

# Shifting from Crisis to Care in British Columbia

A Community  
Readiness Checklist  
for Community-led  
Response Teams



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

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## CMHA BC is leading and advocating for a Community-led Response conducted by “Peer Assisted Care Teams” (PACT).

PACT is an alternative to a police response that aims to shift BC’s crisis care to a community-based, client-centered, trauma-informed response centered on the mental health and well-being of the affected individual, their family, and their community.

A Peer Assisted Care Team is led by a client-centered organization in an identified local community area. These organizations must also offer a range of other health and social supports. Currently (2022-2023), PACTs are operating in 3 communities (North Shore, New Westminster, and Victoria) with plans to expand to more communities in 2023 and 2024.

### How are we expanding?

1. Recommend your community
2. Community information reviewed and assessed
3. Community selected for consultation & discussions hosted by CMHA BC
4. Applications open for local organizations in selected community
5. Organization selected
6. Teams trained and launched in community



### Interested in recommending your community for PACT?

Every community is unique and your needs and responses to crisis currently may vary. At CMHA BC we are working closely with partners to better understand community-led responses to mental health crisis. PACT is not one-size-fits all and it’s important we take the time to understand each community’s capacity, resources, and crisis-care ecosystem.

The Province of BC has funded 12 teams to be operational by 2024, 10 administered by CMHA BC and 2 Indigenous-led teams to be administered by Indigenous-led organizations.

As we embark on expanding 7 more teams to our network, we want to hear from you. “Recommend your community” for a community-led response team.

Below you will find a checklist to get started, need more support navigating information connect with a member of the CMHA BC team at [PACT@cmha.bc.ca](mailto:PACT@cmha.bc.ca) or visit [cmha.bc.ca/PACT](https://cmha.bc.ca/PACT).

## Community Readiness Checklist

- Community Awareness
  - A community that is aware and understands Community-led Responses: The Peer Assisted Care Model
- Community Desire/Need
  - A community that celebrates and promotes diversity and inclusion
  - A community with the capacity to offer safe, respectful, non-judgmental services
  - A community recording a volume of mental health/wellness calls to police
- Community location, size, and demographics
  - A community located in British Columbia
  - A community that has a minimum of 5,000 individuals
  - A community with connectivity (digital)
- Community geography (based on the directives of the Provincial Government)
  - Located in the Interior Region
  - Located in the Northern Region
  - Located in a region with demonstrated need and capacity
- Network of mental health/substance use service providers
  - Complete a Community Asset Map
  - A community with good-standing community service providers who work collaboratively
  - A community with capacity to provide follow-up and referral services
- Local political atmosphere (i.e., would we have a cooperative local government, police agency)
  - A community with a working committee or task force focused on mental health or public safety
  - A community willing to contribute actively to the Province's commitment to safety and mental health
- Community investment in Mental Health
  - A community investing in various mental health initiatives
  - A community with associations and/or business community supporting mental health

### RELATED INFORMATION

**9-1-1:** is for police, fire, or medical and safety emergencies when immediate action is required, someone's health, safety or property is in jeopardy, or a crime is in progress.

**Co-Response:** a partnership where a police officer is sent to situations involving individuals experiencing a mental health crisis with a mental health professional (i.e., Nurse).

**Community-led Response:** PACT offers someone to listen, assess and provide in-person response, and follow-up to community support.

**Helplines:** offer someone to listen and talk to, as well as assistance in navigating someone through their crisis and connect to other supports over the phone or chat.

**LEARN MORE ABOUT PACT:** [web – cmha.bc/PACT](http://web - cmha.bc/PACT) | [email – PACT@cmha.bc.ca](mailto:PACT@cmha.bc.ca)