

How Community Health and Family Support Practitioners can work together to address the complexity of Early Childhood Development and Family Health



BLACK CREEK
COMMUNITY HEALTH CENTRE

SickKids

TORONTO
Public Health



Mothercraft
Shaping Children's Lives Through Learning



Presenters and Partnerships

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Objectives

1. To explore the intersection of health, the Social Determinants of Health and experience-based brain development
2. To provide an overview the Toronto Child and Family Network and community Initiatives
3. To share and have an interactive discussion about the *Check It Out Approach*
4. To further explore the interconnectedness of financial resources and overall wellbeing



Definition of Health

Children's health is the extent to which individual children or groups of children are able or enabled to

- a) develop and realize their potential,
- b) satisfy their needs, and
- c) develop the capacities that allow them to interact successfully with their biological, physical and social environments

Social Determinants of Health

How to remember these..

“ITHELLPS”

Income and food

Transportation

Housing

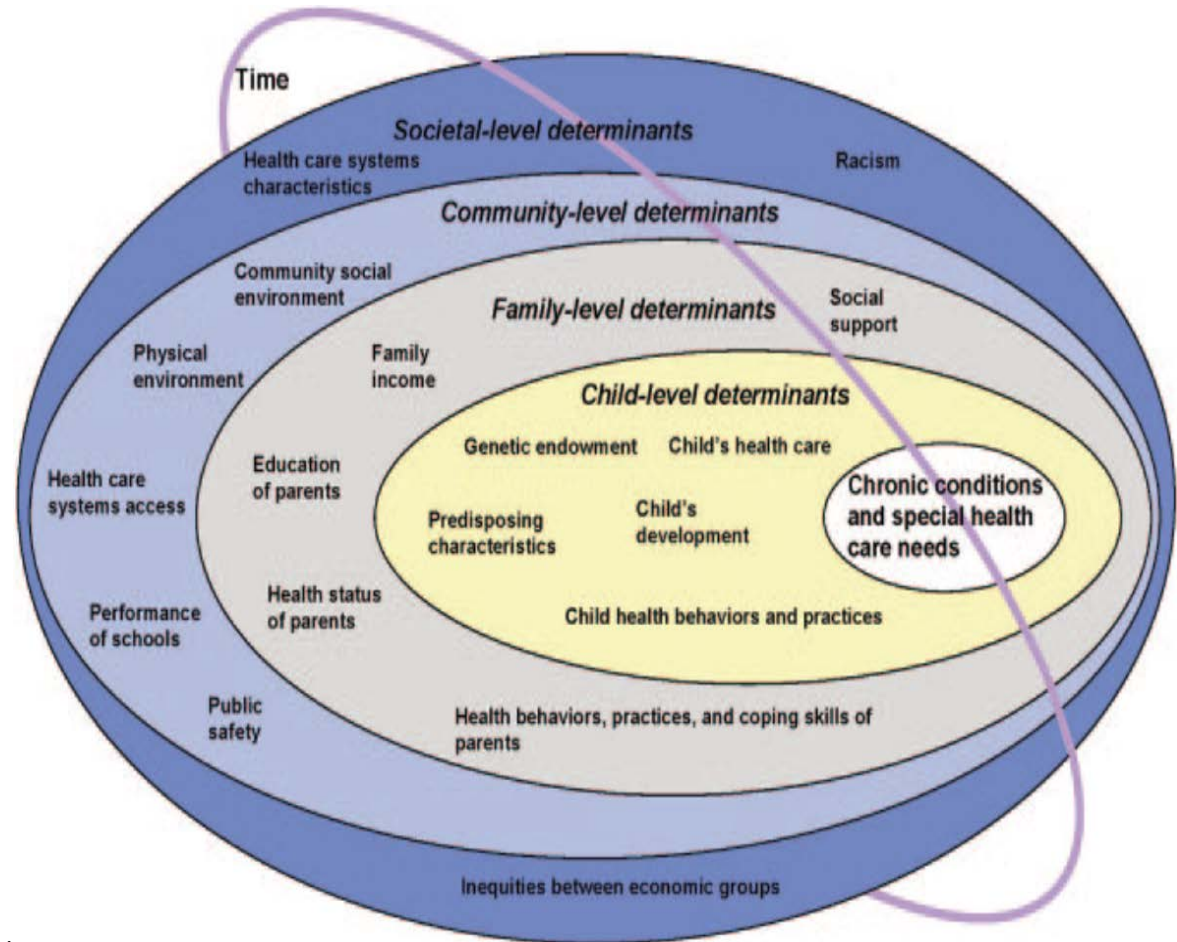
Education

Literacy

Legal needs

Personal safety

Support

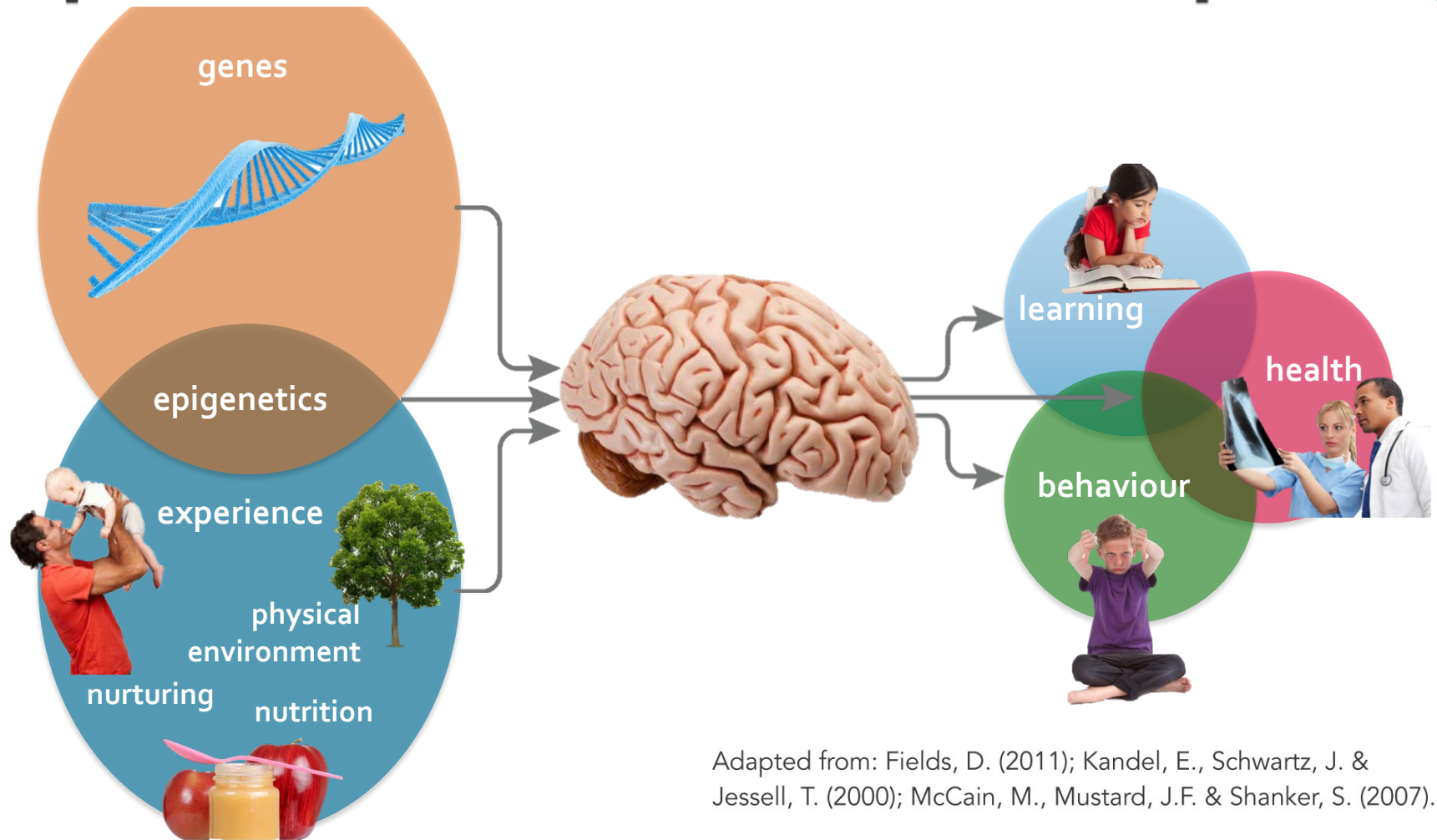


