

Practising Well: Your Community of Practice

September 22, 2021

Panelists:

Dr. Sharon Cirone

Dr. Marcia Kostenuik

Dr. Fereshte Lalani

With Dr. Melissa Holowaty, Dr. Javed Alloo
and Dr. Peter Selby



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



Ontario College of
Family Physicians

**Practising
Well**
Teaching.
Learning.
Connecting.



Family & Community Medicine
UNIVERSITY OF TORONTO



We acknowledge that the lands on which we are hosting this meeting include the traditional territories of many nations.

The OCFP and DFCM recognize that the many injustices experienced by the Indigenous Peoples of what we now call Canada continue to affect their health and well-being. Even today, as we meet in this virtual space for reasons of improving wellness, many Indigenous communities face barriers of access to the internet and the opportunities it brings.

The OCFP and DFCM respect that Indigenous people have rich cultural and traditional practices that have been known to improve health outcomes.

I invite all of us to stay mindful and reflect on this from the territories where you sit or stand today, as we commit ourselves to gaining knowledge, forging a new, culturally safe relationship, and contributing to reconciliation.

THERE IS A NEED FOR RECONCILIATION IN CANADIAN HEALTH CARE: LISA RICHARDSON AND ANDREW BOOZARY

By Gabrielle Giroday



U of T's Lisa Richardson (PGMT 2008) (left) and Andrew Boozary (PGMT 2018) (right) published commentary in The Lancet that discussed the systemic racism Indigenous Peoples face in Canada's health-care system.

<https://alumni.utoronto.ca/news-and-stories/news-and-articles/there-need-reconciliation-canadian-health-care-lisa-richardson>

THE LANCET

Log in

COMMENT | VOLUME 398, ISSUE 10303, P825-826, SEPTEMBER 04, 2021

Truth and reconciliation in Canada's health system

Lisa Richardson ✉ • Andrew Boozary

Published: August 26, 2021 • DOI: [https://doi.org/10.1016/S0140-6736\(21\)01953-X](https://doi.org/10.1016/S0140-6736(21)01953-X) • [Check for updates](#)

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(21\)01953-X/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(21)01953-X/fulltext)



September 30:



Cody Groat

@cwilliamg

Assistant Professor, Department of History and
Indigenous Studies, [@WesternU](#)
President, Indigenous Heritage Circle
Kanyen'kehaka, Six Nations

Free lecture on the Residential School System
and his family's lived experience.

Register:

<https://t.co/BHocZELTc4?amp=1>

September 30: Talking to children about Truth and Reconciliation

How to talk to your kids about residential schools



Experts offer tips on having tough but important conversations

Courtney Dickson · CBC News · Posted: Jun 04, 2021 7:37 PM PT | Last Updated: June 4



<https://www.cbc.ca/news/canada/british-columbia/how-to-talk-to-kids-about-residential-schools-1.6052966>



