

Embedding and Enhancing Local Infant Mental Health Services

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Maltby Centre - Anne Biggar, MSW, RSW

Prenatal to Six Committee

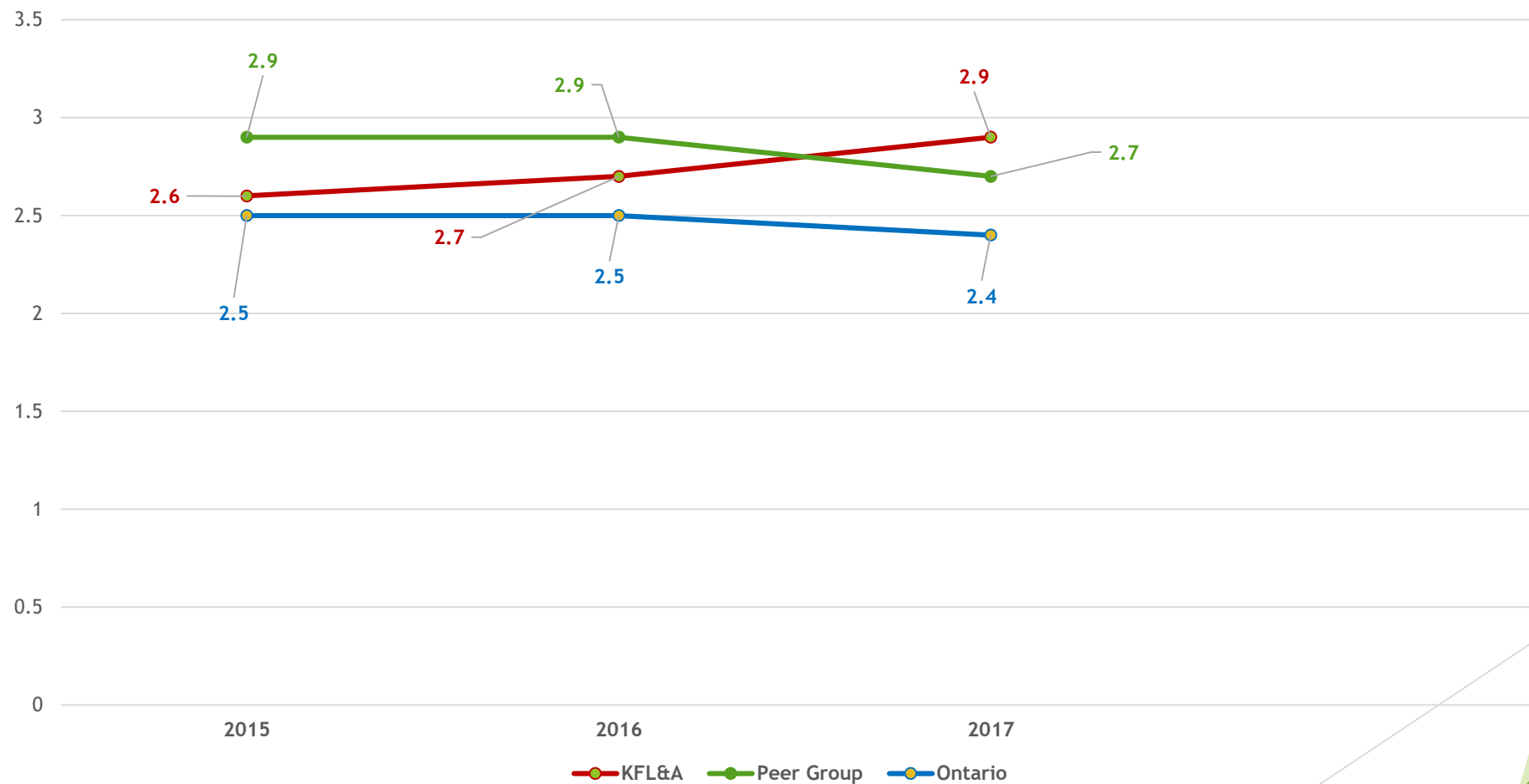
- ▶ A KFL&A committee with members that share an interest in early childhood development
- ▶ Works closely with the Children and Youth Services Planning Committee
- ▶ Representatives from multiple sectors including health, education, social services and licenced child care
- ▶ Current initiatives include a Positive Parenting Campaign, Promotion of the 18-Month Enhanced Well-Baby Visit, and Infant Mental Health

