

Practice Change Champions (PCC): “Diversity, Equity and Inclusion (DEI) from the Inside Out” Resource Packet

The following packet contains resources relevant to the Practice Change Champion session virtually held on Wednesday, November 15, 2023, facilitated by Glory Ressler. Hosted by Ottawa Child & Youth Initiative’s Infant & Early Childhood Mental Health-Education & Awareness Task Group

OCYI’s vision:

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

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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 about Diversity, Equity & Inclusion		
Title	Type of Learning	Cost
Canadian Mothercraft Society's Diversity, Equity and Inclusion Action Plan (2022-2031)	Article	n/a
Implementing a comprehensive Diversity, Equity and Inclusion plan across multi-sites Glory Ressler	YouTube Video	n/a
Subtle Acts Of Exclusion: How To Understand, Identify, And Stop Microaggressions by Tiffany Jana and Michael Baran	Book	~\$25

Local Services	
Name of Entity	Details
211 CNEO	211/Community Navigation of Eastern Ontario provides information about community and social services.
Parent Resource Centre	A city-wide hub, offering early and middle years services for children, and specialized supports for parents and caregivers. As a natural extension of services, also develop targeted training for community professionals and service providers who work directly with children and families.
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.
Crossroads Children's Mental Health Centre	Crossroads Children's Mental Health Centre is Ottawa's community leader in developing and delivering a range of individualized mental health services solely for children under the age of 12 and their families.
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.
Parenting in Ottawa	Parenting resources from Ottawa Public Health. Includes a website as well as social media pages
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.



Inuuqatigiit Centre for Inuit Children, Youth and Families	<p>A multi-service Inuit organization that provides cultural, educational, recreational and social support services to children, youth and families of Ottawa’s growing Inuit community. The centre serves as a major hub of early years and youth services for Inuit families in Ottawa.</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>
1Call1Click	<p>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.</p>

Ontario or 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	<p>The social determinants of health influence the health of populations and include social support networks, education, healthy child development, culture, and others.</p>
The Attachment Network of Manitoba	<p>The Attachment Network of Manitoba provides information on caregiver/child attachment, research, resources, training, and workshops.</p>