

Directions and Achievements



Vision Statement

CYHRNet's Vision Statement was drafted by the network's Oversight Committee and refined by its members at CYHRNet's 3rd Annual Conference and AGM in 2008.

The BC Child and Youth Health Research Network is a vibrant, collaborative research community that creates and sustains responsive relationships among researchers, decision-makers, service providers and children, youth and their families.

We foster excellence in **NETWORKING AND MULTIDISCIPLINARY HEALTH RESEARCH**, **TRAINING** and **KNOWLEDGE EXCHANGE** to improve the health and well-being of children and youth.

2007-2009 Strategic Directions

CYHRNet's Strategic Directions were developed in consultation with CYHRNet's Oversight Committee and membership. The directions aim to support CYHRNet's mission and mandate and include:

- ✧ Increase collaboration with health authorities, policymakers and community organizations
- ✧ Increase connections among child and youth health researchers at universities and colleges across BC
- ✧ Communicate research to increase knowledge utilization and build capacity for child and youth health
- ✧ Identify, coordinate and advocate for priority research

Networking and Multidisciplinary Health Research

RESEARCH

Research conducted by CYHRNet Co-Leaders and members is extensively published in peer-reviewed journals and highlighted via the CYHRNet website and e-Newsletters.

GRANTING ACTIVITY


The value of CYHRNet's granting activities is evident in the strong, multidisciplinary child and youth health research teams that have blossomed in BC. CYHRNet funding has enabled these teams to conduct significant work in key child and youth health research areas; moreover, each of these teams has also been successful in applications for external research funding, highlighting the importance of their work in the broad child and youth health research community. In addition, these teams, which represent provincial and sometimes even national collaborations, have been vital to the training of future child and youth health researchers, promoting sustained development in these vital research areas.



Below are just a few examples:

INDICATORS RELATED TO INJURY PREVENTION – IAN PIKE

In 2007, CYHRNet awarded grant preparation funding to Dr. Pike and his team to support their research on injury indicators for Canadian children in youth. In 2008, CYHRNet funded an *Injury Indicators Forum* in Vancouver.




OUTCOMES: Dr. Pike's team obtained a \$75,000 CIHR Operating Grant in March 2008, which enabled them to specify and define a set of 34 injury indicators for Canadian children and youth. The team is also working on a parallel project contracted by Health Canada's First Nations and Inuit Health Branch to develop injury indicators specific to First Nations and Inuit children and youth.

The team has since been invited to submit a CIHR Strategic Teams in Applied Injury Research (STAIR) grant application that, if successful, will provide support to the team for up to five years.

Currently, CYHRNet is helping the Canadian Injury Indicators Development Team compile a lay-language summary report to help Canadian injury prevention practitioners and policymakers apply the indicators the team has developed.

SELF-HARM – MARY KAY NIXON

A grant from CYHRNet in 2005 helped establish INSYNC, the Interdisciplinary National Self-Injury in Youth Network Canada. In 2007, CYHRNet provided further support to assist in INSYNC's dissemination and networking activities.




OUTCOMES: INSYNC obtained a \$25,000 Social Sciences and Humanities Research Council (SSHRC) Cluster Grant, enabling its researchers to network with other youth self-injury researchers through presentations at national and international conferences. INSYNC also launched a network website to provide self-injury information both to fellow researchers and practitioners and youth and their families.

Dr. Nixon and Dr. Nancy Heath published the book *Self-Injury in Youth: The Essential Guide to Assessment and Treatment* in July 2008. The book was called an 'indispensible reference' in an APA review.

INSYNC researchers shared their work at the June 2009 International Network for the Study of Self-Injury Annual Meeting in New York State. They have also developed and provided one-day workshops for mental health clinicians in Toronto, Ottawa and Revelstoke.

CHRONIC DISEASE MANAGEMENT – JEAN-PAUL COLLET

In 2008, CYHRNet provided support to Dr. Collet in his application for a CIHR Partnerships for Health Systems Improvement Grant for his research on chronic disease management in children and youth.