Births in KFL&A

- ▶ There were 1735 births in the KFL&A area in 2017
- ▶ Average age of mother at birth in 2017 in KFL&A was 29.7 years
- ▶ Average age at birth of first infant in 2017 in KFL&A was 28.4 years

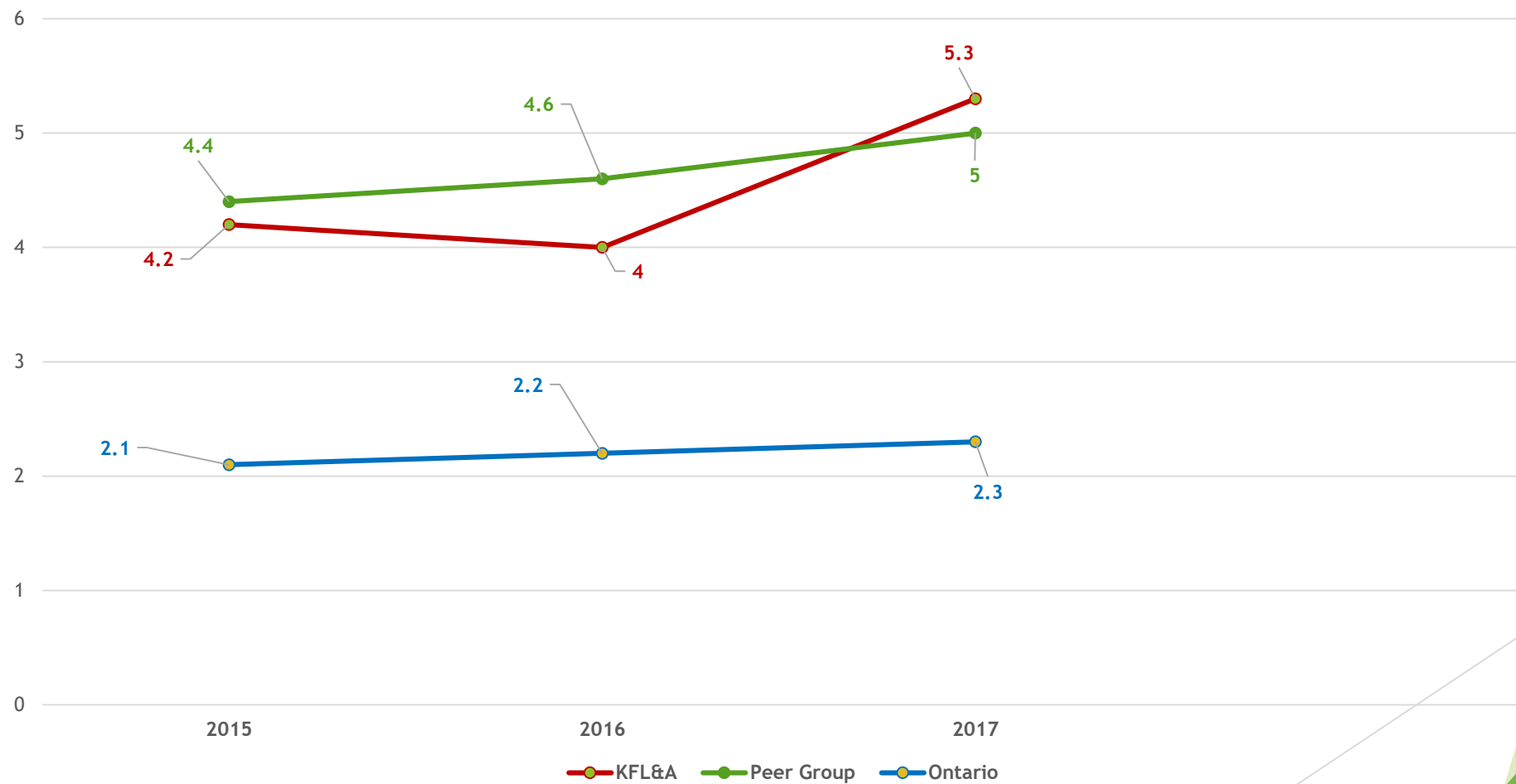
Any alcohol use in pregnancy

Percentage of women who had a live birth or stillbirth who self-reported alcohol exposure during pregnancy, by calendar year and location