LEARNING

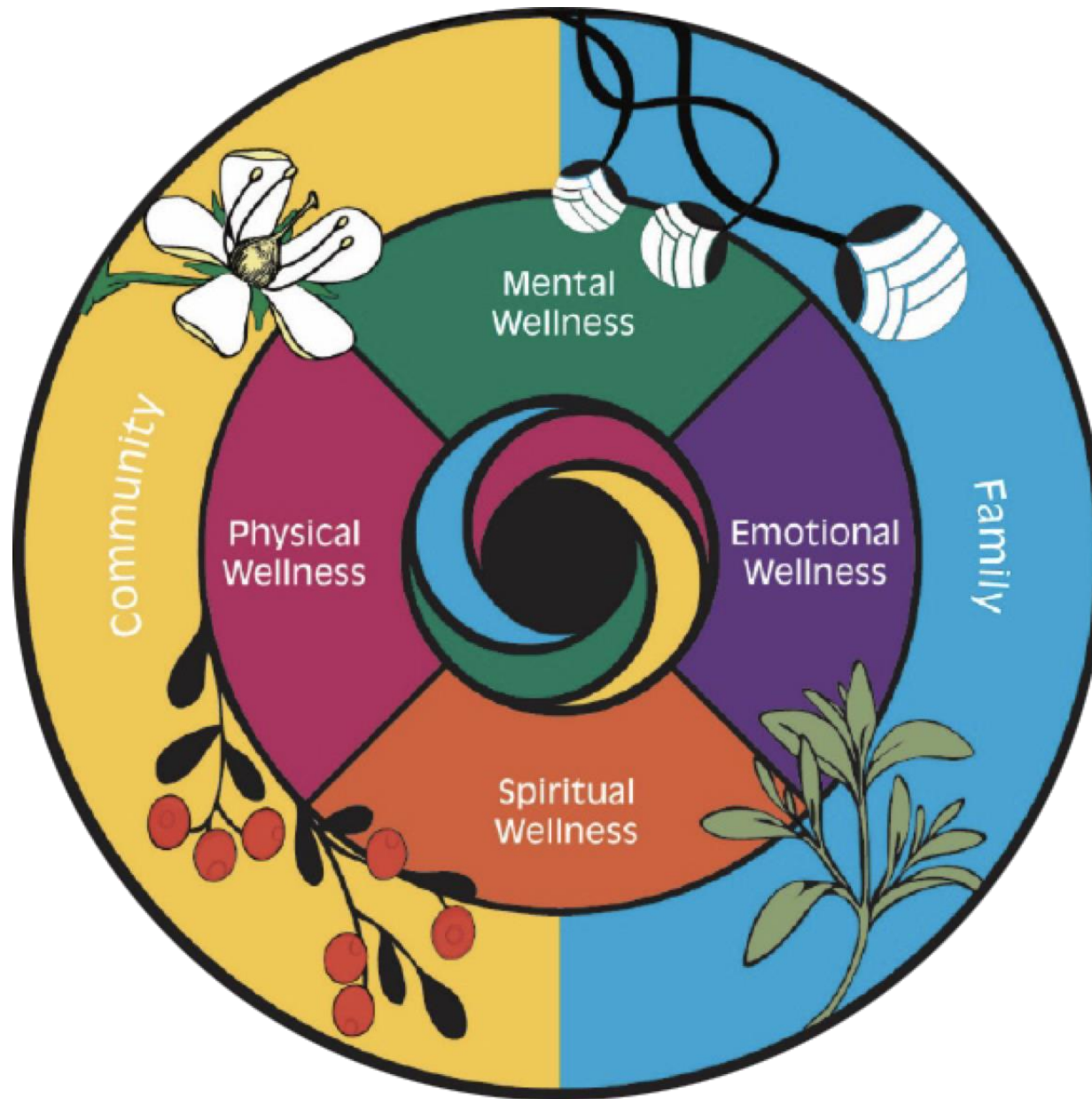
SHARE



Sharing The Message Of Truth
And Reconciliation With Your
Kids

BY SELENA MILLS, DAUGHTER OF DETAIL
PHOTO © WDEON/123RF

<https://www.cbc.ca/parents/learning/view/sharing-the-message-of-truth-and-reconciliation-with-your-kids>



Medicine Wheel

First Nations, Inuit and
Metis Wellness ECHO
at CAMH

Your Panelists : disclosures



Dr. Sharon Cirone

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Community of Practice speaker



Dr. Marcia Kostenuik

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Community of Practice speaker
- CMA, Joule, Health Canada, McMaster, Vaughan CHC, YMCA, Medical Psychotherapy Association of Canada, Ontario College of Family Physicians



Dr. Fereshte Lalani

Relationship with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Community of Practice speaker

