



Canadian Mental
Health Association
British Columbia
Mental health for all

Confident Parents Thriving Kids Behaviour Program Annual Report 2020–2021



CMHA BC thanks the Ministry for Children and Family Development (MCFD) for funding the Confident Parents: Thriving Kids program.

CMHA BC - Victoria office respectfully acknowledges the Lekwungen-speaking peoples, known today as the Esquimalt and Songhees Nations, and the W̱SÁNEĆ peoples, on whose territory we have the privilege to live and work.

CMHA BC - Vancouver office is privileged and grateful to be located on the traditional, unceded lands of the x̱məθkʷəy̅əm (Musqueam), Skwxwú7mesh (Squamish) and səilwətaʔ (Tsleil-Waututh) Nations.

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OVERVIEW

The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA promotes the mental health of all, and supports the resilience and recovery of people experiencing mental illness. In BC, mental health, substance use and addictive behaviour are within the scope of the organization. CMHA's BC Division provides mental health promotion and mental illness recovery-focused programs and services for people of all ages and their families.

Among these offerings, CMHA BC delivers Confident Parents: Thriving Kids, a family-focused phone-based coaching service effective in reducing mild to moderate behavioural and anxiety problems and promoting healthy development among children.

Since 2015, Confident Parents: Thriving Kids has been helping to empower parents and caregivers whose children aged 3–12 experience mild to moderate behavioural challenges. On March 28, 2019, CMHA BC officially launched a second program stream to help parents and caregivers with children experiencing anxiety challenges. Both the Anxiety and Behavioural streams of Confident Parents: Thriving Kids are telephone-based programs where trained

coaches support parents in learning skills that will empower them as the primary change agent for their child.

Through coaching support, guidance and learning materials, the program motivates parents and caregivers to develop and practice new skills and techniques as they move step by step through the program stream most suited to their family's needs. The program is offered at no cost to BC families, and coaches are available to speak with parents in a series of regularly scheduled coaching sessions during day, evening, and weekend hours to meet each family's needs.

This unique early intervention program is proven to promote healthy child development and reduce moderate behaviour or anxiety problems. Available across BC, it improves access and meets an important service delivery need within the broader context of child and youth mental health.

The Province's funding for this initiative supports planning, development, and implementation of the anxiety program as well as the stable provision of the existing behavioral program. Prior to this past fiscal year, the program was sustained through ad hoc funding that supported program development, implementation and outcomes monitoring/evaluation.

"I am very grateful that I was able to connect with my coach via telephone at a time that was convenient for me and my family ... I think this is an excellent program and would definitely recommend it." —program participant

HOW IS THE PROGRAM DELIVERED?

Confident Parents: Thriving Kids is delivered free of charge to parents and/or caregivers via telephone in the privacy of their own homes with day, as well as some evening and weekend hours, available to accommodate the needs of busy families. Telephone delivery of the program enables caregivers to participate from anywhere in BC.

Trained coaches help parents and caregivers develop and practice effective skills. Coaches help keep participants motivated, answer questions, and support their step by step progress through the provided materials. Coaches do not provide counselling or work directly with the child, but work to empower parents to become the primary change agent for their child.

A CLOSER LOOK AT THE BEHAVIOURAL PROGRAM STREAM

Confident Parents: Thriving Kids Behaviour (CPTK-B) provides preventive and early interventions for families of youngsters aged 3–12 with mild to moderate behavioural problems and teaches techniques to better set healthy limits, problem solve, and encourage pro-social behaviour. These skills help parents support their children to manage challenges such as uncooperative or disruptive behaviour, not completing tasks, aggression, or defiance.

Anti-social behaviours can develop through negative reinforcement from parents and peer groups. The Confident Parents program is aimed at helping parents develop positive parenting practices to curb negative behaviour patterns, as opposed to coercive parenting practices, which can exacerbate difficulties.

The Confident Parents: Thriving Kids Behavioural program is grounded in the Parent Management

Training—Oregon Model. The program is comprised of five dimensions:

1. Encouragement of positive behaviour
2. Systematic, mild consequences for negative behaviour
3. Monitoring of children's activities, peers, etc.
4. Problem-solving to prevent problems and address day-to-day family living issues
5. Positive involvement in children's interests, activities, and social development

Supporting components of this model include giving good directions, observing and recording behaviour, identifying and regulating emotions, fostering communication through cooperation, and promoting school success. The program teaches parents key positive parenting practices.

Parents are provided with an accompanying manual and supporting materials including a video, reward tokens, and an incentive chart, which they work through with their coach. The intervention is designed to work incrementally, assisting parents in developing and practicing each skill before learning new strategies. To this end, parents are assigned home practice assignments after each session to increase their competency in each skill.

“As a Family Physician I see so many families struggling like I did, and I encourage them to try the program. I hope you will consider it for your family.”
—Program participant

RESPONSE TO COVID-19

Since the onset of COVID-19 in mid-March 2020, the Confident Parents: Thriving Kids Behaviour team equipped its full staff complement with the necessary technology to enable delivery of over 10,000 coaching sessions from home to families throughout BC. During this fiscal year, our 18 coaches engaged in active coaching relationships with 1338 families, exceeding our program deliverables by 3%, despite COVID-19.

Referral rates have remained high, with a 48% increase in referrals from October 2020 to March 2021 in comparison to April 2020 to September 2020. To reduce barriers to our services, we collaborated with EQ Care Access Virtual Clinic to provide clinical guidance for families who do not

have access to a physician and require additional supports including providing referrals to our program.

