



Helpful strategies to address mental health in children

PANELISTS

Dr. Deema Abdul Hadi • Dr. David Brault • Dr. Sara Cohen-Gelfand

WITH

Dr. Javed Alloo • Dr. Melissa Holowaty • Dr. Stephanie Zhou • Dr. Peter Selby



Ontario College of
Family Physicians

**Practising
Well**
Share.
Inspire.
Connect.



Family & Community Medicine
UNIVERSITY OF TORONTO

October 26, 2022

Practising Well: Your Community of Practice



We acknowledge that the lands

on which we are hosting this meeting include the traditional territories of many nations.

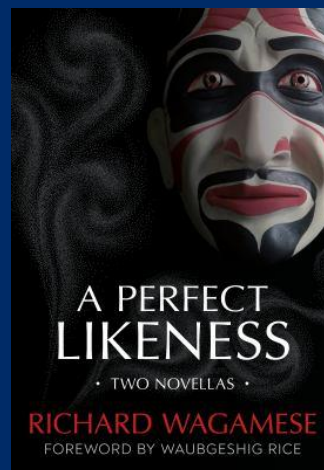
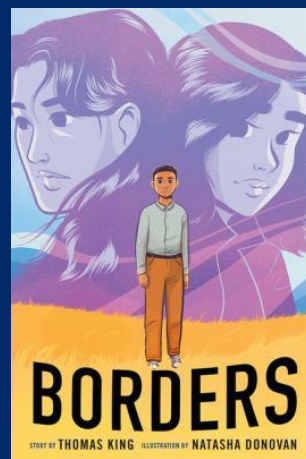
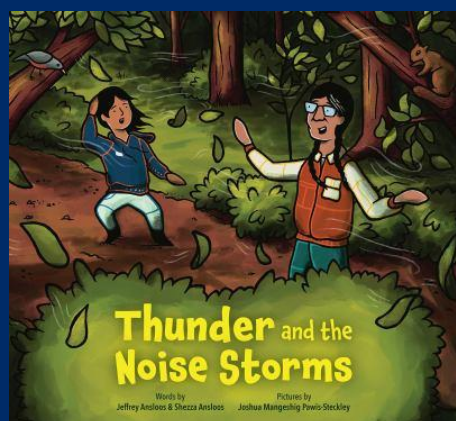
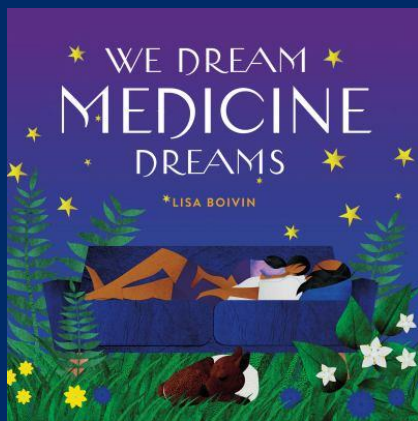
The OCFP and DFCM recognize that the many injustices experienced by the Indigenous Peoples of what we now call Canada continue to affect their health and well-being. Even today, as we meet in this virtual space for reasons of improving wellness, many Indigenous communities face barriers of access to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



Books and shows for children & teens



Stories, Novellas and Graphic Novels

Children:

<https://account.torontopubliclibrary.ca/shared/2022-read-indigenous-books-for-children/M6KuECVvH4nXdwC2hqW6RgRUJXlwMLxGdb7DTmK2GTu4o11ozg>

Teens:

