Family Engagement Training at CFC

The Child and Family Centre has formally launched its Family Engagement initiative in partnership with the Centre of Excellence! All staff were invited to attend a full day’s training at Bryston’s On The Park in Copper Cliff led by Sarah Cannon, Executive Director of Parents for Children's Mental Health, along with Centre of Excellence staff. The full day training focused on the importance of service providers to engage parents, caregivers, and families of children and youth living with mental health issues. Engagement allows all of us to work together to extinguish the stigma surrounding mental health among children and youth.

Family Engagement is defined as a partnership between a clinician and family, as well as an organizational alliance between an Agency offering mental health services and families accessing services. The focus of Family Engagement is family-centred care, recognizing that parents and families are experts in their own health and wellness.

“Parents feel that they know what is best for their children, and as much as we appreciate care, sometimes we feel that we are not being heard at all.” - Parent

The Child and Family Centre is committed to the family engagement initiative and has organized an Implementation Team comprised of senior managers, managers, and front line staff with the goal of including parents, caregivers and families to effectively inform our mental health services and engage our families to improve outcomes for healthier children and youth in our communities.

Family engagement is an essential component of Moving on Mental Health - the Ministry’s new service framework for the children’s mental health sector. Since family engagement is linked to more positive outcomes for children and youth, it is crucial for the Child and Family Centre to engage families and caregivers as primary stakeholders in our services. Moreover, meaningful involvement of families in the treatment of children and youth will teach all of us many important lessons about service provision as we move forward through system transformation.
A Message From The President of the Board

On behalf of the Board, welcome to the fourth edition of Connection. I hope that everyone enjoyed a happy and healthy holiday season. Where has the time gone? It seems like just yesterday that we were announcing the inaugural edition of our newsletter. We are pleased to announce that Kayla Maloney, having just completed her one year internship, will be staying on with us as Managing Editor/Writer of CFC’s Connection.

Since last time, the Board has continued its involvement with, and support of, our progress as Lead Agency, per the Moving on Mental Health (MOMH) Strategy. In early October, the President along with the Executive Director and Director of Clinical Services attended an initial orientation/planning session, with the Ministry who subsequently confirmed project funding for the balance of 14/15. This allowed for the creation of our new Assistant Director for Continuous Improvement and Administrative Support positions respectively, as well as the hiring of a Lead Agency Project Manager who will assist with the achievement of project objectives through March 2015.

The Board was also well represented at the annual Children’s Mental Health Ontario (CMHO) conference held in Toronto in November. The theme for this year’s conference was ‘Getting it Right for Kids and Families’. In addition to the very interesting and informative agenda, the conference provided the opportunity to network and share with representatives of our fellow northern children’s mental health agencies as well as the other fledgling ‘Lead’ agencies in the province.

The Board was pleased to see that Sarah Cannon, ED of Parents for Children’s Mental Health, in collaboration with the Centre of Excellence, was back to provide Family Engagement training for staff in November. Youth and Family Engagement are key elements of the MOMH Strategy.

We would also note that preparations for our Accreditation review that is due for completion in January of 2016 have begun. Our continued Accreditation will confirm the high standards we maintain.

From a governance perspective, the ‘new’ Board has continued to hold monthly meetings, and the membership of Board standing committees for 2015 has been finalized. The Executive meeting for November was held in Little Current following a tour by members of both our current and proposed new office locations in Espanola and Little Current respectively.

In terms of the next few months, the Board is looking forward to attending the next MOMH Strategy information/planning session to be held at the end of January, and planning for a Board orientation/training retreat for early February is underway.

Overall, we look forward to another year of great things from all staff on behalf of the children, youth, and families in the Greater Sudbury/Manitoulin service area.

Until next time.
Thank you, merci beaucoup, miigwetch, and Happy New Year!

Barry Sullivan, Board President
From the Desk of Our Executive Director

I want to begin by thanking each and every one of you for your ongoing commitment and hard work for the children, youth and families we serve. I also want to wish you all the best in this New Year. This past year has been a challenging one filled with change and uncertainty along with excitement in being named Lead Agency. Throughout you have remained focused on the planning, implementing and sustaining of services and activities focused on better serving our children, youth and families.

