

Links/Resources for Foundations of Children's Mental Health

Case 1

- [Greig Health Record](#)
- [Overview of Psychiatric Disorders in Children and Adolescents](#)
- [AACAP Facts for Families: Children and Grief](#)
- [Thriving Minds Hub: Youth Resources](#)
- [Sunnybrook: Box Breathing video](#)
- [Bereaved Families of Ontario](#)
 - Bereaved Families of Ontario offers individual and group programs across the province for children, adolescents, young adults, parents and grandparents.
 - Contact information for each region is listed on the website.
- [Children and Youth Grief Network](#)
 - The Children and Youth Grief Network provides information, resources and programs across the province of Ontario for grieving children and youth.
- [KidsGrief.ca](#)
 - A free online resource that helps parents support their children when someone in their life is dying or has died.
- Family Service Toronto – E-mail: sau@familyserVICEToronto.org
 - Offers in-person counseling services at 5 locations in Toronto, including traumatic experiences. Fees are charged on a sliding scale based on household income. No referral needed.

Case 2

- [CADDRA E-toolkit](#)
- [CPS mental health screening tools](#)
- [Project TEACH clinical rating scales](#)
- [CADDRA Guide to ADHD Medication in Canada Chart](#)
- [Crucial Skills - School Age Developmental Attainments Chart](#)
- [ADHD iceberg](#)
- ADHD Resources for Providers
 - CPS Guidelines
 - [Part 1 Etiology, Diagnosis and Comorbidity](#)
 - [Part 2 Treatment](#)
 - [Part 3 Assessment and Treatment with Comorbid ASD, ID or Prematurity](#)
 - CADDRA Guidelines (The Canadian ADHD Resource Alliance)
 - [Guidelines](#)
 - [Psychoeducation](#)
- ADHD Resources for Parents
 - **CPS** www.cps.ca
 - **CADDRA** caddra.ca
 - **CADDAC** ([Centre for ADHD Awareness Canada](#)) [About ADHD](#)
 - **CHEO** [Resources](#)
 - **Child Mind Institute** [Complete Guide to ADHD](#)
 - **Nemours Kids Health** [ADHD in Kids and Teens](#)
 - **AAP** healthychildren.org
 - **NIMH** [National Institute for Mental Health](#)
 - **AACAP** [American Academy of Child and Adolescent Psychiatry ADHD Resource Centre](#)
- [Understanding ADHD](#)
- [Weiss Symptom Record II](#)
- [Weiss Symptom Record Scoring](#)
- [Parent-Child Interaction Therapy: A Primer for Child Welfare Professionals](#)
- [Strides Toronto - free online ADHD Seminars](#)
- [SNAP ADHD - Behavioural skills, Family Supports](#)
- [CAMH Better Behaviours Service \(Child/Parent\) if disruptive behaviour also present](#)
- [ADHD: A Significant Health Risk](#)
- [Attention Deficit Hyperactivity Disorder \(ADHD\) Medications Marketed in Canada for Ages 6 Years and Older \(February 2024 update\)](#)
- [ADHD in children and youth: Part 2—Treatment](#)
- [What Is Inattentive ADHD?](#)

Case 3

- [Ask Suicide-Screening Questions \(ASQ\) toolkit](#)
- [CAMH Cundill Depression Care Tool](#)
- [Media Smarts](#)
- [Cundill Psychoeducational Resources](#)
- [Centre for Effective Practice Tools](#)
- [PATIENT HEALTH QUESTIONNAIRE FOR ADOLESCENTS \(PHQ9-A\)](#)
- [MOOD & FEELINGS QUESTIONNAIRE \(MFQ\)](#)
- [REVISED CHILDREN ANXIETY AND DEPRESSION SCALE \(RCADS\)](#)
- [Automated Scoring for the RCADS-47 and RCADS-25](#)
- [RCADS-47 Manual Scoring](#)
- OHIP-covered:
 - <https://bouncebackontario.ca/teens/>
 - [Local CMHA directory](#)
 - [Helpahead.ca](#) (Toronto Region)
- Positive Parenting and Caregiver Resources
 - [Alberta Health](#)
 - [American Academy of Pediatrics](#)
 - [Canadian Paediatric Society](#)
- [CEP – Poverty](#)
- [Brief Suicide Safety Assessment \(BSSA\)](#)

Provincial Resources

[Youth Wellness Hubs](#)

- 27 networks across Ontario
- For youth ages 12-25, families, and other support individuals
- An Integrated Youth Services (IYS) initiative designed to address the service gaps in the youth mental health and substance use across sectors in Ontario
- Access to mental health and substance use services, primary health care, peer support, education and employment services, and additional resources
- Connect to mental health professionals and facilitate referral where needed

[SickKids TeleLink Mental Health](#)

- Virtual **psychiatric consultation** across
- Ontario
- Rural, remote, underserved areas
- Partnered with local community agencies
- Ages under 18

[SCOPE Hub](#)

- Help for finding specialists through a Nurse Navigator

[Ontario E-Consult](#)

Allows for:

- An initial contact with a specialist for brief Q&A consultation
- A foot in the door
- Asking about local resources
- Asking about where and to whom to refer

[Bounceback](#)

- OHIP-covered therapy
- i-CBT or time-limited sessions
- [Ontario Structured Psychotherapy](#) Program Equivalent for ages <18

[CMHA \(Canadian Mental Health Association\)](#)

- Connection to additional resources
- Regional services (child, youth, family programming)

[ConnexOntario](#)

- Access to navigation and program listings for mental health, addictions, problem gambling resources across Ontario
- Aimed for general population (adult and youth)

[Regional Resources \(Toronto Area\)](#)

[What's up Walk-In](#)

- Free single-session in-person and virtual mental health counselling for infants, children, youth, young adults, and families (self-referral; OHIP-funded).

[Help Ahead](#)

- Centralized intake point for individual/family therapy, and intensive/day treatment resources in Toronto (self-referral; OHIP-funded).

[Sunnybrook Family Navigation Project](#)

- Provides phone and email service navigation to youth(11 to 29) experiencing mental health and/or addiction issues, and their families in the Greater Toronto Area.

[Thriving Minds Hub](#)

- Youth, Caregiver, and provider supports, clinical programs and educational materials/resources