



**Ontario Association of Young Parent Agencies**

*serving infants, children and young parents - together*

**l'Association Ontarienne des Agences pour Jeunes Parents**

*servir nourrissons, enfants et jeunes parents - ensemble*

## DECEMBER 2024

### AT A GLANCE

- **OAYPA Policy Paper**
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## OAYPA Policy Paper

We thrilled to announce the launch of the Ontario Association of Young Parent Agencies Policy Brief 2024; [Building Strong Foundations: Recommendations Based on the Current State of Live-in/Intensive Day Programs for Pregnant and Parenting Youth, Their Infants and Children in Ontario](#). The Executive Summary can be found [here](#). This policy paper is a critical tool that we will use to advocate to government and other provincial partners for increased investments and other supports to our sector to achieve a comprehensive system of services for young parents and their children across the province. This collective voice will send a strong united message to the Ontario government and other provincial partners that the members of the Ontario Association of Young Parent Agencies are working effectively and efficiently to improve the outcomes of young families across the province.

As you know, OAYPA worked with a research team at Wilfrid Laurier University (WLU), led by Dr. Melody Morton Ninomiya, Canada Research Chair in Community-Driven Knowledge Mobilization and Pathways to Wellness. Melody's team collaborated with us to create the abstract for the Policy Paper, client and staff surveys, literature review strategy and the completed REB submission for OAYPA and its members. Thank you to our working group; Ekua Asabea Blair, Lesley Barraball, Suzanne Flier, Jane Kenny, Bev MacKillop, Joanna Mendez, and Tamar Meyer (listed alphabetically) for sharing their time and arms-length feedback on the study design and recruitment strategy; as well as the pregnant and parenting youth and OAYPA staff who participated in this research. Without your help, this would not have been possible!

We are very proud of this Policy Brief which will be a beacon to guide our priorities and position us to advocate effectively with the government. It identifies best practices, strengths, challenges, and barriers around the prioritization of resource allocations and support services to best support pregnant and parenting young people across Ontario. It will also enable us to continue leading change

to ensure timely, equitable care, early identification, and support for young parents and children at risk of poor mental health outcomes in Ontario.

## OAYPA Social Media

### OAYPA Social Media

Exciting Update! We're rolling out regular posts about OAYPA and the programs and services available at our agencies. You can find us on X, Instagram, LinkedIn, and Facebook! Help us spread the word—follow, like, share, retweet, and subscribe to our channels!

**LinkedIn:** [Ontario Association of Young Parent Agencies \(OAYPA\)](#)

**Instagram:** [@OAYPA](#)

**Facebook:** [Ontario Association of Young Parent Agencies](#)

**X:** [@TheOntarioAsso1](#)

🌟 **Special Feature:** December's **Agency of the Month** is Bethany Hope Centre! 🌟

## Expanding Horizons Conference 2025

[The National Institute on Infant and Early Mental Health Conference](#) will be held at the Sheraton Toronto Airport Hotel & Conference Centre May 6-8, 2025. Tamar Meyer, Ekua Asabea Blair, Gillian Thompson and Katelyn Mitri will be presenting [The Ujima Project: A Collaborative Approach to Improve Parental and Child Physical, Emotional and Mental Health and Build Core Competencies](#) at the conference. Be sure to watch the conference website for the date and time so you can join us and show your support!

Here is a sneak peak at some of the spectacular keynote speakers, who are industry leaders ready to inspire, challenge, and captivate participants with their insights. Check out their compelling bios below.

### **Dr. Jean Clinton BMus, MD FRCP(C)**

Dr. Jean Clinton is a Clinical Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University's Division of Child Psychiatry. She is a member of the MindUP Scientific Advisory Board and also serves as an advisor for *MindUp for Families*. Dr. Clinton has been a Fellow of the Child Trauma Academy and a Zero to Three Academy Fellow since 2013. She was appointed as an education advisor to the Premier of Ontario and the Minister of Education from 2014 to 2018.

Dr. Clinton has over 30 years of experience as a consultant to children and youth mental health programs, child welfare, and primary care. Her special interest lies in brain development and the critical role that relationships and connectedness play in this process. She has authored her first

book, [Love Builds Brains](#), which is available for purchase online through Tall Pines Press, on Amazon, and in bookstores everywhere.