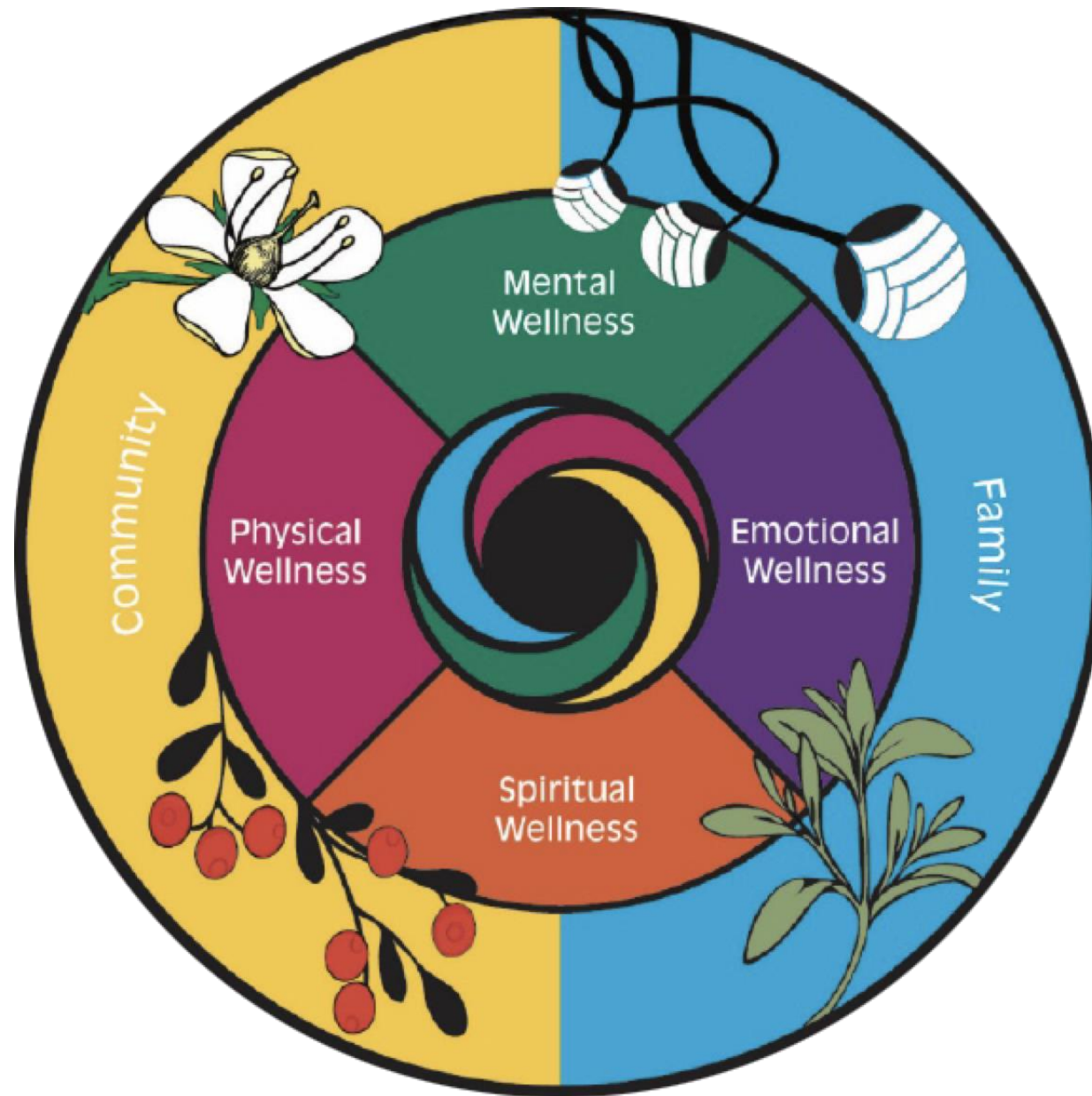
<https://account.torontopubliclibrary.ca/shared/2022-read-indigenous-books-for-teens/ror6FDPouJW0mjF9kh9nMxwiGBKSCbK1WgWLB7qn6jPDpx2AkD>

<https://www.cfweradio.ca/news/alberta-news/netflix-teams-with-indigenous-writers-for-new-kid-show/>

<https://ottawa.elmntfm.ca/blog/2021/01/08/10-family-friendly-indigenous-films-tv-shows-to-educate-your-kids/>

Medicine Wheel

First Nations, Inuit
and Metis Wellness
ECHO at CAMH



Your Panelists: Disclosures



Dr. Sara Cohen-Gelfand

Relationships with financial sponsors (including honoraria):

- OCFP Practising Well – Community of Practice Speaker



Dr. Deema Abdul Hadi

Relationships with financial sponsors (including honoraria):

- OCFP Practising Well – Community of Practice Speaker
- EISAI Limited – Lemborexant Western Ontario Advisory Board Meeting Preparation (October 2020)
- Canadian Palestinian Professional Foundation – Board Member, head of selection committee



Dr. David Brault

Relationships with financial sponsors (including honoraria):

