

ISSUE
02
PEEL
NEWSLETTER

Peel Family Engagement

For Child & Youth
Mental Health

IN THIS ISSUE

ENCOURAGEMENT AND WISDOM

From Family Voices in Peel

SELF-CARE SERIES: PART I

Getting started on the journey with
other families in Peel.

WHERE + HOW TO ACCESS

Child and Youth Mental Health
Services in Peel

LEARNING RESOURCES

Parenting Survival Guide & Online
Resources to help you and your
family

FAMILY ENGAGEMENT 101

& How to get involved!

NEWS AND UPDATES

From Peel's Core Service Providers

GET IN TOUCH! GET INVOLVED!

Peel Family Engagement

Email: FamilyEngage@EveryMind.ca

Website: EveryMind.ca/family-engagement



EveryMind

MENTAL
HEALTH
SERVICES
FOR YOU,
WITH YOU.

We hope you've been able to find moments of rest, reprieve and connection this summer and are ready for the cooler months ahead. This newsletter, co-created with Peel families, shares resources along with 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

how Family Engagement in child and youth mental health care benefits everyone 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 selected by families

Wall of Hard Earned Wisdom

Encouraging voices from families in Peel



*You're allowed
to feel sad*

-Erica, Brampton

**The mental
health of your
child does not
define you as a
parent.**

-Lisa, Mississauga

*You're doing your best,
you have done your
best, you will be okay.*


- Peel Family Engagement
Advisory Committee

*Don't wear
yourself out
taking care of
everyone else*

-Susan, Brampton

Let your
past make
you better
not bitter

-Shabina, Mississauga



Experts might be
experts in their field,
but you are the expert
about your child

-Anna, Brampton

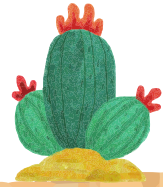
Do you have words of wisdom or encouragement
to share with other families who are on this
journey?

Write to us @ familyengage@everymind.ca
and we may feature it in our next issue!



SELF-CARE SERIES: PART I

Reflections on self-care from families in Peel



What does 'Self-Care' mean to you?

Self-care to me is taking the time away from all stressors, from whatever is challenging, to take care of me.

It is anything that I do for myself to ensure that I am okay physically and emotionally.

It is also important to remind myself: what works for one person does not necessarily work for everyone. I look for one thing that resonates and I try doing that for myself.

- Shared by Shabina, Family Advisor

What can it look like?

My first try at self-care was cutting a rose from my garden, putting it in a vase on my bedroom dresser, and smelling it when I passed by.

The intention of it was for me. This was during a time when I did nothing for myself. I didn't think of my needs but only everyone else's.

The concept was totally new and this act seemed small, short, maybe even insignificant, but it was very powerful because it started me on my journey of learning how to do self-care.

Being my first attempt, the success in it was also powerful.

It was successful because it was doable, pleasurable, and didn't take a lot of time or effort. I didn't feel overwhelmed by it, nor did I feel guilty doing it.

- Shared by Susan, Family Advisor



Share your reflections on self-care with us at:
familyengage@everymind.ca

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 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.

Crisis & Walk-In Services

For Children, Youth and Families in Peel



24.7 CRISIS SUPPORT

**One number.
All ages. In Peel.**

905-278-9036 | 1-888-811-2222

EveryMind has joined with **CMHA Peel Dufferin** to launch one phone number **905-278-9036** for all ages in Peel to get help in a crisis.

**Call us any time,
day or night**

EveryMind's crisis workers are here for you! Calling our old number? No worries, it still works.

**Do you or your child need to talk
to someone?**

Tangerine Walk-In Counselling
offers free 45-minute brief
consultations for Peel children,
youth and families – now with
expanded appointment availability
Monday to Friday

Click [here](#) to book your visit
Or go to:

www.tangerinewalkin.com/request-appointment

Tangerine
WALK-IN COUNSELLING

Operated by

 **EveryMind**

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.

Some topics being offered in Fall 2021 include:

- Building resilience
- Parent-child communication
- Gaming and Internet challenges
- Youth substance use
- Strategies for children with ADHD
- Fostering healthy attachment
- Dealing with family conflict
- Depression, anxiety and challenging behaviour
- Caregiver SOS
- Solo parenting



Visit [WhereToStart.ca](https://www.wheretostart.ca) or call 905-451-4655 to learn more and register.

Registrations for some of these online webinars, workshops and groups are limited.

What other topics would you like to see?

Write to us and let us know at:

familyengage@everymind.ca

Learning Resources

To help nurture your resilience

Parenting Survival Guide by Ann Douglas

Children's Mental Health Ontario (CMHO) has teamed up with author Ann Douglas to bring you What Every Parent Needs to Know About Caring for a Child with Mental Illness.

This guide focuses on you, the parents, with practical tips and information on how to prioritize your own wellness and start making things better for yourself and your family.

Find it here:

<https://www.family.cmho.org/parenting-survival-guide/>



Taking Care of You

BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry.

BounceBack® gives you access to materials and resources that can be customized to fit your needs. You will have access to workbooks, activities, videos, and a trained coach who can provide up to six telephone sessions.

Learn more here:

<https://bouncebackontario.ca/adults-19/>



Family Engagement 101 *

Understanding how your engagement makes a difference

WHAT ARE THE GOALS OF FAMILY ENGAGEMENT?

- To improve the quality of service for children/youth and families by ensuring that the policies and service design reflect families' needs and preferences.
- To provide opportunities for families to influence system change with their ideas, concerns and strategies to create more effective mental health care.