In the first three months of the year, Ministry of Children and Youth Services (MCYS) announced that the Districts of Sudbury and Manitoulin were part of the first wave of identification for Lead Agencies. This led to the submission of our application for Lead Agency in March, a site visit from the Ministry in May and the announcement of CFC being named as one of the fourteen Lead Agencies in August. We were also fortunate in having The Honourable Minister Tracy McCharles visit the Agency in September. In October, CFC attended a Lead Agency orientation session led by the MCYS and the Centre of Excellence for Child and Youth Mental Health. On October 31st, the Ministry released the reporting templates outlining the minimum expectations to be achieved by March 31st 2015. These include engaging families, youth and service providers in establishing the current landscape of our mental health system, in identifying needs and gaps in services, and in identifying our priorities for 2015/16. CFC is fortunate to be in a community built on the foundation of strong collaborative partnerships and the desire to continue to create a system that meets the needs of our families.

At a service delivery level, CFC has been busy reviewing its own internal service delivery model. Ensuring that client needs are met in a seamless and efficient manner is central to the process. Numerous activities throughout the year reflect CFC’s commitment to the new core service framework by implementing evidence informed practices, engaging youth and families in meaningful partnerships, and realigning our services with the goal of more positive outcomes for children and youth. Highlights of some of these activities include the Walk-In Service pilot as part of the PACE project, the launch of the Family Engagement initiative, and sustaining the Youth Engagement activities across the Agency and larger community.

As we embark on a New Year, let us be mindful of each other’s strengths, and be purposeful in our daily activities in delivering the best possible mental health services for children, youth and families.

Happy New Year! Bonne heureuse année!

Linda Dugas
The CFC Christmas Luncheon 2014

On the 10th of December, staff, leadership, and board members of The Child and Family Centre gathered at the Caruso Club in Sudbury for CFC’s annual Christmas Luncheon. Board President Barry Sullivan and Executive Director Linda Dugas thanked staff for their continued support and hard work this past year, while some staff received recognition for their many years of service. Representatives from Club Richelieu were also in attendance to make a very generous donation to the Child and Family Centre Charitable Fund! It was great to see everyone!

CFC staff displayed their generous holiday spirit at the annual Christmas Luncheon on December 10 with many contributions made to the CFC Charitable Fund.

We wish to thank all staff for their generosity and participation and hope you all had a happy holiday season!
Forever Recognizing Others' Greatness

Congratulations Melissa Anderson

Congratulations to Clinical Manager Melissa Anderson who celebrated ten years of service with the Child and Family Centre in December! Thank you for your continued hard work and dedication Melissa!

Congratulations Julie Lamoureux-Rainville

Congratulations to Julie who began her temporary assignment as a Clinical Manager in November. Welcome to the Leadership Team!

Congratulations Heather Haynes

Heather began her temporary assignment as Clinical Manager in December. We look forward to your contributions to the Leadership Team. Welcome!

Congratulations Holly Graham

Holly has moved from Espanola to the Sudbury office. Congratulations Holly!

Congratulations Joanne Servant

Joanne began as a full-time receptionist in November. Congratulations Joanne!

Congratulations Joanne Gosselin

Joanne is the new lead-hand for the Supervised Access Program. Congrats!

Welcome Lindsay Austin

In December Lindsay began as our new Administrative Support Assistant. Welcome to the Administrative Team!

Welcome Basem Gohar

Basem began a six month contract as a Clinician in December. He brings previous experience with Crisis Intervention services and a Masters in Clinical and Counseling Psychology. Welcome aboard!

Welcome Lorianne St. Jean

Lorianne began in December as a new permanent part-time worker with SAP. She has over ten years experience as a CYW. Welcome Lorianne!

Welcome Mark Fraser

On January 9 Mark will join us as CFC’s Assistant Director for Continuous Improvements. In the past, he has held the position of Continuous Quality Improvement and Research Specialist with CAS. Welcome!

Farewell Genevieve Solomon-Dubois

On the 2nd of January we said farewell to Genevieve. We wish you the best of luck in this new phase of your life!

Farewell Claire Valtins

After 10 years of dedicated service to the needs of children, youth and families of CFC, Clinical Manager Claire Valtins has embarked on a new journey as the Supervisor of the Infant and Child Development Services with Health Sciences North. Best of luck Claire!

Congratulations Kayla Maloney

Kayla’s marketing internship comes to a close on Jan 13th. We would like to thank her for her creative ideas and leadership this past year.

She will continue on with CFC in 2015 as Managing Editor/Writer of CFC’s Connection.

Congratulations Kayla!
A Special Visit With Santa!
December 1, 2, and 8 2014

In December the Child and Family Centre and Sudbury Best Start were pleased to invite children and families to three Best Start Hub locations for a free photograph with Santa Claus!

