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GOAL: Provision of comprehensive mental health services for CF families seamlessly delivered through CF, C/MFRC and civilian organizations, as part of an overall CF Family Mental Health Strategy

OBJECTIVES:

- Standardized and consistent definitions (e.g.: mental health, CF family) and practices (e.g.: Who is involved and when)
- Accountability measures (evidence-based practice; national and achievable measures and standards for CF Mental Health Strategy)
- Outreach (e.g.: education of CF families, Service Providers, Educators, Chain of Command, and other stakeholders; inclusion of underserved populations, such as
 - children and youth,
 - reservists and parents of single members, and
 - CF families on Imposed Restriction)

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SHORT TERM

- **OPTIONS ANALYSIS**
 - Environmental Scan and drafts of standards underway/complete
 - Mental Health and Social Support Advisory Committee and Working Group—key themes were develop the CF MH Strategy above, continuing with current initiatives, establish national definitions and standards, and programs and assistance for specific populations (children, Imposed restriction, reservists)
- **NATIONAL MH EDUCATION PROGRAM**
 - 20 to 30 October - 14 MFRC representatives attended the Operational Stress Injury Joint Speakers Bureau training
 - **IMPACT:** Formalized involvement of MFRCs; partnerships and better service; expanded community capacity—better skills, techniques and early detection of MH problems

MEDIUM TERM

- **CF FAMILY REUNION TOOLKIT** (web-based resources for families by Apr 09)
- **FAMILY LIAISON FUNCTION AT IPSC PILOT SITES** – Community navigator dealing with all CF family-related issues, in the Integrated Personnel Support Centres (local)
- **FAMILY COUNSELLOR AT EACH LOCATION** (not fully endorsed by MH AC)

LONG TERM

- **ONGOING EDUCATION AND AWARENESS CAMPAIGN**—general public, COC, military families (already have some examples of US military and Canadian MH Association and other groups)
- **COMMUNITY OF PRACTICE** – location of work between MFRC / VAC / OSISS / DSG / JPSU / etc.