INFANT AND EARLY MENTAL HEALTH CARE PATHWAYS

SUPPLEMENTARY DOCUMENT

HASTINGS PRINCE EDWARD COUNTY

VERSION: JULY 2025

Table of Contents

Context 2

Development of the IEMH Care Pathways 3

Purpose 3

Definitions 4

Roles 4

Terminology 4

IEMH Care Pathways 6

Geographic Regions 6

Contact Information 7

Appendix A: Contact Information 8

References 13

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 recognize IEMH concerns and offer early interventions before school age.

Canadian practitioners receive little to no training on children's mental health, especially IEMH, and access to professional development in this area is extremely limited (Hicks et al., 2022; Rodger et al., 2014). Additionally, with no clear direction for both families and practitioners on 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 (McCain, 2020; Peterson-Katz, 2023).

The combination of practitioners often failing to recognize vulnerability early on and the absence of navigable systems of care pathways to recognize and treat IEMH concerns in Canada prevents children from birth to six from receiving the support they need. Instead, most children are not identified with mental health concerns before school age and, as such, don't receive services until they enter the school system. Providing services after the critical period of brain plasticity has passed is not ideal, as many mental health challenges become more complex the longer they are untreated (Cressman et al., 2020 Nelson et al., 2024; Public Health Ontario, 2024; Thomson et al., 2019).

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 of 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 maps that were developed for your community. The various roles of agencies, instructions on how to utilize the map, 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 into 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: 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 reliable and valid developmental (ASQ-3) and social-emotional (ASQ:SE-2) screening tool developed by Brookes Publishing for children between birth to six 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. Designed as a caregiver-report tool, 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. To receive training on the ASQs, please contact IEMHP at iemhp.mail@sickkids.ca.

Developmental Support Plans (DSPs): A resource developed by Infant and Early Mental Health Promotion (IEMHP), a program under The Hospital for Sick Children. It is a strength-based resource 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.

Practitioners can provide the DSP to families regardless of whether the child requires intensive services or not; it is **not** a treatment plan or a replacement for intensive services or support. DSPs can only be created by individuals who are trained in DSP development and administration. To receive training on the DSP, please contact IEMHP at iemhp.mail@sickkids.ca.

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.

IEMH Care Pathways

Geographic Regions

The community determined that HPE required 5 maps to represent how services and supports are delivered and accessed in the community. Each of the maps represent a different geographic location:

- North Hastings
- Bellville and East
- Prince Edward Counties (PEC)
- Quinte West
- Centre Hastings

Depending on which area your agency operates 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, use and follow the Quinte West map when supporting families with young children.
- If your agency serves and supports the North, East, and Central regions of HPE, and the family you are supporting lives in the East, use and follow the Belleville and East map when supporting that family.

Contact Information

For a list of community partners reflected on the IEMH Care Pathways, and their contact information, please refer to Appendix A. 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 reach out to Children and Youth Planning Table at coordinator@cmhs-hpe.on.ca.

For more information, please refer to the Child and Youth Planning Table: www.cypthpe.com

Appendix A: Contact Information

Name of Support or Service	Contact Details (address, phone number, links)
Algonquin & Lakeshore Catholic District School Board (3.9- 6 years old)	151 Dairy Ave, Napanee, ON K7R 4B2 +1 800-581-1116 info@alcdsb.on.ca Website
Belleville and Quinte West Community Health Centre	161 Bridge St W Unit 8, Belleville, ON K8P 1K2 (613) 962-0000 Website
Catundra Day Care Centre Inc.	350 Dundas St W, Belleville, ON K8P 4C7 (613) 966-9020 catday@lks.net Website
Children's Mental Health Services (CMHS)	250 Sidney St, Suite 203, Belleville, Ontario, K8P 3Z3 1-844-462-2647 Website
Children's Outpatient Clinic- Kingston Health Science Centre	76 Stuart Street, Kingston Ontario, K7L 2V7 613-548-3232 Website
Community Living Prince Edward (Resource Resultant Program)	67 King St Unit 1, Picton, ON K0K 2T0 (613) 476-6038 Website
Community Partners For Success Hastings County	50 Elgin St., Trenton, ON K8V 3X9 (613) 965-1167 cpfs@kos.net Website
Cornwall Community Hospital	840 McConnell Ave, Cornwall, ON K6H 5S5 (613) 938-4240 Website

Community Services of Belleville & District-Infant and Child Development Program (CSBD-ICDP)	12 Moira Street East, Belleville, ON, K8P 2R9 (613) 966-7413 csbd@csbd.on.ca Website
Family Space Quinte (EarlyON)	363 Dundas St W, Belleville, ON K8P 1B3 (613) 966-9427 Website
First Adventure Development Centre	225 Bridge St E, Belleville, ON K8N 1N7 (613) 962-3474 Website
Gateway Community Health Centre	41 McClellan St, Tweed, ON K0K 3J0 (613) 478-1211 info@gatewaychc.org Website
Hastings and Prince Edward District School Board (3.9- 6 years old)	156 Ann St, Belleville, ON K8N 3L3 (613) 966-1170 information@hpedsb.on.ca Website
South East Health Unit (*formerly Hastings Prince Edward Public Health*), Healthy Babies Healthy Children Program	Main Office-Belleville 179 North Park St, Belleville, Ontario, K8P 4P1 613-966-5500 or 1-800-267-2803, ext. 269 info@hpeph.ca Website
Hastings County Children's Services	228 Church St, Belleville, ON K8N 3C4 (613) 966-9771 Website
Highland Shores Children's Aid Society	363 Dundas St W, Belleville, ON K8P 1B3 (613) 962-9291 Website
Indigenous Interprofessional Primary Care Team	45 Meadow Dr, Deseronto, ON K0K 1X0 (343) 478-0196 iipct.reception@iipct.com Website