- OCFP Practising Well – Community of Practice Speaker

Disclosures

Dr. Melissa Holowaty @MnHolowaty

Relationships with financial sponsors (including honoraria):

- OCFP Practising Well – SPC member, Implementation Group co-chair, CoP Speaker
- OMA – Board Director
- CFPC – Chair, MIG Addiction Medicine
- ECHO Liver, META:PHI – Advisory Board Member
- Stonehenge Treatment Community, Allergan, Abbvie – Speaker

Dr. Stephanie Zhou @stephanieyzhou

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Implementation Group Member, CoP Speaker
- Canadian Medical Association – Honoraria for practice management lectures
- Habitat for Humanity GTA – Board of Directors member

Disclosures

Dr. Peter Selby @drpselby

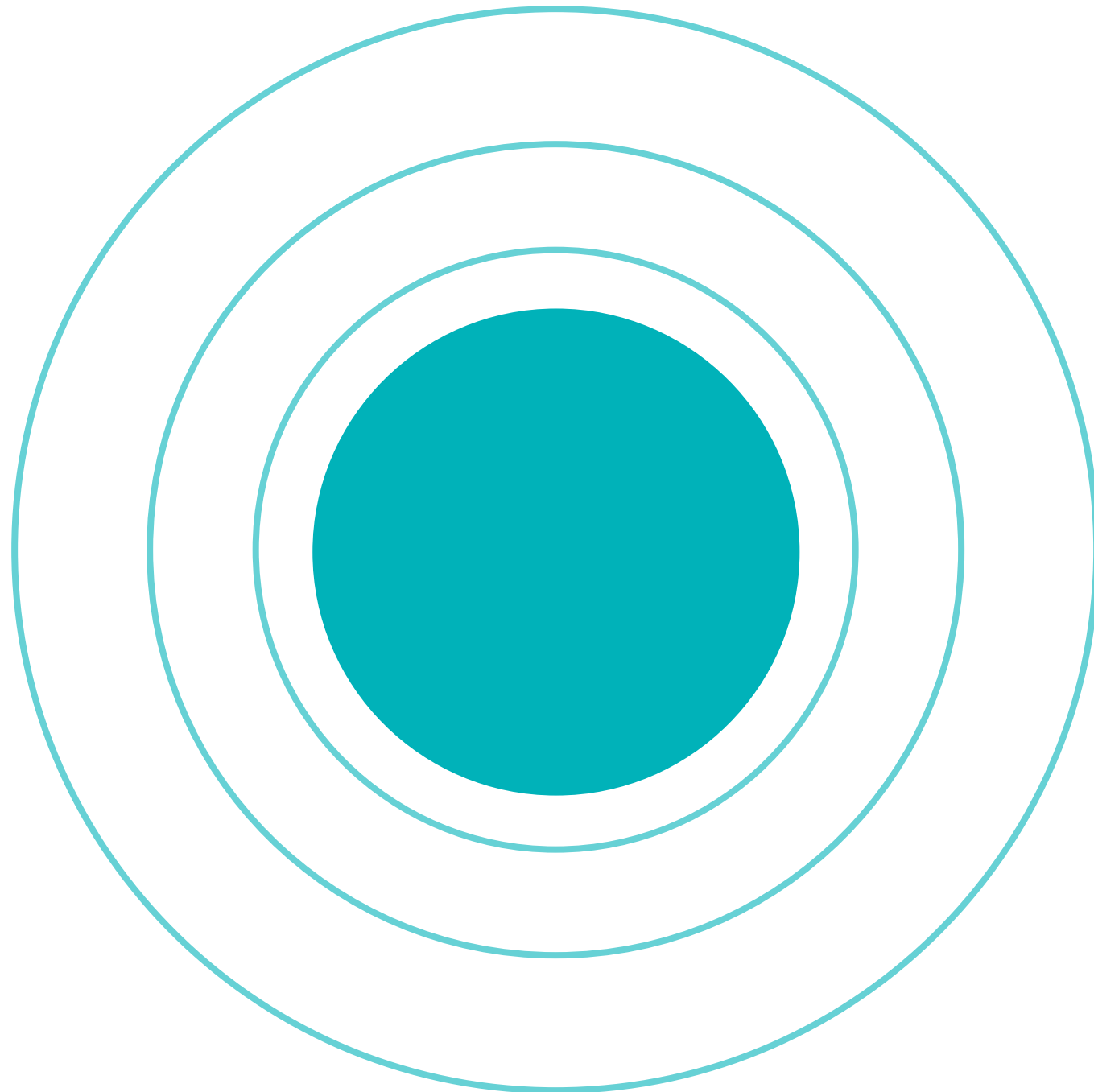
Relationships with financial sponsors (including honoraria):