OUTCOMES: Dr. Collet was successful in his application. Coupled with CYHRNet support, the CIHR PHSI grant funded the August 2009 workshop *Improving Health for Children and Youth with Chronic Conditions in an Integrated Delivery System: Sharing the Knowledge, Bringing it Home*.

The workshop brought together system decision-makers, clinicians and child health researchers to work collaboratively to exchange information, identify opportunities and commit to further collaboration on efforts to improve health outcomes and quality of life for children and youth with chronic conditions. This is expected to lead to a March 2010 CIHR grant application.

TRANSITIONS TO ADULthood –BONNIE LEADBEATER

From 2007 to 2009, CYHRNet has sponsored seven roundtables and three conferences addressing transitions to adulthood.

OUTCOMES: In 2008, Dr. Bonnie Leadbeater collaborated with Natalie Clark at Thompson River University’s Centre for Community-Based Youth Health Research (Kamloops) and Annie Smith at the McCreary Centre Society (Vancouver) to publish the report *Listening to Vulnerable Youth: Transitioning to Adulthood in British Columbia* in November 2008. The report was based on interviews and group discussions supported by CYHRNet and conducted with 75 youth, ages 14 to 28.

INFECTIOUS DISEASES IN CHILDREN –DAVID SPEERT

In 2005, CYHRNet awarded Dr. Speert a Seed Grant which enabled him to build support for his vision to create the Centre for Understanding and Preventing Infection in Children (CUPIC) at CYHRNet’s Inaugural Workshop.

OUTCOMES: In 2006, Dr. Speert was awarded a Canada Foundation for Innovation (CFI) Grant for CUPIC’s creation. With matching funds from the province and the BC Children’s Hospital, the funding totals \$8.1 million. Construction is now nearing completion on CUPIC’s facilities at the Child & Family Research Institute’s Translational Research Building.

CYHRNet is now helping develop a website for the centre which will be a hub for researchers interested in the prevention of childhood infection, providing the latest research news and materials.

SEED GRANTS

Each year CYHRNet awards **SEED GRANTS**, valued at up \$4,900, to support the establishment of new interdisciplinary teams and/or the development of research projects aligned with CYHRNet’s vision. Topics from 2008 and 2009 are listed on the following page.

2008	2009
<ul style="list-style-type: none"> ✧ Development of an indicator of the impact of assistive devices on children with disabilities and their families, ✧ Strengthening the Pediatric Intensive Care Unit Experience ✧ Improving workforce capacity to respond to children of parents with a mental illness ✧ Knowledge translation with a specific focus on the role of municipal planners and policymakers in local networks supporting the health of children ✧ Mentor2Success: A project exploring the feasibility of a community mentoring program for youth with Fetal Alcohol Spectrum Disorder ✧ Supporting exercise for youth with intellectual disability ✧ Mental health practices in child protection <p>OUTCOMES: Developing from this research project, the Ministry of Children and Family Development offered principal investigator Dr. Doug Magnuson a secondment to help the ministry improve access for external researchers.</p> <p>This work will facilitate the flow of information from the ministry, ensuring better data for future child and youth health research projects.</p>	<ul style="list-style-type: none"> ✧ Evaluating the economic impact of surgical cancellations on families ✧ South Asian children with special needs - access to and utilization of services ✧ Speeding up decision-making with the use of level III ambulatory sleep studies for patients with congenital midface defects ✧ Community networks for children and families with rare diseases and

<p>✦ Night waking reduction in Canadian infants: A randomized clinical trial of parent-based cognitive and behavioural intervention in community health units</p> <p>OUTCOMES: CIHR awarded \$274,000 to Dr. Wendy Hall and her team to conduct a randomized control trial of an infant night-waking intervention in the Vancouver Coastal Health Authority. The study is expected to be completed by December 2012.</p>	<p>✦ chronic conditions</p> <p>✦ Development of a clinical abortion research team</p> <p>✦ Improving informed consent study</p>
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REGIONAL LIAISON OFFICERS

A Research Liaison Officer for the Southern Interior of the province was hired in March 2009 to promote research capacity development, identify individuals with interests in child and youth health research, foster the formation of research teams, assist with grant application development and profile child and youth health research activities in the region. A Research Liaison Officer for BC's Northern Region will be hired with CYHRNet financial support in 2009.

