

Practising Well Community of Practice

Supporting Children & Youth with Substance Use in Primary Care– September 23rd, 2026

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. 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**.

General Resources

- Mental Health and Addictions Community of Practice - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/>
- Watch Past Sessions & Self-learning – <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/past-events/>
- Peer Connect Mentorship - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/peer-connect-mentorship/>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resource	Link
CAMH Lower Risk Cannabis Use Guidelines	https://www.camh.ca/-/media/files/lrcug_professional-pdf
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Caring for Kids	https://caringforkids.cps.ca/handouts/preteens-and-teens/marijuana-what-parents-need-to-know
Canadian Pediatric Society	https://cps.ca/en/documents/position/counselling-adolescents-parents-about-cannabis-primer-for-health-professionals%E2%80%8B
Cannabis Communication Guidelines	https://www.ccsa.ca/en/talking-pot-youth-cannabis-communication-guide-youth-allies

Meta PHI Webinar Slides	https://www.metaphi.ca/wp-content/uploads/Webinar_Working-with-Adolescents-with-ODJ_Mar2026.pdf
ASCO - Black Mental Health and Addictions	https://helpwithaddictions.ca/i-need-help-with/get-help/treatment-programs/black-mental-health-and-addictions/
Youth Wellness Hubs Ontario	https://youthhubs.ca/
Amani Mental Health and Wellness Services for Black Youth	https://amaniservices.ca/
RAAM Clinics- Provincial Directory	https://www.metaphi.ca/raam-clinics/
CAMH Youth Concurrent and Addiction Disorders	https://www.camh.ca/en/patients-and-families/programs-and-services/youth-addiction--concurrent-disorders-service
Sick Kids Care Consult for Youth Substance Use	https://www.sickkids.ca/en/care-services/clinical-departments/telelink-mental-health-program/careconsult-for-youth-substance-use/
Breakaway Services	https://breakawaycs.ca/programs/family-youth-initiative/
Canadian Mental Health Association	https://ontario.cmha.ca/addictions/
Connex Ontario	https://connexontario.ca/
Residential Treatment	Pine River Institute (Shelburne) Dave Smith Youth Treatment Centre (Ottawa) Caritas (Woodbridge)
Preventure	https://preventureprogram.com/
Caregivers as Partners: Mental Health and Addiction (three 20-minute modules from The Ontario Caregivers Organization)	https://learning.ontariocaregiver.ca/

Standards Council of Canada MHSUH Standardization Roadmap (2024)	https://scc-ccn.ca/resources/publications/mental-health-and-substance-use-health-standardization-roadmap
Caring Together	https://ontario.cmha.ca/documents/caring-together-families-as-partners-in-the-mental-health-and-addiction-system/
Families for Addiction Recovery	https://www.farcanada.org/
Beyond Addiction: How Science and Kindness Help People Change by Jeffrey Foote, Carrie Wilkens, and Nicole Kosanke	https://www.simonandschuster.ca/books/Beyond-Addiction/Jeffrey-Foote/9781476709482
Family Navigation Project at Sunnybrook Hospital	https://sunnybrook.ca/care-services/family-navigation-project/