

Practice Change Champions (PCC): “Newcomer Mental Health” Resource Packet

The following packet contains resources relevant to the Practice Change Champion session virtually held on May 1, 2024, facilitated by Azaad Kassam.
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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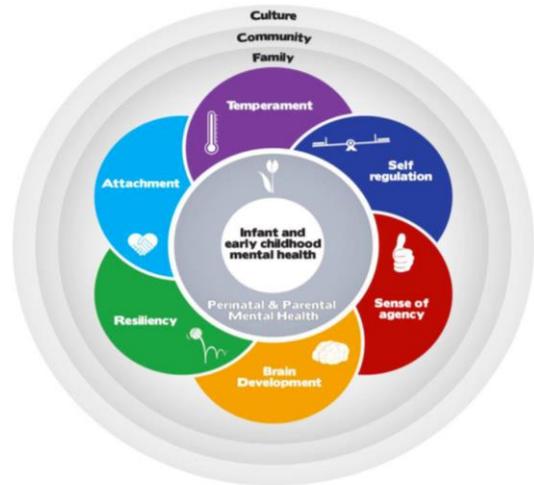
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Introduction

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 Newcomer Mental Health		
Title	Type of Learning	Cost
Fostering Refugee and Other Migrant Resilience through Empowerment, Pluralism, and Collaboration in Mental Health by Azaad Kassam, Olivia Magwood, and Kevin Pottie	Article	N/A
Refugee by Alan Gratz	Book	~\$25
Addressing trauma in collaborative mental health care for refugee children by Cécile Rousseau, Toby Measham, and Lucie Nadeau	Research Article	N/A
The Mental Health of Aboriginal Peoples: Transformations of Identity and Community by Laurence J Kirmayer, Gregory M Brass, Caroline L Tait	Research Article	N/A
CMASCanada.ca <ul style="list-style-type: none"> • Growing Up in a New Land • Caring for Syrian Refugee Children: English and French • Webinar series: Understanding and Guiding Children's Behaviour <ul style="list-style-type: none"> ○ Module 1 ○ Module 2 ○ Module 3 • Play Across Cultures: English and French • Supporting the Settlement of Young Immigrant Children and Their Families by Julie Dotsch (a handbook) 	Website with articles, resources, and workshops for educators and families	N/A
Roots And Wings, Revised Edition: Affirming Culture In Early Childhood Programs by Stacey York	Book	~\$50
Canadian Multicultural-themed Books for Kids	List	N/A

Local Services	
Name of Entity	Details
Ottawa Community Immigrant Services Organization (OCISO)	The Ottawa Community Immigrant Services Organization (OCISO) directly serves about 10,000 immigrants and refugees every year. Four locations in Ottawa (central, south, and east). Multi-faceted programs and services are delivered in over 50 languages to clients from 120 countries by OCISO's team of knowledgeable, skilled and professional staff.



<u>Ottawa Local Immigration Partnership (OLIP)</u>	<p>The Ottawa Local Immigration Partnership (OLIP) is a multi-sectoral partnership involving 80 local organizations working on a shared vision and common priorities designed to build local capacity to attract, settle, and integrate immigrants</p>
<u>Jewish Family Services (JFS) Ottawa-Settlement Services</u>	<p>To make things a little easier, JFS offers our multi-lingual Settlement Services to all newcomers, no matter cultural, ethnic and linguistic backgrounds. From how to prepare first Canadian tax return to citizenship test prep to supporting mental well-being, JFS wants to help make the Ottawa area home for all.</p>
<u>Catholic Centre for Immigrants Ottawa</u>	<p>CCI has been helping newcomers to Ottawa settle and integrate into their new community for more than 65 years.</p>
<u>Conseil Économique Social d'Ottawa-Carleton (CÉSOC)</u>	<p>Le Conseil Économique et Social d'Ottawa Carleton (CÉSOC) est un organisme corporatif sans but lucratif qui vise à promouvoir la diversité de la communauté francophone dans l'Est de l'Ontario, plus précisément dans la région d'Ottawa. <u>Le Programme d'aide à la réinstallation des réfugiés (PAR)</u> est là pour aider les réfugiés parrainés par le gouvernement fédéral dans leur processus d'installation au Canada.</p>
<u>OCDSB Family Reception Centre</u>	<p>The Family Reception Centre is here to welcome families to the OCDSB. Registering a child for school is an important step to help adjust to a new life in Canada.</p>
<u>OCSB Family Welcome Centre</u>	<p>The Ottawa Catholic School Board's Family Welcome Centre is here to provide support and information to newcomer students and families of all faiths to help them transition smoothly into OCSB's school community.</p>
<u>CECCE:Familles nouvellement arrives au Canada</u>	<p>Le CECCE propose plusieurs programmes de soutien aux étudiants nouveaux arrivants</p>
<u>CEPEO: Familles nouvellement arrivées au Canada</u>	<p>Le CEPEO propose plusieurs programmes de soutien aux étudiants nouveaux arrivants</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>1Call1Click</u>	<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>
<u>211 CNEO</u>	<p>211/Community Navigation of Eastern Ontario provides information about community and social services.</p>



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
Inuuqatigiit Centre for Inuit Children, Youth and Families	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.
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.

Ontario or National Services Supporting Families	
Name of Entity	Details
Anxiety Canada	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.
Child Welfare League of Canada (CWLC)	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.
<u>Infant and Early Mental Health Promotion (IEMHP)</u>	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.
<u>Psychology Canada. Strong Minds Strong Kids</u>	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.
<u>Public Health Agency of Canada: Social Determinants of Health</u>	The social determinants of health influence the health of populations and include social support networks, education, healthy child development, culture, and others.
<u>The Attachment Network of Manitoba</u>	The Attachment Network of Manitoba provides information on caregiver/child attachment, research, resources, training, and workshops.