

CCSNRP

Child Care Special
Needs Resourcing
Partnership

What's New in Special Needs Resourcing

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Community Living Cambridge



Developmental Services
Access Centre



Elmira District Community
Living



KidsAbility
Centre for Child Development



Developing tomorrow's potential
in today's children and youth



Region of Waterloo
SOCIAL SERVICES

Welcome to the September edition of this newsletter! I trust it finds all of you back in the "swing" after some summer holidays!

A few reminders for the fall regarding Child Care SNAP...

- When talking to parents about a referral, remember to give them a red CCSNR brochure as well...call Joan if you need more!
- Joan is available to speak to staff regarding who should be referred for service— it's not just the children who are not managing in program but others with more subtle needs as well who can benefit from resource consultation and assistance with the transition to school

A Word from CCSNR Partner- kidsLINK (by Debbie Engel)

kidsLINK is a registered charity that provides a broad range of services to help children, youth

and families facing-or at risk for- social, emotional and mental health challenges. kidsLINK provides professional consultation and training for those who work with these individuals. Since 1858 kidsLINK has been improving lives and developing the potential of children, youth and their families.

This has been a busy year for kidsLINK.

The Children's Mental Health Access Centre **has relocated from 39 Water Street to 1770 Kings Street East**. The phone number is 519-749-2932, e-mail and website addresses remain the same, **but the name is now Front Door: Access to Child and Youth Services**.

Then new location is easy to access by bus and provides more space for all the programs operated in partnership between kidsLINK and Lutherwood, including Partners,

SNAP Fast Facts

DID YOU KNOW...

- **Any** question about a child's development/abilities likely means a referral to SNAP should be made?
- You can call the SNAP coordinator with questions or for clarification **before** approaching a parent about a referral?

Cntd. From pg.1

Intensive Supports and Resource Coordination, Mobile Crisis Response, and Zero2Six.

Planning has now begun for our 2010 Early Childhood Educators Conference, taking place at Conestoga College on March 19 & 20, 2010. We are inviting presenters from across south western Ontario to submit workshops proposals on topics of interest to the ECE community. If you have valuable information you would like to share with us, fill in the Work Proposal Form and e-mail the proposal back to us. We hope to see you at the 2010 conference.

Check out the new look of [The Child and Family Journal](#).

The Child and Family Journal is a Canadian publication for

Practitioners working with children 0-18 years of age and their families, experiencing or at risk for social, emotional, or mental health issues. Published three times annually by kidsLINK, a charitable organization with more than 150 years of experience, it is committed to disseminating knowledge across disciplines, linking practice with research and training.

We have just launched the Child Care Edition of **Tools for Life: Relationship –Building Solutions**-a fun, highly interactive resource for use in schools, child care centres, homes and community agencies with 3-10-year olds. If you want more information, check us out at

www.kidsLINKcares.com



IT HAS MOVED!!!!

The kidsLINK Resource Centre

Has moved **from downstairs** in Suite 5 at 1770 King St., E Kitchener **to upstairs** in Suite 1 at 1770 King St., E Kitchener!

To find the Resource Centre, enter the building by the main entrance off King St. The new location is part of the **Front Door: Access to Child and Youth Services** mentioned earlier in this newsletter.

Look for Beth Lee, who is still there to greet you and assist in your Resource Centre needs.

The hours remain the same- open 'til 8:00 on Tuesday evenings and 4:30 other business days.



1 in 5 kids in Ontario Struggles with Their Mental Health by Debbie Engel, taken from **Children's Mental Health Ontario**

For more information on the Child Care Special Needs Resourcing Partnership or to make a referral to the Child Care Special Needs Access Point please contact:

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CCSNAP Coordinator
c/o kidsLINK—Early
Intervention Services
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We're on the Web
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Although a child or youth who's depressed or angry or anxious may feel isolated, he or she is not alone. The problem is much bigger than most of us realize. One out of every five children and youth under 19 struggles with a diagnosable emotional, mental or behavioural disorder. These problems are painful, serious and very real. Research has proven that early intervention is critical to providing a hopeful and healthy future for kids struggling with their mental health. The onset of most mental illnesses occurs before the age of 18. There are undiagnosed children and teens everywhere. Left untreated, these kids may suffer needlessly and become a stress on their families, schools, other kids, and the community. It is important to take the signs seriously and seek help quickly.

Some feelings and behaviours are a normal part of growing up. However, the invisibility of some mental health disorders makes them easy to overlook, unlike a heart problem or a broken leg. It's often difficult to identify, for example, whether a child is simply sad or suicidal.

The way a child or youth acts or behaves may be a sign that he or she has a mental health need. If a child's behaviour is unusually intense: whether he or she has been acting like this for a while; whether the behaviour is age appropriate; and if the child's behaviour is having a negative impact on the family or school. Also look for: poorer marks and performance at school, avoidance of family or friends, frequent outbursts of anger or rage, loss of appetite, difficulty sleeping, obsession with weight loss. These are just a few on the list to be aware of. To get more information visit www.kidsmentalhealth.ca. Although mental health problems among children and youth are vast and complicated, the following are the most common: anxiety disorder, depression, conduct disorders, attention deficit hyperactivity disorder, eating disorders, schizophrenia, and bipolar disorder.

Mental health problems are not the fault of the child. They can affect a child or youth as easily as cancer or a physical disability. The causes are varied and

Upcoming Professional Development Events

- **The Dance of Inclusion— Beliefs, Barriers and Tools for Measuring Our Effectiveness** is available for presentation to your program(s) and will support the inclusion portion of Raising the Bar (Best Practices— Silver Section)
Contact Joan at 519-741-0076 for more information
- **Thinking Outside the Gym— a quality First School Age Conference**

Friday October 16, 2009 at the Halton Region Museum in Milton
Sponsored by the Halton Resource Connection
Call 905-875-4600 for more information

Current Research- Links

Social and Behavioral Competence in Young Children Factsheet— released by the Centres of Excellence for Children's Wellbeing and the Early Learning Knowledge Centre— this factsheet identifies the relationship skills children must learn at an early age, the consequences of not developing relationship skills and list evidence based programs that have been scientifically proven to help children develop social skills <http://tinurl.com/nf3ccs>

Disability and Inclusion: Changing Attitudes- Changing Policy— this chapter from the book Beyond Child's Play by Debra Mayer, Director— SpecialLink— outlines the need for concepts of inclusion, accessibility and universality to be established as a legal requirement in a national early learning and child care act. <http://tinurl.com/mprfhh>