INFANT AND EARLY MENTAL HEALTH CARE PATHWAYS

SUPPLEMENTARY DOCUMENT

KINGSTON, FRONTENAC, LENNOX, & ADDINGTON

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Context

The purpose of Infant and Early Mental Health (IEMH) Care Pathways initiative is to create equitable, navigable systems of care pathways for infant and early mental health in Canada. Canada's current approach to promoting positive mental health and wellbeing fails to include recognizing IEMH concerns and introducing early interventions before school age.

Canadian practitioners receive little to no training on IEMH and access to professional development in this area is extremely limited. Additionally, with no clear direction as how to navigate the supports addressing IEMH, young children that require services may not be referred to the right resources or may not receive the right resources at the right time.

The combination of practitioners not being trained to recognize vulnerability early on and the absence of navigable systems of care pathways in Canada prevents children from birth to six from receiving the support they need. Instead, most children don't receive services until they enter the school system, which is too late as many developmental challenges have, by then, been left untreated for years.

The expected outcomes for this initiative include the following:

- Developing and implementing aspirational IEMH Care Pathways
- Transforming mental health in the early years with integrated care
- Strengthening the implementation of culturally safe interventions for diverse populations
- Catalyzing interdisciplinary and cross-sectoral collaborations
- Building and fostering implementation science research and knowledge mobilization
- Ensuring meaningful representation and participation of individuals who have historically faced barriers in research

Development of the IEMH Care Pathways

The IEMH Care Pathways were developed in collaboration with community agency partners who support children birth to six in your community. They were invited to be a part of this initiative and over the course of several years engaged in various activities to develop the IEMH Care Pathways.

As part of the IEMH Care Pathways initiative, agencies have committed to:

- Following the IEMH Care Pathways maps
- Utilizing the Ages and Stages Questionnaires (ASQs) in their practice to screen children
- Contributing anonymized ASQ data to the Canadian Database of Development, Infancy to Six (CanDDIS), the first Canadian database of child development for children from birth to six
    - *Only applies to agencies that have signed up to participate and completed the research ethics requirements to be a part of the CanDDIS*

Purpose

This document is intended to supplement the IEMH Care Pathways map that was developed for your community. Terminology, additional information regarding services and supports in the community, and contact information for further support can be found here.

Definitions

Roles

Community Partners: Community leaders from local organizations that provide supports and services for children from birth to six years of age that were invited to be a part of this initiative. They provided insight and support into understanding the current services and supports in the community, as well as the strengths and challenges with current systems.

Local Pathways Implementation Team: Small core group of community leaders who act as leads for the planning, development, and implementation of the IEMH Care Pathways.

Practitioners/Professionals: Anyone in the community who works with or supports families with young children from birth to six years of age.

Family/Caregivers: Anyone with a caregiving role to at least one child from birth to six years of age.

Terminology

Ages and Stages Questionnaires (ASQs): A set of reliable and valid developmental (ASQ-3) and social-emotional (ASQ:SE-2) screening tools developed by Brookes Publishing for children between birth to 6 years of age. These tools are 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

identifies a developmental goal for the child according to the five developmental domains identified in the ASQ-3, provides multiple tailored strategies caregivers can implement in their day-to-day life with their child, and 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 supports.**

If you are interested in training your staff on ASQs and/or DSPs, please contact IEMHP at iemhp.learningl@sickkids.ca.

Contact Information

If the list needs to be updated or if you have any questions or require more information about the IEMH Care Pathways for your community, please contact reception@maltbycentre.ca.

Appendix A: ASQ Screening Agencies

In this list you can find the organizations in your area that can provide ASQ screening, including contact information, requirements to access services and special considerations, and the referral process. If there are any changes to be made to this list, please contact reception@maltbycentre.ca.