Adapted from Zuckerman, Sept. 2007 Pediatrics;
Newacheck, Pediatrics, August, 2008


Genes and the social environment



Experienced-based brain development



Adapted from: Fields, D. (2011); Kandel, E., Schwartz, J. & Jessell, T. (2000); McCain, M., Mustard, J.F. & Shanker, S. (2007).



**We are now
“hitting the wall in our
treatment”
of medical conditions**

Pediatric Patients

Children from high poverty neighbourhoods:

- 56% of admissions
- 1.6 days extra length of stay: 7.6 vs. 6.0 days
- 2.0 vs. 1.5 Resource Intensity Weighting
- 60% of missed clinic visits
- 64% of unplanned readmissions (8-28 days)
- 65% of deaths

Medical Complications of Poverty

Birth Outcomes

Infant mortality rate: ↑ 70%

Low birth weight: ↑ 40%

Asthma

Overweight and obesity

NLSCY (1998-99) 25% 2-11 yr olds vs. 16%

NLSCY (2000-01) 35% 5-17 yr olds vs. 24%

Injuries intentional and unintentional

2.5 X risk of injury

4.5 X risk of death due to injury

Med Complications cont'd

Children's Mental Health

Aggression: NLSCY age 4-11 40% vs. 25%

Emotional disorder-anxiety 12% vs. 7%

High hyperactivity scores: 20% vs. 12%

***Deep Poverty (> 75% below median): **highest** rates
conduct disorders, hyperactivity and emotional disorders

Functional Health low functional health 4-11 yr. 2.5 X risk;
also extra financial pressures in special needs children
exacerbate needs