Training

STUDENT INTERNSHIPS

CYHRNet awards student internships valued at \$3,500 to support student participation in interdisciplinary child and youth health research teams. CYHRNet awarded six internships in 2008 and five internships in 2009. Internship research topics include:

2008	2009
<p>✦ Cerebral gene expression changes following the onset of self-injurious behaviour</p> <p>✦ Interplay between various aspects of cognitive control and emotion in typically developing children</p> <p>OUTCOMES: Developing from her work as a CYHRNet Student Intern, University of Victoria PhD student Marianne Hrabok was awarded a Sara Spencer Research Grant.</p>	<p>✦ Children with chronic health conditions</p> <p>✦ Adolescent girls at risk for aggressive/antisocial behaviour</p>
<p>✦ Child welfare strategies for reducing health risks and injuries related to domestic violence</p> <p>✦ Young women's views on active and passive smoking linked to premenopausal breast cancer</p> <p>OUTCOMES: Developing from her work as a CYHRNet Student Intern, UBC Okanagan graduate student Erin Ptolemy was awarded a CIHR Strategic Training Program in Tobacco Research Fellowship.</p>	<p>✦ Self-reported intentional vs. unintentional injuries</p> <p>✦ Medical, social & community health services available to parents of children with rare diseases/chronic conditions</p>
<p>✦ Pain reactivity in children as an indicator of health vulnerability and health-care utilization</p> <p>✦ Exercise interventions for children with FASD (a strength-based approach)</p> <p>OUTCOMES: Developing from her work as a CYHRNet Student Intern University of the Fraser Valley student Mina Thomas had the opportunity to present her findings at the 3rd International Conference on Fetal Alcohol Spectrum Disorder in Victoria, BC.</p>	<p>✦ Health promotion for young mothers</p>

ACCELERATE BC INTERNSHIP PROGRAM

In 2008, CYHRNet partnered with the Ministry of Children and Family Development, the BC Mental Health and Addictions Research Network and MITACS Inc. to sponsor UBC School of Social Work PhD candidate Janet Douglas in a study examining the health and safety of 181 children found living in marijuana grow-operations in Vancouver and the Fraser Regions. The study examined outcomes for these children and the role that child welfare professionals have in this growing problem. It also included a policy analysis and examination of the alternate approaches considered by other jurisdictions.

MENTOR MATCHING

In 2009, CYHRNet launched a new program designed to bring together experienced researchers and trainees. The program, called 'Mentor Matches, enables trainees to advertise for a mentor through CYHRNet's e-Newsletter. CYHRNet then provides a way to connect, offering financial support if necessary. Three successful matches have been made so far in 2009.

PRACTICUM IN APPLIED HEALTH RESEARCH AND KNOWLEDGE TRANSFER

In September 2007, CYHRNet partnered with the Vancouver Island Health Authority and the University of Victoria to fund the graduate course *Practicum in Applied Health Research and Knowledge Transfer*. This UVic course matched graduate students with Vancouver Island Health Authority professionals to conduct research in a practical setting. The course was successfully repeated in the fall 2008.



OUTCOMES: The course model has also been adopted for two other University of Victoria courses offered in January 2009: *Special Topics in Applied Research in BC Wildlife and Parks* (in collaboration with the BC Ministry of Environment) and *Research and Evaluation Practicum in Children, Youth & Family Services and Policies* (in collaboration with the BC Ministry of Children and Family Development).

CYHRNet has also developed a website called *Beyond the Books* which describes the course model and provides resources to assist other organizations and post-secondary institutions adopt such a course.

Knowledge Exchange

PUBLIC REPORTS

CYHRNet has supported the wide dissemination of the accessible public reports *Transitioning to Adulthood: Listening to Vulnerable Youth in BC*, a report about the challenges of transitioning to adulthood with recommendations from youth to policymakers about how they should be addressed.

