

Foundry North Shore ready to welcome clients

With the opening of Foundry North Shore, VCH has much to celebrate. The “one-stop shop for youth” 12 to 24 marks another major milestone in how mental health and substance use services are accessed on the North Shore.

Foundry is a culmination of years of hard work and foresight between VCH’s Child Youth Mental Health & Substance Use (CYMHSU) team, manager Tanis Evans, Dr. Steve Mathias (Foundry Executive Director) and former mental health director Elizabeth Stanger. At the heart of Foundry’s vision has been local community partners, as well as youth and their families, who have added depth and variety to the Foundry program menu.

North Shore youth not only have access to a place like Foundry, where they can get medical attention, support for mental health and substance use as well as social and vocational services, but also can link into iYOS (Intensive Youth Outreach Service), and the Carlile Youth Concurrent Disorders Centre if necessary.

“We saw gaps in service and we knew we could do better at helping youth before they reach a crisis point and end up at the Emergency Department,” says Tanis. “This is a very exciting time and we are committed to working with our partners to change lives, communities and systems.”

Karin Olson, Coastal Chief Operating Officer, agrees.

“The dramatic overhaul of youth services on the North Shore that has occurred over the last few years not only takes sweat and tears, but vision, determination and collaboration,” says Karin. “I marvel at what Steve, Tanis, and the entire CYMHSU team, along with our partners, have been able to achieve



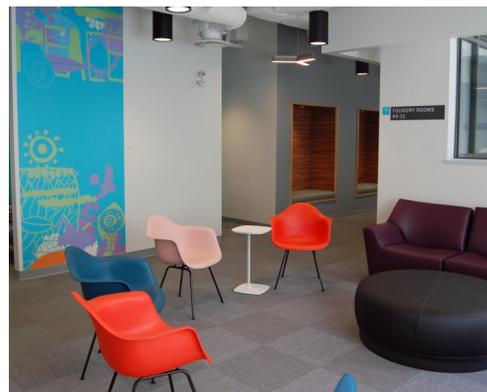
VCH’s Child Youth Mental Health & Substance Use staff in their new home at Foundry.

with iYOS, Carlile and now Foundry. These are all truly remarkable achievements.”

For Steve Mathias, Foundry represents a new approach to wellness services for young people.

“There is a real reason behind each of the services at Foundry,” Steve says. “It is about providing the right support when a young person needs it and equipping them with the tools and strategies to thrive in life before their health problems become severe.”

The journey to transform a 9,000-square-foot shell space into a beautiful and welcoming centre has been a significant and collaborative effort involving VCH North Shore staff, notably Clinical Planner Terry Bulych, who led the intense clinical planning process with the CYMHSU teams and community partners; and Kerrie Watt, Youth Mental Health and Substance Use Prevention Educator, who was integral



to launching the Foundry Youth & Parent Voice Group and liaising with dozens of stakeholder groups, such as the school districts, across the North Shore.

It’s what happens next, however, that counts.

“And that is serving the young people in our community who need help,” says Terry Bulych. “Together, we will build bridges, tear down barriers and empower young people on their path to wellness. I see a bright future ahead.”

Foundry sites built on foundation of FamilySmart™ practices

If you want a solid building that will last a long time, you need to build a strong foundation. The same can be said for establishing good relationships and organizations.

Foundry North Shore is no different. Each Foundry site has its unique and common partners, but the foundation on which they are all built is provided by FamilySmart™, which like Foundry, has the common goal of wanting to improve the mental health of young people.

“We believe this goal is achievable when there is intentional practice in developing caring, connected relationships and working well together as young people, families and service providers,” explains Tamara Throssell, Foundry FamilySmart™ Consultant.

Tamara says FamilySmart™ is about practice but not just professional practice. It’s about everyone’s personal practice.

“It is what we do, what we say, how we say it and how we act towards others, explains Tamara.

“We call this practice and we provide knowledge and skills on what things look

like, sound like and feel like when they are FamilySmart™,” says Tamara, who is also a member of the Foundry Central Office team and supports their strategic direction of being intentional in involving, and creating opportunities for youth, young adults and families to be involved in all aspects of the Foundry initiative.



FamilySmart™
Together-Centred®

Each of the Foundry sites have committed to FamilySmart™ Practice, which is about developing caring, connected relationships and working well together as youth, young adults, families and service providers. In other words “Together-Centred®.”

“For youth, young adults, families and service providers, Together-Centred® means your experience, expertise and

contributions are acknowledged, respected and valued,” says Tamara. “You are in the centre together to share knowledge, responsibility and decisions. You are all seen, and treated, as assets.”

Since March, the FamilySmart™ team has been visiting each Foundry centre to hear more about the great work already happening and to learn what each centre needs to expand their capacity to build FamilySmart™ practice locally.

As the FamilySmart™ consultant for Foundry North Shore, Tamara provides hands-on information, training, mentoring and support for the co-creation, implementation and evaluation of FamilySmart™ practice.

“When FamilySmart™ practice is applied to where people are working together to enhance child and youth mental health, it enhances everyone’s experience with each other, and enhances outcomes for young people,” says Tamara. “FamilySmart™ strengthens working ‘well’ together.”

Visit www.familysmart.ca for more information.

Foundry North Shore—Service Menu

Who will be onsite:

VCH, Ministry of Children and Family Development, YWCA (Work BC), Canadian Mental Health Association, Hollyburn Family Services, Capilano Community Services, North Shore Neighbourhood House, Parkgate Community Services Society, Family Services of the North Shore.

What services will be provided:

- Youth medical clinic (primary care/public health)
- Mental health counselling
- Substance use counselling
- Walk-in counselling
- Family counselling



- Groups for parents and youth
- Prevention services
- Psychiatry
- Hospital liaison
- iYOS (Urgent Response/ Intensive Case Management)
- Peer support
- Parent navigator
- Eating Disorder Services
- Vocational services
- Housing support services
- Occupational Therapy

CONTACT INFORMATION

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Hours of Operation

Monday/Thursday 9 am – 6 pm

Tuesday/Wednesday/Friday

9 am – 5 pm

Drop-ins: Mon-Thurs starting at 1 pm

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