We have also worked to engage with our families through a series of newsletters. Tailored newsletters have been sent to current and past participating families to provide support and program-related content pertaining to parenting amidst COVID-19. These have been well received by families who reached out in appreciation to share their experiences. In order to continue engagement, additional newsletters were created for families who are on the waitlist or paused with sessions postponed due to COVID-19.

PROGRAM HIGHLIGHTS

Throughout the past year, the program has focused on creating and sustaining process improvements, stabilizing staffing levels, increasing both referrals and the internal capacity to manage them, and building capability for full community transfer of the Parent Management Training Oregon Model (PMTO) to the province of BC. This focus on building our infrastructure is intended to support continued telephone-based delivery by CMHA BC, as well as allow for a seamless and linked collaborative service delivery model with the Ministry of Children and Family Development, the Ministry of Health, health authorities, and others who serve mental health needs of families and children.

- In September 2019, in response to increased program demand, staff turnover, and commitment to expand program capacity, we hired seven new coaches. Coaches receive an intensive 84-hour initial training before they begin working with families, continuing through a series of learning opportunities and reviews over the following 12 to 18 months as they proceed toward becoming fully certified.
- As of April 2021, these coaches completed certification as PMTO Specialists which comes after a review of PMTO competence and adherence to core program criteria, progress with their sessions with families and their self-assessment interview.
- We implemented solutions to support sustainable processes to better serve families, based on recommendations from our BC Patient Safety & Quality Council (BCPSQC) Student Internship. As

a result we maintained a 1–2 week wait time from referral to intake, compared 2–3 months previously, despite a 12% increase in referrals from April to October 2020.

- We continue to embark on work to improve our intake processes as referral rates remain high. We are evaluating further BCPSQC recommendations and plans for process improvements to ensure they comply with relevant privacy legislation.
- Collaborating with EQ Care virtual clinic to provide clinical support for families who do not have access to a physician, or may be out of scope and require additional supports, in September 2020 we added contact information for the Access Virtual Clinic to the Confident Parents website.
- Confident Parents strives to be a low-barrier program and, as such, to improve awareness and access to our programs throughout the province—particularly in rural and remote communities. Of note, in the past two years we have doubled our reach to communities within Northern BC.
- The Parent Advisory Council was redeveloped into a series of virtual focus groups with families who have completed the program in order to provide continuous feedback and engagement.
- We created an explanatory video about our services which included filming, interviewing, and collaborating with parents who completed the program. Watch it at confidentparents.ca.



Recently certified coaches during a training session



Coaches who have completed over 2,000 sessions this past fiscal year (left to right): Renée (2,100), Mridula (2,947), Mike (2,168), Danielle (2,530), and Soomin (2,456).

Since then, others joined them with high number of sessions: Shivani (1,771), Henry (1,693), Mia (1,682), Autumn (1,508), Carol (1,506), Joyce (1,233), Stephanie (1,144) and Becky (1,090).

OUTLINE OF INTERVENTIONS— BEHAVIOURAL PROGRAM

BRIEF OFFERING

This brief offering is designed for parents with children exhibiting mild presenting behaviours and who have the ability to quickly grasp and apply new concepts, as indicated by their family impact and functioning scores in the intake interview. The brief intervention covers the five core parenting practices, and provides parents with role-play support and home practice assignments.