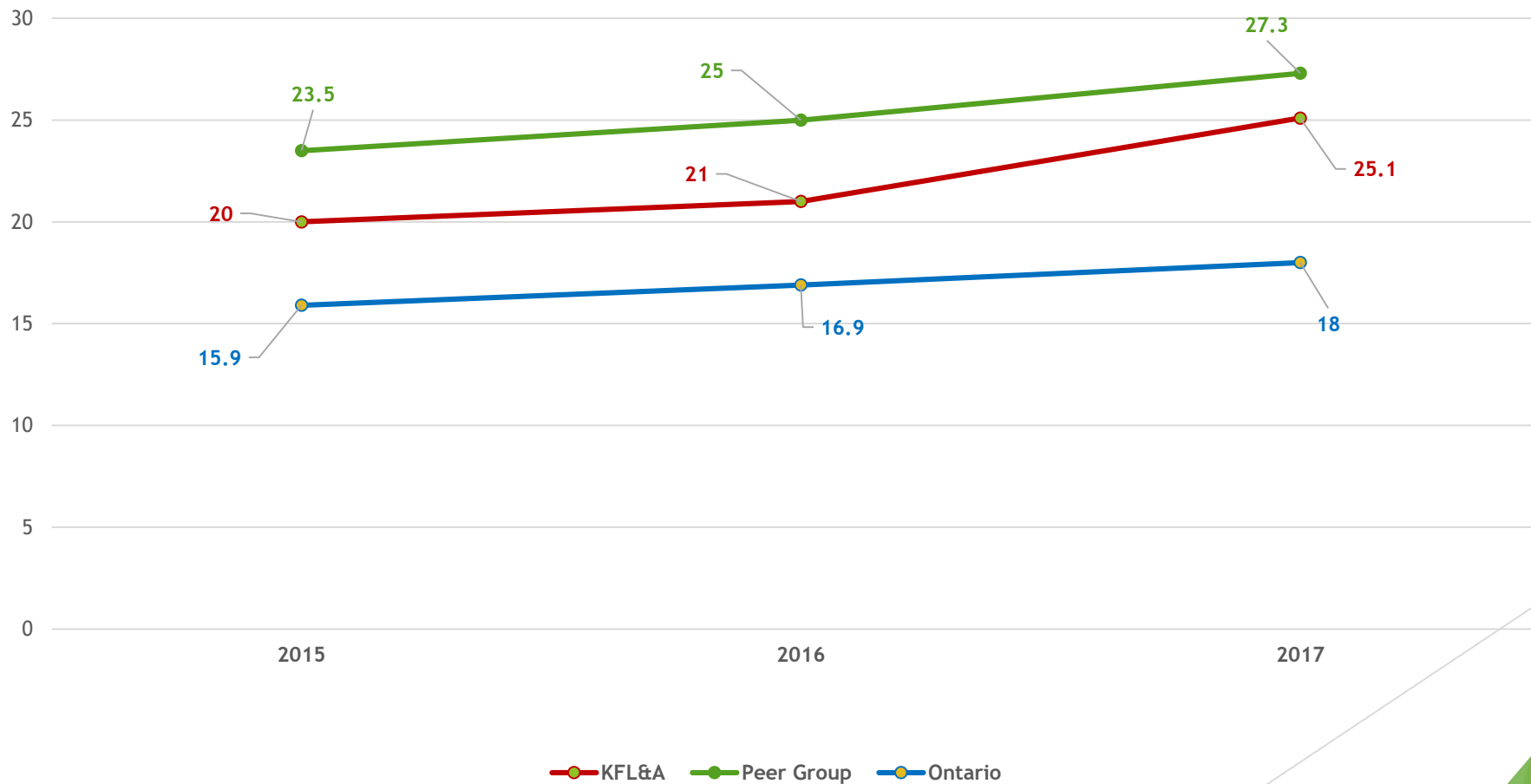
Any drug use in pregnancy

Percentage of women who had a live birth or stillbirth who self-reported exposure to 1 or more drug/substance in pregnancy, by calendar year and location



