

Kingston & Area Vital Signs® 2016 Reference Material & Additional Resources

Getting Started

Child and Youth Mental Health:

Children's Mental Health Ontario:

2016 Report Card: Child and Youth Mental Health

http://www.kidsmentalhealth.ca/about_us/cmho-report-card-2016.php

Best Start:

Building Resilience in Young Children: Booklet for Parents of Children from Birth to Six Years

http://www.beststart.org/resources/hlthy_chld_dev/pdf/BSRC_Resilience_English_fnl.pdf

Centre for Addiction and Mental Health:

Growing Up Resilient: Ways to Build Resilience in Children and Youth

http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/growing_up_resilient_ways_to_build_resilience_in_children_and_youth/Pages/growing_up_resilient_ways_to_build_resilience_in_children_and_youth.aspx

American Psychological Association:

10 Tips for Building Resilience in Children and Teens

<http://apa.org/helpcenter/resilience.aspx>

Adverse Childhood Experiences (ACEs) Studies

<https://www.cdc.gov/violenceprevention/acestudy/index.html>

Search Institute

<http://www.search-institute.org/>

KFLA Cares

<http://www.kflacares.com/>

E-Mental Health

<http://www.ementalhealth.ca/>

Infographic: "1 in 4 children in Canada will experience a mental health issue ..."

Children's Mental Health Ontario. (2016). 2016 Report Card: Child & youth mental health. <http://www.kidsmentalhealth.ca/>

Bullet: “More likely to have healthy relationships.”

National Institutes of Health (US); Biological Sciences Curriculum Study. NIH Curriculum Supplement Series [Internet]. Bethesda (MD): National Institutes of Health (US); 2007. Information about Mental Illness and the Brain. Available from:
<http://www.ncbi.nlm.nih.gov/books/NBK20369/>

Did You Know? “1 in 3 grade 9 to 12 students reported an unmet need for mental health support.”

Boak, A., Hamilton, H. A., Adlaf, E. M., Henderson, J. L., & Mann, R. E. (2016). The mental health and well-being of Ontario students, 1991-2015: Detailed OSDUHS findings (CAMH Research Document Series No. 43). Toronto, ON: Centre for Addiction and Mental Health.

Hotel Dieu Hospital – Child & Adolescent Psychiatry, Child Development Centre:

<http://www.hoteldieu.com/programs-and-departments/child-and-adolescent-psychiatry>

The American Pediatric Journal - August 2004: Correlation Between Family Meals and Psychosocial Well-being Among Adolescents:

<http://archpedi.jamanetwork.com/article.aspx?articleid=485781&version=meter+at+nul&module=meter-Links&pgtype=article&contentId=&mediald=&referrer=&priority=true&action=click&contentCollection=meter-links-click>

Funding provided by the Province:

<http://sophiekiwala.onmpp.ca/News/12106?l=EN>

<http://www.thewhig.com/2016/03/04/social-services-agency-gets-provincial-funding>

Regiopolis Notre Dame:

<http://www.thewhig.com/2016/06/19/regi-wins-healthy-schools-award>

Mental health at RMC:

<http://www.thewhig.com/2016/07/03/how-rmc-deals-with-mental-health-support>

Early Childhood:

KFL&A Public Health. An environmental scan of programs, services and resources for positive parenting in KFL&A. 2013. Kingston: KFL&A Public Health.

<https://www.kflaph.ca/en/research-and-reports/Report-Positive-Parenting-Introduction.aspx>

Limestone Advisory for Child Care Programs:

<http://www.limestoneadvisoryforchildcare.ca/#!data-analysis-coordinators/c14qh>

- Approximately one in five children and youth in Ontario experience a mental health challenge and roughly 70 per cent of mental health challenges have their onset in childhood or youth. Early identification and intervention can lead to improved achievement in school and better health outcomes in life.