Children enjoyed hot chocolate and a chat with St. Nick, while parents were welcomed to our CFC information booth to discuss local children’s mental health resources, and to be entered into a door prize draw for a gingerbread house kit or gift card!

We would like to sincerely thank Cathy Manuel, Johanne Thompson, Amanda Gour, Sue Tasse, Don and Norm Malette, Monique Levesque, Kayla Maloney, Sudbury Best Start, and everyone at the New Sudbury, Hanmer, Donovan, and Aboriginal hubs for making this event such an incredible success!

We would also like to thank our generous donors for making each of these events so very special for the children and parents in attendance (see page 8).

And last, but not least, thank you Santa for visiting!
CFC Welcomes the Ministry

On December 11, Assistant Deputy Ministers Rachel Campus, Service Delivery Division with MCYS, Joanne Miller-Reid, Youth Justice Services Division with MCYS, and Karen Chan, Community and Developmental Services Division with MCSS, accompanied by Lynn Holder, probation manager with MCYS, and Carey Bignucolo, Program Supervisor with MCYS, visited the Child and Family Centre’s Frood location. René Quesnelle, Board Treasurer, Linda Dugas, Executive Director, Dr. Lina Guzzo, Director of Clinical Programs, and Donald Malette, Director of Corporate Services, highlighted the agency’s strengths and leadership in our service area. CFC’s uniqueness both in its governance and operational structures to ensure service delivery to the three main streams of our population, Anglophone/Multicultural, Francophone, and Aboriginal was definitely perceived as a strong point.

Heather Haynes, acting Clinical Manager, and Sue Tassé, Clinician, impressed the Assistant Deputy Ministers with the successes of the School Based Mental Health Service. Reaching out to high risk youth in secondary schools struggling with mental health issues who otherwise would not access services was a definite highlight. In addition, testimonials of youth through client surveys supported the agency’s direction of increasing its visibility in schools. A strong collaborative partnership with our school boards was perceived to be a strength by the Assistant Deputy Ministers.

Walk In Service Update

In October 2014 the second phase of the Walk In Service pilot was moved to our Frood site (65 Evergreen St. in Sudbury) and was opened from 12:30 p.m to 8:30 p.m every Thursday. During the month of October we spent our energies marketing the service and new location to various venues and organizations including schools, partner agencies, pediatrician offices, medical walk in clinics, Best Start Hubs, Better Beginnings Better Futures, and Healthy Babies/Healthy Children. CFC also ran an ad in Sudbury Living Magazine’s Fall parenting issue.

Our October efforts in marketing appeared to have produced results as we saw a majority of clients in November. The outcome measures consistently rated that the service was helpful and received appreciation for the information and resources provided to each client at the end of the session.

CFC continues to provide flyers directly to frontline staff at schools, CAS, BBBF, HBHC, and CCR. Since their posting to the CFC Facebook on October 29th, the digital bilingual flyers have reached over a thousand people on Facebook, and they have been shared by twenty accounts including organizations such as Sudbury Best Start Hubs, 211 Ontario North and, the Paying it Forward fan page. CFC has extended the pilot phase of the Walk In Service to March 31st 2015. The Child and Family Centre will be reaching out to youth and families in the new year to inform the future service delivery of the Walk In Service.

CFC’s Triple P: Winter 2015 Line Up

Triple P Group (0 to 11 yrs)
Date: Tuesday January 13 to March 3 2015
Time: 9:30 a.m. to 12:00 p.m.
Location: CFC, Frood Rd. Site (Boardroom A)
Facilitator: Rose Haskin

Triple P Teen Group (11 to 18 yrs)
Date: Thursday March 19 to May 7 2015
Time: 6:00 p.m. to 8:30 p.m.
Location: CFC, Frood Rd. Site (Boardroom A)
Facilitator: Nicole Chrétien-Shamess

If you have questions about these, or other Positive Parenting Programs, please contact Triple P Sudbury at 705-566-3416 or visit our website at http://childandfamilycentre.on.ca/triple-p/
Recognizing Our Donors and Friends

Our many thanks to United Commercial Travelers! UCT has once again made a generous donation to fund the production of our Teen Calling Card. Teen Calling Cards are a very important resource for the youth in our community with over thirty local phone numbers directing youth to specialized organizations, helplines, and emergency care.

Thank you UCT!

Thank you to Sudbury Best Start for partnering with us to provide Free Photos with Santa in December. The event was a great success offering more than sixty children from three Best Start hubs across Greater Sudbury a visit and photo with Santa (see page 6). We’d also like to thank the following donors for making the day so special with their generous contributions: Tim Hortons Lorne St., Tim Hortons Martindale, Tim Hortons Algonquin, Dumas’ Independent.