CYHRNet is also currently in the final production phases for two additional public reports:

- ✧ *Measuring Injury Matters*, a practical resource for injury prevention professionals and practitioners encouraging the use of a common set of injury indicators for children and youth
- ✧ *Let's Talk About Second-Hand Smoke*, a Gitksan TRYAMF (Tobacco Reduction for Young Aboriginal Mothers and Families) report examining cigarette smoking in the Hazelton and Gitksan area and its influence on young pregnant and parent Aboriginal women and their children

TRAVEL GRANTS

To ensure all CYHRNet members have an opportunity to participate in important knowledge exchange and networking opportunities, the network awards travel grants to members attending or presenting at CYHRNet-sponsored and related

events. The current economic downturn has made CYHRNet Travel Grants essential for students, new investigators, ministry representatives and rurally-located researchers to attend CYHRNet events.

ACTIVITIES

CYHRNet's workshops, conferences and other activities augment BC's research capacity and disseminate knowledge on specific child and youth health topics. CYHRNet workshops and conferences increase connections among researchers, health authorities, policy makers and community organizations. Below are some of CYHRNet's most recent events:

Activities 2006-2009

Knowledge Transfer Strategies for Community-Based Researchers, Nov. 16-17, 2006: This workshop joined together an international group of researchers, policymakers and youth health practitioners to identify future research priorities related to user-driven knowledge translation. The group focused on evaluating literature and identifying gaps in knowledge pertaining to youth-driven, health-focused initiatives.



OUTCOMES: A multi-authored book entitled *Knowledge Transfer and Community-Based Research* is currently under development.

Mayor's Task Force on Mental Illness, Addictions and Homelessness: October 2007: This Task Force brought together panel members (including CYHRNet Co-Leader Bonnie Leadbeater) to review evidence-based research and promising practices to make recommendations for housing and health care for Victoria's most vulnerable youth.



OUTCOMES: The Task Force presented its report in October 2007, calling for a supported 'Housing First' approach. The Greater Victoria Commission to End Homelessness was established in 2008 to implement their recommendations.

Moving Upstream: Evidence for Early Intervention in Mental Health, Feb. 14, 2008: This colloquium featured leading child and youth mental health researchers from BC and beyond and a diverse mix of attendees.

Roundtables on Transitions into Adulthood: 2007 - 2008: These roundtables provided opportunities for researchers and end-users to consult directly with youth from multiple intersectional realities who are transitioning into adulthood. Roundtables were held in Kamloops, Victoria, and elsewhere throughout the province.



OUTCOMES: At an October 2007 roundtable in Kamloops, youth stated their desire to have a voice in the community about issues impacting their lives; from this, Thompson River University's Centre for Community-Based Youth Health Research was born.

Conferences 2007-2009

Transitioning into Adulthood: Theory, Research, Practice and Policy, Oct. 25-26, 2007: This conference focused on the key issues in making healthy transitions to adulthood, including the influence of residence, family support, gender and culture on this transition.

Knowledge Without Harm: Strategies for Ethical Research with Youth, April 25-26, 2008: Attended by researchers, trainees, youth and community/service organizations, this conference featured strategies for conducting ethical research with youth.

Promoting Health & Reducing Risk: Evidence Based Programs that Support Child and Youth Mental Health in Canada, Nov. 3, 2008: The event provided an opportunity for end-users to connect with child and youth health researchers and learn more about successful Canadian programs including interventions to prevent bullying, address teen depression, treat young children with anxiety disorders and support aggressive teens.

CYHRNet's Third Annual Conference & AGM: Leaders, Innovators & Healers in Child and Youth Health Research, Nov. 25-26, 2008: At this conference, presentations from some of BC's most prominent child and youth health researchers prompted discussion about practical research applications, further avenues for investigation and solidified connections between researchers,

Introduction to Health Economics, September 19, 2008: Fifty-one researchers, clinicians & policy-makers attended this workshop and, through the sharing of case studies in child and youth health, were able to gain a new appreciation of the ways through which health economics can impact and direct how research is conducted and applied.

Street Youth Health Interventions Workshop, October 25, 2008: This intensive workshop offered service providers the opportunity to have a dialogue with leading adolescent healthcare experts. Topics included sexual exploitation and accessing resilience, dual diagnosis and street youth, Aboriginal street-involved youth, suicide and street involvement entry and exit.

