

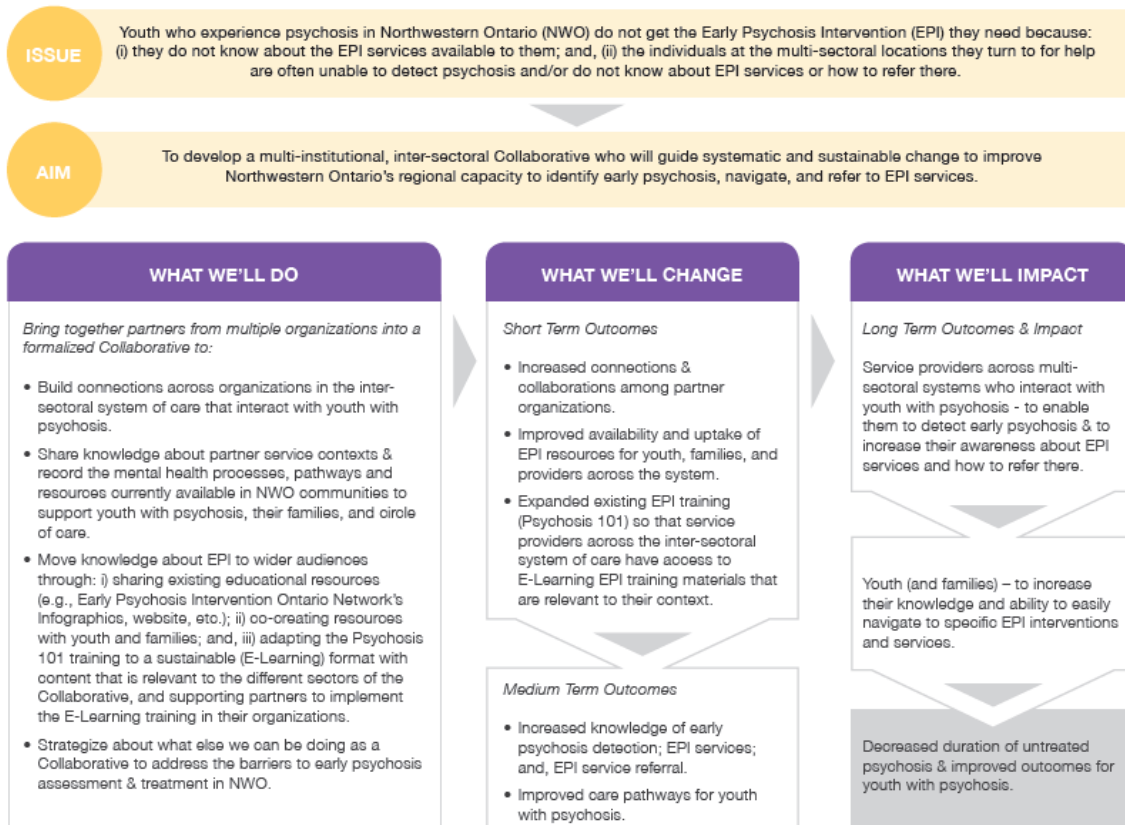


BACKGROUND: What is NorthBEAT?

The NorthBEAT Collaborative is a strategic systems collaborative that will make it easier for Northwestern Ontario youth experiencing psychosis to get the services they need when they need them. NorthBEAT is funded by the Ontario Trillium Foundation, Youth Opportunities Fund, and sponsored by the Centre for Applied Health Research at St. Joseph's Care Group. The Collaborative brings together providers from across Northwestern Ontario from the sectors of education, health, mental health, Indigenous health, police and emergency services, and youth and community service organizations.

The logic model below summarizes what we plan to do, and the difference we plan to make. More details about the NorthBEAT collaborative can be found here: www.northbeat.ca

NORTHBEAT COLLABORATIVE: LOGIC MODEL



NorthBEAT Collaborative Logic Model

WORKSHOP OVERVIEW:

On November 30 and December 1, 2017, NorthBEAT held its Inaugural Knowledge Exchange Workshop at the Valhalla Inn, Thunder Bay. The workshop theme was “starring partnerships”. The main purpose was to learn from each other, share ideas and gather input. Specific objectives were to:

- Launch the new NorthBEAT Collaborative
- Gather input and feedback into major components of the initiative’s work plan
- Start improvement efforts to understand how we can cooperatively shift the system of care and support for youth who experience psychosis
- Share the governance model and support available to promote action and outcomes

Sixty-two people attended from across the North West LHIN representing the diverse sectors of: health, mental health, education, youth services, police, ambulance, policy makers, and community services.