### **Magdalena Janus Ph.D**

Magdalena Janus, Ph.D., is a professor and Ontario Chair in Early Childhood Development at the Offord Centre for Child Studies at McMaster University. Together with the late Dr. Dan Offord, Magdalena developed a measure of children's developmental health at school entry, the Early Development Instrument (EDI), which is used by communities to monitor the state of early childhood development, in Canada and internationally. Magdalena's research broadly focuses on social determinants of children's health. She is one of the core scientists on the WHO Global Scales for Early Development (GSED) project on measurement and indicators of development for children under three

### **Dr. Chaya Kulkarni BAA, M.Ed. Ed.D**

Dr. Chaya Kulkarni is the Director of Infant Mental Health Promotion (IEMHP) at The Hospital for Sick Children, a national organization which improves outcomes across the lifespan through translating and promoting the science of early mental health into practice with families during pregnancy, infancy, and early childhood. Dr. Kulkarni has over 25 years of experience in a number of leadership roles including frontline service delivery, policy analysis, training, research, and curriculum and resource development. Prior to joining IEMHP, she was VP, Parent and Professional Education at Invest in Kids, and has also served as Senior Policy Analyst and Researcher for the Office of the Official Opposition, Queen's Park. Dr. Kulkarni is an adviser to Dolly Parton's Imagination Library.

## WHAT'S NEW

### **Public Health Agency of Canada and Health Canada Funding Opportunity**

The **Youth Mental Health Fund: Call for Proposals** is now open, offering funding to organizations focused on improving mental health outcomes for youth across Canada under the following priority:

- *Building capacity in and supporting community-based organizations that provide mental health services to youth with the goal of facilitating and strengthening linkages to the broader mental health care system, such as Integrated Youth Services (IYS) networks to expand their reach and serve more youth.*

The deadline to submit proposals is January 22, 2025. Please click [here](#) for more information, including the applicant guide and application form.

## Resources



### **Hanen**

[Comments vs Questions: Are You Striking the Right Balance for Your Child?](#) This handout, which supports our work with parents, is all about **commenting** – why comments can be more powerful than questions, and how parents can best use comments to support their child's communication.

## Canadian Centre for Diversity and Inclusion

Below is a list of key pieces of provincial legislation that relate to workplace diversity, equity, and inclusion. Note from CCDI - this list contains legislation that was in place or proposed at the time of writing, this is not a list of all legislation impacting Canadian employers, and this is not intended as legal advice.

| <u>TYPE</u>          | <u>LEGISLATION</u>   |
|----------------------|--|
| <u>HUMAN RIGHTS</u>  | <a href="#">Ontario Human Rights Code</a>  |
| <u>Pay Equity</u>    | <a href="#">Pay Equity Act Ontario</a>   |
| <u>Employment</u>    | <a href="#">Employment Standards Act</a><br><a href="#">Occupational Health and Safety Act</a><br><a href="#">Workplace Safety and Insurance Board</a> |
| <u>Accessibility</u> | <a href="#">Accessibility for Ontarians with Disabilities Act</a>  |

## Significant Dates



Nov 25 – Dec 10 [16 Days of Activism Against Gender-based Violence](#)

Dec 6, 2024 [The National Day of Remembrance and Action on Violence Against Women](#)

Dec 10, 2024 [Human Rights Day](#)

## Professional Development

### SickKids Education Sessions

Below are the confirmed dates and topics for the 2024-2025 academic year. **Registration links and session details will be forwarded as they become available.**

| TOPIC  | PRESENTER                               | DATE         | TIME              |
|--|---|--------------|-------------------|
| CBT/DBT and Teaching Validation Skills for Parents and Clients – <a href="#">Register here</a> | Janine Lawford, SW                      | Dec 3, 2024  | 1:00 – 2:30pm EST |
| ADHD – <a href="#">Register here</a>   | Dr. Marina Moharib                      | Dec 17, 2024 | 1:00 – 2:30pm EST |
| Youth in Conflict with the Law   | Dr. Jenn Felsher                        | Jan 14, 2025 | 1:00 – 2:30pm EST |
| FASD   | Dr. Cecilia Marino                      | Jan 28, 2024 | 1:00 – 2:30pm EST |
| Youth and the Opioid Crisis  | Dr. Tea Rosic                           | Feb 11, 2024 | 1:00 – 2:30pm EST |
| Pharmacology   | Dr. Cecilia Marino                      | Feb 25, 2024 | 1:00 – 2:30pm EST |
| Trauma Part 1  | Dr. Susan Dundas and Janine Lawford, SW | Mar 25, 2024 | 1:00 – 2:30pm EST |
| Trauma Part 2  | Dr. Susan Dundas and Janine Lawford, SW | Apr 1, 2024  | 1:00 – 2:30pm EST |
| Supporting Indigenous Youth Accessing Care Part 1  | Dr. Deb Denard                          | Apr 15, 2024 | 1:00 – 2:30pm EST |
| Creating Safer Spaces for 2SLGBTQ+ Clients and Families  | Cathy Maser, NP                         | Jun 10, 2024 | 1:00 – 2:30pm EST |

### **SafeGuards Trauma-Informed Training**

SafeGuards is a unique collaborative partnership dedicated to providing culturally informed knowledge exchange to address trauma and safeguard vulnerable children, youth, adults and families from abuse. OAYYPA is a member of SafeGuards with two of our members on the SafeGuards Board of Directors; Pete Embleton and Tamar Meyer. **Staff from our member agencies are entitled to a 10% discount** on all course prices. **Group Registrations:** Save an additional 20% off individual member fee with group registration of 4 or more participants. Download the group registration form [here](#) For more information and to browse their list of courses, click [here](#).

