

Practice Change Champions (PCC)

Rewiring: From Reactivity to Responsibility, A Workshop for Caregiving Professionals

Resource Packet

The following packet contains resources relevant to the Practice Change Champion Compassion Fatigue session virtually held on February 28th, 2023. Included are additional professional development opportunities, resources, a directory of local and national services supporting families, books surrounding Compassion Fatigue, and supplemental academic and educational resources free of financial barriers.



TABLE OF CONTENTS

Introduction	3
Resources for Working Through Compassion Fatigue	4
Compassion Fatigue Resources	4
Local Services Supporting Caregiver Professionals	5
National Services Supporting Caregiver Professionals	6

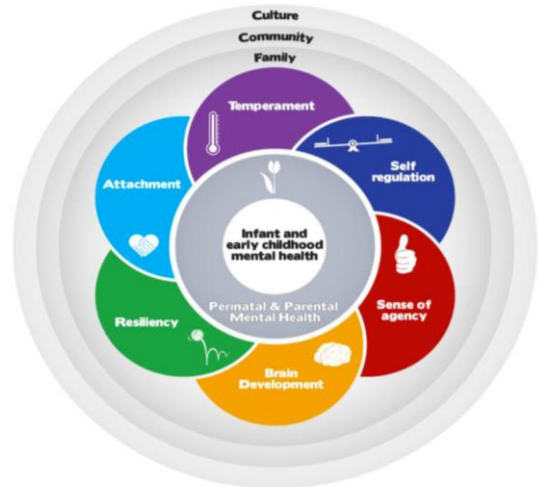
*“Ensuring all children and youth in
Ottawa can reach their full potential and grow up great”*



Introduction

The Infant and Early Childhood Mental Health (IECMH) Education and Awareness 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 would like to thank you for participating in the Practice Change Champions attachment 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 hopes to see you at our next event.

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



Resources for Working Through Compassion Fatigue		
Title	Type of Learning	Cost
Cultivation Therapy Services	Wellness Programs	Yes
Free Meditations	Audio Meditations	N/A
Check with your employer about your employee assistance program benefits		N/A

Compassion Fatigue Resources	
Title	Type of Learning
Compassion Fatigue: What is it and do you have it? TEDTalk by: Juliette Watt	Youtube video
Self-Care Tips for Family Services Professionals and Home Visitors	Online resource
Re-train Your Brain With Self-Care TEDTalk by: Dima Abou Chaaban	Youtube video
Preventing Compassion Fatigue: Caring For Yourself	Online Resource (NAEYC)
Self-Care at Work With Dr. Jean Clinton By: Dr. Jean Clinton	Youtube video
Dr. Jean Clinton- ECE event (Algonquin College)	Youtube video
Elizabeth A. Stanley - Widen the Window: Training Your Brain and Body to Thrive During Stress and Recover from Trauma	Book
Rick Hansen - Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence	Book
David A. Treleaven - Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing	Book
Russel Kennedy - Anxiety Rx	Book



Tina H. Boogren - 180 Day's of Self-Care for Busy Educators (A 36-week Plan of Low-Cost Self-Care for Teachers and Educators).	Book
Steve Geoffrion, Carlo Morselli, & Stephane Guay - Rethinking Compassion Fatigue Through the Lens of Professional Identity: The Case of Child Protection Workers	Academic Journal

Local Services Supporting Caregiver Professionals	
Name of Entity	Details
211 CNEO	211/Community Navigation of Eastern Ontario provides information about community and social services.
Counselling Connect	Provides free mental health counselling through the phone or video call for all.
The Distress Centre of Ottawa	Provides immediate mental health support to individuals in immediate need of support or assistance.
Centre D'Appui et de Prévention (CAP)	Le 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.
Ottawa Based Community and Health Resource Centres	The Community Health and Resource Centre supports the Ottawa community in locating the community centre within their residential neighbourhood.
Wabano Centre for Aboriginal Health	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.
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. .



National Services Supporting Caregiver Professionals	
Name of Entity	Details
People Connect	Educators' Mental Health Resource Centre, for RECE's who are registered with the College of Early Childhood Educators. Provides mental health support and tips for maintaining optimal well-being as professionals. Included with yearly fees.
Wellness Together Canada	On demand wellness services, created due to Covid-19 and its impacts on mental health. Offers online support through online wellness information, to one-on-one support through counselling services. Using various different organizations, they provide support when you need it and how you need it.