Name of Support or Service	Contact Details (address, phone number, links)	Requirements to Access Services and Special Considerations	Referral Process
A Great Start for Families: Kahwà:tsire Ronwatiyenawá:se Centre	Vicki Casey 263 Weller Ave Unit 4 Kingston, ON K7K 6W9 Phone: 343-477-0229 Email: info@gsfkr.ca	No requirements to accessing services	Call or e-mail to book an appointment.
Algonquin and Lakeshore Catholic District School Board (ALCDSB)	151 Dairy Avenue Napanee, ON K7R 4B2 Phone: 613-354-2255 Email: Info@alcdsb.on.ca	Child must attend an ALCDSB school and be 3.9-6 years of age	Contact your student's school
Healthy Babies Healthy Children	Southeast Public Health Kingston Office 221 Portsmouth Avenue Kingston, ON Phone: 613-549-1232 Website: www.southeastph.ca/	Caregiver must have the child in their care. Service can be provided for families until the child transitions to school if appropriate.	Healthy Babies Healthy Children can help your family learn about connecting with your baby, how you can help your child grow and develop and services available for you and your child in your community

Indigenous Interprofessional Primary Care Team (IIPCT)	Tyendinaga Main Clinic 45 Meadow Drive Deseronto, ON K0K 1X0 Allied Health Team (Mental Health, Community Development, Traditional Healing and Palliative Care) 14 York Road Unit 3 & 4 Shannonville, ON K0K 3A0 Kingston Clinic 730 Front Road Kingston, ON K7M 6P7 69 Cleak Avenue Bancroft, ON K0L 1C0 Phone: 343-478-0196 (press 1 for Tyendinaga Clinic, 2 for Kingston Clinic and 3 for Bancroft Clinic) Website: www.iipct.org	Must be a rostered patient with one of our Family Physicians/Nurse Practitioners at one of our clinic locations.	Internal Referral Process Family Physician, Nurse Practitioner or other primary care provider would refer patient to Community Development Workers who have been trained in administering ASQs and developing a Developmental Support Plan with the family.
Lennox & Addington Resources For Children (LARC)	Jennifer Barker 465 Advance Ave. Napanee, ON K7R 4A7 Phone: 613-354-6318 ext. 147 Email: jenniferb@larc4kids.com	Attend an EarlyON program in Lennox and Addington County	

Limestone District School Board (LDSB)	Melissa West Educational Services 164 Van Order Drive Kingston, ON K7M 1C1 Email: paulm@limestone.on.ca	Child must attend an LDSB school and be 3.9-6 years of age.	Contact your student's school
Maltby Centre	Anne Biggar and Deb Hendy Suite 100 31 Hyperion Ct Kingston, ON K7K 7G3 Phone: 613-546-8535 Website: www.maltbycentre.ca	Mental Health concerns and Autism treatment. Please note: Maltby centre is not able to diagnose children with Autism.	Call or use link on website to book an appointment, or attend a Walk-In clinic (availability on website)
Ontario Native Women's Association (ONWA)	2 Dairy Ave Unit 10 Napanee, ON K7R 3T1 Phone: 1-800-667-0816	Services support children 0-6 years that identify as Indigenous of age in the Hastings, Lennox and Addington, Frontenac area. This program is designed to assist Indigenous families in providing the best opportunities for the healthy development of children 0 – 6 years of age through family home visiting, service coordination, and referrals. The program is built on a foundation of Traditional Culture that is incorporated throughout all service delivery practices.	Supports and services can be utilized by calling ONWA's Centralized Intake: 1-800-667-0816
Rural Frontenac Community Services	1004 Art Duffy Road Sharbot Lake, ON K0H 1P0	ASQ's can be done at our EarlyON locations in Verona and Sydenham	Call or email to book an appointment or talk to one of our RECE's in the programs

	Susan Wilby – Licensed daycare Phone: 613-279-3151 ext. 308 Amanda Evaristo – EarlyON Supervisor Phone: 613-279-3151 ext. 307 Website: www.rfcs.ca		

Appendix B: Community Supports and Services

In this list you can find additional information such as contact information, requirements to access services and special considerations, services offered, and the referral process. If there are any changes to be made to this list, please contact reception@maltbycentre.ca.