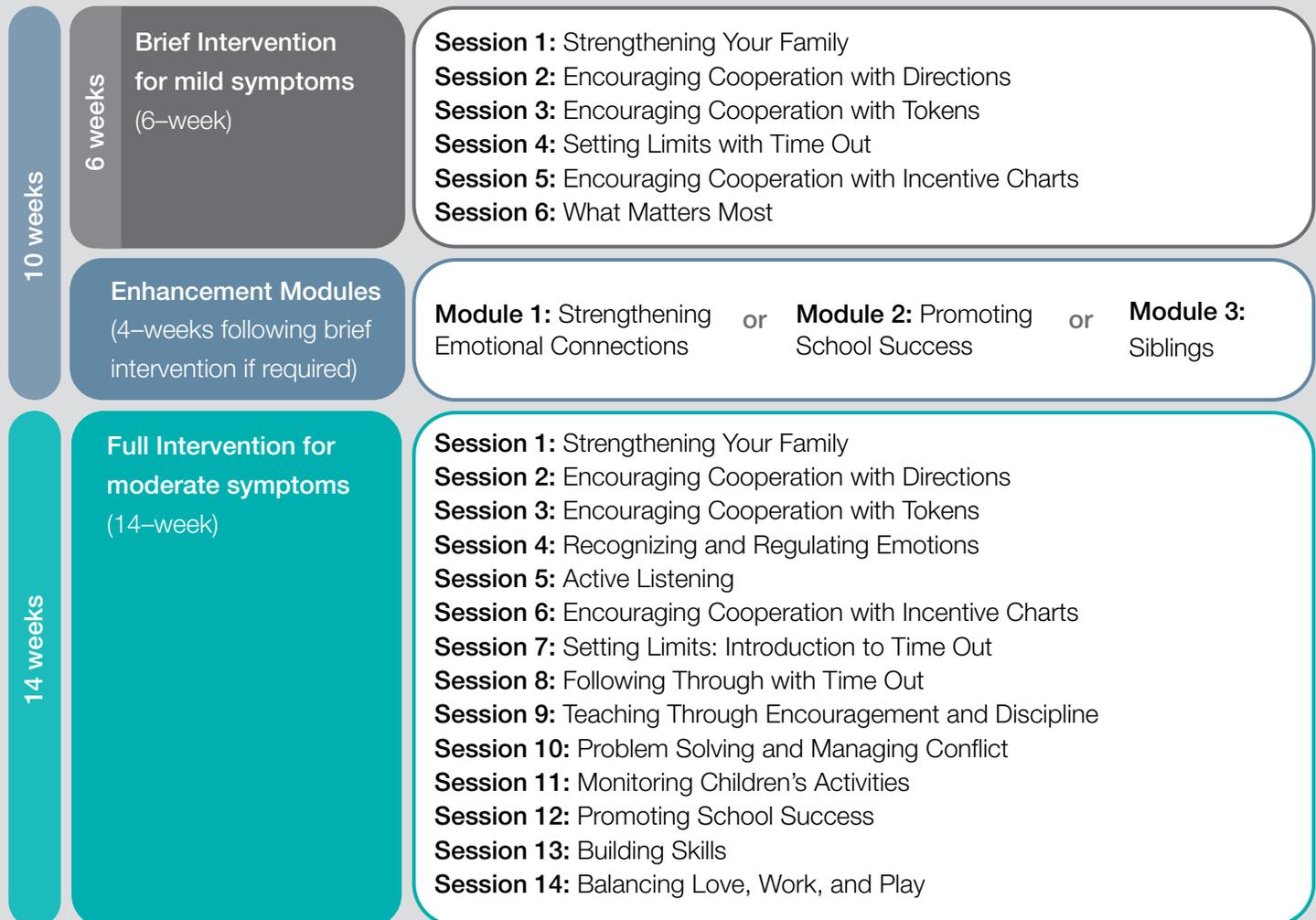
ENHANCED BRIEF OFFERING

For parents who have completed the brief intervention and have still not seen a significant improvement in their child’s behaviour or are experiencing specific problem areas, they are eligible to participate in one of three enhancement modules designed to supplement the content learned in the brief intervention.

Enhancement modules include school success, dealing with siblings, and emotional regulation. Parents will continue with the same coach after the brief intervention and move into the enhancement module that is most relevant to their context.

FULL OFFERING

The full intervention is designed for parents with children exhibiting more moderate presenting behaviours or who self-report significant concerns in terms of family impact and functioning. These parents require a more robust offering to address the comprehensive nature of the issues they are experiencing. The full intervention also covers the five core parenting practices, but delves into greater depth in each one, and allows for more time for the parent to develop competency in learning and applying the skills. Further, the supplementary content from each of the enhancement modules is also covered.



A BRIEF HISTORY OF PMTO

The Oregon Social Learning Center (OSLC) has been developing and testing theory-based interventions since the 1970s. The goal has been to treat, reverse or prevent conduct problems in both children and youth. As their research of the Parent Management Training Oregon (PMTO) model gained international respect, OSLC established a network of affiliated organizations to enable other service providers and governments to implement the model.

In 1999, the Norwegian government approached OSLC with a request to develop the first nationwide implementation. OSLC deployed staff to train a set of specialists in Norway with the goal of establishing an empirically supported treatment program to serve families in every municipality through the nation. Both the national child welfare and child mental health systems were involved in this massive undertaking. In 2001, they founded Implementation Sciences International Incorporated (ISII), a non-profit corporation, to spearhead this initiative. ISII's goal is to provide professional training in the PMTO model and associated methods. Since then, ISII has trained mental health professionals worldwide in a number of implementations across the globe, including Iceland, the Netherlands, Uganda and Denmark, as well as a number of state-wide implementations such as Michigan and Kansas, as well as community system implementations in New York City, Minnesota, and Utah. Further, their work has served in the development of a prevention program for parents in Mexico City. Beyond the original scope of the program,

pilot projects have also tested service provision for parents who have lost custody of their children for maltreatment, mothers in shelters because of domestic violence or homelessness, as well as adaptations for immigrant parents.

The PMTO model is unique in that it provides full community transfer from the purveyor (ISII) to the community site. This offers the community site opportunities to scale the program at a system-wide level without cumbersome licensing fees or cost structures. The approach includes thorough training of a progenitor generation of practitioners and then selecting key leaders from this group in order to begin establishing an infrastructure for long-term program growth. This approach has a robust evidence base to back its efficacy. Looking at the Norwegian implementation, ISII originally trained and certified 29 therapists. Research was conducted ten years after their certification and demonstrated that 92% were still certified and practicing PMTO. Further, more than 400 certified PMTO therapists had been trained independently of ISII and were actively providing the program for parents (Forgatch & DeGarmo, 2011).¹

1. <http://www.isii.net/2015SITEFILES/history.html>



PMTO

Implementation Sciences
International, Inc.

"I would like to share my great appreciation for how much the Confident Parents program has helped my son in his behaviour and me become a better parent. Caring for a child with difficult behaviours is exhausting both mentally and physically, and many times I asked how things could ever get better; our family tried multiple counselors, endless parenting tips from friends and family, and so many self help books without success, that is until we found the Confident Parents program. Having one to one coaching through lessons that built on each other week after week worked so well for us; I could see my son grow and mature in such a short amount of time."

—program participant

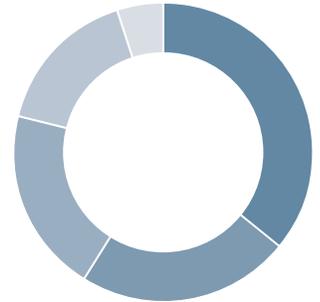
BEHAVIOUR PROGRAM REFERRAL STATISTICS



2,240 families referred
by 820 primary health care providers.
316 of these primary health care providers referred multiple participants to the program.

