



**Ontario Association of Young Parent Agencies**

*serving infants, children and young parents - together*

**l'Association Ontarienne des Agences pour Jeunes Parents**

*servir nourrissons, enfants et jeunes parents - ensemble*

## OCTOBER 2024

### AT A GLANCE

- **Member Update**
- **Policy Paper Update**
- **Canadian Alliance to End Homelessness Letter Campaign**
- **EKO Spring Symposium**
- **CMHO Conference Registration**
- **Tragic Data Obtained by Global**
- **Resources**
- **Significant Dates**
- **Professional Development**

## Member Update

It is with mixed emotions that we announce that Suzanne Flier, Executive Director, Fresh Start Support Services, will be leaving at the end of October. Suzanne will be returning to her profession as an anesthesiologist. While we are sad to see her go, we are incredibly grateful for her contributions, insights, and expertise. Her contribution to the OAYPA Policy Paper Working Group was instrumental in the production of a robust Policy Paper that positions our agencies as critical providers of unique programs and services that support young families and their infants and children in Ontario. Suzanne's impact on the Young Parent and Infant sector, as well as the Ontario Association of Young Parent Agencies, has been significant, and her absence will be deeply felt. Please join us in expressing our appreciation and wishing her all the best in her future endeavors.

## OAYPA Policy Paper - Update

As you know, the OAYPA Policy Paper Working Group has been collaborating with Wilfred Laurier University's researcher Melody Morton Ninomiya and her team to create a detailed and structured analysis of our programs and services. The Working Group met with representatives from Empowered Kids Ontario and Children's Mental Health Ontario to solicit feedback from them about the recommendations to ensure that this paper will meet the advocacy objectives we are trying to achieve. We hope to have a draft Policy Paper to share with you in mid-October.

## Get Involved

## **Canadian Alliance to End Homelessness**

Parliament is back in session and, right now, MPs are listening to voters as they determine their priorities for the next few months and for the upcoming elections. With the NDP recently ending its agreement with the Liberals and the Conservatives looking to call a non-confidence vote at the earliest possible moment, an election could be right around the corner. Right now, politicians are gathering again in Ottawa and are mapping out the year ahead.

**MPs of all political stripes are listening to what voters have to say.** Maggie Rodrigues, Government Relations Lead, Canadian Alliance to End Homelessness, suggests that people **send them a very clear message: we want more affordable housing and an end to the homelessness that is devastating the country.**

They've created an easy-to-use tool that lets you send a pre-written message to your MP in a few seconds. You can also make it a more personalized message for a greater impact.

Maggie Rodrigues asks that you take a few seconds right now to send a message to your MP, to Prime Minister Justin Trudeau, Housing Minister Sean Fraser and Opposition Party Leaders. [Click here](#) to demand that housing and homelessness be at the top of the parliamentary agenda for the fall and in the upcoming elections.

## **EKO Spring Symposium – April 15 – 17, 2025 at the Sheraton Centre Toronto**

**Abstract submission for posters and presentations at the EKO Spring Symposium 2025 is now open!**

The EKO Spring Symposium 2025 is where our members and stakeholders come together to celebrate and share insights, research findings, and data to elevate clinical practice, programs, and corporate services—ultimately improving experiences and outcomes so kids with disabilities and developmental differences live their best lives. EKO invites you to submit your abstracts for concurrent session presentations and the poster presentation. Join our faculty and present a poster or a concurrent session.

**Submission Closing Date: October 11, 2024**

**Guidelines:** Please read the [Abstract Submission Guidelines](#) before you start your submission.

**Notification of Acceptance:** Starting December 16, 2024

For more information about the EKO Spring Symposium 2025, go to their website: [empoweredkidsontario.ca](https://empoweredkidsontario.ca)

# What's New

**CMHO Conference: [REGISTRATION HERE](#)**

CMHO is thrilled to welcome everyone back to North America's largest child and youth mental health and addictions conference from **November 18 to 19, 2024!** With a goal of better outcomes, advancing equity, and building a stronger child and youth mental health and addictions system, the conference

convenes leaders with a shared goal of improving the health and well-being of young people and their families, including youth and families with lived expertise. The 2024 CMHO Conference provides an opportunity to highlight innovative and evidence-based practices, share knowledge and experience, and build on our collective efforts to prioritize improving outcomes for infants, children, youth, and families.