Disclosures

Moderator Disclosures: **Dr. Javed Alloo** @javedaloo

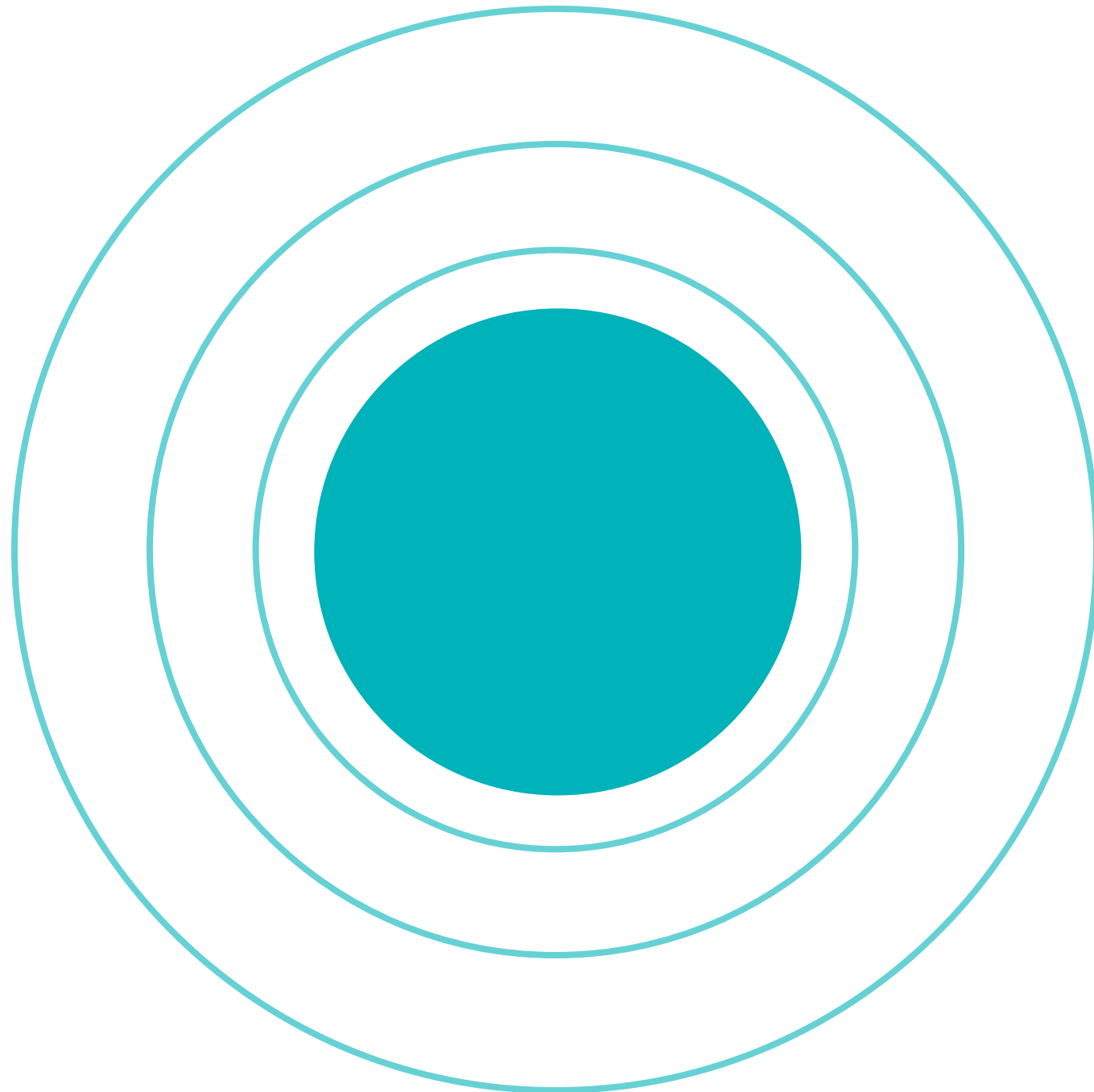
- Relationships with financial sponsors (including honoraria): College of Family Physicians of Canada, Centre for Effective Practice, Ontario Medical Association, Section on General and Family Practice, Centre for Addiction and Mental Health, Trillium Hospitals, Memotext, Ontario College of Family Physicians – Practising Well SPC
- Grants/Research Support: Canadian Institute of Health Research, U of T
- Speakers Bureau/Honoraria: Novo Nordisk Canada, Boehringer Ingelheim, Lupin, Astra Zeneca, Roche, Novopharm, Eli Lilly

Name: **Dr. Melissa Holowaty** @MnHolowaty

- Relationships with financial sponsors (including honoraria): Ontario Medical Association - Board Director, VP HPE Medical Society, Society of Rural Physicians of Canada – Board Member (ended May 2020), College of Family Physicians of Canada – Chair, MIG on Addiction Medicine, ECHO Liver – Advisory Board Member, META:PHI – Advisory Board Member, Ontario College of Family Physicians – CMNs (ended 2019) and Practising Well SPC
- Grants/Research Support: Canadian Institute of Health Research (2019)
- Speakers Bureau/Honoraria: Allergan – Botox Injection Instruction (2019)