- York Region, CAMH, ECHO, ASAM, FAME, Local CHC, Veteran's Affairs Canada – Honoraria
- CCSA, Cancer Care Ontario, ECHO Ontario, MOHLTC, CAMH Medical Advisory Committee, Dalla Lana U of T Youth Vaping Cessation – Advisory Board or Advisory Committee Member
- CIHR, Health Canada, Canadian Cancer Society Research Institute, Medical Psychiatry Alliance, MOHLTC, Canadian Partnership Against Cancer, Ontario Neurotrauma Foundation, Patient-Centered Outcomes Research Institute, CAMH, Public Health Agency of Canada – Grants and Clinical Trials
- Pfizer Inc, Johnson & Johnson, Novartis - Vendors of record for providing smoking cessation pharmacotherapy through an open tender process, free or discounted, for research studies in which PS is the principal investigator or co-investigator.
- Ontario College of Family Physicians – Practising Well

Dr. Javed Alloo @javedaloo

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians, Ontario Medical Association, Centre for Effective Practice, Centre for Addictions and Mental Health, Trillium Hospitals, Memotext, Canadian Partnership Against Cancer, Mental Health Commission of Canada – Honoraria, Consulting, Employed
- Canada: Novo Nordisk, Boehringer Ingelheim, Lupin, Astra Zeneca – Advisory Boards
- CIHR, U of T – Research Grants





Helpful strategies to address mental health in children

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

1. How to decide which mental health presentations require intervention, and which don't?
2. What to do if children or their parents are resistant to diagnosis or treatment?
3. What resources can help children and their families cope with mental health conditions?

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

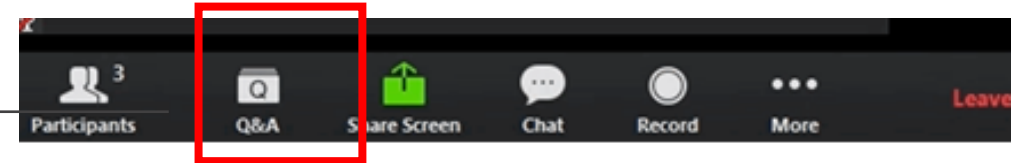
How to Participate



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



Q&A

All questions (1)

My questions

Lee 01:54 PM

Will there be a follow-up session?



Comment

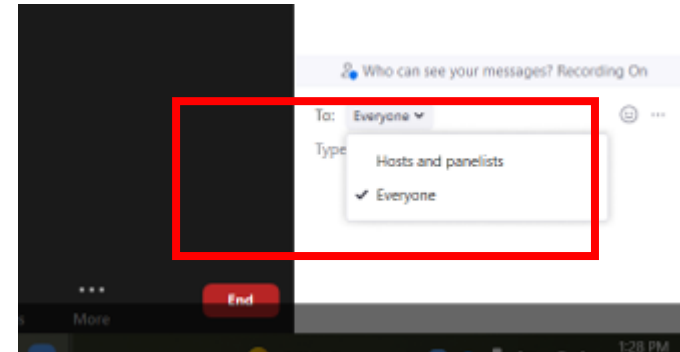
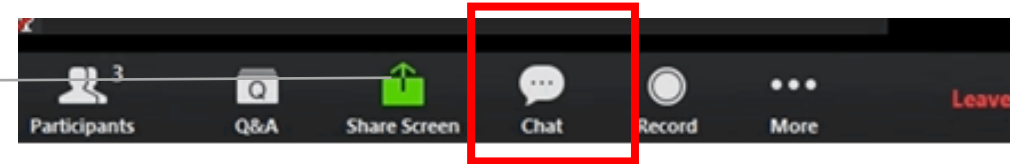
How to Participate



Chat

Use the chat to share reflections or resources.

To send your message to everyone on the call today, make sure to select **“everyone”** from the dropdown menu.



Please introduce yourself in the chat!