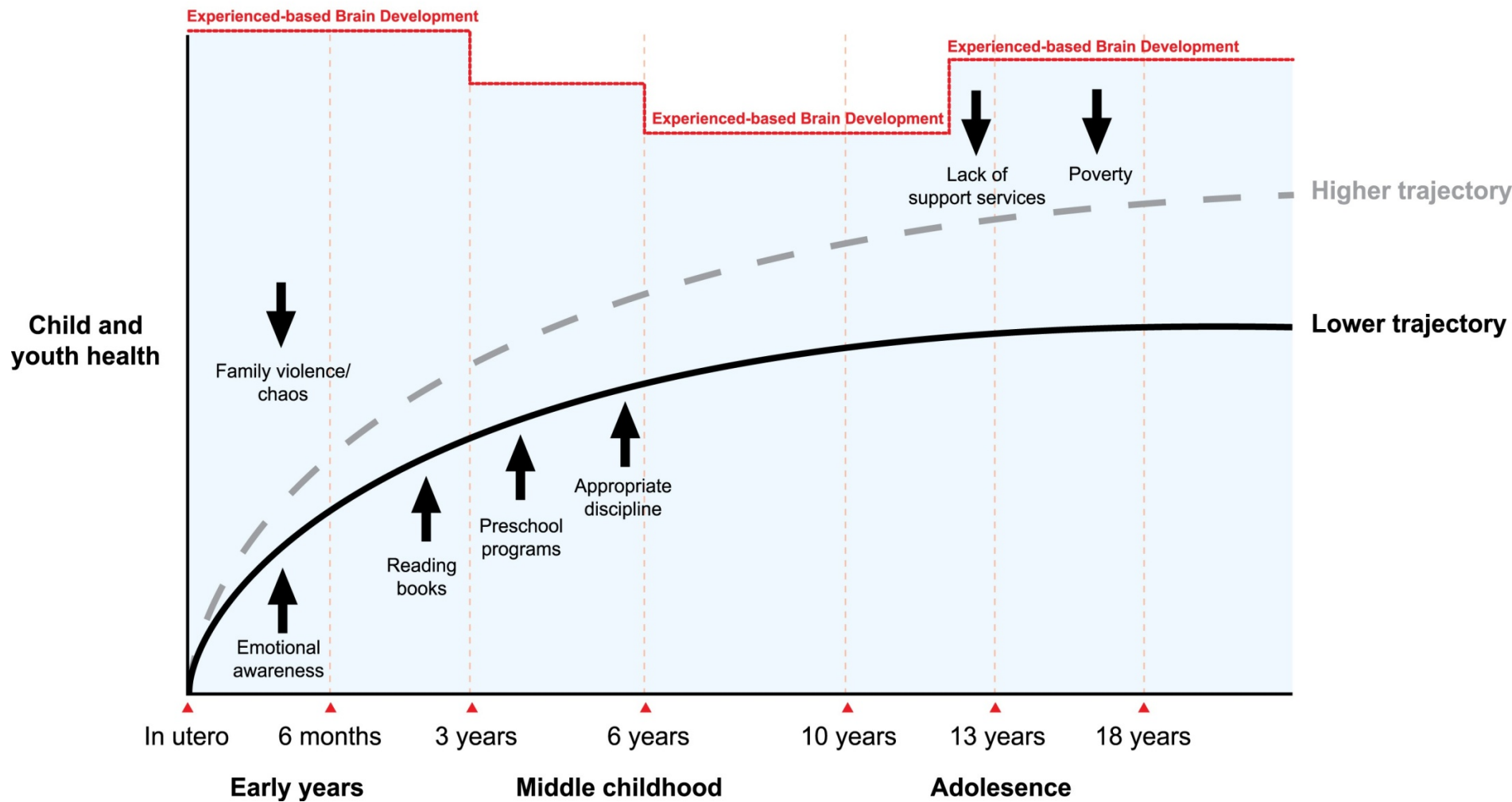
Low Adult Life Trajectory

Poorest 1/5 vs. richest 1/5 of Canadians have:

- more than 2X the rate of **diabetes and heart disease**
- nearly 2X the rate of **arthritis or rheumatism**
- more than 3X the rate of **bronchitis**
- 350% higher rate of disability
- 125% more mental and behavioural disorders
- 95% more ulcers

Poverty is Making Us Sick, Wellesley Institute, Dec. 2008

Strategies to improve life trajectories early, middle childhood, youth



Adapted from Halfon, 2009



NEW Life Course Model of Health

Health as developmental process

The product of multiple
gene-environ't interactions.

Halfon, 2010



All medicine is inescapably social..

Leon Eisenberg, Urban Health, 1999

”need a *community-side* manner..”

Holtz, PLoS, 2006



Toronto Child & Family
NETWORK

Together for our children - Tous ensemble pour nos enfants

Accomplishments

Let's get started

An early learning program for children with extra support needs and their families



CHECK IT OUT

2010

2011

2012

2013

2013

2015

2017

2017



healthykidstoronto.ca



Let's get started

An early learning program for children with extra support needs and their families

A screenshot of a web browser displaying a website page and a video player. The website page is titled "Let's Get Started" and contains text about an early learning program. The video player shows a woman presenting a slide titled "Lets Get Started: Fundamentals" with a list of bullet points. The video player interface includes a play button, a progress bar, and a volume icon.

http://connectability.ca/2013/10/17/child-and-family-programs/

Child and Family Programs ... x

Home Kids Youth Adults Seniors Enter keywords Go

Let's Get Started

An early learning program for children with extra support needs and their families. The program provides health and social services, child social play group programs, practical parenting and child development information.