Name of Support or Service	Contact Details (address, phone number, links)	Requirements to Access Services and Special Considerations	Services Offered	Referral Process
EarlyON and ON y va	Multiple locations Website: https://www.cityofkingston.ca/community-supports/childcare-and-early-year-services/earlyon-centres/	Free for families and caregivers with children aged 0-6.	EarlyON Programs work in collaboration to offer the following supports: • Childcare Information • Early Literacy Support • Family Support • Parent/Caregiver Resources & Workshops • Baby Groups - information on pre & postnatal supports • Links to other EarlyON Services • Early Learning Programs (Playgroups) various locations throughout Lennox & Addington • Volunteer Opportunities	No referral required; drop-in or pre-registration for programming available. Calendar: https://www.keyon.ca/calendar

Family and Children's Services of Frontenac, Lennox and Addington	817 Division Street, Kingston, ON K7K 4C2 Phone: 613-545-3227 Toll Free: 855-445-3227 Email: info@facsfla.ca Website: https://www.facsfla.ca/	Child needs protection from physical, sexual, and/or emotional abuse and/or neglect.	Child welfare agency that protects children, supports families, and provides foster/adoption services. It focuses on child safety, community-based care, and Truth & Reconciliation, offering services like case management, advocacy, and educational support.	To report a child in need of protection, please contact us at (613) 545-3227 or toll-free (855) 445-3227.
Healthy Babies Healthy Children	Southeast Public Health Kingston Office 221 Portsmouth Avenue Kingston, ON Phone: 613-549-1232 Website: www.southeastph.ca/	Caregiver must have the child in their care. Service can be provided for families until the child transitions to school if appropriate.	Healthy Babies Healthy Children can help your family learn about connecting with your baby, how you can help your child grow and develop and services available for you and your child in your community	Self referrals are accepted by phone or online via: HBHC and NFP self-referral - Kingston Public Health Professional Referrals are accepted by phone or online via: HBHC and NFP referral - Kingston Public Health
KidsInclusive (SmartStart Hub)	Kingston Health Sciences Centre, Hotel Dieu Site 166 Brock Street Kingston, ON K7L 5G2 Phone: 613-544-3400 ext. 23175 Toll Free: 1-855-544-3400 ext. 23175	KidsInclusive is one of Ontario's 21 Children Treatment Centres, providing rehabilitation and other support services for children and youth with physical, neurological and/or developmental challenges	Please visit our website to learn more about the programs and services offered: https://kidsinclusive.ca/services-and-programs/	https://kidsinclusive.ca/services-and-programs/how-to-refer/

	Website: www.kidsinclusive.ca			
Kingston and Frontenac County - Early Years program	Multiple locations Website: https://www.cityofkingston.ca/community-supports/childcare-and-early-year-services/earlyon-centres/	Free for families and caregivers with children aged 0-6.	Please visit our website to learn more about the programs and services offered.	No referral required; drop-in or pre-registration for programming available. Calendar: https://www.keyon.ca/calendar
Kingston Community Health Centres (KCHC) – Early Years program	263 Weller Ave Unit 4 Kingston, ON K7K 2V4 Phone: 613-542-2949 Email: info@earlyon.kchc.ca Website: https://kchc.ca/programs/earlyon/	Free for families and caregivers with children aged 0-6.	Please visit our website for the monthly calendar here: https://kchc.ca/programs/earlyon/	Pre-registration is required to attend any groups, simply go to www.keyon.ca to set up your registration account or call 613-542-2949.
Kingston Military Family Resource Centre (KMFRC)	32 Lundy's Lane Kingston, ON K7K 5G2 Phone: 613-541-5010 ext. 2715195 Email: kmfrc@kmfrc.com Website: https://www.kmfrc.com	The KMFRC supports all members of our military families. We respect that military families and Veteran Family Program clients come in all forms and self-define to include anyone of significance to Canadian Armed Forces personnel or Veteran Family Program clients, which includes	Assistance navigating the unique military challenges of relocation, absences, and transitions through: Information & referrals, workshops, 1:1 navigational support, counselling, parenting support, and special needs assistance.	Contact our Mental Health and Wellness Intake at: 613-541-5010 ext. 2714811 or intake@kmfrc.com