Presentation by NorthBEAT Lead, Dr. Chi Cheng

Presentations and Activities

Over the course of the two days, participants heard various micro-presentations about psychosis and best practices in Early Psychosis Intervention (EPI) and the context within which the NorthBEAT Collaborative exists. Participants also participated in networking and system charting activities, and attended the media event where the funding for the NorthBEAT Collaborative was officially announced. [Click here to view the media release.](#)



Systems charting process

Knowledge Exchange Fair

During the breaks, participants participated in a Knowledge Exchange Fair. Eight stations were set up around the room for workshop participants to explore. Each station consisted of short background information and an interaction. The intention was to apply adult learning principles and allow participants to explore at their own pace, contribute ideas and questions, and help inform important aspects of the Collaborative's work. A summary of each station follows:

Shared Purpose and Mutual Benefits

Participants provided feedback on a draft vision statement and values. We will use the feedback, together with the workshop activity on describing what the values mean to the Collaborative, to refine the NorthBEAT Collaborative's statement of shared purpose and values descriptions.

Constellation Model of Governance

All successful collaborations have a governance structure. Collaborations are different from organizations, businesses, and associations, and need a different type of structure. We proposed the Constellation Model of Governance. We will use the ideas generated at this station to help inform our evaluation about how well this model worked for the NorthBEAT Collaborative.

What if ...

We gathered "What if ..." statements as one way to gather insights about how the system of care and support could be different and the impact it will have. We will use these ideas in our communication materials.

Evaluation

We are committed to evaluation, learning, and accountability. We asked: What type of data/information does your organization already collect that could inform NorthBEAT? What burning questions do you have about collaborations/networks that you hope we answer? What lessons learned, words of wisdom or advice do you have about evaluating this initiative? What important questions do you have about youth and psychosis that you hope this project sheds light on? These answers will inform the Evaluation Strategy and the work of the Evaluation and Knowledge Dissemination Constellation, as well as strategies to improve the system of care and support.

History of NorthBEAT

Participants answered the following questions (after reviewing previous NorthBEAT research poster): As champions of change, how can we: i) Use these results to influence system change? ii) Help those who are reluctant to change see new possibilities? We will use this input to guide our change efforts.

Literature Scans

We are committed to use evidence to guide our work. We searched the published scientific literature for insights from other collaborative initiatives. We will use the participant feedback about how we can use the literature and their experience to guide our communication and collaboration building efforts.

Partnerships

We will use the 4-phase partnership model to guide our work. Participants read about the phases and then indicated where they thought the NorthBEAT Collaborative was on the cycle. In addition, participants shared lessons learned from previous involvement in partnerships/collaborations.

Online Learning

A series of online learning modules is one of the system capacity building strategies that the Collaborative will create. Participants answered: What would you like to be able to DO better when it comes to identifying potential signs of psychosis and referring youth with psychosis to the right place? These responses will inform the development of learning objectives, evaluation measures and instructional design plans.

Detailed descriptions and outputs of each presentation, activity and Knowledge Exchange station is available in the 2017 Knowledge Exchange Workshop Full Report:

www.northbeat.ca

A high level overview of the activities and outcomes (organized by workshop objective) is presented in the Table below.

Workshop Objective	Activities and Outcomes
<p>Launch the new NorthBEAT Collaborative</p>	<p>Workshop participants had an opportunity to:</p> <ul style="list-style-type: none"> • Network with colleagues from different sectors across the NW LHIN • Celebrate the funding announcement and new Collaborative at the Official Launch and Media Event • Learn about key best practices, models/ frameworks that will guide the Collaborative including Constellation Model of Governance, Four Phase Partnership Model, Developmental Evaluation, Logic Model and EPI best practices and principles. • Learn about two literature scans that will inform the work of the Collaborative and contribute to the growing body of research related to collaborations. • Attend and participate in the official NorthBEAT Collaborative funding recognition event and media launch. Click here to view the full media release and related coverage: www.northbeat.ca.
<p>Gather input and feedback into major components of the initiative’s work plan</p>	<ul style="list-style-type: none"> • Workshop participants provided feedback on: <ul style="list-style-type: none"> ▪ The Collaborative’s proposed mutual purpose (vision) ▪ Lessons learned from involvement in previous collaborations/partnerships/networks ▪ What they would like to be able to do better when it comes to identifying signs of psychosis and how to best intervene • Participants wrote values descriptions to clarify what each proposed NorthBEAT Collaborative value means to our work together. • Participants shared their initial knowledge about Early Psychosis Intervention (EPI), and their opinions about current levels of collaboration across the multi-sectoral system via an Evaluation survey. • Participants also provided the coordinating team with a list questions about the Collaborative, what it means to be a Member, and identified information and communication gaps.
<p>Start improvement efforts to understand how we can cooperatively shift the system of care and support for youth who experience psychosis</p>	<p>Participants worked together to start to do system charting (map current state, analyze current state and start to map desired future state).</p> <ul style="list-style-type: none"> • Initial input was given into the system, preliminary system maps, strengths, opportunities for improvement, resources available and future desired state. • Psychosis & EPI quiz was completed; <i>Myths and Facts</i> postcard distributed (available here: www.northbeat.ca).
<p>Share the governance model and support available to promote action and outcomes</p>	<p>Participants heard about the key features and benefits of the Constellation Model of Governance (which will guide the Collaborative); reviewed the terms of reference and support structure for each constellation; and were invited to sign-up for the constellations (working groups) of interest.</p>