### **Tragic data obtained by Global news using freedom of information laws.**

- Every three days, a child who has been involved with Ontario's care system dies.
- Global News tracked the deaths of 354 children between 2020-22 under the government's care.

More info: <https://globalnews.ca/news/10735101/ontario-child-care-system-deaths/>

This information highlights the enhanced role our agency and sector can play to support child welfare reform and collaborating w/ child welfare agencies to provide high quality, culturally appropriate and responsive community-based services with a focus on prevention and early intervention.

## Resources



**Compensation in the Nonprofit Sector: Highlights from the 2024 Canadian Nonprofit Sector Salary & Benefits Report:** the webinar recording, presentation slides, and resource links are available [here](#)

### **Hanen Resource – Four Common Myths about Early Literacy**

As educators and other early childhood professionals ease into a new school year, they may encounter misconceptions around early literacy and what children need to be prepared for reading and writing. Hanen has compiled a few common myths that might get in the way of supporting young children's literacy most effectively, along with helpful links to support children's learning. Access this resource [here](#).

### **Canadian Centre for Diversity and Inclusion**

This toolkit includes a wide range of resources and best practices for every stage of the hiring process, from the point of candidate interest to the final hiring decision. It also provides tips for overcoming unconscious bias, creating inclusive job descriptions, and improving candidate outreach. It is intended to be useful for anyone involved in the hiring process, from human resource professionals to hiring managers. At the end of each section, you will find a summary of key learnings, reflection questions, and helpful resources. Access this resource [here](#).

## Significant Dates



October [Women's History Month](#)

October 4 [National Day of Action for Missing and Murdered Indigenous Women and Girls](#)

October 5 [World Teachers' Day](#)

October 11 [International Day of the Girl Child](#)

October 14 [Thanksgiving](#)

October 18 [Person's Day](#)

October 27 [Dress Purple Day](#)

## Professional Development

### **SickKids Education Session**

October 8, 2024, 12:30 pm – 2:00 pm [Register Here](#)

Eating Disorders presented by Dr. Arfeen Malick

October 22, 2024 12:30 pm – 2:00 pm [Register Here](#)

Somatic Symptom and Related Disorders – When Youth Feel Their Pain presented by Dr. Monidipa Ravi

*Learning objectives:*

Participants will be able to:

1. List the somatic symptom and related disorders, including conversion disorder
2. Identify key factors that distinguish these conditions
3. Develop an approach to managing these conditions
4. Gain an understanding of how to support youth and families with these conditions

### **List of Tele-Mental Health Services Education Session Dates**

Below are the confirmed dates and topics for the 2024-2025 academic year. ***Registration links and session details will be forwarded as they become available.***

<u>TOPIC</u>	<u>PRESENTER</u>	<u>DATE</u>	<u>TIME</u>
<u>Eating Disorders</u>	<u>Dr. Arfeen Malick</u>	<u>Oct 8, 2024</u>	<u>12:30 – 2:00pm</u>
<u>Conversion Disorders / Somatization</u>	<u>Dr. Moni Ravi</u>	<u>Oct 22, 2024</u>	<u>1:00 – 2:30pm</u>
<u>Providing Affirming Care for Gender Diverse Children and Youth</u>	<u>Cathy Maser, NP</u>	<u>Nov 5, 2024</u>	<u>1:00 – 2:30pm</u>
<u>Personality Disorder</u>	<u>Dr. Susan Dundas</u>	<u>Nov 19, 2024</u>	<u>1:00 – 2:30pm</u>
<u>CBT/DBT and Teaching Validation Skills for Parents and Clients</u>	<u>Janine Lawford, SW</u>	<u>Dec 3, 2024</u>	<u>1:00 – 2:30pm</u>
<u>ADHD</u>	<u>Dr. Marina Moharib</u>	<u>Dec 17, 2024</u>	<u>1:00 – 2:30pm</u>
<u>Youth in Conflict with the Law</u>	<u>Dr. Jenn Felsher</u>	<u>Jan 14, 2025</u>	<u>1:00 – 2:30pm</u>
<u>FASD</u>	<u>Dr. Cecilia Marino</u>	<u>Jan 28, 2024</u>	<u>1:00 – 2:30pm</u>
<u>Youth and the Opioid Crisis</u>	<u>Dr. Tea Rosic</u>	<u>Feb 11, 2024</u>	<u>1:00 – 2:30pm</u>
<u>Pharmacology</u>	<u>Dr. Cecilia Marino</u>	<u>Feb 25, 2024</u>	<u>1:00 – 2:30pm</u>
<u>Trauma Part 1</u>	<u>Dr. Susan Dundas and Janine Lawford, SW</u>	<u>Mar 25, 2024</u>	<u>1:00 – 2:30pm</u>
<u>Trauma Part 2</u>	<u>Dr. Susan Dundas Janine Lawford,</u>	<u>Apr 1, 2024</u>	<u>1:00 – 2:30pm</u>
<u>Supporting Indigenous Youth Accessing Care Part 1</u>	<u>Dr. Deb Denard</u>	<u>Apr 15, 2024</u>	<u>1:00 – 2:30pm</u>
<u>Creating Safer Spaces for 2SLGBTQ+ Clients and Families</u>	<u>Cathy Maser, NP</u>	<u>Jun 10, 2024</u>	<u>1:00 – 2:30pm</u>