Workshop on Participatory Photo Mapping, June 4, 2009: This event introduced participants to Participatory Photo Mapping (PPM), a technique designed to document the experience of a place, especially in the built environment, and integrate this experience into a knowledge sharing tool to communicate with stakeholders, decision-makers and others. Approximately 30 people attended the 4-hour conference, with another 12 or so joining online via CYHRNet-supported WebEx teleconferencing.

From Child Welfare to Child Well-Being: The Child Indicators Perspective, September 10, 2009: This lecture by leading international expert on social indicators related to child well-being Dr. Asher Ben-Arieh, taught attendees about the history of the child indicators movement, recent shifts in the field and predictions for its future. Dr. Ben-Arieh was also involved with consultations with CYHRNet Co-Leader Dr. Bonnie Leadbeater and representatives from the Ministries of Healthy Living and Sport and Children and Family Development on a child health and well-being indicators project in BC.

trainees, policy-makers, clinicians and other research end-users.

Aboriginal Child & Youth Mental Health Forum, March 9, 2009: This one-day forum built on the Ministry of Children and Family Development's Aboriginal Child and Youth Mental Health Plan and focused on regional implementation with key stakeholders, service providers, community representatives and researchers.

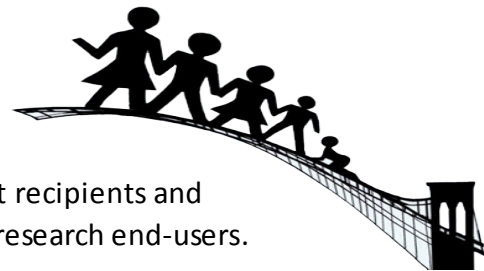
It's Not Too Late: Adolescent Resilience & Empowerment, April 2-3, 2009: Over 150 delegates attended each day of this conference and presentations were given by a variety of researchers and community agencies. Additionally, 12 youth from three community agencies shared their stories on resilience with researchers and frontline workers.

Child & Youth Mental Health Day, May 7, 2009: Co-sponsored by the F.O.R.C.E Society for Kids' Mental Health, this event featured Dr. Bill Beardslee from Boston's Children's Hospital, a specialist working with families where a parent has a mental health problem.

COMING SOON: CYHRNet's Fourth Annual Conference & AGM: Engaging Youth, Families and Communities in Child and Youth Health Research. November 2-3, 2009.

Researchers, students, policymakers, clinicians and other interested in child and youth health research won't want to miss this exciting event focused on engaging youth, families, communities and others in child and youth health research.

Featuring keynote speaker Sue Paish, QC, Vancouver Board of Trade Chair and Pharmasave CEO, a presentation by Vancouver Coastal Health's Youth Theatre Action Group, concurrent sessions on research conducted by CYHRNet grant recipients and panel discussions on fostering engagement with a variety of research end-users.



Value Added

CYHRNet has rapidly matured from a fledgling organization to a mature network with considerable impact. Indeed, each year, CYHRNet achieves new heights in success.

Through its networking and knowledge exchange activities, CYHRNet has developed strong and sustained relationships with NGOs and other end-users representing child and youth health interests of communities and families. The network's partnerships and collaborations have grown from local, regional and provincial to national and even international in scope.

Furthermore, CYHRNet's activities and conferences have augmented BC's research capacity in topics such as health economics, research ethics and participatory photo mapping. Its continued focus on training and skill development ensures the future of child and youth health research in the province is bright.

CYHRNet is also proud of its ability to remain highly relevant in the growing field of child and youth health research. By regularly evaluating its priority research areas and sunsetting those that have completed their objectives, CYHRNet is able to adopt new research priorities, promoting the child and youth health issues that are important to its members.

CYHRNet continually strives to become a more vibrant and collaborative research community, making significant progress toward its vision of excellence in networking and multidisciplinary health research, training and knowledge exchange. Its sustained work in 2009 and beyond will continue to make a difference for all children and youth.

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