The following Dec/Jan/Feb courses may be of interest to you.

### **Promoting Wellness in Staff Teams: Conversations for Leaders**

Trainer: Joanne Barnes Smith MSW, RSW

December 10, 2024, 1:00pm – 4:00pm ET [Learn more and register here](#)

This training links content on leadership styles, models of supervision and self-care and wellness for deeper dive into the promotion and sustainability of positive mental health wellness among leaders and staff teams.

### **Treating Trauma and Concurrent Substance Use in Adolescents**

Trainer: Stephanie Rabenstein, M.Sc., RMFT, RP

December 11 & 12, 2024, 1:00pm – 4:00pm ET [Learn more and register here](#)

This interactive workshop will provide guiding principles, up-to-date information and intervention strategies to address the challenges for clinicians who are working with complex presentations in a variety of settings including outpatient, residential, in-home, schools and walk-in clinics.

### **Advanced Interventions to Support Individuals with FASD**

Trainer: Karen Huber, BA, CYC

January 28 & 29, 2025, 1:00 pm – 4:00 pm ET [Learn more and register here](#)

In this advanced course, you'll learn to recognize the barriers to identification and support for individuals with FASD including trauma, racism and health inequities. Increase your knowledge of six key domains for intervention and dig deeper into strength-based strategies through case studies. Explore how adaptive skills inform the level of support across domains and how service providers and systems need to shift their approach to be inclusive of those with FASD.

### **Confronting Suicidal Ideation and High-Risk Behaviour**

Trainer: Elizabeth Scarlett, RP, CFRC (Certified First Responder Counselor)

January 30 & 31, 2025, 1:00 pm – 3:00 pm ET [Learn more and register here.](#)

Confronting Suicidal Ideation and High-Risk Behaviour has a particular focus on the human aspects of high-risk behavior seen from both the perspective of the client and the professional. This course addresses: research about suicidal ideation and high-risk behaviour, talking about suicide with clients and colleagues and suggestions for simple organizational shifts that could make for a more trauma-informed space for all.

## **Navigating the N-word and Racial Slurs**

Trainer: Natasha Shakespeare, M.Ed. (Black Settler, she/her)

February 5 & 6, 2025, 12:30pm-3:30pm ET [Learn more and register here.](#)

This training will include discussions about client-caregiver, teacher-student, staff-supervisor, and coworker interactions. Using a behaviour skills training model, this interactive session will give you concrete strategies and practice navigating these difficult conversations in service settings. Leave this session with confidence and armed with information to move you or your organization forward on their anti-racism journey.

## **Charity Village**

**Charity Village eLearning** is a series of self-paced, web-based courses offering practical, high-quality training in the fundamentals. With access to an extensive selection of online courses, you can pick and choose the ones that align with your goals. There is a moderate fee for each course. For more information and to browse all their courses, click [here](#).

## **Government Relations for Non-Profit Leaders: Navigating the Stormy Seas of Political Change**

December 5, 2024 – 1:00 – 2:00 Free: register [here](#)

This webinar will be of primary interest to Executive Directors, nonprofit leaders, nonprofit professionals, and Board members. This workshop will help nonprofits navigate changes including;

- Preparing for a (possible) new government / new priorities
- Government relations in a time of fiscal constraint
- What nonprofit leaders need to do with the remaining (12, 6 and 3 months?) before an election – platform commitments and engagement with candidates and senior public servants
- Revenue Diversification as Risk Mitigation Strategy
- Collective Resourcing as Risk Mitigation Strategy

## **Fundraising Basics for Nonprofits: How to Make Your Grant Search More Effective**

January 23, 2025 – 1:00 pm – 2:00 pm Free: Register [here](#)

For staff and volunteers who are **new to fundraising**, finding grants to fund your initiatives can be challenging, particularly for small organizations lacking a grant writer. This webinar is designed to guide organizations unfamiliar with the grant application process. In our session, we'll explore strategies that will help you find grant programs that will maximize your grant writing success.

### **Learning Objectives:**

After attending the session, participants will be able to:

- Better understand the grant writing process
- Interpret eligibility criteria of funders
- Find the appropriate funding opportunities that are right for your nonprofit
- Reduce research time identifying grants