PROGRAM REFERRALS BY REGION

- Fraser 36%
- Vancouver Island 23%
- Vancouver Coastal 20%
- Interior 16%
- Northern 5%



PROGRAM REFERRALS PER MONTH



AVERAGE WAIT TIME

2.2 months

from intake assessment to starting coaching services. Wait times can range from 1–4 months, dependent on family and coach availability.



1,532 completed intake BCFPI assessments
1,338 families commenced coaching services
10,796 coaching sessions completed
5,472 were for the brief program (6-week)
3,791 were for the moderate program (14-week)
1,543 were brief program enhancement sessions

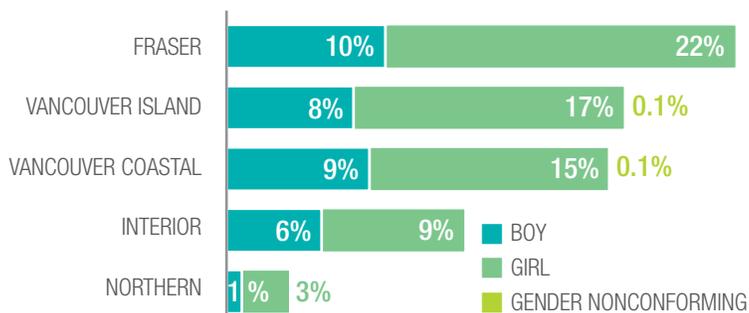
CHILD'S GENDER



Brief program:
Girl: 22% Boy: 51%
Gender Nonconforming: 0.1%

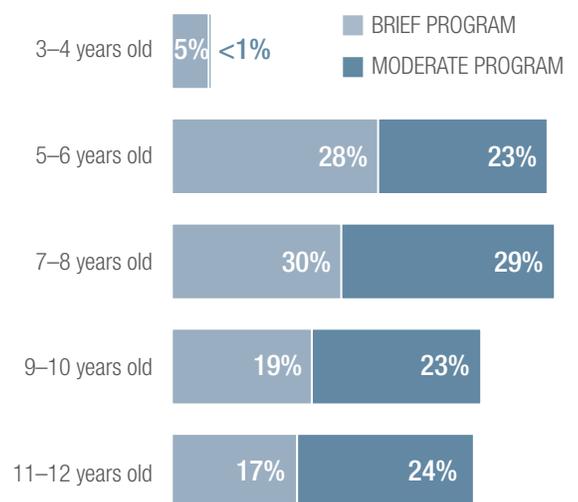
Moderate program:
Girl: 11% Boy: 15%
Gender Nonconforming: 0.1%

GENDER BREAKDOWN BY REGION*

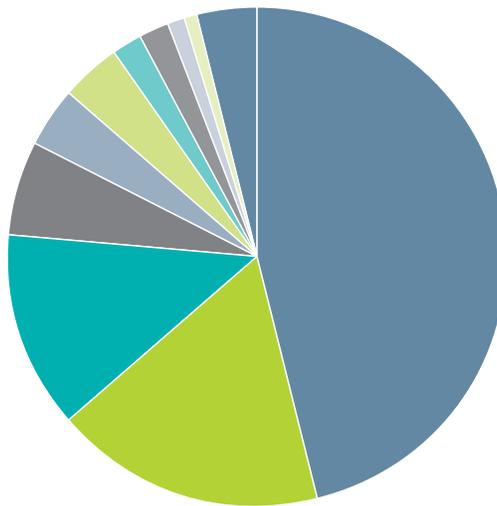
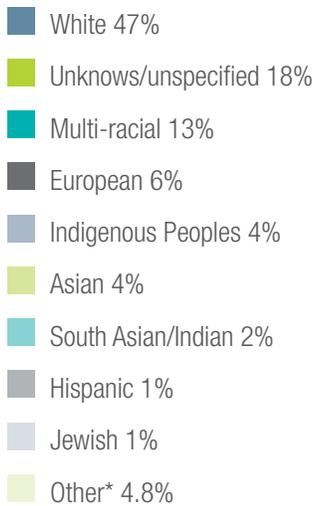


