

# Discharge and Transition Planning

## Purpose

These learning activities can be incorporated into pediatric mental health education sessions for individuals or groups.

## Learning Objectives

1. Identify types of transitions that occur for children, youth, and their families
2. Demonstrate an understanding of principles to support transition(s) and the importance of incorporating a holistic approach that includes both formal and informal supports, and considers cultural and spiritual needs
3. Understand the need for collaboration, communication and coordination to support effective transitions for children, youth and their families

## Learning Activities

### Activities: Transitions in Care/Discharge Planning

Time	Target Audience	Activity	Outcome
15-30 minutes	Group	<p>Discuss what discharge planning supports are available at your site. Consider:</p> <ul style="list-style-type: none"> <li>• How do you access them?</li> <li>• Are there pediatric resources that differ from adult resources?</li> <li>• Do you have discharge planning tools/care plans and/or standardized documentation?</li> <li>• Are cultural and spiritual needs considered in those tools?</li> <li>• What do you feel is going well, and are there any opportunities for improvement?</li> </ul>	Learner can demonstrate how to access resources and utilize appropriate tools to support children, youth, and their family with discharge planning.
15-30 minutes	Individual and Group	<p>Watch: <a href="#">Interior Health Transitions and Collaboration in Care Webinar</a></p> <p>(Individual) Complete a reflective journal entry on how the concepts in this video apply to the care being delivered in your local context.</p>	<p>Learner can:</p> <ul style="list-style-type: none"> <li>• identify the types of transitions that occur for youth accessing mental health services;</li> <li>• demonstrate an understanding of the roll of collaboration; and</li> </ul>

		(Group) Discuss key learnings and reflect on teamwork and collaboration at your site.	<ul style="list-style-type: none"> <li>articulate what “Best Fit” means related to transitions of care.</li> </ul>
30 minutes	Individual	<p>Interior Health has identified <a href="http://gottransition.org">gottransition.org</a> as a resource to help develop health authority transition resources. What resources are you using at your site?</p> <p>Spend some time reviewing the website and available resources.</p> <p>Take the caregiver quiz.</p> <p>How can you use these resources to develop tools and resources at your site?</p>	Learner is familiar with resources that are available that can support children, youth, and their family with transitions.
15 minutes	Group	<p>Review the infographic developed by Karlee Boersma, for Canadian Nurse <a href="#">Three steps to a safer hospital discharge: an infographic for optimal patient outcomes</a> (2021, July 26).</p> <p>(Group) Discuss how these 3 steps can help to support pediatric discharge and transitions in care in the mental health environment.</p>	Learner can identify and apply the three steps of discharge to a child or youth being discharged in the mental health environment.

### Activities: Self-Awareness, Power/Privilege, Intersectionality and Cultural Considerations

Time	Target Audience	Activity	Outcome
15 minutes	Individual or Group	<p>Review the British Columbia Pediatric Society <a href="#">Factsheet: Transitioning Aboriginal Youth</a></p> <p>(Individual or Group) Consider/discuss if you are familiar with all the resources outlined on the fact sheet. What information is new to you?</p>	Learner is familiar with specific resources that can support Indigenous children and youth.

		<p>Does your health authority/agency have specific information on Jordan’s Principle?</p> <p>How can you use this information to support Indigenous children and youth through transitions in care?</p>	
60 minutes	Individual	<p>Explore <a href="#">Life Promotion Toolkit</a> and its embedded videos. Consider the importance of spirituality for many Indigenous children and youth. Create a SMART goal to incorporate consideration of spirituality into your assessments and care planning with children and youth.</p>	<p>Learner Initiates actionable goals to support culturally safe, trauma informed therapeutic interactions with children and youth when screening for risk of suicide and/or self harm.</p>

### Additional Resources to Explore

British Columbia Centre on Substance Use. (2023). 24/7 addiction medicine clinician support line. [24/7 Addiction Medicine Clinician Support Line – BCCSU](#)