Name: **Dr. Peter Selby** @drpselby

- Relationships with financial sponsors (including honoraria): York Region, CAMH, ECHO, ASAM, FAME, Local CHC, Veteran's Affairs Canada
- Advisory Board/Speaker's Bureau: Canadian Centre on Substance Use and Addiction, CCO, ECHO Ontario, MOHLTC, CAMH – Medical Advisory Committee, Dalla Lana (U of T) – Youth Vaping Cessation
- Other: Pfizer Inc., Johnson & Johnson, Novartis



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

You raised important questions we'll try work through together today:

- What are some strategies for discussing the risks of substance use with adolescents?
- How do you counsel your own teen, when they don't think there is any harm in cannabis?
- What are some centralized or online mental health resources for youth?
- Approaches to assessment and care for anxiety and depression in young patients?

And other questions you add in the Q&A box...



[Psychiatry Res.](#) 2020 Nov; 293: 113429.

Published online 2020 Aug 24. doi: [10.1016/j.psychres.2020.113429](https://doi.org/10.1016/j.psychres.2020.113429)

PMCID: PMC7444649

PMID: [32882598](https://pubmed.ncbi.nlm.nih.gov/32882598/)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7444649/>

Impact of COVID-19 and lockdown on mental health of children and adolescents: A narrative review with recommendations

[Shweta Singh](#),^a [Deblina Roy](#),^{b,*} [Krittika Sinha](#),^c [Sheeba Parveen](#),^c [Ginni Sharma](#),^c and [Gunjan Joshi](#)^c

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Mental Health and Substance Use Considerations Among Children During the COVID-19 Pandemic











[Nirmita Panchal](#) , [Rabah Kamal](#) , [Cynthia Cox](#)  , [Rachel Garfield](#)  , and [Priya Chidambaram](#)

Published: May 26, 2021

Kaiser Permanente:

<https://www.kff.org/coronavirus-covid-19/issue-brief/mental-health-and-substance-use-considerations-among-children-during-the-covid-19-pandemic/>

Adverse Childhood Events (ACE)

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
 <i>Physical</i>	 <i>Physical</i>	 <i>Mental Illness</i>	 <i>Incarcerated Relative</i>
 <i>Emotional</i>	 <i>Emotional</i>	 <i>Mother Treated Violently</i>	 <i>Substance Abuse</i>
 <i>Sexual</i>		 <i>Divorce</i>	

Graphic used with permission from The Robert Wood Johnson Foundation. [See it here.](#)

<https://www.joiningforcesforchildren.org/what-are-aces/>

Canadian Community Health Survey

(national survey, 2012)

Physical, sexual or domestic abuse: 32% total

Philadelphia Expanded ACE Questions look at Community-Level Adversity	
Witness Violence	How often, if ever, did you see or hear someone being beaten up, stabbed, or shot in real life?
Felt Discrimination	While you were growing up...How often did you feel that you were treated badly or unfairly because of your race or ethnicity?
Adverse Neighborhood Experience	Did you feel safe in your neighborhood? Did you feel people in your neighborhood looked out for each other, stood up for each other, and could be trusted?
Bullied	How often were you bullied by a peer or classmate?
Lived in Foster Care	Were you ever in foster care?

<https://www.philadelphiaaces.org/philadelphia-ace-survey>

Ontario Health Supplement:

Physical abuse: 31% of males and 21% of females

Sexual abuse as children: 4% of males, 13% of females



<https://www.msnbc.com/the-last-word/watch/-an-epidemic-within-the-pandemic-120-000-u-s-children-have-lost-primary-caregivers-to-covid-121222725672>

THE LAST WORD

'An epidemic within the pandemic': 120,000 U.S. children have lost primary caregivers to Covid

Dr. Ebony Hilton, Renée Graham and Maria Teresa Kumar join Zerlina Maxwell to discuss the implications of what the CDC calls the Hidden Pandemic, as nearly 120,000 children have lost a parent or a primary caregiver to Covid-19, and children of color are disproportionately impacted.