* Families served (N= 1338) during the fiscal year

PROGRAM TYPE COMPLETED BY CHILD'S AGE

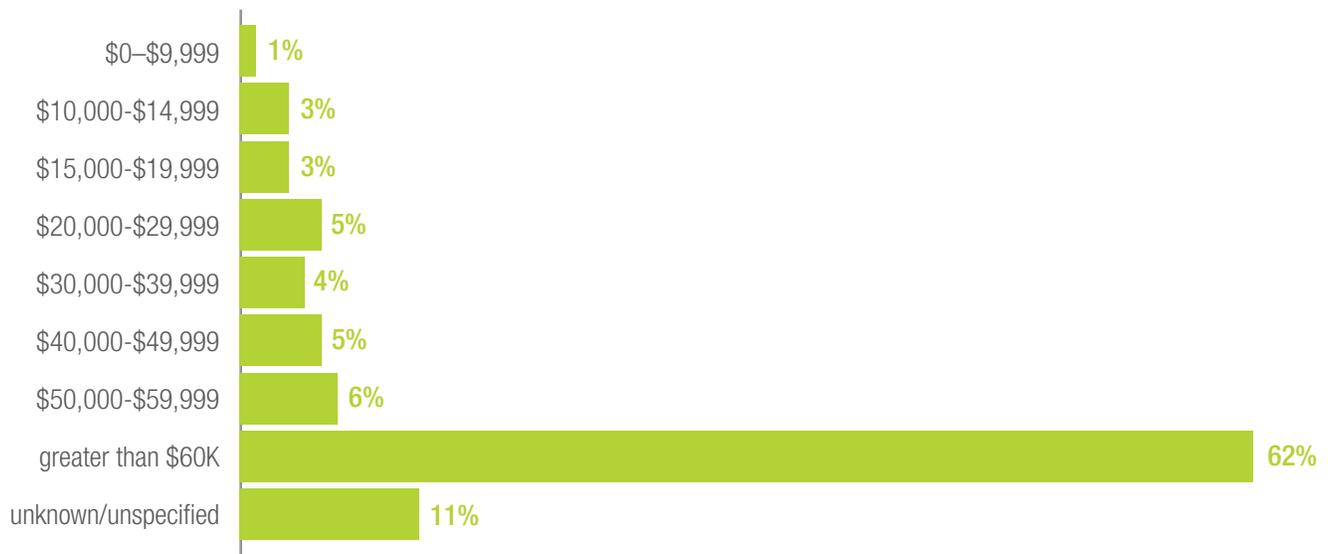


SELF-REPORTED ETHNICITY



- * Iranian
- Punjabi
- African
- Filipino
- Afghani
- Arabic
- Mexican
- Japanese
- Peruvian
- Egyptian
- Ethiopian
- Greek
- Jamaican/Guatemalan
- Ukrainian
- Scottish, English
- Dominican
- Brazilian
- South African
- Fijian
- Haitian
- Pakistani
- Romanian
- Vietnamese

HOUSEHOLD INCOME LEVEL



“I felt very relieved when I found out about this program. My child was challenging me in every situation by resisting and refusing. I was feeling overwhelmed, exhausted and depressed. This program helped me to understand the tools I have to regulate myself first, stay calm and in control of the situation and how to communicate and listen to my child. I am just grateful for this program as it has changed our family life. We are all more relaxed and happy.”

—program participant



DOCTORS WHO HAVE REFERRED 20 OR MORE PARTICIPANTS FROM APRIL 1, 2020 TO MARCH 31, 2021

- 45 Pediatrician from Campbell River—Island
- 44 Pediatrician from Coquitlam—Fraser
- 34 Pediatrician from Maple Ridge—Fraser
- 34 Pediatrician from Nanaimo—Island
- 29 Pediatrician from North Vancouver—Vancouver Coastal
- 29 Pediatrician from Maple Ridge—Fraser
- 25 Pediatrician from Langley—Fraser
- 23 Pediatrician from Coquitlam—Fraser
- 22 Pediatrician from Squamish—Vancouver Coastal
- 21 Pediatrician from Richmond—Vancouver Coastal
- 21 Pediatrician from Maple Ridge—Fraser
- 20 Physician from Victoria—Island

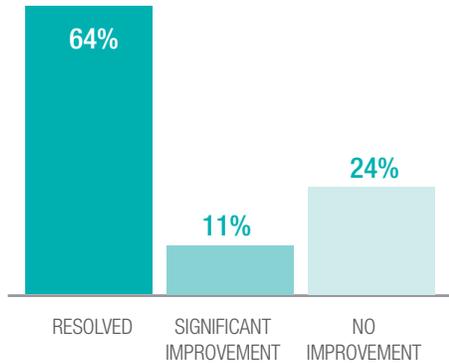
SOME OF THE MATERIALS SENT TO PROGRAM PARTICIPANTS



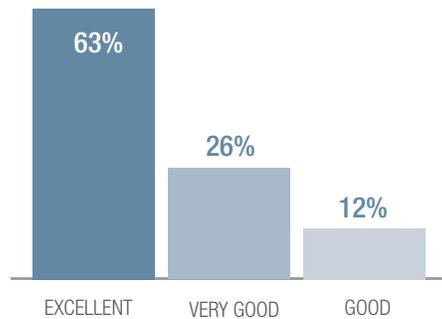
BEHAVIOUR PROGRAM OUTCOMES

1024 families completed the program, with 874 of these completing the Brief Child and Family Phone Interview (BCFPI) pre- and post-program measurements.