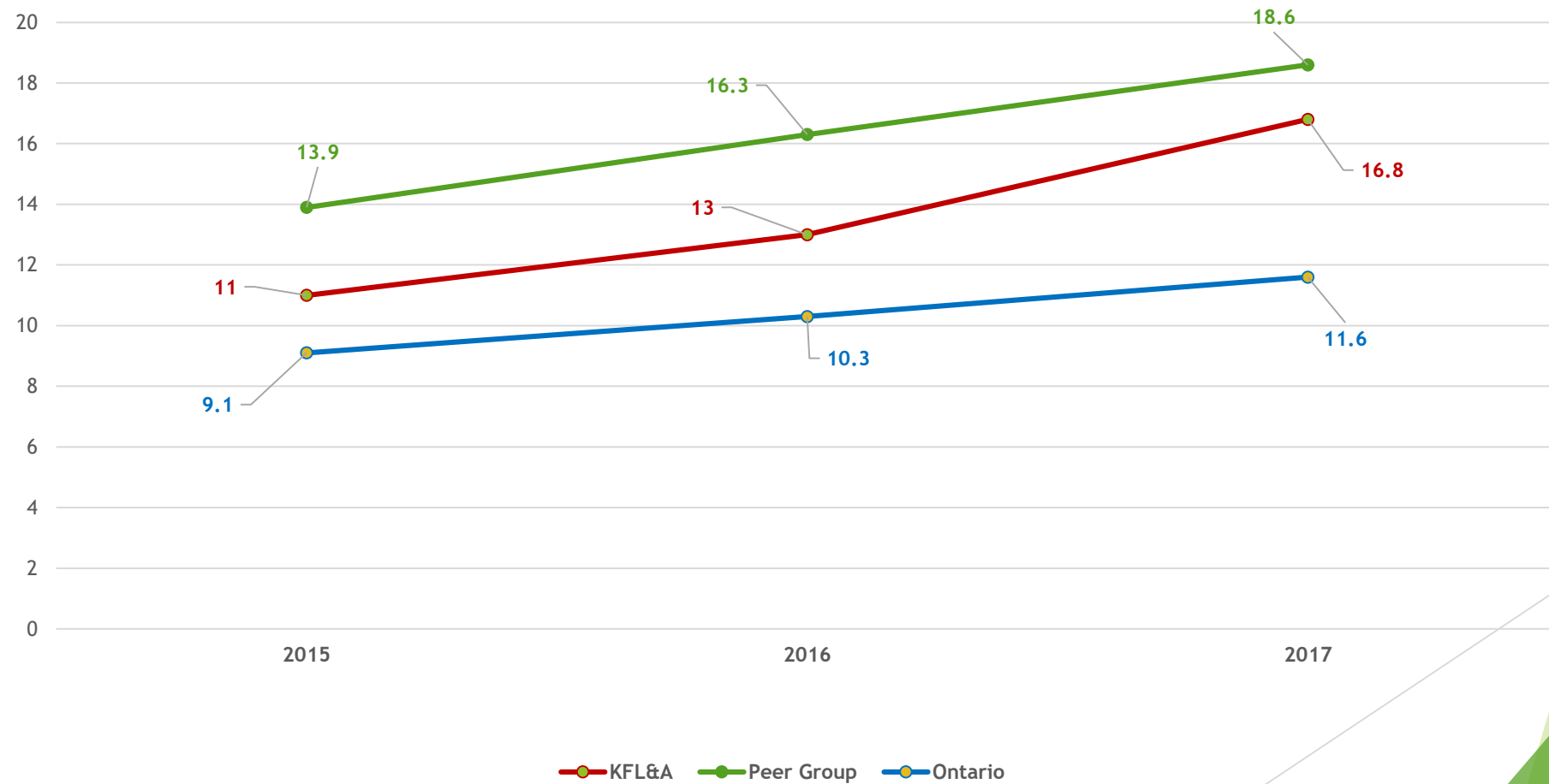
Any Mental Health Concern in pregnancy

Percentage of women who had a live birth or stillbirth who self-reported a mental health concern during pregnancy, by calendar year and location