- About the program
- Learning Opportunities
- Appendix and resources

Let's Get Started training

- Let's Get Started: Fundamentals
- Preschool Speech and Language
- Supporting Families
- Let's Get Started: Nutrition

To find out more about the training call CITYKIDS at 416-291-1111 or email citykids@mothercraft.org

Let's Get Started Fundamentals

Lets Get Started: Fundamentals

External to your Organization:

- Send/deliver flyers to partner organizations and professionals
- E-mail Special Needs Resource Staff and community partners at meetings
- Send flyers to networks and local planning tables (Inclusion Resource Network, etc)
- E-mail flyer to CITYKIDS to be placed on the CITYKIDS Partners Forum and for the Let's Get Started Program Calendar

ConnectABILITY.ca

38:15 / 47:32

connectability.ca/2013/10/17/child-and-family-programs/

Toronto Early Childhood and Family Resource System



Parent Concern, Health Visit, Screening Clinic, Professional Observation

[Nippissing District Developmental Screen, Rourke Baby Record, Communication Checklist, Hearing Vision Test, mCHAT, Ages and Stages SE, Nutristep, Physician Poverty Tool]



For developmental concerns

Specialized Intervention Services

CITYKIDS 416-920-6543 or Toronto Preschool Speech and Language Services 416-338-8255

Social/Emotional/ Behavioural/Mental Health/ High-Risk Family Services

- Autism Intervention Services
- Child Development & Specialized Clinics
- Child Mental Health Centres
- Child Protection & Parenting Support
- Fetal Alcohol Spectrum Disorder Clinics
- Medical & Private Medical Services
- Respite Services
- Specialized In-Home Infant & Child Development Services

Motor/Vision/Cognitive/ Self-help Skills

- Child Development & Specialized Clinics
- Epilepsy
- Feeding Clinics
- Medical & Private Medical Services
 - Occupational Therapists
 - Optometrists
 - Physicians/Paediatricians/ Developmental Paediatricians
 - Nurse Specialists
- Specialized In-Home Infant & Child Development Services

Hearing/Speech/Language

- Infant Hearing Program
- Bob Rumball Centre for the Deaf
- Medical & Private Medical Services
- Toronto Preschool Speech and Language

Programs for Children

Call 2-1-1 Toronto or visit www.211ontario.ca

Toronto Public Health 416-338-7600

- Breastfeeding Support
- Dental Program
- Healthy Babies Healthy Children
- Infant Hearing Program
- Parenting Programs
- Peer Nutrition Program
- Prenatal Nutrition Programs

Child & Family Support

- Better Beginnings, Better Futures Programs
- Family Resource Programs
- Ontario Early Years Centres
- Parenting & Family Literacy Centres
- Young Parent Resource Centres

Early Learning and Care

- Child Care
- School
- Every Child Belongs Program

Family Health



Family Security & Assistance

- Call 211
- Benefits and supports
- Domestic Violence Help
- Food Security
- Housing & Shelters
- Income & Child Tax Programs
- Settlement & Immigration
- Social Support Programs

Community Resources

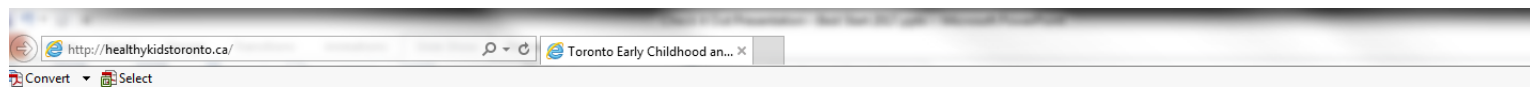
- Aboriginal Services
- Health Centres
- Francophone Services
- Mental Health Services
- Public Libraries
- Recreation Programs



Billing code: Enhance 18-month Well Baby Assessment: GP/FP - A002 Paediatrics - A268



Healthy Kids Toronto Website



Toronto Early Childhood and Family Resource System



[HOME](#) [PATHWAY](#) [RESOURCE LISTING](#) [RELATED REFERENCES](#) [PARTNERS](#) [POSTERS](#) [DEVELOPMENTAL RECORD](#)



Welcome to the **Toronto Early Childhood and Family Resource System: Pathway and Resource Listing**, a tool to help link families to appropriate community services and programs that promote development, reduce risks, and address developmental concerns.

We hope this resource will promote communication between parents and professionals, improve developmental outcomes for children, and encourage families to use local community resources such as Ontario Early Years Centres.

THE GOALS OF THE TORONTO PATHWAY ARE TO:

- Increase screening and early identification of children;
- Increase use of services and supports for families of young children living in Toronto; and
- Improve response and coordinated access to services for children with developmental concerns.



Don't Wait and See



**Don't
Wait
and
See**

with a child's development!

By 18 MONTHS, a child should be able to:

- Point to at least three body parts when asked
- Enjoy being read to and identify pictures in a book
- Say 20 words or more
- Demonstrate some pretend play with toys
- Use a variety of familiar gestures e.g. waving, reaching up
- Show affection for people, pets or toys
- Walk on their own
- Look at you when you are talking or playing together
- Hold, bite and chew crackers or other crunchy foods
- Stack three or more blocks

The first years of life have a huge impact on a child's ability to learn at school.
Ask a doctor or nurse practitioner about The Enhanced 18 Month Well Baby Visit.

If you have questions about a child's development, please call:

- Toronto Public Health 416-338-7600
- CITYKIDS 416-920-6543
- Early Abilities (Speech & Language, Vision, Hearing) 416-338-8255

PH11/2012



Keeping Track

NOTES:

This Child Developmental Support Record is designed to help you record and organize information regarding services for your child. Your child may not need all the services listed. You can present this card when you are meeting with the professionals involved in supporting your child's health and development.