Sept. 17, 2021

Adverse Childhood Experiences (ACEs)

Interventions to Prevent and Mitigate the Impact of ACEs in Canada



Literature Review
August 2020

<https://www.publichealthontario.ca/-/media/documents/a/2020/adverse-childhood-experiences-report.pdf?la=en>

Benevolent Childhood Experiences [BCE's] (Narayan et al., 2018)

To get a BCE score, the survey-taker is asked how many of these ten items he or she experienced before the age of 18. Would you respond "yes" or "no" to the prompt, "Growing up, I had..."

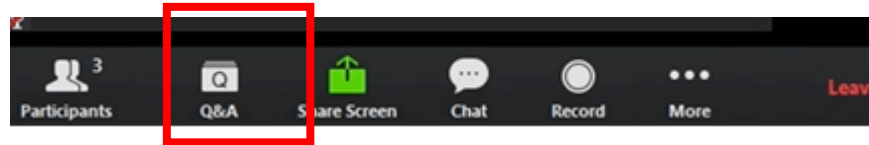
Item	YES	NO
1. At least one caregiver with whom you felt safe?		
2. At least one good friend		
3. Beliefs that gave you comfort		
4. Enjoyment at school		
5. At least one teacher that cared		
6. Good neighbours		
7. An adult (not a parent/ caregiver or the person from *1) who could provide you with support or advice		
8. Opportunities to have a good time		
9. Like yourself or feel comfortable with yourself		
10. Predictable home routine, like regular meals and a regular bedtime		
Total YES's = BCE Score		

<https://loulebentz.com/wp-content/uploads/2020/05/ACE-Resilience-Questionnaires-Derek-Farrell-2.pdf>

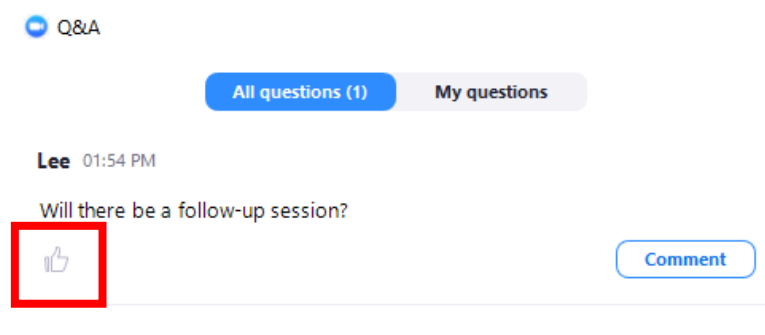
Narayan AJ, Rivera LM, Bernstein RE, Harris WW, Lieberman AF. Positive childhood experiences predict less psychopathology and stress in pregnant women with childhood adversity: A pilot study of the benevolent childhood experiences (BCEs) scale. Child Abuse Negl. 2018;78:19-30. doi:10.1016/j.chiabu.2017.09.022

How to Participate

Q&A

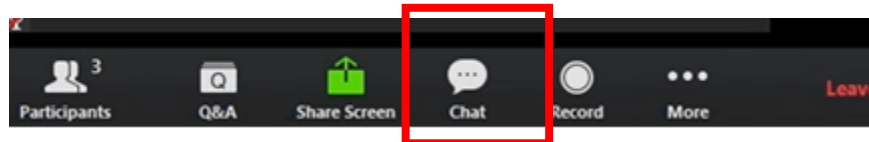


Use the Q&A window to ask questions to the panelists; some questions will be answered verbally and some answers will be written directly in the Q&A window.



Click “thumbs up” to up-vote questions you see on the list, to make sure they’re answered

Chat



Use the chat to share reflections or resources.

Please introduce yourself in the chat!



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@OntarioCollege

#PractisingWell



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

Your Panelists:



Dr. Fereshte Lalani
Wilson Medical Group,
North York



Dr. Marcia Kostenuik
Creator of Psychological First Aid
Tools for COVID-19
[@DrKostenuik](#)



Dr. Sharon Cirone
Metro Treatment Clinics, Toronto
Hospital for Sick Children, Toronto
Sioux Lookout, Meno-Ya-Win
Health Centre
St. Joseph's Health Centre, Toronto

Links to resources shared today will be sent to participants following the session.