		bereaved families. Self-referrals are accepted.		
Lennox & Addington Resources For Children (LARC)	465 Advance Ave. Napanee, ON K7R 4A7 Phone: 613-354-6318 ext. 147 Samantha Patay Email: samanthab@larc4kids Website: https://www.larc4kids.com/	Attend an EarlyON program in Lennox and Addington County.	Free programs for children ages 0-6 and their families in Lennox and Addington County.	Call 613-354-6318 ext. 147, email Samantha Patay at samanthab@larc4kids , or visit https://www.facebook.com/LARC4KIDS.
Maltby Centre	Anne Biggar and Deb Hendy Suite 100 31 Hyperion Ct Kingston, ON K7K 7G3 Phone: 613-546-8535 Website: www.maltbycentre.ca	Mental Health concerns and Autism treatment. Please note: Maltby centre is not able to diagnose children with Autism.	Circle of Security Parenting groups, family counselling, parenting support, Autism Foundational family services, free group workshops about autism. Need OAP number to register. Autism fee for service programming. See website for complete list of programs available.	Call or use link on website to book an appointment, or attend a Walk-in clinic (availability on website)
Ontario Native Women's Association (ONWA)	2 Dairy Ave Unit 10 Napanee, ON K7R 3T1 Phone number: 1-800-667-0816	Services support children 0-6 years that identify as Indigenous of age in the Hastings, Lennox and Addington, Frontenac area. This program is designed to assist Indigenous families in providing the best	Indigenous Healthy Babies Healthy Children (IHBHC) focuses on traditional culture being encompassed into all components of service delivery practices. • Home Visiting and accompaniment	Supports and services can be utilized by calling ONWA's Centralized Intake: 1-800-667-0816

		opportunities for the healthy development of children 0 – 6 years of age through family home visiting, service coordination, and referrals. The program is built on a foundation of Traditional Culture that is incorporated throughout all service delivery practices.	• Professional "peer counselling" • Education and support (programming) • Cultural practices and teachings • Breastfeeding education and support • Pre/Post-natal care • Nutrition • Growth and child development assessments • FAS / FAE information • Parenting information and support • Bonding • Building self-esteem and life skills • Health and safety • Service coordination	
Rural Frontenac Community Services	1109 Garrett St Sharbot Lake, ON K0H 2P0 Phone: 613-279-3151 Website: https://rfcs.ca/ EarlyON 1004 Art Duffy Rd. Sharbot Lake, ON	Services support children 0-6 years and their families in North and Central Frontenac.	Family supports, financial supports, EarlyON services, and transportation services available.	No referral required. Family supports: https://rfcs.ca/community-supports/family-supports/ Financial supports: https://rfcs.ca/community-

	K0H 2P0 Phone: 613-279-3151 Email: earlyon@rfcs.ca			supports/financial-supports/ EarlyON services: Visit www.KEyON.ca to register in one of our programs. https://rfcs.ca/programs/earlyon/ Transportation services: https://rfcs.ca/programs/frontenac-transportation-services-overview/
School-based supports	Limestone District School Board 220 Portsmouth Ave Kingston, ON K7M 1V6 Phone: 613-544-6920 Algonquin & Lakeshore Catholic District School Board 151 Dairy Ave Napanee, ON K7R 4B2 Phone: 1 800-581-1116	Must be a registered student with a LDSB elementary school. Must be a registered student with a ALCDSB elementary school.	Support for behavioural, emotional and social needs.	Informed parental consent is required. Speak to your student's classroom teacher or school principal.