Don't Wait and See with a Child's Development

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healthykidstoronto.ca



aboutkidshealth

TORONTO Public Health

[Holland Bloorview](http://HollandBloorview)
Kids Rehabilitation Hospital

Community Living Toronto



Keeping Track

Child Developmental Support Record

Child's name: _____

January 2017



Child Developmental Support Record

Parent Concern, Health Visit, Screening Clinic, Professional Observation: Tracking support received from specialized intervention services
[Nippissing District Developmental Screen, Rourke Baby Record, Communication Checklist, Hearing, Vision, Ages and Stages SE, Mchat, Nutristep]

Services Received (only if needed)	Screened/Assessed DD/MM/YY (identify tool used)	Professionals' Name, Designation and Phone Number (Print)	Organization Name	Professional's Comments Referral Made: Yes, to whom / No	Next Visit (DD/MM/YY)
General medical exam by a family doctor/ paediatrician					
Hearing test by audiologist					
Vision test by ophthalmologist					
Speech and Language (assessment & therapy)					
Communication (social communication)					
Child Care Resource Consultant (supports inclusion in child care centre/home)					
In-home parenting support (home visitor &/or public health nurse)					
In-home child developmental support (early interventionist)					
Feeding support (swallowing) by dietician, RN etc					
Nutrition counseling (dietary, allergies and food intolerance)					
Dental /oral care by dentists &/or paediatric dentists					
Occupational therapy (daily living tasks and/or self-care)					
Physical therapy assessment (functional abilities and motor)					
Counselling, parent education, group/individual therapy					
Developmental assessment using standardized tests & observations					
Psychological assessment or psycho-educational assessment					
Mental health services (group/individual support, assessment, play therapy)					
Autism services (one-to-one support, group intervention, counseling, respite)					
Other E.g., Specialized Services:					

Common Intake



Child's First Name	DOB (DD-MMM-YYYY)	CITYKIDS File #

Common Referral Intake Form

- 18 Toronto Agencies adopted Common Intake / Data elements to date

1. Referral Source (reviewed eligibility for CITYKIDS referral) ?				
<input type="radio"/> Parent/ Legal Guardian			Date (DD-MMM-YYYY) 20-Jan-2017	
Other Referral Source: <input type="radio"/> BLV <input type="radio"/> CCAQ <input type="radio"/> Child Care <input type="radio"/> Child Welfare <input type="radio"/> CITYKIDS <input type="radio"/> CMH <input type="radio"/> HBHC <input type="radio"/> Hospital <input type="radio"/> IHP <input type="radio"/> Physician <input type="radio"/> PSL <input type="radio"/> School Board <input type="radio"/> SNRS <input type="radio"/> TPH <input type="radio"/> TICDP <input type="radio"/> Other				
Name				
Agency/Position			E-mail	
Telephone			Fax	
2. Consent for the Referral				
If the referral source is someone other than the family, the referral has been discussed and confirmed with the family <input type="radio"/> Yes				
3. Individual/Child's Information				
Last Name			First Name	
AKA			Gender Identified <input type="radio"/> Female <input type="radio"/> Male <input type="radio"/> Other	
D.O.B. (DD-MMM-YYYY)	Age at Referral	Gestation	Birth weight	Health Card #
Address (Street #/ Name)		Apt/Unit	City Toronto	Postal Code
Home Phone		Main Intersection		
Pertinent birth information				
Primary language spoken at home English		Other languages spoken at home		
Interpreter Needed <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> TTY		Language & Name/Number of someone who could interpret		
Preference for <input type="radio"/> French language service <input type="radio"/> Aboriginal service <input type="radio"/> Cultural considerations				
Physician information (place stamp/ sticker here)			Physician Information	
			Name	
			Phone	
			Fax	
Physician Signature (referring physicians)			Address	
4. Parent/Legal Guardian 1 (primary family contact)				
Last Name			First Name	
<input type="checkbox"/> Same address information as above				
Address (street #/Name)		Apt/Unit	City	Postal Code
E-mail				
Primary Phone <input type="radio"/> H <input type="radio"/> C <input type="radio"/> W		Alternate Phone <input type="radio"/> H <input type="radio"/> C <input type="radio"/> W		
Relationship to child <input type="radio"/> Parent <input type="radio"/> Legal Guardian (describe) <input type="radio"/> Other				
Child lives with <input type="radio"/> Both Parents <input type="radio"/> Parent 1/ Legal Guardian <input type="radio"/> Parent 2/ Legal Guardian <input type="radio"/> Other			Custody Arrangement (where applicable) <input type="radio"/> Shared Custody <input type="radio"/> Sole Custody	



CHECK IT OUT

An Integrated Community- Based
Approach to Early Child
Development, Health and Wellbeing

Workgroup



BLACK CREEK
COMMUNITY HEALTH CENTRE



Ontario Early Years Centres



A Place For Parents And Their Children.



SickKids

TORONTO
PublicHealth

Networks & Committees:

- Toronto Child and Family Network
- Early Identification and Intervention Committee of the Toronto Child and Family Network
- Check It Out Workgroup and Evaluation Committee




CHECK IT OUT

Vision: Children will reach their optimal level of health and are ready to learn at school entry.

Goal: Increase the number of children who access comprehensive health and development screening and referrals prior to school entry.

CHECK IT OUT

Objectives:

-  Children 0-4 years will have equitable access to 12 health and development screening areas
-  Children with identified concerns will be referred to specialized services, community & government programs in a timely manner and receive follow up.
-  Families will receive key messages related to the 12 health domains for screening and take away resources and support to linking with community services.