BCFPI PRE AND POST MEASUREMENTS



PARENT SATISFACTION IN OVERALL QUALITY OF THE PROGRAM



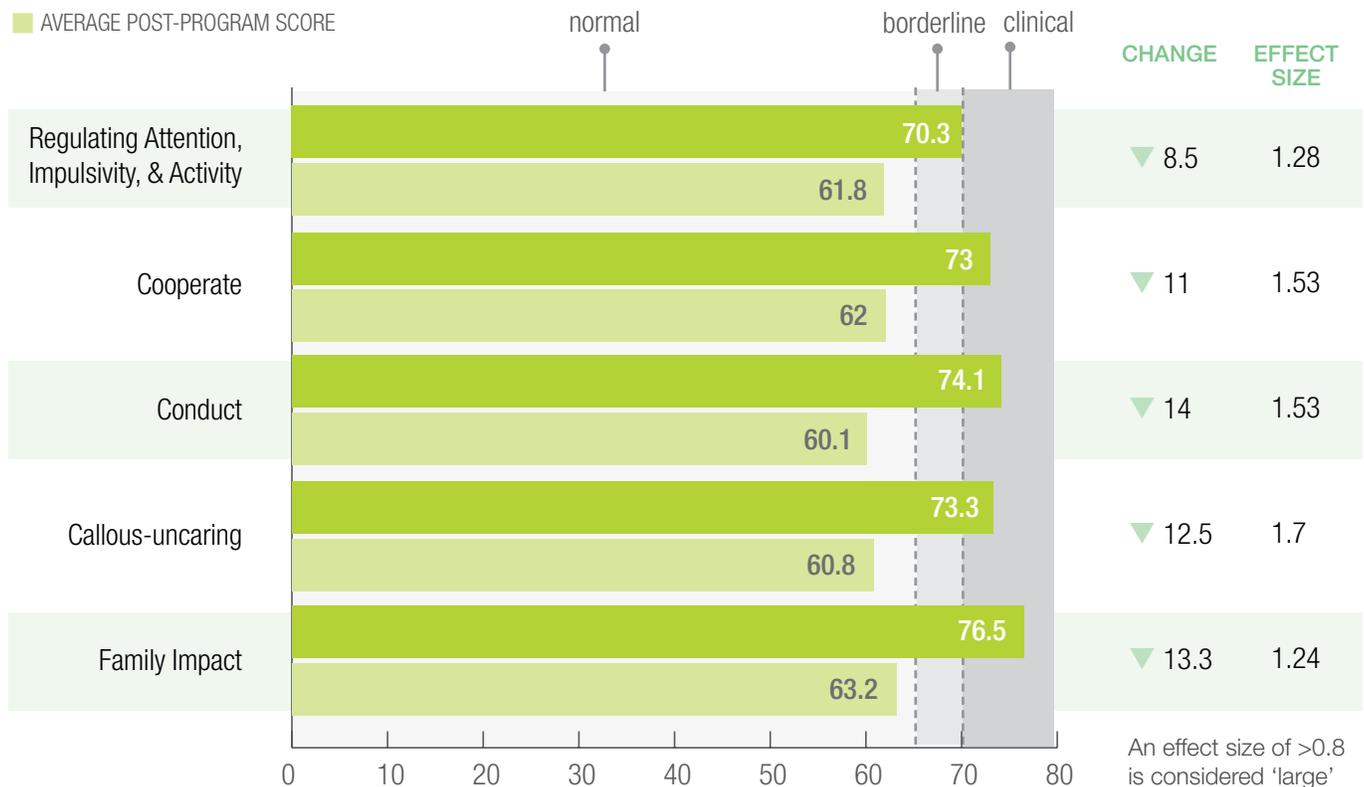
89%

of parents indicated that the program taught them **skills to manage the challenging behaviours** that initially led them to seek support.

CHANGES IN BEHAVIOURAL SYMPTOMS AND FAMILY IMPACT

The results indicate a strong effect in decreasing the behavioural challenges that parents are identifying in their children. The outcomes show a positive result for targeting behavioural symptoms but also for all other measures of child and youth mental health, functioning, and family well-being.

- AVERAGE PRE-PROGRAM SCORE
- AVERAGE POST-PROGRAM SCORE





I can remember back before this program and just how lost we felt, how hopeless we felt about the future...

I don't think I can thank this program enough for what its done for my son, for my family. Things are completely different...unbelievably different. There is calm in the house...I feel we as a family have really come together and we bond so much more now."

—Nick, program participant

To hear more about the program and Nick's story, watch the video at confidentparents.ca

CAREGIVERS SHARE WHAT THEY ENJOYED MOST ABOUT THE PROGRAM

"[Our coach] was really super. I felt like connecting with her and being able to talk to her and get her feedback was really important to me. It really helped me to re-calibrate on a weekly basis. She really helped me to focus back on the foundation of what I needed to do and she helped a lot in terms of emotional support and providing information."

"I really appreciated the knowledge shared, and also that I could do it from home at a time when it was easy to manage with my family. "

"The most helpful aspect of the program is the coaches positive and encouraging statements. I feel that this has helped me to regain the confidence needed in the raising of the children. After leaving an abusive marriage where being told that I was not capable was a regular insult, I was in need of some reassurance. My coach not only went through the course material with me, she also helped me understand that I could be a successful single parent. My children are very fortunate that their mom now has the keys and the gas to that 'car'. We are going places and learning to trust again."

"The program was excellent and I would recommend it to anyone seeking support in parenting. My couch was engaging and easy to connect with—he was patient and very knowledgeable. I REALLY appreciated this program!"

"Our coach was incredibly warm inspiring and compassionate. That helped us open up and fully participate in the sessions and at home activities enhancing our learning."

"The most helpful part was that the program was easy to understand. The program was very fun and interesting. I believe the tools provided to me will help me be a better parent to my children moving forward."

"I found the entire program helpful and will continue to practice and use the strategies taught. I wish every parent could have access to this program."

REFERRING TOWNS AND CITIES—BEHAVIOURAL PROGRAM

INTERIOR

100 Mile House
150 Mile House
Armstrong
Ashcroft
Barriere
Big Lake Ranch
Blind Bay
Bonnington
Burton
Canal Flats
Canoe
Castlegar
Cawston
Cranbrook
Creston
Edgewater
Elkford
Enderby
Fernie
Genelle
Golden
Grasmere
Greenwood
Invermere
Kaleden
Kamloops
Kaslo
Kelowna
Keremeos
Kimberley
Lake Country
Lillooet
Logan Lake
Louis Creek
Lumby
Merritt
Nakusp
Naramata
Nelson
Okanagan Falls
Oliver
Osoyoos
Parson
Peachland
Penticton
Princeton
Revelstoke
Rossland
Salmon Arm
Sicamous
Sorrento
Sparwood
Summerland
Ta Ta Creek
Trail
Vernon
West Kelowna
Williams Lake
Winlaw

VANCOUVER ISLAND

Black Creek
Brentwood Bay
Campbell River
Chemainus
Cobble Hill
Comox
Coombs
Courtenay
Cowichan Bay
Crofton
Cumberland
Duncan
Errington
Esquimalt
Gabriola
Gold River
Honeymoon Bay
Hornby Island
Ladysmith
Lake Cowichan
Langford