@OntarioCollege
#PractisingWell



- As many as **1 in 5 children and youth** in Ontario will experience some form of mental health problem.
- **5 out of 6** of those kids will not receive the treatment they need.
- **70% of mental health problems** have their onset during childhood or adolescence.
- **17% of children ages 2-5 years meet diagnostic criteria** for mental health problems.
- **28% of students report not knowing where to turn** when they wanted to talk to someone about mental health.
- **Canada's youth suicide rate is the third highest** in the industrialized world.

<https://cmho.org/facts-figures/>

A complex story of mental health for children over the past three years, some due to the direct pandemic effects, and some linked with mitigation measures:

- more symptoms of anxiety and depression, but less ER visits for most mental health conditions
- twice as many ER visits for eating disorders
- less alcohol use but more cannabis use among teens
- less suicides among kids than usual in-person school, during periods of virtual schooling

Worse for children in lower socioeconomic or racialized groups, who also suffered more directly from pandemic illness and loss.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8972920/>

Your Panelists



Dr. Sara Cohen-Gelfand

Toronto, ON



Dr. Deema Abdul Hadi

Mississauga, ON



Dr. David Brault

Elora, ON

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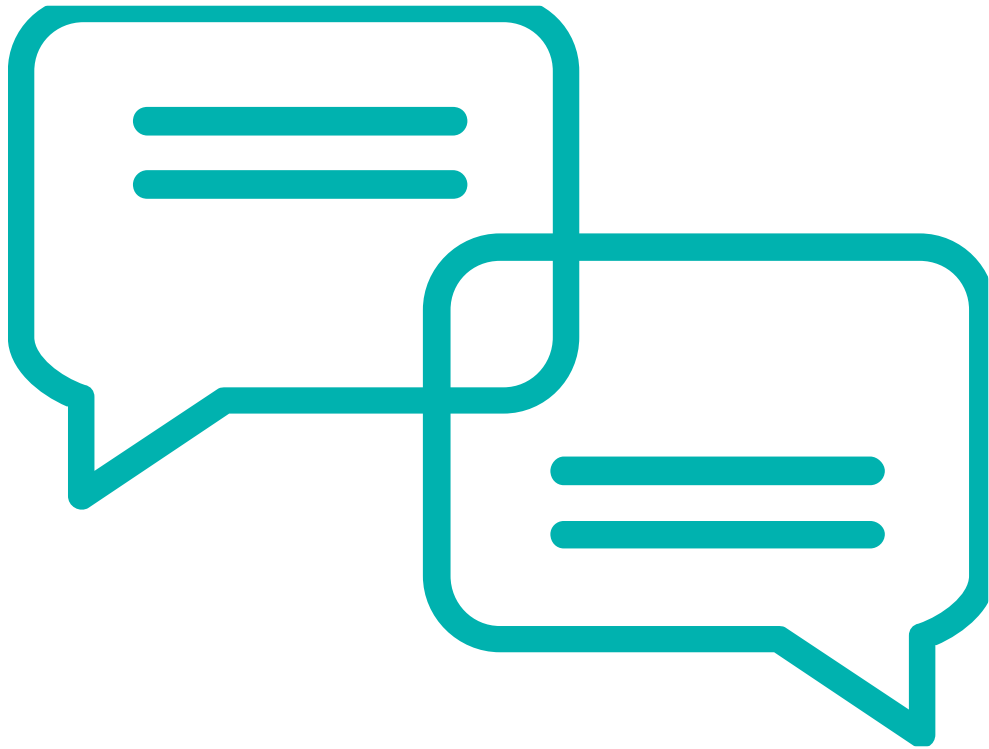


Dr. David Brault

Elora, ON

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One thing you might do differently...

when caring for children's mental health?