Theory to Practice

 Population Health & Social Determinates of Health

 Ecological Approach

 Family Centered Approach

 Early Learning Framework

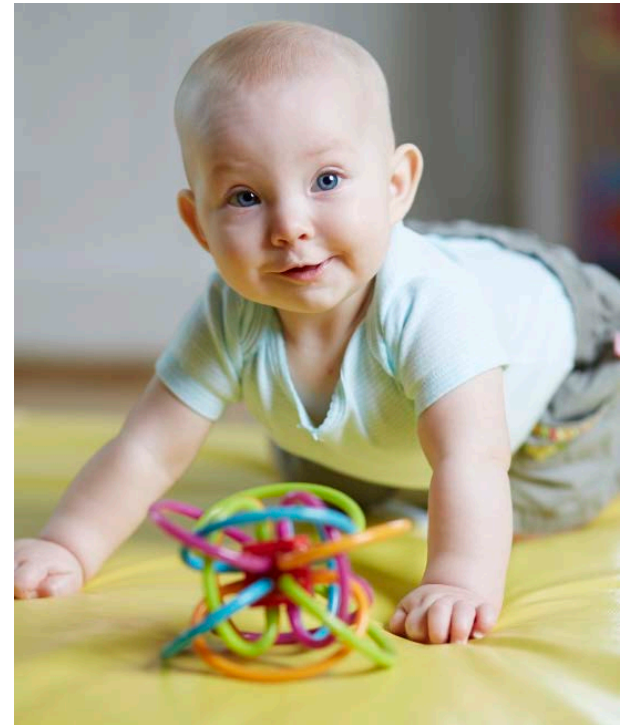
 Developmental theory

 Relational Theory

Benefits of Check It Out

Provides families with:

- 🗣️ opportunities to learn about child health and development
- 🗣️ information on and access to programs and services
- 🗣️ screening of potential and ongoing health concerns
- 🗣️ planned interventions and strategies, which include referrals to appropriate professionals



Key components



Partnerships






12 Health Areas





Referral and Follow-up

-  Early referrals lead to early intervention by appropriate professionals.
-  Early intervention leads to more positive outcomes for children.
-  Service planning and coordination supports children and families through different services & supports

Tool Kit

01 Background



01 | Background

Identification of developmental delays, behavioural problems and health issues in the early years is critical to the health and well-being of children. In Toronto, results from the 2010/2011 Early Development Instrument (EDI), a population-based measure of children's readiness to learn in school, revealed that 29.8% of kindergarten children were vulnerable on at least one of the five domains of development. Children scored below the 10th percentile in one or more of the following areas: Communication and General Knowledge, Emotional Health and Maturity, Language and Cognitive Development, Physical Activity and Well Being, and Social Knowledge and Competencies.

Research has shown that these children are more likely to find school stressful, experience behavioural and psychological problems and develop health problems later in life (McCain, Mustard, & Shanker, 2011). Early identification enables intervention and support for children and their families as well as enhancing the child's readiness for school entry and their ability to learn. Screening is a key strategy for identifying those children

whom require additional support and linking them to necessary services.

Screening is the process of identifying characteristics known to be associated with a certain population or age groups. In children 0 - 6 years old, the purpose of screening is to identify those who may need further support or assessment to verify the presence of developmental or health risks. It is important to ensure that the child or family who is identified by a positive screen is followed up with further assessment to confirm or exclude the suspected delay or condition. Further assessment will also specify the sources of difficulty and lead to appropriate support and intervention" (Best Start Resource Centre, 2011).








It should be noted that the term "screening" is used to imply an integrated health service model and does not suggest screening as used in the academic setting. Screening should be used as a conversation starter with families regarding a child's overall wellbeing and are not intended for diagnosis.

The Benefits of child and family health and development screening

- Provides families with the opportunity to learn about their child's health. Helps parents/caregivers to recognize their child's skills and abilities
- Provides families with information about, and access to, programs and services
- Bridges communication between parents and professionals about a child's development
- Identifies child health areas that may need extra attention. Enables planned interventions and strategies, including referrals, to appropriate professionals as needed



Overview of the Manual

-  **Getting Started**
-  **Outreach and Promotion**
-  **Building Effective Partnerships**
-  **Implementation**
-  **Referral and Follow up**
-  **Debrief and Evaluation**
-  **Conclusion**



Check It Out: Professionals Guide



Pool of Professionals



Resources and Templates

- Flyer
- Registration templates
- Passport template
- Keeping Track – Developmental Record
- Hand outs
- Tip Sheets
- Online resources

Implementation



Check It Out – Flows

Single Day – Directed



Single Day- Non Directed 12



Check It Out – Flows

Multi Session

October 16 Search Cal

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1-2	3	4	5 5:00pm Communication	6	7
	10	11	12 5:00pm Vision and Eye I	13	14
	17	18	19 5:00pm Dental Health	20	21
	24	25	26 5:00pm Access to Comm	27	28

Referral and Follow up

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healthykidstoronto.ca



Keeping Track

Child Developmental Support Record

Child's name: _____

January 2017



Check It Out: Pilot Evaluation

Purpose:

- To determine whether Check It Out influences the number of children accessing comprehensive Health and development screening and referrals prior to school entry.
- To explore the reach of four Check It Out screening models in supporting families to access comprehensive health and development screening and referrals.
- To gain a better understanding of the resources required to deliver an effective model.

