

Practising Well Community of Practice

School, students and substances: Adolescent mental health in the pandemic

September 22, 2021

The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP. The Practising Well Community of Practice is one component of the **OCFP's Practising Well Program**. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**. It is an active and engaged online community that gives you access to a deep well of knowledge to make your practice easier today, and to improve it in the future.

At the core of Practising Well are three distinct, yet interrelated, parts:

- Community of Practice
- Information Exchange: An easy-to-navigate online repository of information.
- Peer to Peer Connect: An opportunity to partner with another family physician in a one-on-one setting and share experiences and best practices.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education/practising-well>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Shared Resources

Ontario Health Quality Standards

- Alcohol Use Disorder Quality Standard [AUD QS](#) - <https://hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-alcohol-use-disorder-quality-standard-en.pdf>
- Chronic Pain Quality Standard - <https://hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-chronic-pain-quality-standard-en.pdf>
- Major Depression Quality Standard <https://www.hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-All-Quality-Standards/Major-Depression>
- Anxiety Disorders Quality Standard <https://hqontario.ca/Evidence-to-Improve-Care/Quality-Standards/View-all-Quality-Standards/Anxiety-Disorders>

Tools and Resources

- Greig Health Record - <https://www.cps.ca/tools-outils/greig-health-record>
- HEADSSS - <http://www.heardalliance.org/wp-content/uploads/2011/04/HEADSS.pdf>
- Youth Mental Health – Centre for Effective Practice
- <https://cep.health/clinical-products/youth-mental-health/>
- CRAFFT - health screening tool designed to identify substance use, substance-related riding/driving risk, and substance use disorder among youth ages 12-21
- <https://crafft.org/>
- Community Reinforcement and Family Training – Canadian Centre on Substance Use and Addiction
- <https://www.ccsa.ca/sites/default/files/2019-04/CCSA-Community-Reinforcement-Family-Training-Summary-2017-en.pdf>

- Approach to adolescent suicide prevention - <https://www.cfp.ca/content/56/8/755>
- Adverse Childhood Experiences (ACEs) - <https://www.joiningforcesforchildren.org/what-are-aces/>
- Families in Transition: A Resource Guide for Families of Transgender Youth - <https://ctys.org/wp-content/uploads/CTYS-FIT-Families-in-Transition-Guide-2nd-edition.pdf>

Support

- What's up walk in - <https://www.whatsupwalkin.ca/>
- The Sashbear Foundation - <https://sashbear.org/en/>
- Connex Ontario - <https://www.connexontario.ca/en-ca/>
- Youth Link - https://youthlink.ca/services/familysupports/positive-parenting/?gclid=Cj0KCQjwklGKBhCxARIsAINMioJ4_BN3MhTzd7T66lzdvH3ctUedEJdRs1gDSHXZuY8hFA7H9EBvOMIaAuPsEALw_wcB
- eMental Health – Mental health services, help and support in your community - <https://www.ementalhealth.ca/>
- Pflag Canada (national charitable organization, founded by parents who wished to help themselves and their family members understand and accept their LGBTQ2S children) - <https://pflagcanada.ca/>

Education

- Empowering Families Affected by Substance Use Problems – CAMH - <https://moodle8.camhx.ca/moodle/course/view.php?id=11>
- CHEO – Child and Youth Mental Health - <https://cheo.echoontario.ca/>
- Mood Disorders - <https://www.ontariofamilyphysicians.ca/education/cpd-events-calendar>
- Child and Adolescent Health: Best evidence for preventive care - <https://www.ontariofamilyphysicians.ca/education/cpd-events-calendar>

Support for you and your colleagues

- OMA Physician Health Program - <https://php.oma.org/>
- Centre for Addiction and Mental Health Care Provider Resource Site - <http://www.camh.ca/covid19hcw>