Have you seen Child and Family Centre’s snazzy new Canadahelps.org profile?

A whole new page for your online donating convenience!

To donate today, visit:

For more information about donating to CFC’s Charitable Fund or sponsoring our next event please visit our website or call us at 705-525-1008.

We’ll be happy to discuss donor recognition and promotional opportunities with you!

Wishing you all a year filled with love and the spirit of giving,

Hélène D.
Santa’s Little Helper

Wrapping It Up!

Christmas Families Campaign 2014 Update

The Christmas Families Campaign 2014 brought out the best spirit of giving yet. With our generous silent community partner we were able to assist 47 families for a total of 94 children across our service area!

This year saw the highest number of CFC volunteer elves this campaign has seen to date. A great big thanks goes out to each and every one of you for helping to make Christmas a little bit brighter for all of those families and their children.

Wishing you all a year filled with love and the spirit of giving,

Hélène D.
Santa’s Little Helper
Youth Engagement: Rock a Future!
Saturday October 4 2014

On Saturday October 4, our first collaborative event "Rock a Future", in partnership with Sudbury Youth Rocks, was a resounding success and was attended by over 120 young people who participated in music industry workshops, and well over 50 young performers who gave their all in opening for the band ChildsPlay.

Youth Engagement and Theatre Cambrian
December 4 2014

On December 4, we participated in the opening night of Theater Cambrian Youth company's rendition of "The Wedding Singer". The production opened to a full house thanks to the wonderful opportunity that Dare to Dream was able to provide to ensure our youth, families and their supporters could attend as guests. To date over forty-five youth have signed up to be a part of youth engagement at Child and Family Centre!

Youth Engagement at Child and Family Centre!

Our Youth engagement strategy has had a very powerful impact within our community in the last quarter. An invitation has been sent and answered as five new agencies have aligned with us to raise mental health awareness and help us to better engage youth in the districts of Greater Sudbury and Manitoulin. It is full steam ahead!

In October, CFC supported the combined youth from Sudbury Action Centre, Sudbury Youth Rocks, and The Theater Cambrian youth company who hosted "HOLLA"-WEEN - a youth gathering. This event was attended by over 80 participating youth who met other partner agency’s youth during this "get to know you" event.

As CFC continues its youth engagement strategy into the new year, and seeks to partner with other youth agencies, one thing is for sure: volunteering has never been so much fun!
A Place for PACE: Implementation

Implementation: “A specified set of activities designed to put into practice an activity or program of known dimensions”.

Implementation of an Evidence Informed Practice (EIP) involves two sets of activities (intervention-level activity and implementation-level activity) and two sets of outcomes (intervention outcomes and implementation outcomes). This is an exciting time for the Implementation team!

SFBT Training continued with Module 2 training completed December 4th and 5th. While training is ongoing at the intervention-level, the Implementation team is working on fine tuning the processes for measuring and evaluating SFBT as a practice in our agency.

An excellent research article is available for further review: http://nirn.fpg.unc.edu/sites/nirn.fpg.unc.edu/files/resources/NIRN-MonographFull-01-2005.pdf

Staff can check out PACE bulletin boards at Lasalle and Frood sites for more information on EIP’s in our agency.

The CFC PACE team thanks you for your interest in the program and encourages you to contact them with any questions and feedback you may have.

pace@childandfamilycentre.on.ca

What’s New in Rural?

FUN Friends: Manitoulin
Alison Orford has partnered with Little Current Public School to offer the FUN Friends Anxiety group for children aged 4 - 7 years. This group has provided a great opportunity for both community collaboration and family engagement!

Alison has also offered the group in her elementary Day Treatment classroom for children aged 9 - 11 years. The four children participating are really enjoying the group opportunity in addition to building skills to manage their anxiety and build resilience.

Christmas Families: Espanola
In December, employees from Domtar once again provided for families in need via the Espanola Community Mental Health Services. They provided gifts, food baskets, gift cards, health and beauty products, furniture, recreational equipment, and Christmas trees with all of the decorations. Their generous donations and commitment to this endeavour has provided over 50 families in the past 8 years with a Christmas to remember!

Christmas Families: Chapleau
The Chapleau Child Care Centre and Best Start Hub in Chapleau organized “The Angel Tree” at the local Collins Home Hardware. An individual could take an angel from the tree, which had a child’s age and gender, and buy a gift for that child. They dropped the unwrapped gift off at the Child Care Centre where it was wrapped and distributed.

