



Practice Change Champions (PCC)

Working With Challenging Behaviours: Supporting Front-Line Service Providers

Resource Packet



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Introduction

The Infant and Early Childhood Mental Health Education and Awareness (IECMH-EA) Task Group aims to create consistent messaging surrounding infant and early childhood mental health inclusive of prenatal and perinatal phases, family, the greater community, and culture. Primary areas of focus include:

- temperament;
- self-regulation;
- sense of agency;
- brain development;
- resiliency; and
- attachment.



This endeavour led to the establishment of Practice Change Champions (PCC). PCC is an initiative seeking to provide resources and education for professionals working with young children, their families and communities, on promotion and prevention, to strengthen overall professional capacity, and build community awareness on the importance of mental health in the early years.

IECMH-EA would like to thank you for participating in the PCC discussion group. We recognize and applaud your commitment to quality standards of practice within child focused sectors through your engagement in continuous professional development opportunities.

This resource has been prepared to support your practice and IECMH-EA hopes to see you at our next event.

For more information on Practice Change Champions, please visit the [Ottawa Child & Youth Initiative website](#).



Working With Challenging Behaviours		
Title	Details	Cost
Dr. Jean Clinton: Lending Your Calm (4 min)	Video: www.youtube.com/watch?v=r0mT1DASxE	N/A
<i>Love Build Brains</i> by Jean Clinton	Book: https://drjeanclinton.com/book/	~\$30
<i>Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life</i> by Stuart Shanker	Book: https://shop.self-reg.ca/collections/all/products/self-reg-how-to-help-your-child-and-you-break-the-stress-cycle-and-successfully-engage-with-life	~\$20
Infant and Early Mental Health Promotion (IEMHP) Resource Page	https://www.imhpromotion.ca/Resources	N/A
Zero to Three	www.zerotothree.org	N/A
Developing Child from Harvard	www.developingchild.harvard.edu	N/A
Collaborative Problem Solving	www.thinkkids.org	N/A
Still Face Experiment Video (3 min)	Video: www.youtube.com/watch?v=leHcsFqK7So	N/A
It's not about the nail (2 min)	Video: www.youtube.com/watch?v=-4EDhdAHRoQ	N/A

Local Services Supporting Families	
Name of Entity	Details
1Call1Click	1Call1Click.ca is here to help children, youth (0-21 years) and families connect with the right mental health and addiction services and care when they need it.
211 Ontario	211 Ontario provides information about community and social services in the province of Ontario.



<u>Attachment Consultation and Education Service (ACES)</u>	<p>A clinic that supports children and youth up to 18 who are suspected of having an attachment disturbance or disorder.</p>
<u>Best Start Resource Centre: Ontario's Maternal Newborn and Early Child Development Resource Centre (Best Start)</u>	<p>Best Start is a bilingual health promotion organization that works with diverse partners to build healthy, equitable and thriving communities. It supports service providers who work in preconception health, prenatal health and early child development.</p>
<u>Centre D'Appui et de Prévention (CAP)</u>	<p>The CAP offers mental health services, addiction services, and other therapeutic services to francophone individuals and families in Ontario. Children and youth remain at the heart of their mission.</p>
<u>Community Navigation of Eastern Ontario (CNEO)</u>	<p>Formerly known as the Community Information Centre of Ottawa (CICO), the CNEO is a non-profit, bilingual organization that helps to connect people through mediated access to community, social, health and governmental services in their community.</p>
<u>Counselling Connect</u>	<p>Counselling Connect provides quick access to a free phone or video counselling session, available in English and French. This service is for everyone: children, youth, adults and families in Ottawa and the surrounding area. There is no waiting list.</p>
<u>Crossroads: Children's Mental Health Centre</u>	<p>Crossroads Children's Mental Health Centre is a leader in developing and delivering a range of individualized mental health services solely for children under the age of 12 and their loved ones.</p>
<u>Ontario EarlyON and Family Centre Portal</u>	<p>EarlyON Child and Family Centres offer free, high-quality programs for Ontario families and children from birth to 6 years old. This virtual directory supports those seeking to identify a centre.</p>
<u>Ottawa Based Community and Health Resource Centres</u>	<p>The Community Health and Resource Centre supports the Ottawa community in locating the community centre within their residential neighbourhood.</p>
<u>Parent Resource Centre (PRC)</u>	<p>The PRC helps build confidence, resilient families by providing engaging high-quality programs, a wide variety of social services and supportive resources for children, youth, parents and caregivers.</p>
<u>Parenting in Ottawa</u>	<p>Created by Ottawa Public Health (OPH) and other community partners, Parenting in Ottawa was designed to ease parenting by sharing a wide variety of information related to caregiving.</p>



Pause. Moments Matter in the Life of a Child	<p>The Pause. Moments Matter in the Life of a Child Campaign was created by the Infant and Early Childhood Mental Health (IECMH) Initiative to raise awareness about the importance of infant and early childhood mental health.</p>
Pleo	<p>Pleo’s mission is to foster positive outcomes for families with children to age 25 facing mental health challenges by providing family peer support and by amplifying the family voice for system change.</p>
Vanier Children’s Mental Wellness	<p>The Vanier Children’s Mental Wellness is a charitable organization that offers assessment and treatment for infants, children, youth and their families to support their challenges and to promote wellness.</p>
Wabano Centre for Aboriginal Health	<p>The Wabano Centre for Aboriginal Health offers support to the members of Ottawa’s Indigenous community through the provision of healthcare, mental health programs, cultural events, classes, and other collaborations with local social service providers.</p>

National Services Supporting Families	
Name of Entity	Details
Anxiety Canada	<p>Anxiety Canada’s mission is to reduce the barrier of anxiety so Canadians can live the life they want. Offering trusted resources and programs to help people better understand and manage anxiety—and find the relief they need.</p>
Child Welfare League of Canada (CWLC)	<p>A membership based charitable organization dedicated to promoting the safety and wellbeing of young people and their families, especially those who are vulnerable and marginalized.</p>
Infant and Early Mental Health Promotion (IEMHP)	<p>The IEMHP is an organization which improves outcomes across the lifespan through translating and promoting the science of early mental health into practice with families during pregnancy, infancy, and early childhood.</p>
Psychology Canada, Strong Minds Strong Kids	<p>Strong Minds Strong Kids, Psychology Canada is committed to promoting the mental well-being of children and youth in Canada through the promotion of resilience.</p>



Public Health Agency of Canada: Social Determinants of Health	The social determinants of health influence the health of populations and include social support networks, education, healthy child development, culture, and others.
The Attachment Network of Manitoba	The Attachment Network of Manitoba provides information on caregiver/child attachment, research, resources, training and workshops.

Free Educational Resources	
Name of Entity	Details
Alberta Family Wellness Initiative (AFWI) Resource Library	Resources from leading experts on the science of early brain development and its connection to mental health, including addiction.
Best Start, Healthy Baby Healthy Brain	A video series created by Best Start.
Childcare Resource and Research Unit: Childcare Canada	A resource-based website that focuses on early childhood education and care, family policy and social issues.
Encyclopedia on Early Childhood Development	The most up-to-date scientific knowledge on early childhood development, from conception to age five.
Harvard University, Center on the Developing Child	The Centre on the Developing Child is a multidisciplinary team committed to driving science-based innovation in policy and practice.
National Association for the Education of Young Children (NAEYC)	The NAEYC promotes high-quality learning by connecting practice, policy, and research.
York University, The Infant and Child Mental Health Lab	The Infant and Child Mental Health Lab presents their research which focuses on the well-being and optimal development of infants, children, youth and their parents.