Resources

Tools



Resources : tools

Ontario Health Quality Standards

Alcohol Use Disorder Quality Standard [AUD QS -](#)

<https://hqontario.ca/Portals/o/documents/evidence/quality-standards/qs-alcohol-use-disorder-quality-standard-en.pdf>

Chronic Pain Quality Standard -

<https://hqontario.ca/Portals/o/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>

The Greig Health Record Ages 14, 15, 16, 17

The Greig Health Record also covers:

- Ages 6-9
- Ages 10-13

		Age 14	Age 15	Age 16	Age 17
Date					
Measurements *	Wt BMI				
	Ht BMI percentile				
Psychosocial history and Development (HEADSSS) ***	• School & Activities				
	• Peer relationships				
	• Family relationships				
	• Mental Health***				
	• Body changes*				
	• Sexual Health***				
Nutrition*	• Menstrual issues ♀				
	• Healthy choices / snacks / junk-food				
	• Supplements / CAM				
	• Body Image / Dieting				
Education & Advice: **Behaviour and Family Issues	• Physical Activity				
	• Electronic Media – TV / Internet /Hearing Protection				
	• Sleep Issues				
	• Helmet safety				
	• Vehicle Safety & Seatbelts				
Injury Prevention & Safety	• Violence and <i>Firearms</i>				
	• Workplace				
	• <i>Sun Safety</i>				
	• Environmental Hazards – incl. Second Hand Smoke				
	• <i>Smoke Detectors</i>				
Other	• Other Safety Topics				
	• Substance Abuse				
	• Abuse				
Specific Concerns	• Dental care, fluoride				
Examination	<i>Blood Pressure***</i>				
	Head & Neck				
	Visual Acuity (L) (R)				
	CVS				
	Chest				
	Back				
	Abd				
	GU				
	Sexual Maturity Rating *				
	Skin				
Assessment Immunization	dTap (age 14-16) Rubella titre ♀				21

HEADSSS

A mnemonic for interviewing adolescents

- H – Home
- E – Education and Employment
- A – Activities
- D – Drugs, Drinking and Dieting
- S – Sexuality
- S – Suicide (and depression)
- S – Safety (violence and abuse)

HEADSSS - a mnemonic for interviewing adolescents	
Home	
	Where, who lives there? How do the people in your family get along?
	Do you argue with your parents?
	Do you feel safe at home?
Education and Employment	
	Do you feel safe at school? Is bullying an issue including cyberbullying?
	Performance at school?
	Do you have a job? How many hours?
	Have you ever failed or repeated a grade?
	Have you ever been suspended?
Activities	
	What do you and your friends do for fun?
	What are your hobbies?
	Do you participate in sports?
	Have you ever been in trouble with the law?
	What would you like to do after you finish school
Drugs, Drinking and Dieting	
	Do you or your friends often drink or smoke pot at parties?
	Do you ever drink or smoke pot alone?
	Have you ever been in a car driven by someone who was drunk or high?
	Have you ever tried any other drugs?
	Are you satisfied with your weight? Have you ever dieted, exercised or used drugs to change your weight?
Sexuality	
	DO NOT ASSUME HETEROSEXUALITY
	Do you have any concerns about your physical/sexual development?
	Are you dating? How long have you been together?
	Have you ever had sexual contact? What kind of sexual contact have you had? Are you sexually active now? How often do you have sex?
	What was your age when you first had sex?
	Have you used protection for sexually transmitted diseases or birth control?
	Have you ever been pregnant?

Resources: Tools

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>

Links to resources shared today will be sent to participants following the session.

Resources

Supports



Resources: Supports

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=Cj0KCQjwkIGKBhCxARIsAINMioJ4_BN3MhTzd7T66lzdvH3ctUedEJdRs1gDSHXZuY8hFA7H9EBvOMIaAuPsEALw_wcB

eMental Health – Mental health services, help and support in your community

<https://www.ementalhealth.ca/>

Resources: Supports



**Empowering Families Affected by
Substance Use Problems**

@CAMH

<https://moodle8.camhx.ca/moodle/course/view.php?id=11>

Resources: Supports



About Peer Support Resources Contact 

School 
Mental Health
 Backpack



School Mental Health Backpack
@CMHO

<https://www.family.cmho.org/school-mental-health/>

Links to resources shared today will be sent to participants following the session.