Resources

Tools



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

Resources

For You

Greig Health Record

<https://cps.ca/en/tools-outils/greig-health-record>

RITA-T (Rapid Interactive Screening Test for Autism in Toddlers)

<https://www.childrenshospital.org/research/labs/rita-t-research>

Canadian ADHD Resource Alliance

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

SNAP-IV 26 Rating Scale for ADHD

https://caddra.ca/pdfs/downloads/SNAP_IV_Instructions.pdf

OCD symptom scale, clinician administered
CY-BOCS (6-17yrs) <https://projectteachny.org/wp-content/uploads/2017/09/CYBOCS.pdf>

PHQ-A for mood disorders age 11-17yrs

https://www.psychiatry.org/File%20Library/Psychiatrists/Practice/DSM/PA_DSM5_Severity-Measure-For-Depression-Child-Age-11-to-17.pdf

Cundill Centre Online Tool for the Treatment of Youth Depression (CAMH) <https://cundilldepressioncaretool.camh.ca/>

HEADS-ED framework for gathering & sharing mental health information:

https://www.heads-ed.com/assets/other/HEADS-ED_English.pdf

Resources

For You

Anxiety in children & youth – Oct 20, 2022
(Canadian Pediatric Society position paper)
<https://cps.ca/en/documents/position/anxiety-in-children-and-youth-diagnosis>

Anxiety disorders : management in primary care
<https://www.ementalhealth.ca/index.php?m=articlePDF&ID=20946>

GAD-7 for anxiety disorders 12yrs+
https://www.phqscreeners.com/images/sites/g/files/g10060481/f/201412/GAD7_English%20for%20Canada.pdf

Think:Kids
<https://thinkkids.org/home/insights/#for-clinicians>

More information summaries for children's mental health conditions
<https://www.heads-ed.com/en/infoSheets>

Youth Mental Health Resources (CEP)
<https://cep.health/clinical-products/youth-mental-health/>

Other screening tools & rating scales for children's mental health conditions (CPS)
<https://cps.ca/en/mental-health-screening-tools>

Mental Health, Development & Community Services:
<https://www.lumenus.ca>

Resources

For your patients and their families

ADDitude

https://www.additudemag.com/?fbclid=IwAR1KpVgHJAI_I95brRGXKEwtzECFzw3Te2B5U7FBIq4TaFnm_zHcuKujK3o&mibextid=KHyX9aZ0oz7WcX8j

ADHD (Information, Tips, Tricks)

<https://attentiondeficit-info.com/?lang=en>

The Grove Hubs

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

Youth Wellness Hubs (12-25yo) across Ontario

<https://www.youthhubs.ca/en/>

Caring for Kids

<https://caringforkids.cps.ca/handouts/pregnancy-and-babies/attachment>

How to talk so kids will listen & Listen so kids will talk (parenting)

<https://www.chapters.indigo.ca/en-ca/books/how-to-talk-so-kids/9781451663884-item.html>

Raising Mindful Children (Centre for Mindfulness Studies)

<https://www.mindfulnessstudies.com/raising-mindful-children/>

Mindful Seeing for Elementary Students

https://ggie.berkeley.edu/practice/mindful-seeing-for-elementary-students/#tab__2

Coping strategies for teens having suicidal thoughts

<https://www.ementalhealth.ca/index.php?m=articlePDF&ID=24330>

Guide for family when children have thoughts of suicide

<https://www.ementalhealth.ca/index.php?m=articlePDF&ID=8896>

Find an EarlyON Centre

<https://www.ontario.ca/page/find-earlyon-child-and-family-centre>

Resources

Videos for your patients and their families

Thought Bubbles – Mindfulness for Kids

<https://www.youtube.com/watch?v=xUUq0HuSLS0>

Mindful Eating: Mindfulness Exercise for Kids with Chocolate

<https://www.youtube.com/watch?v=guXTS1YFf-0>

Information Exchange Clinical Tools & Resources

Find point-of-care tools,
provincial guidelines, and
other relevant resources to
help you in your practice
related to [mental health](#).



Mental Health

[Access Tools & Resources](#)

