Children and Youth Planning Table
Hastings and Prince Edward
Collectively making positive change for children, youth and families

Centre Hastings

Infant and Early Mental Health Care Pathways (0-6 Years of Age)

Infant and Early Mental Health Promotion | SickKids

Practitioner/ Community Program

There is a concern about a child's development and/or social emotional health.

Has the Ages and Stages Questionnaires (ASQs) been administered for the child in the past 3 months?

No

Is the family already receiving support from the following organizations:

- Children's Mental Health Services (CMHS)
- Healthy Babies Healthy Children (HBHC)
- Indigenous Interprofessional Primary Care Team
- Algonquin & Lakeshore Catholic District School Board (3.9- 6 years old)
- Hastings and Prince Edward District School Board (3.9- 6 years old)

Yes

Ask the family to follow-up with them and request an ASQ screening. The organization will administer the ASQs and provide the appropriate follow up.

No

Are you or anyone at your organization able to administer the ASQs?

No

With the family's consent, connect the family to one of the following organizations to request an ASQ screening:

- Community Services of Belleville & District-Infant and Child Development Program (CSBD-ICDP)
- EarlyON (Family Space)
- Mohawks of the Bay of Quinte (Indigenous Status/Parent with Status Only)
- Algonquin & Lakeshore Catholic District School Board (3.9- 6 years old)
- Hastings and Prince Edward District School Board (3.9- 6 years old)

Yes

Administer the ASQs.

Do the ASQ scores identify any concerns?

No

Support family as necessary and offer to rescreen in 2-3 months.

Yes

Provide a Developmental Support Plan (DSP), and based on the identified concerns, refer to any of the following organizations, as appropriate.

- Children's Mental Health Services (CMHS) ■ ▲
- Children's Outpatient Clinic-Kingston Health Science Centre ★ ●
- Community Services of Belleville & District-Infant and Child Development Program (CSBD-ICDP) ■
- EarlyON (Family Space) ★ ● ■
- Gateway Community Health Centre ★ ● ■
- Healthy Babies Healthy Children (HBHC) ★ ● ■
- KidsInclusive ▲
- Mental Health and Addictions Nurses (MHAN) ● ■
- Mohawks of the Bay of Quinte (Indigenous Status/Parent with Status Only) ★ ● ■ ▲
- Primary Care ★ ●
- Quinte Children's Treatment Centre ★ ● ■ ▲
- School Mental Health Services ★ ● ■
- Telemedicine ● ■

★ **Promotion** ■ **Early Intervention**
● **Prevention** ▲ **Treatment**

If you require assistance - contact **Children's Mental Health Services: 613-966-3100** or **Quinte Children's Treatment Centre (Smart Start Hub): 613-969-7400 ext. 2247.**

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Infant and Early Mental Health Care Pathways (0 – 6 Years of Age)

These equitable Pathways guide practitioners in how to direct families with children 0-6 years of age who have a developmental and/or mental health concern to the appropriate community supports and services. By utilizing these Pathways, practitioners can ensure that all children have access to developmental and social-emotional screening and are referred in a timely manner to the appropriate services, leading to improved health outcomes.

Did you know?

- There is no other period of brain development that is as critical to setting the stage for human growth, development and positive or negative mental health as the first 6 years of a child's life.
- When infants and young children do not meet typical developmental milestones as expected, this could indicate potential mental health concerns.
- When early mental health difficulties are not identified and treated, they can become more serious and complex, impacting childhood and lifelong physical and mental health.
- Screening and early identification of infant mental health concerns is necessary in reducing family distress and impairment.

*Source: Clinton, J., 2014. *Supporting Ontario's youngest minds: Investing in the mental health of children and youth under 6*, Canadian Electronic Library. Ottawa, Ontario. Retrieved from https://coilink.org/20.500.12592/44xtzb on 10 Feb 2025. COI: 20.500.12592/44xtzb.

What can I, a Practitioner/Community Provider, do when I have a concern about a child's development and/or social-emotional health?

- Refer to and use Infant and Early Mental Health Care Pathways to direct families to receive a developmental screen and appropriate services and support
- There are five Infant and Early Mental Health Care Pathways that have been developed for Hastings Prince Edward counties (HPE) according to the geographic areas: North Hastings, Belleville and East, Prince Edward Counties, Quinte West, and Centre Hastings.
- Depending on which area your agency operates in, or the family lives, please use the appropriate map as per your discretion. For example, if your agency only serves the West region of HPE or the family resides in this area, use and follow the Quinte West Pathway.

Terminology

- **Ages and Stages Questionnaires (ASQs):** A reliable and valid developmental (ASQ-3) and social-emotional (ASQ:SE-2) screening tool developed by Brookes Publishing for children between birth to 6 years of age. The tool is used to track children's development, identify risk for developmental delays, and help identify next steps for support and/or follow-up actions. Caregivers respond to the questions and trained practitioners score the responses to identify areas of developmental and/or social-emotional need. ASQs are not diagnostic tools.
- **Developmental Support Plans (DSPs):** A strength-based resource developed by Infant and Early Mental Health Promotion, a program of The Hospital for Sick Children that: i) identifies a developmental goal for the child according to the five developmental domains identified in the ASQ-3, ii) provides multiple tailored strategies caregivers can implement in their day-to-day life with their child, and iii) an explanation as to the significance of achieving the developmental goal. DSPs can only be created by individuals who are trained in DSP development and administration; it is not a treatment plan or a replacement for intensive services or support.
- **Early Intervention:** Services, supports, and resources in response to one or more specific developmental, behavioral, or mental health concerns which aim to minimize risk and the development of further challenges through strengthening capacity within the child, caregiver, and relationship.
- **Prevention:** Services, supports, and resources which seek to increase support and protective factors, improve determinants of health, and mitigate risk factors and relational adversity that can influence a child's mental health and development.
- **Promotion:** Universally accessible services, supports, and resources that encourage optimal early mental health and wellbeing during prenatal, infancy, toddlerhood, and early childhood periods through positive and culturally safe environments, experiences, and relationships.
- **Treatment:** Services, supports, and resources for an identified challenge or diagnosed condition that aims to reduce the intensity and improve developmental, mental health and/or behavioural outcomes.