

The Right Direction

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GROUPS

Kindergarten Readiness

Presented by:
 Children's Mental
 Health Services &
 St. Joseph Catholic
 School

405 Bridge St., East
 Belleville
 May 27 to June 17
 Wednesdays for 4 weeks
 5:00–6:30
 Phone: 613-966-3100
 Ask for Kim or Carmen



From the book
 150 + Screen-Free Activities for Kids
 The Very Best and Easiest Playtime Activities
 for Fun at Home With Kids.com
 Authour: Asia Citro, MED

@ Chapters



A Message from our Executive Director

For those who may not be aware, Terry Swift retired after almost two decades dedicated to Children's Mental Health Services within the Hastings and Prince Edward counties. He created an organization at a time when large system transformation occurred, with several organizations merging back in 1997. He has led a dedicated staff and a growing organization through many struggles and changes into a new era. Interestingly enough, the Mental Health sector is again going through a major transformation with the Moving on Mental Health initiative.

Before his retirement, Terry ensured that the organization was successful in passing the new Accreditation standards in January of this year. He left the organization in good order and good standing for an easy hand-over to me. Terry formally retired on March 31st, 2015. I was fortunate to have the opportunity to work directly with Terry for the two months prior



to his retirement, to help facilitate a seamless transition.

The first mandate I was given was to complete and submit our application for Lead Agency. This was completed in April 2015. We now are waiting to hear back from the Ministry of Child and Youth Services for their decision. It is anticipated that we will hear back in late summer or early fall.

Many people also may not know that we have two bilingual workers that can provide services to children, youth and families; one is

located in Trenton and one in Belleville. To support the offering of French services, we have had several of our pamphlets translated and our website is undergoing a bilingual transformation as well.

We have also established service and training connections with children's mental health service providers from the Tyendinaga Mohawk Territory. For the last two years, our agency has organized Suicide Prevention training within our region. Service providers from the territory have requested this type of training for their staff and we will gladly include them in future training and support them in any way we can.

As we work through the Children's Mental Health Services transformation, we are solidly expressing our desire, expectation and hope that we can work together across all ministries, disciplines, languages and cultures. We want to listen, understand and learn from one another for the sake of each and every child, youth and family within our jurisdiction.

Have a safe and happy summer!

Slime Recipe

Two Ingredients Needed...

2 - 4 Oz bottles of Washable School Glue

1 bottle Sta-Flo Liquid Starch

Food Colouring- optional

Pour glue into bowl (amount of slime you add=amount of glue you add).

Give your liquid starch container a few shakes.

and slowly pour the starch into glue mixture - 1 tbs. at a time.

Stir well between each addition.

Continue adding until the slime no longer sticks to side of container.

Once your slime forms a clump, you can switch to stretching and kneading it by hand to mix it completely.

If slime is still sticky add more liquid starch - 1 tbs. at a time.

If slime is stringy add more glue - 1 tsp. at a time.

Ready for play in about 5 min. after folding and stretching.

Store at room temperature for several weeks in Ziploc bag or Tupperware.

Good News Story

YMCA Belleville and Trenton



Balsillie Family Branch - Peterborough / Belleville Branch / City of Quinte West Branch

The YMCA is for everyone. To ensure affordable access, the YMCA offers financial assistance to those in need. They promote healthy living; nurture the potential of children, teens and young adults and foster a sense of social responsibility to build stronger communities. Through their annual Strong Kids campaign, the donations received go directly to supporting their Financial Assistance programs. Every year we are fortunate to receive 80 camp

spots for our clients in Belleville and Trenton (40 spots in each community) at a reduced cost. This allows our clients the opportunity to go and experience a week at camp which is something they might not be able to experience if it wasn't for the Strong Kids campaign. We would like to thank the YMCA for offering this wonderful opportunity every summer for our clients.



Children's Mental Health Services completed the Accreditation process in December 2014.

Thanks to the Staff, Management and Board of Directors we have passed the standards outlined by the Canadian Centre for Accreditation and are now an Accredited Agency once again.

FAQ's

Are you connected with Children's Aid?
Children's Mental Health is an entirely separate agency with a different mandate than Children's Aid. We are a not-for-profit voluntary agency which offers a broad range of services to children, youth and parents in Hastings and Prince Edward Counties. The Children's Aid Society has a mandate to protect children from abuse and neglect. However, if we have reason to suspect a child or youth (under 16 years of age) is being abused or neglected, we are obligated by law to report to the Children's Aid Society.

Can I bring my grandchild to see You? Her mother doesn't think she has a problem, but I do.

If your grandchild is over the age of 12 and is willing to see a counsellor, you could bring him or her to see one of our workers. Children over the age of 12 are legally able to consent to counselling without their parents knowledge or consent. However, the younger the youth, the more likely we would be to encourage involvement of the parent in counselling sessions.

Can you help my 20 year old Son?

The short answer is probably not. Our agency is funded to provide service to infants, children and youth up to the age of 18. If your son would benefit from mental health counselling, he could call Mental Health Services of Hastings and Prince Edward County at 613-967-4734.

How do I get help For my child on the weekend or evenings?

Depending on the nature of the difficulties, some of our workers will arrange in advance evening appointments. Our business hours are 8:30 am-4:30 p.m., Monday to Friday, so you would need to call initially during those hours to refer your child and arrange for an after hours appointment. If you experience a crisis on the weekend, you could call our main number (613-966-3100) and there is always a Manager and Counsellor on call 24/7. Just call our main number 613-966-3100.

FEATURED OFFICE - CMHS PICTON OFFICE



diversity of rural areas (County of Prince Edward Planning Dept., June 2012)

Based on the PPS (Provincial Policy Statement) definition of affordable rental housing the threshold for affordable rental housing is drawn at a maximum monthly rent of \$725, which becomes affordable at a minimum household income of \$29,000. This means that based on household income, approximately 16% of the households in the County could not afford the current average market rent. (County of Prince Edward Planning Dept., June 2012)

Presently, the office is staffed by: Family Therapist Linda Tighe, Community Mental Health Workers Bonnie Allen and Andrea Maracle and Intensive Services Worker Dawn Robinson.

CMHS offers community based services such as: Babies and Beyond - a group serving young parents; weekly Mental Health Clinic at P.E.C.I. in school support at the elementary school level.

Referrals are processed by a central Intake Department located in the Belleville office, 3 Applewood Drive. Children over the age of 12, parents or guardians may refer for service.

The Prince Edward County Office of Children's Mental Health Services is located at 124 Main St. Picton. Conveniently located across from Tim Horton's, they service a population of 25,258 residents. Prince Edward County encompasses a diverse population; communities such as Rednersville, Consec, and Cressy are home to an artisan population and a growing wine industry.

Prince Edward County residents face a number of challenges:

Employment opportunities are limited; while there is an abundance of seasonal work available, this does not provide a living wage for many families. Rural communities such as Prince Edward County may be more impacted by the recent economic downturn than other areas, due to the generally limited economic



Did you know?

CMHS has French Speaking Staff in the Belleville-Trenton Offices
French Language Brochures Available at all Offices