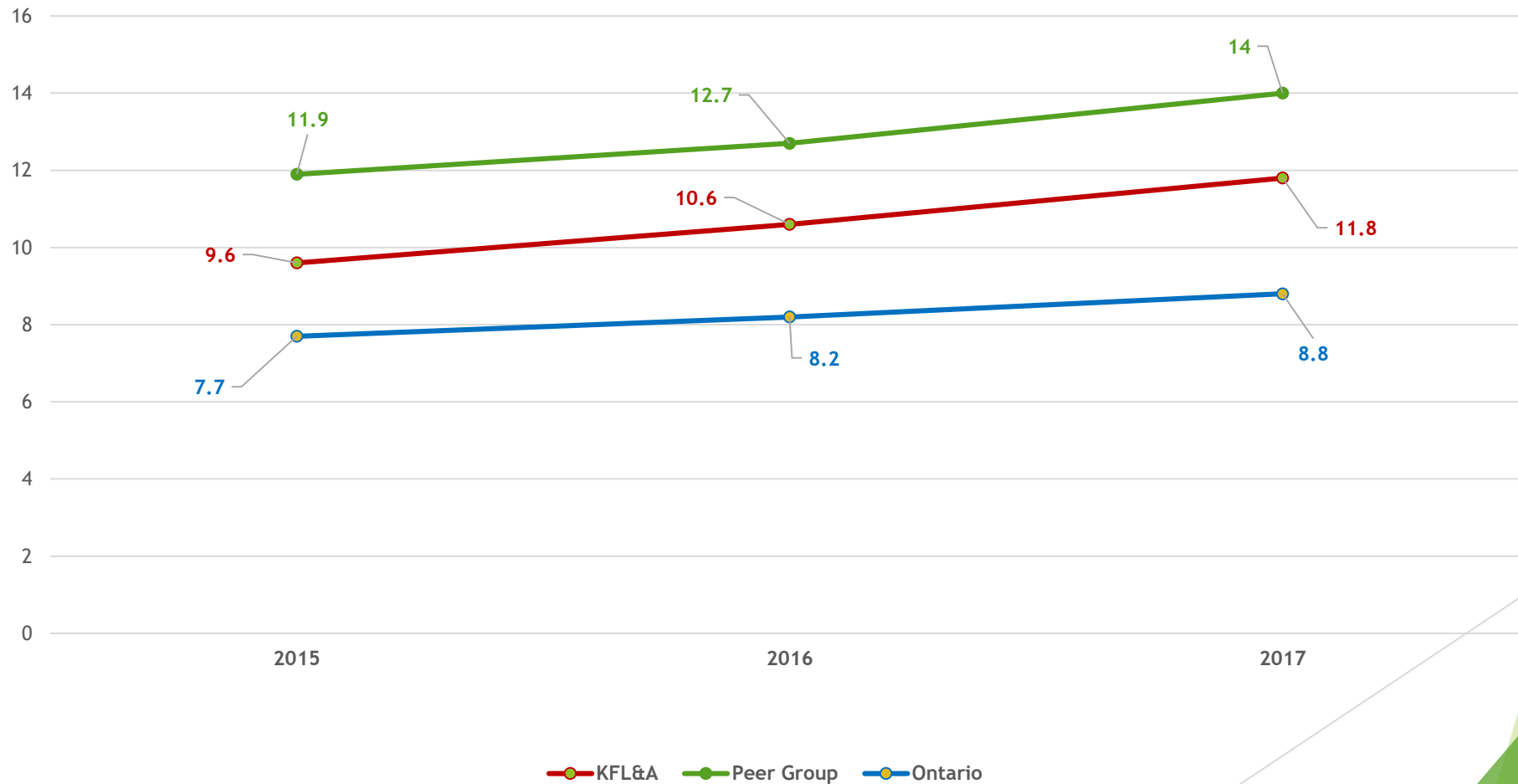
Anxiety in pregnancy

Percentage of women who had a live birth or stillbirth who self-reported anxiety during pregnancy, by calendar year and location



Depression in pregnancy

Percentage of women who had a live birth or stillbirth who self-reported depression during pregnancy, by calendar year and location



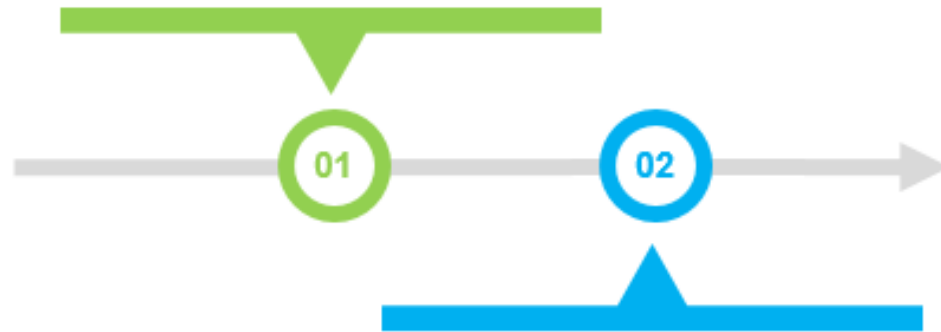
Infant Mental Health in KFL&A: A Timeline



PLANTING THE SEEDS

Greater Kingston has been engaged with IMHP for several years through accessing resources, workshops and training.

Various local service providers have expressed their interest and enthusiasm for strengthening infant and early mental health. IMHP also partners in research with Queen's University.