WHO BENEFITS FROM FAMILY ENGAGEMENT & HOW?

CHILDREN + YOUTH

- Increased stability of the family's living situation
- Reduced rates of relapse after treatment
- Improved outcomes resulting from treatment planning and service delivery that incorporates the family's lived experience and context

FAMILIES

- Reduced family member stress
- Increased family knowledge about child/youth mental health issues
- Increased feelings of confidence in families' ability to support their child/youth

CHILDREN + YOUTH MENTAL HEALTH AGENCIES

- Improved coordination, service delivery and outcomes resulting from shifting the view of care to incorporate the perspectives of families and children/youth
- Increased collaboration between service providers and family members in generating solutions to issues and problems

MENTAL HEALTH SYSTEM

- Improved system-level ability to respond to community need resulting from a clear understanding of child/youth's mental health from the perspective of families
- Increased awareness of child/youth mental health problems and reduced public stigma towards mental illness

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 events like focus groups
- Writing or recording your personal story
- Contributing to time-limited special projects
- Attending or leading family peer support groups
- Joining the Peel Family Engagement Advisory Committee

Get involved by visiting our webpage:

EveryMind.ca/family-engagement

to sign-up and select how you'd like to get involved!

or by writing to: familyengage@everymind.ca

Peel Core Service Provider News

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

Associated Youth Services of Peel (AYSP) is now offering free, online groups for parents and caregivers!

Group provides an opportunity to learn a variety of positive parenting skills that promote child/teen development and improve relationships. Visit AYSP's website at <https://www.aysp.ca> for more information on how to register for these Groups!

- **Triple P Groups** are 8-week evidence-based, educationally-focused groups for parents/caregivers of children and of teens.
- **Parent/Caregiver Beyond Barriers Group** is a 6 week group providing an opportunity for parents/caregivers to develop an understanding of their child/youth's sexual orientation and gender identity, and learn about 2SLGBTQ+ resources in Peel.

Respite Services Expansion at EveryMind

Caring for your child with mental health needs can be stressful and it may help to take a break. EveryMind offers Respite to look after your child so you get the break you need.

- EveryMind recently expanded our Respite program to meet the growing need for Respite during the pandemic.
- We added an additional site and staff to provide Respite now on Tuesday and Wednesday evenings, Saturdays and Sundays at both our Morgan House location in Brampton and our Caledon campus.
- This is a temporary service expansion until spring 2022, made possible with government funding related to COVID-19.
- If you feel that taking a break would help you and your child, please ask your clinician about Respite Services or call [WhereToStart.ca](https://www.wheretostart.ca) at 905-451-4655.

Peel Region's Core Services Providers



Associated Youth
Services of Peel | Les Services Associés
pour les Jeunes de Peel



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HEALTH
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FOR YOU,
WITH YOU.



Trillium
Health Partners
Better Together



William Osler
Health System
Going Beyond

Peel Core Service Provider News

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

24.7 Crisis Support – One number. All ages. In Peel. 905-278-9036 | 1-888-811-2222

In June, EveryMind and Canadian Mental Health Association (CMHA) Peel Dufferin launched one telephone number for Peel residents of all ages to call for 24/7 support in a mental health crisis.

- Calls from children/youth and their parents/caregivers continue to be connected to the Crisis Response team at EveryMind.
- This one number for all ages is a milestone in improving Peel's mental health services across the lifespan, from infants to seniors.

The Child & Adolescent Clinic at William Osler Health System (WOHS) continues to provide in-person and virtual services to child and adolescent individuals and their families living with / experiencing Mental Health.

- From the start of the pandemic, the clinic has provided over 6000 touch points, supporting children, adolescents and their families, and Osler continues to meet the Mental Health needs of the community alongside community partners.
- A referral is required through a family physician or Pediatrician office and can be sent to [WhereToStart.ca](https://www.wheretostart.ca) or the WOHS Centralized Intake Referral team @ 905-494-2120 ext 56709.

Ontario Perception of Care Survey at EveryMind

Many thanks to the clients and caregivers who participated in EveryMind's pilot testing of the feedback survey called the Ontario Perception of Care (OPOC) in May.

- EveryMind's survey involved active and recently discharged EveryMind clients ages 12 and up, and their caregivers.
- The survey feedback we received will help identify opportunities for improvement and celebrate areas of excellence in the organization so stay tuned, as there will be more information to follow!

Peel Region's Core Services Providers



Associated Youth
Services of Peel | Les Services Associés
pour les Jeunes de Peel



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William Osler
Health System
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Peel Core Service Provider News

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

EveryMind is preparing for accreditation in February 2022

Accreditation helps our agency learn and develop, while letting the public know we meet a range of quality and safety standards.

- Accreditation Canada, an independent organization, will identify what we are doing well and where there is room to improve.
- Client- and family-centred care is an important area of focus in accreditation. As such, some clients and families will be engaged as part of our accreditation review.
- EveryMind will share more information with clients and families as the accreditation date approaches.

Tangerine Walk-In Counselling has expanded its service schedule

Tangerine appointments are now available Monday to Friday in the morning, afternoon and evening (until 7 pm).

- While EveryMind encourages telephone and video Tangerine sessions to limit the spread of COVID-19, we recognize that some children and youth need in-person support. As such, limited in-person sessions are available based on clinical need. Please tell us when booking your appointment if you are requesting an in-person session.
- Visit <http://www.tangerinewalkin.com/request-appointment> or call 905-795-3530.

Mental health services for children and youth are essential services

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](https://www.wheretostart.ca).

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