Resources

Ongoing Learning



Ongoing Learning Opportunities



Child & Youth Mental Health ECHO Ontario @CHEO

<https://cheo.echoontario.ca/register/>

Register for current series:

Tuesdays 12-1pm from Sep 7 x 24wks

<https://redcap.cheori.org/surveys/?s=REYJ4EWYPD>



Upcoming Sessions: Family Medicine Forum - November 8 2021; December 6 & 10, 2021

Register here: <https://www.ontariofamilyphysicians.ca/education/cpd-events-calendar>

Mood disorders are among the most common mental health illnesses – and for family physicians managing these conditions, it can be challenging to ensure optimal care for their patients. Join psychiatrist Dr. Jose Silveira, associate professor at the University of Toronto, to get current best evidence and learn practical and realistic approaches and strategies that you can apply immediately in practice.

- Learn practical and realistic approaches to apply in your practice
- Identify strategies for patient management with mood disorders
- Understand how to safely and confidently manage uncertainty
- Apply interventions organized in a stepped care model
- Support patients/caregivers in making informed decisions

Learn more about this workshop: <https://www.ontariofamilyphysicians.ca/education/about-programs-workshops/mood-disorders>

Interested in this workshop? Complete an expression of interest form and we will notify you of the next session!

<https://www.surveymonkey.com/r/MBF7NPY>



Upcoming Session: Family Medicine Forum: November 8, 2021

Register here: <https://www.ontariofamilyphysicians.ca/education/cpd-events-calendar>

The Child and Adolescent Health program provides current guidelines, best-evidence recommendations, and practical strategies for caring for children and youth. Dr. Anita Greig, primary author of the Greig Health Record, developed and continues to work as one of the leading facilitators of the program. In a highly interactive agenda of enhanced learning, the program focuses on sharing your challenging cases and finding approaches that you can effectively apply in your clinic.

- Module 1: Putting prevention into practice for school-age children
- Module 2: Implementing best evidence and practical solutions for adolescent health changes

Learn More about this workshop: <https://www.ontariofamilyphysicians.ca/education/about-programs-workshops/pediatric-preventive-care>

Interested in this workshop? Complete an expression of interest form and we will notify you of the next session!
<https://www.surveymonkey.com/r/MBF7NPY>

Ongoing Learning Opportunities

Are you interested in a
virtual workshop on
adolescent addiction medicine?

eMail to let us know!

practisingwell@ocfp.on.ca



Links

[Agenda at a Glance](#)

[Register](#)

Questions? omd.events@ontariomd.com



Support for you and those you care about.

OMA Physician Health Program
<https://php.oma.org/>

OMA
Physician Health Program

Search

Cal Em

About PHP | Who We Serve | What We Do | Well-Being | News and Events | Need Help?

New 24/7 services available for you and your family.
Call the Wellness Support Line.

Centre for Addiction and Mental Health Health Care Provider (HCP) Resource Site
<http://www.camh.ca/covid19hcw>

camh

Home Care Health Services & Research Education Our Work Strong Change

Home

Mental Health and COVID-19
Resources for health care workers during COVID-19

The help you need is here

Related

Provincial Government COVID-19 Information

Ontario Ministry of Health COVID-19 Guidance - Health Sector

Self-referral for mental health care

Your Mental Health and Self-Care

Questions





Chat

One thing you can do...

**to better connect with
adolescent patients in
your practice?**

Peer to Peer Connect

Now recruiting **Peer Guides!**

If you enjoy collaborating to help your colleagues achieve their learning and clinical care goals, we'd love to have you join the Practising Well team!

**Learn more about becoming a Peer Guide:
Tuesday, November 2 @ 7:00pm**

Sign up today!

<https://www.ontariofamilyphysicians.ca/education/practising-well/peer-to-peer-connect>





Please help us make these sessions better by filling out the evaluation you'll receive by email shortly!

Join us for the next live online session on
Wednesday, October 27 to discuss

Burnout and Balance

PractisingWell@ocfp.on.ca



This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 1 Mainpro+ credit. The Practising Well Community of Practice includes a series of planned live, interactive sessions. Each session is worth 1 Mainpro+ credits, for up to a total of 12 credits.

Mainpro+ Credits

Direct Credit Entry

Do you want the OCFP to submit your earned Mainpro+ credit directly into your Mainpro+ account?

If interested, please email practisingwell@ocfp.on.ca with your 6-digit CFPC number (Hint: Your CFPC # begins with a “6”).

