



Ontario Association of Young Parent Agencies

servir infants, children and young parents - together

l'Association Ontarienne des Agences pour Jeunes Parents

servir nourrissons, enfants et jeunes parents - ensemble

DECEMBER 2023

AT A GLANCE

- CMHO Conference
- Upcoming Ujima Training
- Resources
- Significant Dates
- Professional Development

What's New



CMHO 2023 - The theme for this year's "**Together for Tomorrow**" conference was Advancing quality, equity, and access in child and youth mental health. OAYPA presented the Ujima Project to a room full of child and youth mental health providers and leaders.

A few conference highlights:

- CMHOs [Youth Action Committee](#) offered a powerful Day 1 Keynote addressing and highlighting racial equity and how race affects mental health treatment and services for youth in Ontario. Their policy paper, [Adjusting the Spotlight: Re-Centering Neglected BIPOC Youth Voices Surrounding Mental Health](#), is an important read outlining youth's lived experiences with racial inequities and the role racism plays in accessing and receiving mental health services for BIPOC youth.
- Minister Tibollo opened Day 2 and spoke of the need to intervene and invest in early mental health.
- Dr. Chaya Kulkarni (IEMHP) offered the Day 2 keynote address and spoke of the critical importance of infant and early mental health:
 - "Infancy is low hanging fruit. If we invest and pay attention during those early years, we can change a child's life. We can completely alter their developmental trajectory; we can even mitigate mental health challenges just by paying attention to the first three years."
 - "Infancy is mental health under construction."
 - The importance of early attachment was illustrated with this [viral video](#) (a must watch and feel-good video!)



OAYPA members (L-R: Kathleen Cummings – St. Mary's Homes; Tamar Meyer – Abiona Centre; Gillian Thompson – SickKids; Jane Kenny – Rosalie Hall) had the opportunity to attend this year's Children's Mental Health Ontario (CMHO) Conference.

Upcoming Ujima Training

Baby Love Training - Jan 12, 15 and 19, 2023 - FREE!

Through Ujima funding, Baby Love Training is available to OAYPA staff. This is a **3 day, virtual** training. If interested, please complete this form – <https://forms.office.com/r/AUjYkNwekV>

Please note that staff participating in this training should be able to actively implement Baby Love in their agency. There is a reporting requirement to the Ujima project as well as a pre/post survey requirement by all Baby Love participants.

ASQ/ DSP Training - January 2023 - FREE!

We are opening registration for OAYPA agency staff to be trained in ASQ/DSP through [IEMHP](#). Dates are below. Please note, participation is not guaranteed and will be based on number of staff names submitted.

Orientation: Jan 9 1:00 - 1:30

ASQ Coaching: Jan 16 2:00 - 3:30, Jan 18 9:00 - 10:30

DSP Coaching: Jan 23 9:00 - 10:30, Jan 25 2:00 - 3:30

Implementation: Jan 30 9:00 - 10:30

Please contact Bev at bmackillop@Abionacentre.ca for more information.

Get Involved!



HEADS-ED Info Session

We will be holding a meeting with interested agencies to learn more about the HEADS-ED [screening tool](#) and its implementation in young parent and infant agencies. Please contact

bmackillop@Abonacentre.ca if you would like to attend.

PHAC Funding

If you are funded by PHAC/CAPC and are interested in participating in a joint PHAC funding proposal for OAYPA 2024, please contact Kathleen Cummings, St. Mary's Home - kathleencummings@stmaryshome.com

Resources



[16 Days of Activism Against Gender-based Violence](#) is an annual international campaign that begins on November 25, the International Day for the Elimination of Violence Against Women, and goes until December 10, Human Rights Day. This campaign started in 1991 to call out and speak up on gender-based violence, and to renew our commitment to ending violence against women, girls, and 2SLGBTQI+ individuals.

[Early Childhood Heath: "What We Heard"](#): The Mental Health Commission of Canada's (MHCC's) 2019-2021 mandate from Health Canada identified early childhood mental health as a new priority area. While new for the MHCC, many organizations have been working in this area for decades. By reaching out to those involved in the system, the MHCC's Mental Health Advancement team conducted an initial "listening phase" between April and November 2019 to better understand early childhood mental health in Canada.

Significant Dates



Nov 25 - Dec 10 - [16 Days of Activism Against Gender Violence](#)

Dec 6 - [National Day of Remembrance and Action on Violence Against Women](#)

Dec 10 - [Human Rights Day](#)

Professional Development

December

Please share these opportunities with your teams! If you would like to have relevant trainings/webinars shared with your managers directly, please send name and email to Tamar to be included on a separate mailing list.

Access for All Families to Communication Development Services: Focus on Equity, Mental Health and Trauma - Empowered Kids Ontario, George Hull, SickKids, OAYPA

- Part 1 (Nov 14, 2023) Access recording [here](#)
- Part 2 (Nov 28, 2023) Access recording [here](#)

SickKids Provincial Education Sessions

Past Sessions

- **Attention-Deficit Hyperactivity Disorder (ADHD)** Nov 28: Access recording [here](#) (Passcode: @p3+^Qv@)

Upcoming Sessions

- Dec 12 - Screen Time and Digital Media: the Good, the Bad, the Ugly and How to Have a Healthier Relationship with Screens” presented by Dr. Michael Cheng 1:00pm - 2:30pm Register [here](#)
- Jan 17 - Managing Psychosis in Teens - Register [here](#)
- Jan 24 - Suicide Risk Assessment - Register [here](#)
- Feb 13 - Nutrition and Mental Health - Register [here](#)
- Feb 27 - Grief/Bereavement - Register [here](#)
- Mar 12 - Pornography/Sexual Curiosity - Register [here](#)
- Mar 26 - Supporting Newcomers in Mental Health - Register [here](#)

Child and Parent Resource Institute - Trauma Informed Care

Leadership Webinar: *Building a Culture of Safety Using Trauma Informed Approaches* Access webinar [here](#). The Leadership Workshop is a prerequisite to the [general staff training](#). Understanding what it means to build a culture of safety is the first step to organizational change.

Staff learning modules: *Building a Culture of Safety Using Trauma-Informed Approaches*

The following links will take you to a pre-survey. Once completed, you will be taken to a page with the link to the e-module. Access the staff webinars here: [Module 1](#), [Module 2](#), [Module 3](#)