Resources

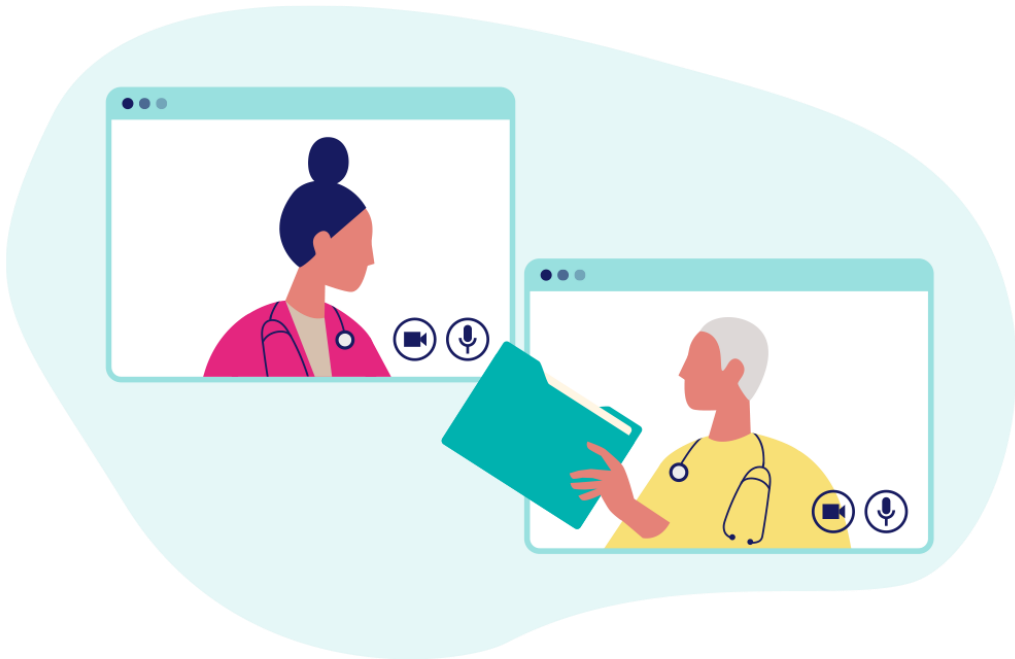
Education



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Peer Connect

An opportunity to partner with another family physician, one-to-one or in a small group, for support as you explore clinical complexity and increase your confidence caring for patients with mental health challenges, substance use, and chronic pain. A focus can be on your well-being as you engage in this challenging work.



Get Connected to Support!



Contact us!
practisingwell@ocfp.on.ca



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

Upcoming Community of Practice

Heal the pain, comfort the patient: Navigating through the diagnosis, treatment and management of neuropathic pain

with Drs. Amy Alexander, Gregory Hariton and Caroline Kargel

November 23, 2022
8:00am – 9:00am

[Register Now](#)

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 24 credits.

Save the date!



Ontario College of
Family Physicians

FMS 2023

FAMILY MEDICINE SUMMIT

Knowledge for the Now

January 27 and 28, 2023

Understanding Quality Standards in Primary Care Program

Anxiety Disorders Quality Standard

This standard focuses on care for adults but includes content that is relevant for children and adolescents.

Earn **2.5 Mainpro+® credits** for reviewing the [Anxiety Disorders](#) quality standard package.

To learn more, or to enroll in the program, contact:
UnderstandQS@ontariohealth.ca



**Quality
Standards**

This one-credit-per-hour Self-Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 51 credits

Understanding Quality Standards in Primary Care Program

Obsessive-Compulsive Disorders Quality Standard

This quality standard focuses on care for adults but includes content that is relevant for children and adolescents.

Earn **2.25 Mainpro+® credits** for reviewing the [Obsessive-Compulsive Disorder](#) quality standard package.

To learn more, or to enroll in the program, contact:
UnderstandQS@ontariohealth.ca

Quality
Standards

This one-credit-per-hour Self-Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 51 credits



Resources

Supports



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

Resources

Supports



OMA Physician Health Program

<https://php.oma.org>

Centre for Addiction and Mental Health
Health Care Provider (HCP) Resource Site

<http://www.camh.ca/covid19hcw>



- PARO 24/7 Helpline for Residents, Family Members, Medical Students
- 1-866-HELP-DOC



- <https://www.ontario.ca/#support-health-care-worker>
 - Self-led / With peers / Talk to a clinician
- [Ontario Shores Centre for Mental Health Sciences, Whitby](#)
- [St. Joseph's Healthcare, Hamilton](#)
- [The Royal Ottawa Mental Health Centre, Ottawa](#)
- [Waypoint Centre for Mental Health Care, Penetanguishene](#)
- [Centre for Addictions and Mental Health \(CAMH\), Toronto](#)



- ECHO Coping with COVID
 - for health providers (educational credits)
 - Fridays 2-3pm EST
- <https://camh.echoontario.ca/echo-coping-with-covid/>

Support for you and those you care about.

Thank You!

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

Direct Credit Entry



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

Please email practisingwell@ocfp.on.ca with your 6-digit CFPC number
(Hint: Your CFPC # begins with a "6").