Lantzville
Lazo
Malahat
Mayne Island
Nanaimo
Nanoose Bay
North Saanich
Parksville
Pender Island
Port Alberni
Port Hardy
Port McNeill
Qualicum Beach
Quathiasi Cove
Saanichton
Salt Spring Island
Shawnigan Lake
Sidney
Sooke
Union Bay
Victoria

FRASER

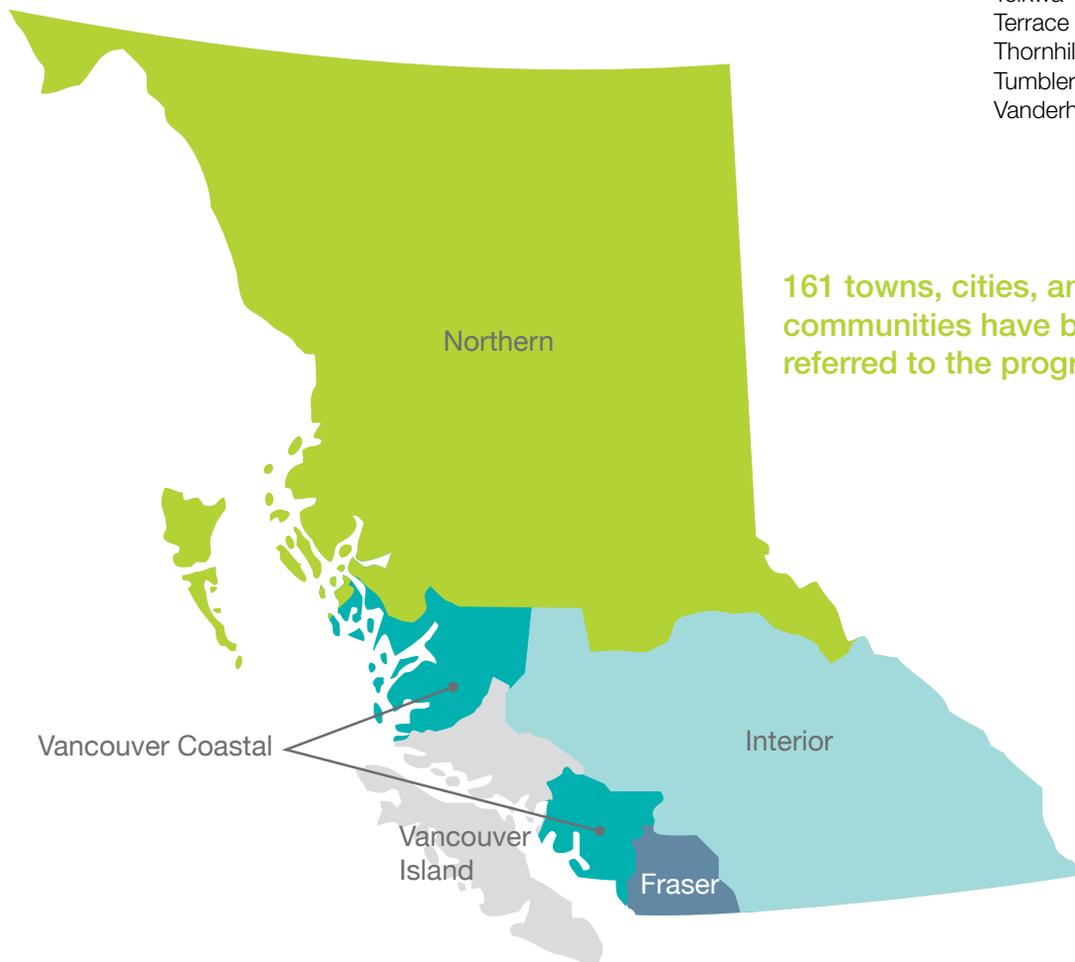
Abbotsford
Agassiz
Aldergrove
Anmore
Burnaby
Chilliwack
Coquitlam
Delta
Hope
Kamloops
Langley
Maple Ridge
Mission
New Westminster
Pitt Meadows
Port Coquitlam
Port Moody
Surrey
Tsawwassen

VANCOUVER COASTAL

Bella Bella
Bowen Island
Brackendale
Garden Bay
Garibaldi Highlands
Gibsons
North Vancouver
Pemberton
Powell River
Richmond
Sechelt
Squamish
Vancouver
West Vancouver

NORTHERN

Northern (26)
Burns Lake
Charlie Lake
Dawson Creek
Dease Lake
Fort Fraser
Fort St James
Fort St John
Fraser Lake
Hazelton
Hixon
Houston
Kitimat
Kitwanga
Mackenzie
North Pine
Prince George
Prince Rupert
Queen Charlotte
Quesnel
Smithers
Taylor
Telkwa
Terrace
Thornhill
Tumbler Ridge
Vanderhoof



161 towns, cities, and communities have been referred to the program

*Highest numbers of referrals shown in **Blue**

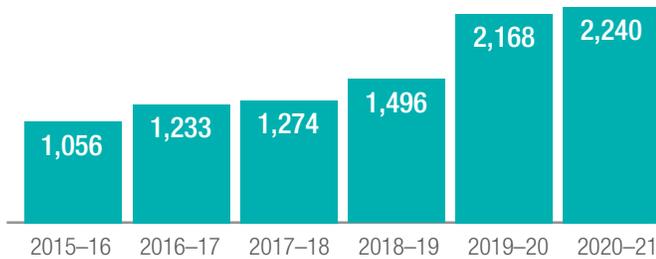
FIVE YEAR OVERVIEW—SINCE PROGRAM INCEPTION IN 2015