The community also collected food for the annual food drive. This year the food went into food hampers and was then distributed to local families in the community. The hampers provided everything a family would need to make a turkey dinner.

Parade of Lights & Children’s Christmas Party: Noelville
On Saturday November 29th, the community of Noelville hosted a Parade of Lights and Children’s Christmas Party. The parade travelled throughout the community from the local high school to the arena. The children were able to enjoy a free skate and treats along with a variety of organized activities. Santa arrived at the arena and offered small gifts for all of the children.

Technology Tip (and General Good Advice) from Penny

Tip 1: Don’t eat yellow snow.
Tip 2: Keyboard short cuts. Hold the ctrl key.

Ctrl + A = Select all text
Ctrl + B = Change selected text to be Bold
Ctrl + C = Copy selected item
Ctrl + I = Change selected text to be in Italics
Ctrl + P = Print the current page or document
Ctrl + S = Save current document file
Ctrl + U = Change selected text to be Underlined
Ctrl + V = Paste the item copied
Ctrl + X = Cut selected item
Ctrl + Home = Goes to beginning of document
Ctrl + End = Goes to end of document
Operation: Implementation

On November 13th 2014 Clinical Manager, Bev Maloney, attended the "Operation: Implementation" symposium in Waterloo, ON. The symposium was a partnership between Lutherwood’s Institute for Children and Youth Mental Health and the Ontario Centre of Excellence for Child and Youth Mental Health in Ottawa.

The informative symposium addressed different areas of Implementation Science of evidence-based programs and practices. Implementation Science is the effective implementation of evidence-based practices by ensuring fidelity of practice to produce outcomes in clinical work that are similar to those validated by research.

The agenda for the day included key note speaker Dr. Michelle Duda from the University of North Carolina at Chapel Hill and Associate Director of the National Implementation Research Network presenting on Implementation research. The day also included a panel that presented on "Lessons from the Field", presenting and discussing successes, struggles and solutions. Panelists included the Children’s Centre Thunder Bay, East Metro Youth Services, Hands, Child Development Institute, and Lutherwood.

Wish you had attended this conference? Visit http://www.lutherwood.ca/institute/events/operation-implementation-symposium for more information, presentation videos, and more!

Heath and Safety: Winter Driving Tips

• SLOW DOWN! Posted speed limits are for ideal travel conditions. Driving at reduced speeds is the best precautionary measure against any misfortune while driving on slippery roads.
• "Black ice" is invisible. Be alert! Black ice will make a road look like shiny new asphalt. Pavement should look grey-white in winter.
• Do not use cruise control. Winter driving requires you to be in full control.
• Reduce your speed while approaching intersections covered with ice or snow.
• Drive with low-beam headlights on. Not only are they brighter than daytime running lights, but turning them on also activates the tail lights.
• Lengthen your following distance behind the vehicle ahead of you. Stopping distance on an icy road is double that of stopping on a dry one.
• Steer with smooth and precise movements. Changing lanes too quickly and jerking the steering wheel while braking or accelerating can cause skidding.
• Be patient and pass other cars only when it is safe to do so.

Commemorating 400 Years of Francophone Presence in Ontario

Coinciding with the upcoming Toronto 2015 Pan Am and Parapan Am Games, Ontarians can look forward to a celebration of Francophone culture in 2015, as it marks the 400th anniversary of French explorer Samuel de Champlain’s passage through Ontario. Stay tuned for our next issue for fun facts and a look at local events!

Did you know? More than 600,000 Francophone people live in Ontario. It’s the largest French speaking community outside of Quebec! In our service area, 27% of people are French speaking.

Newsletter Q&A

Q: As a CFC staff member, how do I access past issues of CFC’s Connection?

A: All of the issues of our newsletter are in the Shared Drive in a file named “CFC Connection”. There you will find each newsletter, in English and French, filed in order of its publication.

Do you have a question about CFC’s Connection?

Email Kayla Maloney at kmaloney@childandfamilycentre.on.ca

Human Resources

For the Child and Family Centre, training will be a main focus in 2015. Some of the training we will be providing to all staff will include:

- Cultural Sensitivity and Diversity, Violence and Harassment in the Workplace, Ergonomics.

