centres in other

Our Path

YEAR 1: Pre-Opening

- Child and Youth Friendly Abbotsford Report
 - Partners
 - Health Clinic/Centre
- Vision: Complications of transparency in development process
 - Youth Questionnaire
 - Business Case
 - Donations
 - Deciding when to stop cutting bait and start fishing
 - Developing stats tool



Our Path YEAR 2: First Year

- Division support, MCFD support
 - Family Practice Residents
 - Practicum students
 - Nurse volunteers
 - Intake volunteers
- Little to no publicity: Youth Care Workers
 - Peer referrals start to pick up
- Switching locations - looking at so many locations
 - Steadily increasing youth
- Every step of the way we have had and needed collaboration

Our Path

YEAR 3: Expansion

- Hospital - reasons to go and not to
- Sessional funding - MCFD, FHA pilot project
 - Became part of pediatrics and psychiatry rotation for Family Practice Residents
 - Up to 25 patients in one 3-hour period
 - Continuity of Care volunteer nurse
- Advocacy Support Worker - needs-based
 - Transitioning to adulthood



Our Path

YEAR 4: Toward Sustainability

- Bakerview Centre for Learning
- Interest in “model” from other communities and Fraser Health
 - Sustainability by billing MSP - Billing for Family Practice Residents too
 - ACS - Gaming funds
 - Foundation/Service Club grants - staffing/prescriptions - always knowing youth can get their prescriptions
 - Electronic Medical Records
 - Finding a more-permanent space 1945 McCallum
 - Nurse Practitioner approval - MHSU and Aboriginal

Our Path

YEAR 5: Emergent Results

- Family Practice Residents setting up in the community, moving kids from AYHC to community doctor, meaningful and compassionate work, lots of learning about complexity
- Results of collaboration - VYPER, YESH, Bridges to Adulthood
 - Ministry of Health - focus groups
 - Birth Control prescriptions from FHA
 - Aboriginal Advocacy Worker
- Tangible steps toward other communities - developmental advice

3-Years of Operation November 2010-2013

We have had 2257 appointments to date.

➤ **156 (7%) COMPLEX CARE/ MULTIPLE CONDITIONS**

➤ **586 (26%) MEDICAL CONDITIONS**

➤ **721 (32%) SUBSTANCE ABUSE/ MENTAL HEALTH**

➤ **794 (35%) REPRODUCTIVE/ SEXUAL HEALTH**

3-Years of Operation November 2010-2013

We currently serve 534 returning patients.

➤ **73% answered "YES" to - Are you sexually active?**

Of those who answered "YES" to being sexually active:

➤ **35% answered "NO" to - Are you currently using methods to avoid pregnancy and STIs**

➤ **22% answered "YES" to - Has anyone offered you valuables in exchange for sex**

➤ **8% answered "YES" to - have you ever traded sex for valuables**

➤ **19% answered "YES" to - have you had or been forced to have sex when you didn't want to**

3-Years of Operation November 2010-2013

- **14% of our Patient population are Aboriginal**
- **32% of our Patient population answered "Most of the time" when asked - Do you feel stressed in your everyday life**
- **26% of our Patient population answered "Most of the time" when asked if they cause harm to themselves or others**
- **32% of our Patient population answered "Frequently" when asked - do you ever go hungry**