

## What is the KFL&A Service Collaborative?



The KFL&A Service Collaborative - an initiative of *Open Minds, Healthy Minds: Ontario's Comprehensive Mental Health and Addictions Strategy* - is one of 18 Service Collaboratives established in Ontario to address system gaps related to mental health and addictions services for children, youth, and adults.

The KFL&A Service Collaborative is an ongoing, community-led initiative of local service providers working with the Centre for Addiction and Mental Health (CAMH) to improve services for transitional aged youth with mental health and/or addiction issues.

For information about the KFL&A Service Collaborative, please contact CAMH Kingston at 613.546.4266, email [chris.sullivan@camh.ca](mailto:chris.sullivan@camh.ca), or go to [www.servicecollaboratives.ca](http://www.servicecollaboratives.ca).

## KFL&A Service Collaborative Members

Addiction and Mental Health Services—  
Kingston, Frontenac,  
and Lennox & Addington

Algonquin and Lakeshore Catholic  
District School Board

Family and Children Services of KFL&A

Réseau des services de santé en  
français de l'Est de l'Ontario  
(French Language Health Services  
Network of Eastern Ontario)

Hotel Dieu Hospital

Kingston Community Health Centres

Kingston General Hospital

Limestone District School Board

Maple Family Health Team

Mental Health Support Network  
South East Ontario

Ongwanada

Pathways for Children and Youth

Providence Care

South East Community Care  
Access Centre

St. Lawrence College

St. Lawrence Youth Association

Tyendinaga Mohawk Territory

Youth Diversion

# The What and Why of the Youth Transitioning Protocol



## What is the YTP?

The Youth Transitioning in Kingston, Frontenac, Lennox & Addington (KFL&A) Protocol was developed by the KFL&A Service Collaborative with support from Centre for Addiction and Mental Health (CAMH). It demonstrates the new methods local agencies will be using to provide youth with mental health and/or addiction issues a seamless, successful transition from children and youth services to adult services.

## Why Do Things Differently?

We know from research that youth with mental health and/or addiction issues have better health outcomes and improved treatment experiences when the youth, service providers, family and allies work together to create a strategy to transition youth into adult services.

## What Will We Do Differently?

Transition teams, brought together by the youth, will consist of youth and adult service agencies, the young person, family members, primary health care providers, community support services, clinicians, educators and other important connections. The team will work jointly to develop an individualized plan designed to create a timely and responsive transition to the appropriate adult services.

## The Vision and Purpose of the YTP

Youth in Kingston, Frontenac, Lennox & Addington who have mental health and/or addictions issues and require specialized complex care will have a consistent and successful transition from children and youth services into appropriate adult services. This will result in improved experiences and outcomes for the youth.

This protocol is to confirm agreement between agencies regarding methods to help youth make the transition from children and youth mental health and/or addiction services to adult services using a coordinated team and an individualized plan to ensure ongoing success for the young person.

## When to Consider Using the YTP

The YTP clarifies the preferred transition pathway from child and youth services into adult services for youth who are:

- Aged 16-24;
- Who are experiencing mental health and/or addiction issues;
- Who require specialized, complex care; and,
- Who are transitioning between services.

## Youth and the YTP



Youth over the age of 16 currently receiving youth mental health and/or addictions services can ask their service provider about beginning the Youth Transitioning in KFL&A process.

Youth, between the ages of 16 to 24 who do not have a youth mental healthcare provider may access services through several pathways: (1) their family doctor, (2) through Intake Services at Pathways for Children and Youth, (3) through Crisis Services or Centralized Intake at Addiction and Mental Health Services — KFL&A.