

# LONDON FOR ALL

## A ROADMAP TO END POVERTY

## Early Learning & Education

### 6.4 Increase capacity of childcare sector to address mental health issues

#### **Local Youth Wellness Hub – Youth Opportunities Unlimited**

In February 2017, the Ontario government announced funding for integrated service hubs across the province to address gaps in the youth service system called Youth Wellness Hubs Ontario (YWHO). This initiative aims to bring the right services to youth (and their families) at the right time and in the right place. YWHO is a critical step toward improving Ontario's mental health and addiction services for youth and young adults by:

- Providing rapid access to easily identifiable mental health and substance use services with walk-in, low-barrier services and clear service pathways;
- Providing evidence-based interventions matched to individuals' level of need, and supported transitions to specialized care services when the severity of need is evident;
- Integrating mental health, substance use, primary care, vocational, housing and other support services into a one-stop-shop model of care offered in a youth-friendly space;
- Reducing transitions between services through co-location and shared services in a single place;
- Establishing common evaluation across sites; and
- Co-creating services with youth & families.

#### **Merrymount Family Support and Crisis Centre – Community Outreach**

Community Outreach provides community-based programming in cooperation with community groups, schools and social service agencies. Training sessions and special programs are available for community groups.

## **Ontario Centre of Excellence for Child and Youth Mental Health**

The Centre drives high-quality child and youth mental health services by setting the bar for excellence and collaborating with others to pursue continuous quality improvement. The Centre promotes evidence-informed service planning and delivery and supports practical research to close knowledge gaps that could get in the way of effective and accessible services. The Centre provides support to our local agencies and childcare providers.

## **Connecting Families to Well-Being: Creating a Culture for Learning**

In May 2018, Kings University College hosted its 3<sup>rd</sup> free mental health event, Connecting Families to Well-Being. This conference featured a keynote address from Dr. Colin King, director of the Child and Youth Development Centre at Western University. Attendees also had the opportunity to participate in workshops presented by experts from the school board and other community organizations. This event is sponsored by Thames Valley District School Board, the Thames Valley Parent Involvement Committee, King's University College and the Middlesex-London Health Unit.

## **Vanier Children's Services**

Vanier offers a range of services for infants, children and youth (up to 14 years old) and their families. The services are designed to offer support to families who have a child struggling with social, emotional, behavioural and mental health issues and are offered in London and in rural Middlesex communities (Strathroy, Parkhill, Glencoe, Dorchester and Lucan). Most of the services are supported through provincial funding and are offered at no cost to the family.

**Parent and Infant Relationship Clinic (PAIR):** Provides support and consultation around baby's emotional development. Counselling to parents and caregivers going through stressful times (for example, Post Partum Depression, anxiety, high conflict relationships, isolation, physical and mental health issues, high frustration). Information that will help you use your relationship as the most essential tool to help your baby's brain develop. As well, learn emotional co-regulation skills, and how to build a foundation for future healthy relationships. The PAIR program has been expanded beyond infant age and is now offered at all 7 Family Centres.

**School Community Intervention Partnership:** Vanier provides effective early intervention for children in the elementary school system experiencing difficulties in emotional and behavioural self-regulation. This program offers: consultation, intake and

assessment; case management and service coordination; parent / caregiver skill building, and support.

**Community Early Years Partnership - Middlesex-London Health Unit (MLHU)**

The purpose of the Community Early Years Partnership is to disseminate information about and promote optimal infant and early childhood development to healthcare providers, community partners, parents and caregivers. It also provides opportunities for agencies/organizations within London and Middlesex County to communicate, share resources, and collaborate at events for families with young children, ages birth to school entry.

**Strive** - *formerly Quality Child Care Coordinating Committee*) is a collaborative group of Child Care and Early Years Practitioners who support learning and development in order to enhance quality practice. Strive incorporates an equity lens and is available to all Child Care providers.

Strive is a responsive, community driven organization with an Advisory Committee that is tasked with ensuring that equity indicators are included in the expected practice of licensed Child Care and Family Centre networks and that the strategies and tactics are put into action. Members of the Advisory Committee represent the diversity and complexity of the Child Care and Early Years sector.

Strive leverages administrative support from a backbone organization; Childreach.