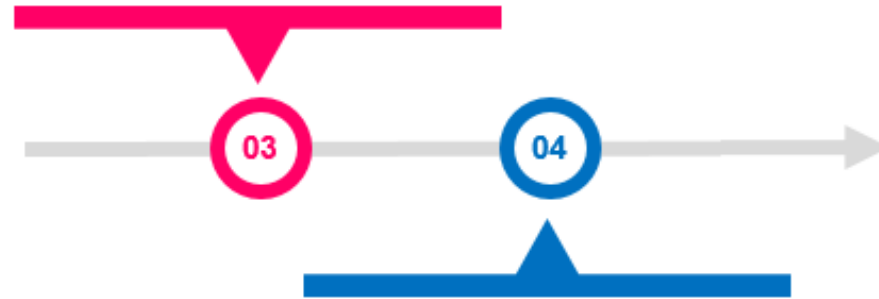
FIRST MEETING July 2018

An initial meeting between IMHP and the Prenatal to Six Working Group took place to determine if there was interest and resources to conduct the community engagement process.

COMMUNITY INVITATION

September 2018

An invitation was sent to multi-disciplinary partners working with children (prenatal to six) and their families to participate in the community engagement process.



COMMUNITY TABLE

November /

December 2018

The 2-day community table events took place on November 20th and December 4th, 2018. There was representation from multiple sectors and agencies which encouraged open and informative conversations.