CHILD'S GENDER AND INTERVENTION TYPE



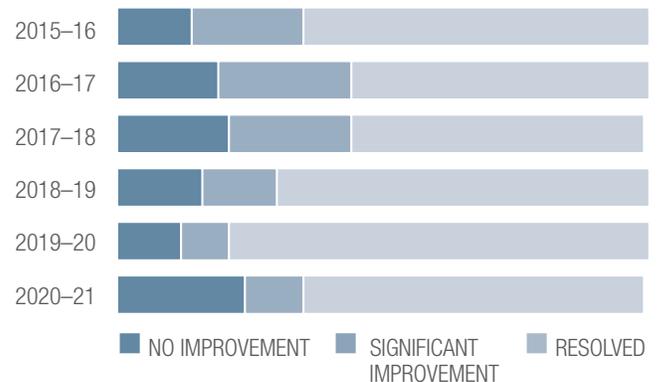
Brief program: Girl: 27% Boy: 73%
 Moderate program: Girl: 36% Boy: 63%

REFERRALS



Over 2,000 Primary Care Practitioners have made referrals to the program.

PROGRAM OUTCOMES



PROGRAM MILESTONES

- The program was featured in the Fall 2015 edition of the Children's Health Policy Centre's publication, *The Children's Health Policy Centre's*, focused on promoting positive behaviour in children. In particular, it highlighted the effectiveness of the Parent Management Training—Oregon Model (PMTO) which underpins the Confident Parents program.
- On June 27, 2017, CMHA BC was the proud recipient of the 2017 BC Health Care Awards Gold Apple for Top Innovation Affiliate for Confident Parents: Thriving Kids. The award is presented to projects that have brought forward a fresh approach to sourcing solutions to challenges in the health field.
- In 2018, the electronic version of the Brief Child and Family Phone Interview (BCFPI) was piloted. All families served by the program participate in a BCFPI to help determine the most appropriate program stream and services. Parents can now choose whether to answer and submit this interview online or proceed with a telephone interview. 80% of families now engage in this way. This initiative has resulted in a significant reduction in wait time from referral to intake assessment, from 8 weeks to 1 week.

- We achieved an important milestone in training five of our staff as certified PMTO coach trainers by Implementation Sciences International, Incorporated. They delivered their inaugural training to seven new coaches in September 2019.

UBC research partnership

CMHA BC partnered with researchers at the University of British Columbia to evaluate the effectiveness of phone-delivered PMTO in reducing disruptive behaviours among children aged 3–12.

- Findings suggest that the delivery of the interventions is positive for parents.
- Parenting improves along with parents' views of their children's behaviour.
- There are some indications that changes in the parents and children are related to the number of sessions that parents complete, even when the intervention length is accounted for.

While reported findings need to be interpreted cautiously given the small number of parents who completed all of the surveys, the results suggest the program is achieving the intended changes.

HOW YOU CAN HELP

LEARN

Learn more about the work we do in CMHA BC's monthly e-news, Mind Matters. Sign up for free at www.cmha.bc.ca

JOIN

ARE YOU A CONFIDENT PARENTS: THRIVING KIDS BEHAVIOURAL PROGRAM PARTICIPANT WHO HAS COMPLETED A MINIMUM OF 6 SESSIONS?

Do you have an interest in sharing your perspectives and experiences to help our program grow? For more information, please contact us at confidentparents@cmha.bc.ca or toll-free at 1-800-555-8222.

DONATE

Your contribution to CMHA BC's Dr. Jean Moore Fund for Child and Youth Mental Health supports programs like Confident Parents: Thriving Kids. The fund honours Dr. Jean Moore, a lifetime volunteer, advocate and educator. Dr. Jean Moore has served on numerous boards and committees for CMHA in Alberta and BC, and her volunteer activity has spanned the local branch, provincial and national levels of CMHA. CMHA BC is truly fortunate to benefit from the wisdom, commitment and dedication of one of the most outstanding volunteers in Canada. In recognition of Dr. Moore's passion for improving child and youth mental health, donations to this endowment fund will help enhance, through innovation, the lives of children and youth living with or at risk for mental illness.



DONATE TODAY AT WWW.CMHA.BC.CA/DONATE

ABOUT MENTAL ILLNESS IN CHILDREN AND YOUTH

Many mental illnesses—between 50% and about 70%—show up before the age of 18

About 6% of kids experience an anxiety disorder at some point

Attention-deficit/hyperactivity disorder (ADHD) affects close to 5% of BC children at any given time

Conduct disorder affects about 3% of BC children

About 3.5% of young people in BC experience depression

Only one in four kids and teens in Canada who need mental health treatment get it



About one in seven young people in BC will experience a mental illness at some point

source: Heretohelp (2014) "Mental Illnesses in Children and Youth."
www.heretohelp.bc.ca/factsheet/mental-illnesses-in-children-and-youth



**Canadian Mental
Health Association**
British Columbia
Mental health for all



ABOUT CMHA BC

The Canadian Mental Health Association (CMHA), BC Division exists to promote the mental health of British Columbians and support the resilience and recovery of people experiencing mental illness.

We're part of one of the oldest voluntary organizations in Canada. Together with 14 CMHA branches throughout BC, we help over 100,000 people each year.

Together, CMHA shares a national vision of "mentally healthy people in a healthy society."

Confident Parents Thriving Kids

Mail: c/o 905-1130 W. Pender Street, Vancouver, BC, V6E 4A4

Email - Behaviour Program: confidentparents@cmha.bc.ca

Email - Anxiety Program: cptk.anxiety@cmha.bc.ca

www.confidentparents.ca

2021