Evaluation Objectives

To determine the:

- uptake of screening in each health domain
- families' perceptions on ease of access, the usefulness of the screening and degree of support experienced
- level of resources (e.g. physical, human, expertise) required of host agencies for implementation
- the ability of professionals to facilitate referrals and support follow up



Methodology

- Prospective pilot agencies
- Checklist for self-evaluation
- Submissions
- Pilot sites will be chosen
- Training
- Recruitment plan
- Delivery models

Break





***Financial Resource and
interconnectedness to
overall wellbeing***



Poverty Impacts Health

- Poverty is both a cause and outcome of poor health
- Social and economic factors determine 50 per cent of health outcomes.
- Adding to family incomes works to decrease the health effects of poverty.

Poverty is a Risk Factor to Many Health Conditions

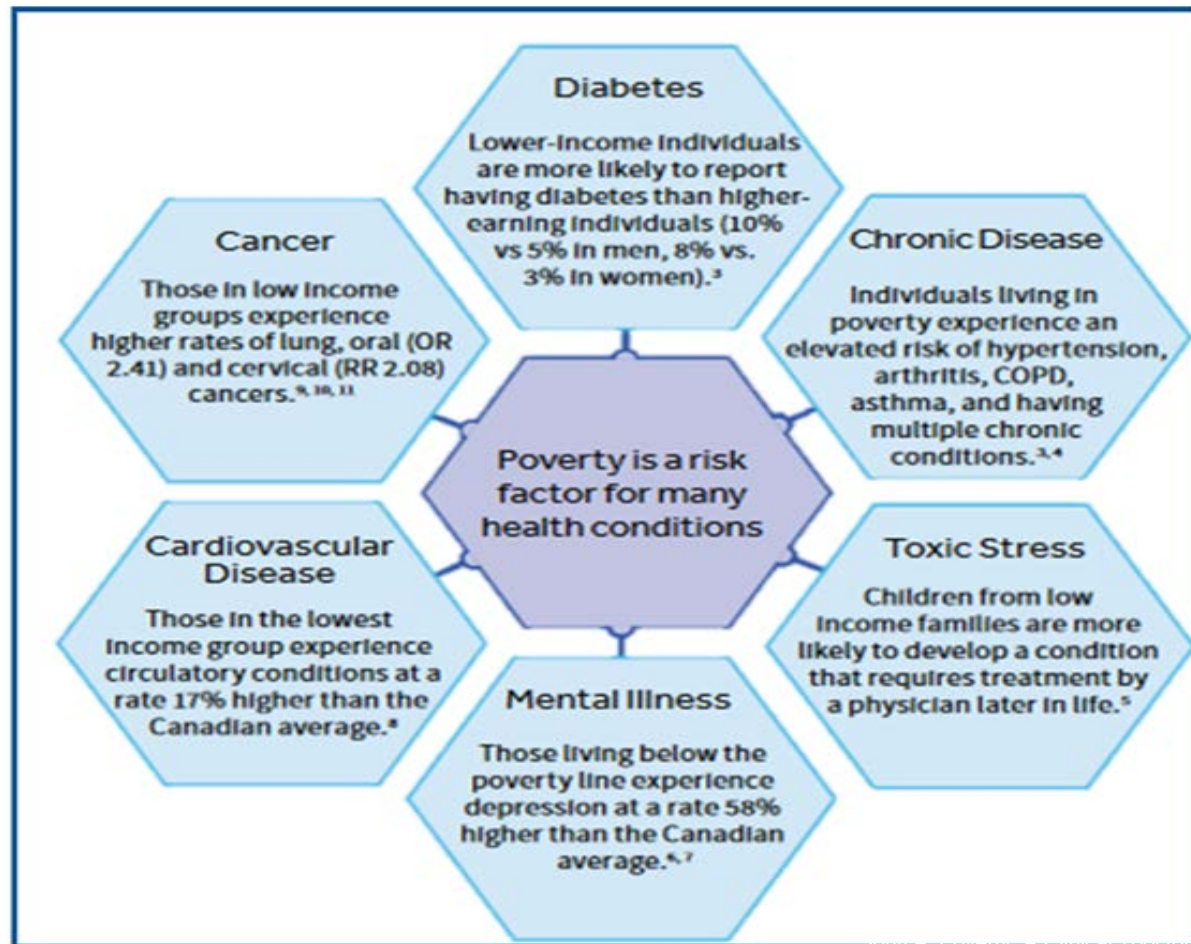
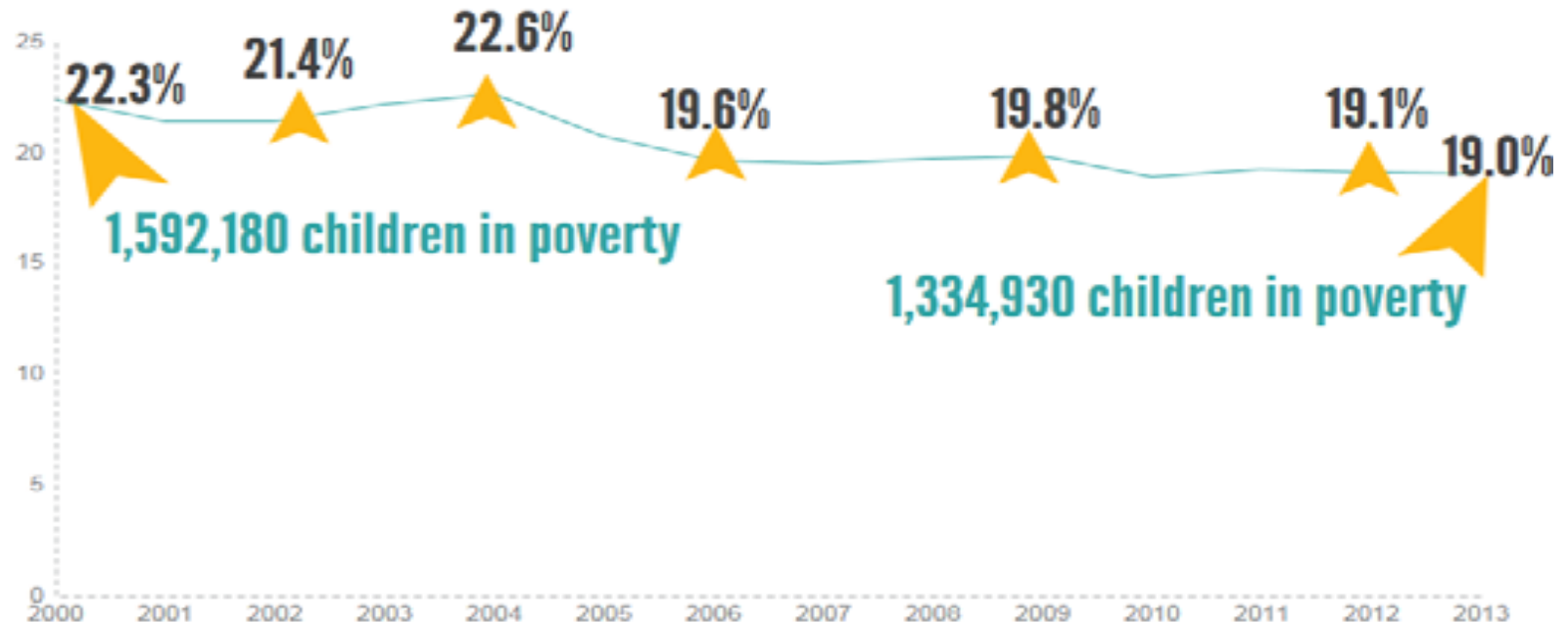