*(1-778-945-7619) is available 24 hours a day for questions regarding management (for physicians, nurse practitioners, pharmacists, registered nurses and psychiatric nurses, midwives, and addictions support staff in Indigenous communities).*

Chen, A., Dinyarian, C., Inglis, F., Chiasson, C., & Cleverley, K. (2022). Discharge interventions from inpatient child and adolescent mental health care: a scoping review. *European child & adolescent psychiatry*, 31(6), 857–878. <https://doi.org/10.1007/s00787-020-01634-0>

Compass Mental Health. (2022). *Compass mental health: supporting providers*. BC Children’s Hospital [Compass \(compassbc.ca\)](https://compassbc.ca)

*(1-855-702-7272) Available Monday to Friday 09:00 to 17:00 and supports providers with information, advice and resources about care for children and youth (0-25) living with mental health and substance use concerns (accessible to all providers).*

Family Smart. (n.d.). *Family smart: together centred*. [FamilySmart - Together-Centred™ for Child & Youth Mental Health](#)

First Nations Health Authority. (2020, October 28). The First Nations virtual substance use and psychiatry service [Video]. YouTube <https://youtu.be/GPnXUr4TZRO>

*FNHA substance use specialists can support youth 12 years of age and older, and psychiatry specialists can support youth 16 years of age and older.*

First Nations Health Authority. (n.d.). *Mental health and wellness resources for youth*. First Nations Health Authority Health through Wellness. [FNHA-Mental-Health-and-Wellness-Resources-for-Youth.pdf](#)

Foundry. (n.d.). *Foundry BC*. [Foundry - Where Wellness Takes Shape - \(foundrybc.ca\)](#)

*Young people aged 12-24 and their caregivers can access virtual services through the Foundry BC app from anywhere in British Columbia.*

Government of British Columbia. (n.d.). Child and youth mental health intake clinics. [Child & Youth Mental Health Intake Clinics - Province of British Columbia \(gov.bc.ca\)](#)

Indigenous Youth Wellness. (2017, September 25). *Ask auntie journey*. Provincial Health Services Authority Indigenous Youth Wellness. [Ask Auntie — Indigenous Youth Wellness](#)

Indigenous Youth Wellness. (n.d.). What is Cuystwi? Provincial Health Services Authority Indigenous Youth Wellness. [Cuystwi — Indigenous Youth Wellness](#)

*These programs (Ask Auntie & Cuystwi) are for Indigenous youth aged 10-14 years. They will learn about a holistic, Indigenous understanding of health and their bodies, connection and relationships, culture and the history of colonization.*

Interior Health. (2023, January 26). *Accessing the continuum of child and youth mental health and substance use care* [ECHO Video]. Accessed on YouTube and presented by Heather Berry: [https://youtu.be/ZYhS8\\_JwbZM](https://youtu.be/ZYhS8_JwbZM)

Kelty Mental Health. (n.d.). *Medications: What are medications for mental illnesses?* BC Children's Hospital and Kelty Mental Health Resource Centre. [Medications | Kelty Mental Health](#)

## References

Boersma, K. (2021, July 26). *Three steps to a safer hospital discharge: an infographic for optimal patient outcomes*. Canadian Nurse. [Three steps to a safer hospital discharge: an infographic for optimal patient outcomes \(cna-aiic.ca\)](#)

British Columbia Pediatric Society. (2019, November 2021). Transition resource factsheet: Transitioning Aboriginal youth with mental health disorders. [Factsheet: Transitioning Aboriginal Youth with Mental Health Disorders \(bcpeds.ca\)](#)

Interior Health Authority. (2022). *Transitions and collaboration in care*. Child and Youth MHSU (staff and physician education), British Columbia, Canada. [https://youtu.be/nUKov8j\\_QAs](https://youtu.be/nUKov8j_QAs)