KFL&A Community Partners

- ▶ Algonquin and Lakeshore Catholic District School Board (ALCDSB)
- ▶ Boys and Girls Club of Kingston
- ▶ City of Kingston
- ▶ Community Living Kingston and District
- ▶ Family and Children's Services of FLA
- ▶ Immigrant Services - Kingston Community Health Centres
- ▶ Indigenous Health Council
- ▶ Interval House (Kingston and Lennox & Addington)
- ▶ Kenhte:ke Midwives
- ▶ Kids Brain Health Network
- ▶ KidsInclusive- Kingston Health Sciences Centre
- ▶ Kingston Community Health Centres
- ▶ Kingston Health Sciences Centre
- ▶ Kingston Military Families Resource Centre
- ▶ Kingston Frontenac Early Learning and Child Care Network
- ▶ Kingston, Frontenac Housing & Social Services
- ▶ Kingston, Frontenac, and Lennox & Addington Public Health
- ▶ Lennox and Addington Resources for Children
- ▶ Limestone District School Board
- ▶ Maltby Centre
- ▶ Prince Edward-Lennox and Addington Social Services
- ▶ Psychology Clinic at Queen's University
- ▶ Queen's Family Health Team
- ▶ Queen's University
- ▶ Rural Frontenac Community Services
- ▶ St. Lawrence College

**DRAFT REPORT
COMPLETED
March 2019**

The community received the first draft of their report for review.

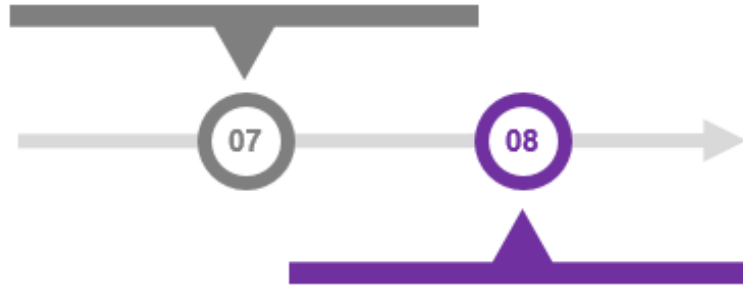


**NEXT STEPS
July 2019**

The Prenatal to Six Working Group and IMHP met to discuss creating a work plan based on the findings of the report.

**RECONVENING
THE TABLE
November 2019**

The community partners will meet to review the roadmap created from the community engagement process and discuss together