**CYMH Training: Eating Disorders Ontario (EDO)**

**WHAT: Two-Day** EDO-Hosted Clinical teaching on eating disorders facilitated by Dr. Wendy Spettigue MD, FRCPD, CHEO Ottawa

- Participants will learn about:
- The negative emotions that trigger and fuel an eating disorder
- The risk factors including stressors that increase the likelihood of youth developing an eating disorder The dangers of dieting and ways to recognize early warning signs
- The crucial role of nutrition in mental health
- The concept of healthy weight and set point, and what “healthy eating” should look like for an adolescent
- The medical and psychological side effects of insufficient nutrition in young people
- Tips for doing a mental health assessment of a young person who may have an eating disorder Guidelines on the treatment of eating disorders
- Ways to support and care for youth with eating disorders in a community setting including the role of the mental health provider
- The role of the family in the treatment of youth with eating disorders
- Recommended resources for families and counsellors

This session is for:

- Child and adolescent mental health clinicians and counsellors working outside of the specialized eating disorder programs
- New hires who have recently joined your specialized eating disorder programs (orientation to EDs ahead of their FBT training)

#### **WHEN:**

**October 31, 2024: 1:00pm – 4:00 pm**

- Understanding Eating Disorders
- Assessment of Youth with Eating Disorders

**Nov 1, 2024: 9:00 am – 11:30 am**

- Treating Adolescents with Eating Disorders in the Community
- Working with Families

**Nov 1, 2024: 1:00 pm – 4:00 pm**

- Case examples
- Q&A and discussion

To register, send your name and email address to [events@eatingdisordersontario.ca](mailto:events@eatingdisordersontario.ca).

#### **Charity Village eLearning Series**

Charity Village eLearning is a series of self-paced, web-based courses offering practical, high-quality training in the fundamentals. With access to an extensive selection of online courses, you can pick and choose the ones that align with your goals. There is a moderate fee for each course. For more information and to browse their courses, click [here](#).

#### **Child and Youth Mental Health and First Nations, Inuit and Métis Wellness**

ECHO Ontario Child and Youth Mental Health, in partnership with ECHO Ontario First Nations, Inuit and Métis Wellness, is offering a Special Interest Session on Child and Youth Mental Health in the First Nations, Inuit and Métis communities on October 10, 2024. This session will focus on wholistic support for these individuals and guidance for their service providers. An Illustrative case presented by a

participant will be discussed. This specific ECHO session will run for **2 hours** and include a de-identified case presentation from a participant from within their own practice.

**Traditional Indigenous Healing Modalities for Indigenous Youth** [Register Here](#)

Presented by: Nicholas Deleary, Cultural Care Practitioner, CAMH

**Date:** Thursday, October 10, 2024

**Time:** 12:00 pm - 2:00 pm EST

**Learning Objectives:**

- The learner will come to appreciate another way of seeing the world - a comprehensive wholistic science.
- We will explore the implications of wholistic approaches of youth mental health and addictions

[Click Here for More Information](#)