

ROADMAP TO WELLNESS:
KFL&A FAMILY ADVISORY COMMITTEE

A GUIDE TO NAVIGATING YOUR CHILD'S MENTAL HEALTH SERVICES IN KFL&A



KFL&A Family Advisory Committee

"Every child deserves a champion—an adult who will never give up on them, who understands the power of connection, and insists that they become the best they can possibly be." - Rita F. Pierson

ABOUT US

The Family Advisory Committee (FAC) was formed in May 2019 with the support of over 35 KFL&A agencies and community organizations. The FAC serves as a voice for families and children within these partner organizations, ensuring that the needs of families are acknowledged and prioritized throughout their involvement with partner agencies and organizations.

The FAC is committed to raising awareness of children's mental health services and programs throughout KFL&A and to providing input and feedback to member organizations.

"Navigating your children's mental health can be a complicated and difficult landscape. What I appreciate knowing is that there is a community of families advising and advocating for a better structure of care. Helping you to help your family and yourself to ask the right questions in order to get the best outcome from your service provider. To get the support you need and to help you along the way. It doesn't have to be complicated, you just need the right tools to add to your family tool belt - this booklet is one of those tools."

- Christina (FAC member)

"As a parent who has two children that have struggled with mental health, I felt as though I was not doing enough for them and that asking for help was showing that I was weak and unable to be the parent that I needed to be. Over time I realized that it takes a community to raise a child and seeking out help and support is not a weakness but a reminder that in order to remain the best parent I can be for my child, I cannot do it alone. It is scary to face the unknown, but we are hoping that with this guide parents will find the courage to seek out help and be more informed about the unknown and what to expect. Support from others makes us stronger and we hope this tool will remind you that you are not alone in this journey."

- Lisa (FAC member)

SECTION I

This pamphlet is designed as a tool to guide and document your child's mental health journey. Each person is different and will have unique signs and symptoms, but here are some the most common questions to be prepared to answer when seeking services.

Questions families should be prepared to answer:

- What are your concerns? What brought you here today? Does anyone else share these concerns? (i.e. school, childcare, other caregivers)
- What are you hoping to get out of services? (i.e. strategies, ongoing counselling, family support, etc.)
- Family mental health history

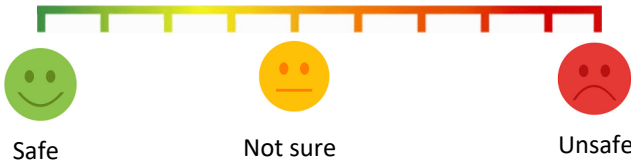
SECTION I CONT'D

- Family medical / developmental history (i.e. diagnosis, medication, current and past services)
- Significant / impactful childhood events (positive or negative)
- What has helped in the past? (i.e. at home, at school, strategies, medications, counselling services, etc.)
- Who is in your support network? (ie. family members/relatives, friends, teachers, religious supports, community members, etc.)

"If we are prepared, we shall not fear." – Quintin L. Cook

SECTION I CONT'D

- How are you feeling about safety concerns for your child? For your family?



Safe – Strategies are currently working. You and your child are feeling safe.

Not sure – Your child's mental health is impacting everyday life. You should talk to your doctor or counsellor for support.

Unsafe – Your child is at a critical point. Your safety strategies are not functioning. You or your child are feeling unsafe or are at risk to self and others. Urgent help is needed. (***See resources on the back page***)

NOTES:



ADDITIONAL NOTES

SECTION 2

Key questions parents / caregivers should ask service providers:

- In your practice, what mental health areas do you have experience treating and what do you offer?
- Are you willing to work with other service providers?
- What combination of treatments and therapies (including medication) may be beneficial?

"Ask for help. Not because you are weak; but because you want to remain strong." - Les Brown

SECTION 2 CONT'D

- Are there any other mental health services that you can recommend to help me?
- How do I access those services and is there a fee?
- What is the process to access these services and /or time frame before they might be available?
- If I am able to pay for private services is the wait time shorter?

“Believe in yourself, as a parent, you are your child's best therapist and advocate.” - Unknown

SECTION 2 CONT'D

- What support groups are available for parents / caregivers?
- What are my next steps as a parent / caregiver?
- When should I go to the hospital emergency department or crisis centre?

Kingston & Frontenac Addiction & Mental Health
24/7 Crisis Phone Line: 613-544-4229
Lennox & Addington Addiction and Mental Health
24/7 Crisis Phone Line: 613-354-7388

- What crisis supports are available in the community?



ADDITIONAL NOTES & CONTACT NUMBERS

FAMILY & CHILDREN'S MENTAL HEALTH RESOURCES IN KFL&A

- **Emergency Services:** 911
- **Maltby Centre Crisis Worker** (8:30am-4:30pm):
613-546-8535 or 1-844-855-8340
- **Maltby Centre After Hours Crisis Line:**
613-544-4229
- **Kingston & Frontenac Addiction and Mental Health 24/7 Crisis Line:** 613-544-4229 or
1-866-616-6005
- **Lennox & Addington Addiction and Mental Health 24/7 Crisis Line:** 613-354-7388 or
1-800-267-7877
- **Métis Nation of Ontario (MNO) 24-hour Mental Health & Addictions Crisis Line:**
1-877-767-7572
- **Indigenous Victim Services 24/7 Crisis Line:**
613-813-9667
- **Kids Help Phone:** 1-800-668-6868 or
text CONNECT to 686868
- **LGBT Youth Line:** 1-800-268-9688 or text
647-694-4275
- **Métis Nation of Ontario (MNO) Mental Health & Addictions Program:** 613-549-1674 Ext.307
- **Mohawk Family Services / Good Minds Program:** 613-967-0122
- **Helpline and online database of Ontario's Community and Social Services:** 211,
211Ontario.ca

FAMILY & CHILDREN'S MENTAL HEALTH RESOURCES IN KFL&A CONT'D

- **Resolve Counselling Services:** 613-549-7850
- **Kingston Interval House 24/7 crisis line:**
613-546-1777 or 1-800-267-9445
- **Kingston Military Family Resource Centre:**
613-541-5010 ext. 5195

For an updated and complete list of resources in KFL&A
visit: www.kflaph.ca/MHPathway



Looped In—KidsInclusive KHSC
My Child's Service Passport
Available through Google Play and App



<https://www.facebook.com/kflafac>

NOTES: