

Practising Well Community of Practice

Helpful strategies to address mental health in children

October 26, 2022

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. The CoP 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**.

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

- [Community of Practice](#): Virtual sessions by family physicians, for family physicians. Connect in real time and learn with your colleagues.
- [Information Exchange](#): An easy-to-navigate online repository designed to help you quickly find the information you need.
- [Peer Connect](#): Continue your learning journey and partner with another family physician, one-to-one or in a small group.

General Resources

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

For Your Practice

Resource	Source	Link
Greig Health Record	Canadian Pediatric Society	https://cps.ca/en/tools-outils/greig-health-record
Child & Youth Mental Health Toolkits	Collaborative Mental Health Care	http://shared-care.ca/toolkits
RITA-T (Rapid Interactive Screening Test for Autism in Toddlers)	Boston Children's Hospital	https://www.childrenshospital.org/research/labs/rita-t-research
Anxiety Disorders Quality Standard	Ontario Health	https://www.hqontario.ca/evidence-to-improve-care/quality-standards/view-all-quality-standards/anxiety-disorders
Obsessive Compulsive Disorder Quality Standard	Ontario Health	https://www.hqontario.ca/evidence-to-improve-care/quality-standards/view-all-quality-standards/obsessive-compulsive-disorder
Rourke Baby Record	Rourke Baby Record	https://www.rourkebabyrecord.ca/

Cundill Centre Online Tool for the Treatment of Youth Depression	CAMH (Cundill Centre for Child and Youth Depression)	https://cundilldepressioncaretool.camh.ca/
Youth Mental Health	CEP	https://cep.health/clinical-products/youth-mental-health/
Canadian ADHD Resource Alliance	Canadian ADHD Resource Alliance	https://www.caddra.ca/
SNAP-IV 26 Rating Scale	Canadian ADHD Resource Alliance	https://caddra.ca/pdfs/downloads/SNAP_IV_Instructions.pdf
PHQ-A	American Psychiatry Association	https://www.psychiatry.org/File%20Library/Psychiatrists/Practice/DSM/APA_DSM5_Severity-Measure-For-Depression-Child-Age-11-to-17.pdf
Mental Health: Screening Tools and Rating Scales	Canadian Paediatric Society	https://cps.ca/en/mental-health-screening-tools
HEADS-ED Tool	Heads-ed.com	https://www.heads-ed.com/assets/other/HEADS-ED_English.pdf
Anxiety in Children and Youth: Information for Primary Care	eMentalHealth	https://www.ementalhealth.ca/index.php?m=articlePDF&ID=20946
Information Sheets	Heads-ed.com	https://www.heads-ed.com/en/infoSheets
Think:Kids	Think:Kids	https://thinkkids.org/home/insights/#for-clinicians

For Your Patients

Resource	Source	Link
ADDitude	ADDitude Magazine	https://www.additudemag.com/?fbclid=IwAR1KpVgHJAI_I95brRGXKEwtzEC_Fzw3Te2B5U7FBig4TaFnm_zHcuKujK3o&mibextid=KHyX9aZ0oz7WcX8j
ADHD (Information, Tips, Tricks)	Attention Deficit website	https://attentiondeficit-info.com/?lang=en
The Grove Hubs	The Grove: Youth Wellness Hubs Ontario	https://www.thegrovehubs.ca/
Caring for Kids	Caring for Kids	https://caringforkids.cps.ca/handouts/pregnancy-and-babies/attachment
Raising Mindful Children (Centre for Mindfulness Studies)	Centre for Mindfulness Studies	https://www.mindfulnessstudies.com/raising-mindful-children
Mindful Seeing for Elementary Students	Greater Good in Education (Berkeley)	https://ggie.berkeley.edu/practice/mindful-seeing-for-elementary-students/#tab_2
Thought Bubbles	Cosmic Kids (YouTube)	https://www.youtube.com/watch?v=xUUq0HuSLS0
Mindful Eating: Mindfulness Exercise for Kids with Chocolate	GoStrengthsOnline (YouTube)	https://www.youtube.com/watch?v=guXTS1YFf-0
Coping with Thoughts of Suicide: Youth Edition	eMentalHealth	https://www.ementalhealth.ca/index.php?m=articlePDF&ID=24330
Children and Youth with Thoughts of Suicide: Guide for Parents and Caregivers	eMentalHealth	https://www.ementalhealth.ca/index.php?m=articlePDF&ID=8896
Lumenus	Lumenus	https://www.lumenus.ca/about-lumenus/
EarlyON Centres	Government of Ontario	https://www.ontario.ca/page/find-earlyon-child-and-family-centre

Surrey Place	Surrey Place	https://www.surreyplace.ca/services/autism-services/
Strides Toronto	Strides Toronto	https://stridestoronto.ca/

Education

Resource	Source	Link
Peer Connect	Ontario College of Family Physicians – Practising Well	https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect

Supports for you and those you care about

Resource	Source	Link
Physician Health Program	OMA	https://php.oma.org/
Health Care Provider Resource Site	CAMH	http://www.camh.ca/covid19hcw