



Ontario Centre of Excellence
for Child & Youth Mental Health
Centre d'excellence de l'Ontario en santé
mentale des enfants et des adolescents



Child/youth e-mental health impact grants

Project summaries

A virtual parent-led support group for parents of children and youth with eating disorders

Project leads: Dr. Jennifer Couturier, McMaster University; Erica Crews, Danielle's Place/Reach Out Centre for Kids (ROCK)

What's the issue? Millions of children and youth have eating disorders. It's important for parents to be equipped with the right tools and resources to support their child, while also taking care of themselves.

What's the solution? Establishing two virtual parent-led support groups, one in northern Ontario and one in southern Ontario, to examine the acceptability, cost and parent outcomes of participating in parent-led support groups. These groups will address social isolation and teach valuable coping skills for parents.

SibworkS: A digital intervention pilot to address the mental health issues of siblings of children with special needs

Project leads: Dr. Shannon Scratch, Holland Bloorview Kids Rehabilitation Hospital; Dr. Alex Elkader, Kinark Child and Family Services

What's the issue? We know that siblings of children with disabilities are at much greater risk for developing mental health problems (including social, emotional and behavioural problems) and are frequently overlooked when families are provided with services.

What's the solution? SibworkS provides communities with a six-week in-person group intervention that strengthens perceived social support, self-esteem, problem-solving skills and adaptive coping behaviours, while also promoting positive sibling relationships. This project will allow to offer SibworkS virtually, in addition to the existing in-person option.

Stop Now and Plan (SNAP) app: An app to help children with behavioural problems and their families develop coping skills at home

Project leads: Dr. Leena K. Augimeri, University of Toronto and Child Development Institute; Dr. Lynn Ryan MacKenzie, Child Development Institute

What's the issue? Stop Now and Plan (SNAP) is a successful in-person program teaching children ages 6 to 11 with behavioural problems how to better control their emotions and work on their problem-solving skills. The program also involves their parents. Because of our recent landscape shift, there is currently a gap in the system as families are not able to access these programs in person.

What's the solution? The creation of an accessible app version of SNAP would help to bridge this gap, allowing children and families develop the necessary coping skills at home. The app will be piloted among two groups of youth from both northern and southern Ontario, allowing children and families to access much-needed resources and skills training.