Ontario Promoting Student Well-Being in Education:

https://news.ontario.ca/edu/en/2016/05/ontario-promoting-student-well-being-in-education.html?utm_source=ondemand&utm_medium=email&utm_campaign=p

Ontario, The Benefits of Full-Day Kindergarten:

<http://www.edu.gov.on.ca/kindergarten/theresearchisin.html>

<http://www.edu.gov.on.ca/kindergarten/fdk-infographic.html>

Food Security

KFL&A Public Health: Cost of Eating Healthy:

<http://www.thewhig.com/2016/07/04/cost-of-eating-healthily-increases-in-area>

Food Banks Canada, *HungerCount 2015*:

https://www.foodbankscanada.ca/FoodBanks/MediaLibrary/HungerCount/HungerCount2015_singles.pdf

Community Engagement

Truth and Reconciliation:

TRC: Calls to Action:

[http://www.trc.ca/websites/trcinstitution/File/2015/Findings/Calls to Action_English2.pdf](http://www.trc.ca/websites/trcinstitution/File/2015/Findings/Calls%20to%20Action_English2.pdf)

MacLean's Magazine: Attawapiskat:

<http://www.macleans.ca/news/canada/attawapiskat-and-the-fallout-of-intergenerational-trauma/>

Limestone District School Board, Aboriginal education, Kingston Whig Standard, Oct 12, 2015:

<http://www.thewhig.com/2015/10/12/building-understanding-through-education>

CAMH 2015 Ontario Student Drug Use and Health Survey (OSDUHS):

http://www.camh.ca/en/research/news_and_publications/Population%20Health%20eBulletin/eBulletins%20for%202016/eb17_n2_MH-Report-Highlights_2015OSDUHS.pdf

<http://www.theglobeandmail.com/life/health-and-fitness/health/number-of-ontario-teens-with-psychological-distress-rising-at-alarming-rate/article31042541/>

Ontario Apologizes:

<https://news.ontario.ca/opo/en/2016/05/ontario-apologizes-for-residential-schools.html>

The Journey Together:

<https://news.ontario.ca/maa/en/2016/05/the-journey-together-ontarios-commitment-to-reconciliation-with-indigenous-peoples.html>

The Globe and Mail, June 10, 2016, Art program helps First Nations kids share their pain:

http://www.theglobeandmail.com/life/health-and-fitness/health/learning-that-its-okay-to-talk-about-pain/article30369455/?utm_medium=Newsletter&utm_source=Globe%20Life&utm_type=text&utm_content=GlobeLife&utm_campaign=136170143

Community Safety:

Statistics Canada: Police-reported crime statistics:

<http://www.statcan.gc.ca/daily-quotidien/150722/dq150722a-eng.htm>

<http://www.statcan.gc.ca/pub/85-002-x/2016001/article/14642-eng.htm>

CBC.CA reporting on 2015 crime statistics, July 20, 2016:

<http://www.cbc.ca/news/canada/calgary/canada-crime-stats-rate-increase-statistics-canada-severity-index-police-1.3686871>

Crime Prevention in Ontario: A Framework for Action:

<http://www.mcscs.jus.gov.on.ca/sites/default/files/content/mcscs/docs/ec157730.pdf>

Kingston Police Business Plan

<https://www.kingstonpolice.ca/default/assets/File/Kingston%20Police%202015-17%20Business%20Plan.pdf>

Community Risk Watch / Hub concept:

http://www.oacp.on.ca/Userfiles/StandingCommittees/CommunityPolicing/ResourceDocs/OWG%20Report_Final.pdf

Community Risk Watch, what it is and the process:

<https://vimeo.com/162098861/afa73f5445>

Ontario Working Group Facebook page:

https://www.facebook.com/OWG-697548947010749/timeline?ref=page_internal

At the Video tab there are several great speakers that will quickly explain all the parts of the Situation Table and responsibilities...saves a lot of reading!

Specific information on the KFL&A Community Risk Watch:

<http://www.globalcommunitysafety.com/resources/community/kfla>

Youth Diversion:

Whig Standard:

<http://www.thewhig.com/2016/06/26/youth-diversion-welcomes-cash-infusion>

Youth Diversion web site

<http://www.youthdiversion.org/>

Physical Activity:

ParticipACTION Report Card, Are Canadian Kids Too Tired to Move?

<http://www.participaction.com/en-ca/thought-leadership/report-card/2016>

Democratic Engagement:

Elections Canada: Results from the 42nd General Election of October 19, 2015:

Poll by poll for individual ridings:

<http://www.elections.ca/content.aspx?section=res&dir=rep/off/42gedata&document=bypro&lang=e>

By Province:

<http://www.elections.ca/res/rep/off/ovr2015app/41/table4E.html>