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ISSUE
01

Peel Family Engagement

For Child & Youth
Mental Health

NEWSLETTER

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From Peel's Core Service Providers



EveryMind
MENTAL
HEALTH
SERVICES
FOR YOU,
WITH YOU.

GET IN TOUCH! GET INVOLVED!

Peel Family Engagement
FamilyEngage@EveryMind.ca
EveryMind.ca/family-engagement

We hope you are keeping well and finding moments of calm in these remarkable times. This newsletter shares resources, opportunities and useful links to support you, your loved ones, colleagues, clients and friends who are providing mental health support to children and youth.

In this issue, you'll find resources to help you

LEARN

what Family Engagement in child and youth mental health care is and how to get involved.

ACCESS

free workshops, groups and webinars to support you as a family, parent or caregiver.

LOCATE

the access points for child and youth mental health services in Peel region.

NURTURE

your resilience as a family, parent or caregiver via helpful resources.

What is Family Engagement?*

WHAT IS FAMILY?

The term family means different things to different people and has evolved over the years to include the diversity of experience, realities, choice and cultural differences across those who receive mental health services.

FAMILY...

is a circle of care and support that offers enduring commitment to care for one another, related either biologically, emotionally, culturally or legally. This includes those who the person with lived experience identifies as significant to their well-being.

WHAT IS FAMILY ENGAGEMENT?

Family engagement is an ongoing process that includes families as active decision-makers and equal partners in treatment/service delivery at the individual, organizational and system levels.

FAMILIES ARE ESSENTIAL ALLIES...

in developing, delivering and evaluating services, which can ultimately improve outcomes for children and youth. Engaging families in child and youth mental health settings can help to meet the needs of their child/youth and family and can contribute to the overall system of care.

Ways that agencies can meaningfully engage families in the child and youth mental health care system:

Engage families in the assessment of their child/youth/family's needs.

View families as experts in identifying needs to support their child/youth.

Co-develop the child/youth's treatment plan with families, engaging them in identifying treatment options and desired outcomes.

Engage families as collaborative partners in the co-development and implementation of evaluation and quality improvement processes.

Engage in developing professional competencies and ongoing education and training.

Engage families in the co-development of educational resources aimed at families.

Engage family voices when developing, reviewing and drafting organizational policies.

Support families to have equal representation and act as active partners in taskforces, work groups, or councils that inform the field of issues and trends.

Where & How to Access

Mental Health Services for Children and Youth in Peel



WhereToStart.ca is the access point for free and confidential mental health services for children, youth and families who live in **Peel Region**.

When you **contact WhereToStart.ca**, an Access & Intake Specialist **will listen to your concerns** and help connect you with the most appropriate mental health program or service for you at one of these service providers:



5 Steps to Get Help

- 1** Contact [WhereToStart.ca](https://www.wheretostart.ca) via the website or by calling 905 451 4655. All calls are free and confidential.
- 2** Schedule an intake appointment.
- 3** Complete the intake appointment by phone. The appointment will take about 1 hour and an Access & Intake Specialist will ask you questions about your daily life, relationships and how you feel.
- 4** The Access & Intake Specialist will provide you with information about the program or services that fits your needs. They will answer your questions and help you decide what to do next.
- 5** The Access & Intake Specialist will help set up your first appointment. You may need to wait for service, so they will also connect with you services (like groups, Tangerine Walk-In Counselling or 24/7 crisis support) that can support you while you wait.

Webinars + Workshops + Groups

Supporting Children, Youth and Caregivers

To support you and your family's mental health at home, staff from Associated Youth Services of Peel (AYSP) and EveryMind are offering free online webinars, workshops and groups for children, youth and caregivers.

Topics being offered in Winter 2021 include:

- Building resilience
- Parent-child communication
- Gaming and Internet challenges
- Youth substance use
- ADD/ADHD
- Fostering healthy attachment
- Mother-daughter relationships
- Depression, anxiety and challenging behaviour
- And many more



Registrations for some of these online webinars, workshops and groups are limited. Visit [WhereToStart.ca](https://www.wheretostart.ca) or call 905-451-4655 to learn more and register.

Crisis & Walk-In Services

For Children, Youth and Families in Peel

**24/7 Crisis Support for Children,
Youth and Families in Peel Region**

416 410 8615

Operated by EveryMind and serving children and youth
(up to age 18) in Peel and their families.

Call any time of the day or night for
free and confidential support.

Tangerine

WALK-IN COUNSELLING

A free service for children, youth and families.

Tangerine Walk-In Counselling currently offers 45-minute phone consultations on Wednesdays and Thursdays.

Visit TangerineWalkIn.com or call 905 795 3530 for more information or to request an appointment.

Ce service est disponible en français à EveryMind les mercredis.

Learning Resources

AboutKidsHealth

Mental Health Learning Hub

This hub includes resources for parents on how to support your child's mental health and general well-being through physical activity, sleep and nutrition. It also provides information on the signs, symptoms and treatments of different mental health conditions, including anxiety, bipolar disorder, depression, behavioural disorders, anorexia nervosa and attention deficit hyperactivity disorder.

Access the hub here:

AboutKidsHealth.ca/mentalhealth



Taking Care of You

Caregiving can be overwhelming. The Ontario Caregiver Organization has a webpage dedicated to Mental Health Caregivers with free self-care webinars! Topics include:

- Do-It-Yourself Acupressure for Stress Relief
- Cultivating Mindfulness for Well-being Among Caregivers Caregiving Video Tips During COVID-19

Find the free webinars here:

OntarioCaregiver.ca/resources-education/mental-health-resources/

How to Get Involved with Peel Family Engagement

Your Experience and Perspective Can Make a Difference!

There are many ways to get involved depending on your availability and interests.

You can participate in Peel's Family Engagement work by:

- Sharing your perspective through surveys
- Attending online webinars and/or trainings
- Participating in in-person events like focus groups
- Writing or recording your personal story
- Participating in time-limited special projects
- Attending or leading family peer support groups
- Joining the Peel Family Engagement Advisory Committee

For more information, visit EveryMind.ca/family-engagement



Core Service Provider News

What's Happening in Peel's Child and Youth Mental Health System

- Peel Children's Centre and Nexus Youth Services have amalgamated and rebranded as EveryMind. For more information about EveryMind's services and role as Lead Agency for child and youth mental health services in Peel, visit EveryMind.ca
- Humphrey Mitchell, CEO of EveryMind, retired on September 30, 2020. EveryMind's new CEO is Ceri Harnden, who has been with the organization for more than 25 years.
- Tangerine Walk-In Counselling is offering 45-minute phone counselling sessions to support children, youth and families while offices remain closed due to COVID-19. For more information, visit TangerineWalkIn.com.
- Associated Youth Services of Peel (AYSP) and EveryMind have started offering online workshops, webinars and groups to support children, youth and families. Visit WhereToStart.ca to learn more and register online.
- In 2020, Peel Region's Core Service Providers launched an 8-week youth peer support pilot project for youth and young adults between the ages of 14 - 24. The program, which was facilitated online by youth/young adults with lived mental health experience, was well-received and findings and recommendations for next steps are being summarized. For more information, contact Omar Goodgame, Youth Engagement Coordinator, at youthengage@everymind.ca.
- Mental health services for children and youth are essential services, and all of Peel Region's Core Service Providers are continuing to offer online, phone and in-person services during COVID-19. For more information about services that can help you or your child, visit WhereToStart.ca.

Peel Region's Core Services Providers