CHART 2: Children in Low-Income Families in Canada 2000- 2013



Source: Statistics Canada. Table 111-0015 - Family characteristics, Low Income Measures (LIM), by family type and family type composition, annual, CANSIM

About New Canada Child Benefit

- The Government of Canada introduced a new Canada Child Benefit to replace the current system of child benefits.
- There is no need to apply if families already get child benefits, but parents/guardians have to file a 2015 tax return.
- If eligible, families will automatically start receiving the new Canada Child Benefit as of July 2016.

The New Canada Child Benefit is:

- **Simpler** — most families will receive a single payment every month
- **Tax-free** — families won't have to pay taxes on payments received when they file their tax returns
- **Better-targeted to those who need it most** — low and middle-income families get higher payments, and those with the highest incomes (generally over \$150,000) receive less than under the previous system
- **Much more generous** — families benefiting will see an average increase of almost \$2,300 in the 2016-17 benefit year

How much a family receives is based on two things:

1. Number of children under age 18
2. Net family income.

Families with a net income of less than \$30,000 receive the full benefit of \$533 per month for a child under six and \$450 per month for children six to 17.

Benefit levels drop as income rises.

Most families, on average, will receive about \$191 per month. An extra \$227 per month is added for a child who qualifies for a disability payment.

Check it Out - What you can do

Ask



Ask questions
in a safe and
sensitive way.

Educate



Ensure staff
are aware of
resources
available to
parents and
families.

Intervene & Connect



Intervene by
connecting
families to
benefits,
resources
and
services.

Ask Everyone:

“Do you ever have difficulty making ends meet at the end of the month?”

“Do you receive the Child Tax Benefit on the 20th of every month?”

“Have you filled out and sent in your tax forms?”

If possible, include questions on intake forms

Ensure Early Learning and Health Practitioners are aware of resources available to parents and families.

- CanadaBenefits.gc.ca - connecting people to government benefits

- For parents

<http://www.canadabenefits.gc.ca/canben/f.1.2cl.3st@.jsp?lang=eng&catid=1&geo=5>

Intervene

Connect families to benefits, resources and services.

For example:

- Have blank benefit application forms available
- Help parents complete forms
- Provide a warm transfer and connect parents to Service Canada
- Partner with another organization to offer a free tax clinic
- Provide information session or 'tip of the day' to parents
- Other ideas.....

Expected Outcomes of New Child Tax Benefit

- 9 out of 10 families will receive more in child benefits
- 300,000 fewer children will be living in poverty in 2017 compared to 2014

Source: Revenue Canada, 2016

Group Exercise

- How has your community champion Early Intervention and Early Identification?
- What information, training and or support do you need to screen for and to promote access to financial benefits?



Report back

Poster Series Launch



CHECK IT OUT

If you have questions about your child's health, development or wellbeing, contact your family doctor, local public health unit, or a child and family program near you.

This poster series was produced in partnership with Black Creek Community Health Centre | Children's Aid Society of Toronto | Mothercraft | Ontario Early Years Centre - Gardiner Centre | The Hospital for Sick Children | Toronto North Local Immigration Partnership | Toronto Public Health

www.healthykidstoronto.ca/checkitout



Questions & Discussion

Thank you.

Malini Dave MD FAAP FRCPC

Pediatrician, Department of Emergency Medicine, Hospital for Sick Children.

Consultant Pediatrician, Black Creek Community Health Centre.

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Toronto Public Health

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Acting Manager

Mothercraft - CITYKIDS