QUESTIONS AND CLARIFICATIONS:

On Day 1, we heard that some people were unclear about certain aspects of the NorthBEAT Collaborative and the project plan. Working in small groups, participants wrote their questions on a worksheet. After lunch some of those questions were answered. A question and answer document will be circulated to participants and workshop invitees early in 2018. A 'sneak peek' of some of the top questions is presented below:

Where did the funding come from and how will it be used?

After completing the NorthBEAT research project in 2016, we sought funding opportunities to continue the work of the NorthBEAT initiative to address **Barriers to Early Assessment and Treatment** for youth who experience psychosis in Northwestern Ontario. Via Twitter, we found an open call from the [Ontario Trillium Foundation, Youth Opportunity Fund](#) (YOF) -- Strategic Collaborations Stream). The Strategic Collaborations Stream supports *collaborative working* to enhance the responsiveness of services for marginalized youth to advance at least one of the YOF outcomes; it does *not* fund programs/services or capital projects.

We submitted an Expression of Interest on September 28, 2016, and in late November we were invited to submit a full application by January 11, 2017. We were notified on April 5, 2017 that we were successful. The money was awarded to support the *NorthBEAT Collaborative*, and the activities outlined in the Logic Model (See "What we'll do").

Funds will be used for:

- Annual partner workshops (including travel costs) so that Collaborative members can learn from each other, plan together, and build relationships.
- Creating evidence-based online learning resources that will be made available across the NW LHIN.
- Creating and disseminating resources for youth and families that they identify as being important.
- Actively engaging youth and families with lived experience.
- The development and implementation of a robust evaluation strategy to inform this project and future collaboratives.
- Creating, supporting, and sustaining a multi-sectoral partnership requires dedicated people with specialized skill sets. The funds will be used to support paid staff positions within the NorthBEAT Coordinating Team, including a Project Coordinator, Administrative and Communications Support, Knowledge Brokers, and E-Learning Development Specialists.

How can you contribute to the NorthBEAT Collaborative?

You can contribute your time and expertise to the Collaborative in many ways and on many different levels. For example, by attending the yearly knowledge exchange workshops. Other examples include:

Online Learning

- Sign up to participate in the e-learning Constellation.
- When the modules are ready for testing, take part in the review process.
- When the modules are completed, work with others in your organization on a learning plan (e.g., how to integrate into orientation, ongoing professional development, team building, etc.).

Evaluation & Knowledge Dissemination

- Sign up to participate in the Evaluation and Knowledge Dissemination Constellation.
- Participate in evaluation activities (e.g., complete surveys, participate in interviews, etc.).
- Share evaluation resources and information with the Collaborative and within your organization.

Communications & Collaborations

- Share the Overview and media release about the NorthBEAT Collaborative launch within your organization and with other networks.
- If you or others within your organizations have questions, please email (northbeat@tbh.net). We'd love to hear from you!

By attending the NorthBEAT Collaborative Inaugural Knowledge Exchange Workshop, you've already contributed to the NorthBEAT Collaborative by:

- *Starting to build connections across organizations in the inter-sectoral system of care that interact with youth who experience psychosis.*
- *Sharing knowledge about your service context and pathways to care for youth with psychosis across NW Ontario.*
- *Providing input on the Collaborative vision, processes and workplan.*



NorthBEAT Collaborative Media Launch

NEXT STEPS:

The purpose of this workshop was to gather perspectives and ideas, and start to explore possibilities, rather than to make decisions or do planning. The activities were carefully planned to build a base that will inform future plans and initiatives. The Workshop and the feedback received will inform future plans and initiatives in the following ways:

- Input from various sources including previous NorthBEAT research projects, family advisory council, youth advisory council and workshop participants will be used to further refine the statement of mutual purpose (vision) and description of shifting the system of care and support for youth with psychosis and their families.
- Value descriptors – will be refined based on input from participants. These values will be used as principles to guide interactions between collaborative members and decision making.
- Membership and Collaborative – questions raised about what it means to be a member will be used to enhance communications, relationship building and future plans. Lessons learned from participants and the literature about what strengthens the work of collaboratives and what limits their potential will be used to inform all aspects of the Collaborative's future work.
- Work plan – the project's work plan will be adjusted based on input and feedback from the participants.

We look forward to moving forward with the NorthBEAT Collaborative members to help youth with psychosis in Northwestern Ontario get the help they need, when they need it.



NorthBEAT
COLLABORATIVE

SUPPORTED BY ST. JOSEPH'S CARE GROUP
& ONTARIO TRILLIUM FOUNDATION

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