Lakeview Community Health Centre	80 Catherine Street, Trenton, ON, K8V 6N8 613-394-0770 Website
Lakeview Family Health Team	80 Catherine Street (located on the ground floor of Trenton Memorial Lodge), Quinte West, ON, K8V 6N8 (613) 394-0770 Website
Little Sparks Preschool	Quinte Region Christian Schools: 138 Wallbridge-Loyalist Rd, Belleville, Ontario K8N 4Z2 Belleville Christian School: 138B Wallbridge Loyalist Rd., Belleville, Ontario, K8N 4Z2 613-962-7849 office@bellevillechristianschool.ca Quinte Christian High School: 138A Wallbridge Loyalist Rd, Belleville, ON, K8N 4Z2 613-968-7870 admin@qchs.ca Sonrise Christian Academy: 58 Johnson St, Picton, ON, K0K 2T0 613-476-7883 office@sonrisechristianacademy.com Trenton Christian School: 340 2nd Dug Hill Rd., Trenton, ON, K8V 5P7 613-392-3600 office@trentonchristianschool.com Website

KidsInclusive	KHSC – Hotel Dieu Site: 166 Brock Street, Kingston, ON K7L 5G2 (613) 544-3400 ext. 3175 Website
Mental Health and Addictions Nurses (MHAN)	Refer to School Boards or Directory Website
Mohawks of the Bay of Quinte	50 Meadow Drive, Tyendinaga Mohawk Territory, K0K 1X0 Social Services: 613-967-0122 socialreception@mbq-tmt.org Health Services: 613-967-3603 wendym@mbq-tmt.org Website
North Hastings Children's Services (Bancroft EarlyON & Algonquin Inòdewiziwin)	Bancroft EarlyON: 20 Hastings Heritage Way, Bancroft ON K0L 1C0 Algonquin Inòdewiziwin: 141 Hastings St. N., Bancroft ON K0L 1C0 613-332-0179 Referrals@nhcs.ca Website
Prince Edward-Lennox and Addington Social Services	97 Thomas Street East, Napanee, Ontario K7R 4B9 (613) 354-4883 pelass@lennox-addington.on.ca Website
Quinte Children's Treatment Centre (SmartStart Hub)	265 Dundas Street East, Belleville, Ontario K8N 5A9 613-969-7400 Ext. 2247 Website
Seeds to Sprouts Childcare	248 Elmwood Dr, Belleville, ON K8N 4Z4 (613) 779-1051 seedstosprouts@yahoo.com Website

The HUB Child & Family Centre (EarlyON)	10 McFarland Ct, Picton, ON K0K 2T0 613-476-8142 info@thehubcentre.ca Website
Trenton Military Family Resource Centre (EarlyON)	50 Rivers Dr E, Trenton, ON K8V 1B8 (613) 392-2811 ext. 2382 info@trentonmfrc.ca Website

References

1. Cressman, C. J. P. (2020). *Governance of Child Health Policy: The Canadian Context for Developmental Screening*. University of Toronto (Canada).
2. Hicks, L. M., Ou, C., Charlebois, J., Tarasoff, L., Pawluski, J., Roos, L. E., ... & Tomfohr-Madsen, L. (2022). Assessment of Canadian perinatal mental health services from the provider perspective: Where can we improve?. *Frontiers in psychiatry*, *13*, 929496.
3. Honourable Margaret Norrie McCain. (2020). Early years study 4: Thriving kids, thriving society. Retrieved from https://earlyyearsstudy.ca/wp-content/uploads/2020/02/EYS4-Report_01_15_2020.pdf
4. Nelson, C. A., Sullivan, E., & Engelstad, A. M. (2024). Annual Research Review: Early intervention viewed through the lens of developmental neuroscience. *Journal of Child Psychology and Psychiatry*, *65*(4), 435-455.
5. Peterson-Katz, K., Piccone, C., Tuzi, N., Kulkarni, C., & Reynolds, J. N. (2023). Barriers and facilitators to implementation of developmental screening and early intervention in Canadian organizations following completion of a training and coaching model: a thematic analysis. *Frontiers in Health Services*, *3*, 1160217.
6. Public Health Ontario. (2024) Early Childhood Developmental Surveillance and Screening in Ontario Public Health Units. Ontario Agency for Health Protection and Promotion.
7. Rodger, S., Hibbert, K. M., Leschied, A. W., Stepien, M., Atkins, M. A., Koenig, A., ... & Vandermeer, M. (2014). *Mental health education in Canada: An analysis of teacher education and provincial/territorial curricula*. Physical and Health Education Canada.
8. Thomson, K. C., Richardson, C. G., Gadermann, A. M., Emerson, S. D., Shoveller, J., & Guhn, M. (2019). Association of childhood social-emotional functioning profiles at school entry with early-onset mental health conditions. *JAMA network open*, *2*(1), e186694-e186694.