Keep an eye open for training opportunities in the near future!
Editor's Note
I would like to thank everyone for their ongoing support, kind words of encouragement, and for their readership of the first volume of CFC’s Connection! The feedback not only from staff, but from community partners and parents has made this publication such a worthwhile endeavor. I would also like to thank all of our contributors from the past year who have written informative articles with the intention of making children’s mental health services more widely known and accessible within our community. It is my privilege to remain the Managing Editor and primary writer of the Connection, and it is my goal to make our second volume even better than our first. Wishing you all a safe and happy new year.

Kayla Maloney
kmaloney@childandfamilycentre.on.ca

Welcome Back! Winnie Pitawanakwat
The Child and Family Centre would like to extend a sincere welcome back to our Elder Winnie Pitawanakwat.

We look forward to continuing our wonderful partnership.

CFC’s Drum Group
Child and Family Centre is pleased to offer a Child, Youth, and Family Community Drum Group every second Tuesday from 4:30 p.m. to 6:30 p.m. at our Frood Rd site.

Our first few weeks have had an impressive turn out of families! The group features songs and teachings with Elder Winnie Pitawanakwat.

For more information about the group, please contact helper Debbie Lemieux at 705-525-1008 ext. 2579.

Everyone is welcome!

SAVE THE DATE:
Children’s Mental Health Week May 2015

Save the date for Children’s Mental Health Week 2015 with free, informative events hosted by Child and Family Centre!

The Children’s Mental Health Week Committee is in the midst of planning an engaging week for children, youth, and parents! Keep an eye out for a flyer of events!

If you are a staff member wishing to participate in the week’s events, please send your name to Monique Levesque. Remember, one sure way to help out is to let your clients and families know about the week and events!

EVENT CALENDAR: January 1 - March 31 2015
Holidays, Events, Observances, and Staff Calendar

Thursday January 1st
Holiday: New Year’s Day

Monday February 2nd
Groundhog Day

Saturday February 14th
Valentine’s Day

Monday February 16th
Holiday: Family Day

Thursday February 19th
All-Staff Meeting at Frood, 1:00 p.m.

Sunday March 8th
International Women’s Day

Sunday March 8th
Daylight Savings Time Starts (spring ahead)
The following is a brief look at only a few of the services offered by the Child and Family Centre. If you would like more details please go to our website at: www.childandfamilycentre.on.ca.

**Walk In-Service:** The Walk-In serves as a mechanism for easy and quick access to mental health services for children, youth and their families. The service offers single sessions. It is NOT a crisis service. **To access this service:** Attend site at 62 Frood Rd., Sudbury – Thursdays between 12:30 p.m. and 8:00 p.m. (last session begins at 6:30 p.m.)

**Children’s Mobile Crisis Program:** This program is a partnership between the Sudbury Hospital “Health Sciences North” (HSN) and the Child and Family Centre (CFC). Mobile Crisis provides crisis programs 24 hours a day, seven days a week to children and youth ages 3-18 years old. **To access this service:** Call the Live Voice/Triage at: 705-675-4760 or 1-877-841-1101, 24/7 - 365 days a year.

To access any of the services below please contact the Children’s Community Network at the location nearest you:

- **Sudbury:** 319 Lasalle Boulevard, Sudbury – Intake 566-3416
- **Chapleau:** 34 Birch Street East, Chapleau – Intake 864-0860
- **Espanola:** 90 Gray Street, Unit 1, Espanola – Intake 869-1564
- **Little Current:** 14 Water Street, Unit 1, Little Current – Intake 368-2002

**Counselling and Therapy:** Counselling and therapy offers a treatment plan to help children up to 18 years of age and their families, who have mental health concerns. A team approach is used and the clinicians work closely with the client and his/her family to specify goals and outcomes. The treatment methods may include therapy for the child or adolescent and their family, or group therapy.

**Family Skill Building and Support:** Positive Parenting Program known as Triple P. Triple P is a partnership of children’s mental health, education and social service providers working together to offer families high quality parenting programs and individualized support and advice. At CFC, the program is delivered as a strategy addressing parenting issues, for parents of children who currently have or are at risk of developing oppositional, disruptive and/or aggressive behaviours.

**Intensive Services:**

- **Day Treatment Program:** This program provides children between the ages of 4 and 18 with mental health, social and emotional issues a school based therapy. It supports both their treatment plan and helps to address their academic needs. The overall goal is to reintegrate the child into the regular school system.

- **Intensive Child and Family Intervention Program:** This program provides children up to 18 years of age with severely maladaptive behaviors, intensive and flexible mental health treatment programs in their home, schools, and/or communities.

Interested? Need more? Check us out at: www.childandfamilycentre.on.ca or scan this…