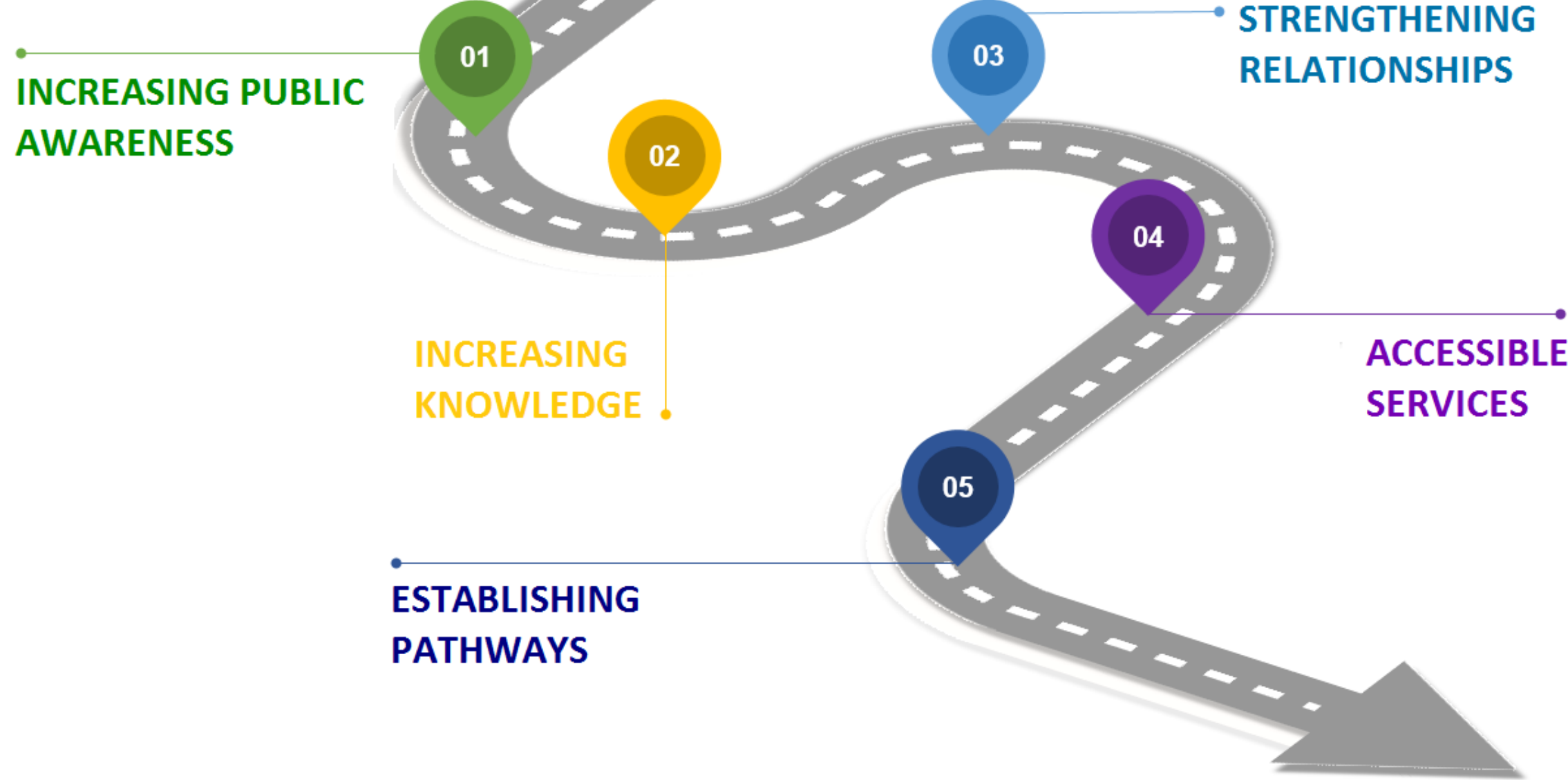
**IMPLEMENTING THE
ROAD MAP
January 2020**

The road map that the community partners agree upon will be put into place.

Existing Collaborations among Services and Sectors

- ▶ Moving on Mental Health Working Group
- ▶ Indigenous Health Council
- ▶ Prenatal to 6 sub-committee (sub-committee of CYSPC)
- ▶ Kingston Frontenac Early Learning and Child Care Network

KFL&A Roadmap





INCREASING PUBLIC AWARENESS

Creating awareness of the importance of the early years in general and infant and early mental health specifically.



INCREASING KNOWLEDGE

Training to increase awareness, depth and breadth of knowledge to ensure all community members have a consistent understanding of infant and early mental health.



03

STRENGTHENING RELATIONSHIPS

Strengthening relationships and increasing collaboration among agencies and their staff.



04

ACCESSIBLE SERVICES

Making services more accessible to families. A “no wrong door” approach where families can visit a service and be connected to all appropriate services that meet the diverse needs of families.



05

ESTABLISHING PATHWAYS

Ensuring service coordination among the various service providers in the community happens in a way that meets families needs.

Discussion Questions

1. What can YOU do to support infant mental health?
2. What are the top things you would like to see service agencies do to improve services for infant mental health?
3. If your table had the power to implement ONE THING in our community to improve infant mental health, what would it be?



In Your Table's Opinion

Where **DOES** our community place early mental health as a priority in its planning? (e.g. *Where are we now?*)

Low

Medium

High

Where **SHOULD** our community place early mental health as a priority in its planning? (e.g. *Where would we like to be?*)

Low

Medium

High





Community Foundation

for Kingston & Area

Thank-you

- www.cfka.org
- @CFKingstonArea
- 613.546.9696

JOIN US

Grants Celebration
Monday December 16
4:30 – 6:30 pm
KFL&A Public Health