

Please help us improve child/youth mental health services across Dufferin and Wellington!

Feedback sessions for Moving on Mental Health, the local child/youth mental health strategy, will be held in December and January. Please encourage your staff and/or the young people, caregivers & families you work with to attend a session!

We hope to connect with primary care, education, child protection services, developmental services, child/youth mental health services, and others supporting young people with mental health challenges, from across Dufferin and Wellington counties.

Feedback Sessions

Who	Date	Time	Location
Youth and caregivers	Tues Dec 13	5:30-7:00	Dufferin Child & Family Services, 655 Riddell Road, Orangeville
Service providers	Tues Dec 13	3:30-5:00	Dufferin Child & Family Services, 655 Riddell Road, Orangeville
Youth only	Wed Dec 14	4:00-6:00	CMHA, 80 Waterloo Avenue, Guelph
Service providers	Tues Jan 10	11:30-1:00	CMHA, 80 Waterloo Avenue, Guelph
Service providers	Tues Jan 10	3:00-4:30	CMHA, 234 St. Patrick Street East, Fergus
Youth and caregivers	Tues Jan 10	5:30-7:00	CMHA, 234 St. Patrick Street East, Fergus
Service providers	Thurs Jan 12	6:00-7:30	CMHA, 392 Main Street North, Mount Forest
Youth and caregivers	Thurs Jan 12	3:00-4:30	CMHA, 392 Main Street North, Mount Forest

Youth and caregivers will receive a \$15 Tim Horton's gift card as a thank you for their participation!

What is MOMH?

Moving on Mental Health (MOMH) is a province-wide and local initiative to improve the children's mental health system so that children, youth and families get what they need to live their best lives. (See www.momhwd.com for more information about the project).

Last winter and spring, the MOMH team for Dufferin Wellington learned a lot about what was working and what could be improved through conversations with youth, parents, caregivers, and service providers in the region. Based on what we learned, the MOMH team has narrowed in on three ideas that we think could improve the experiences and outcomes of people moving through the children's mental health system. Although we've done our best to come up with ideas that would be helpful for

children, youth and families, **it's extremely important that we get feedback from the people we hope will use these ideas** - above all, we want these ideas to be useful! We hope to get feedback from people from a diverse range of backgrounds and experiences. The best way to do this is through conversations about the ideas.

How do the sessions work?

The MOMH team will share up to three “big ideas” with a group of 5-10 people, and ask what you think about them. This is a low-pressure conversation, because all we want to know is what you think about the ideas - whether you think they're useful, whether you/your clients would use them, and what you would change about them. Your feedback is confidential. This round of feedback sessions will be run in English.

Questions?

Please contact Heather Callum (Systems Coordinator for child/youth mental health in Dufferin and Wellington) with any questions. Contact information is below.

Your feedback, and your help to spread the word about these sessions, is greatly appreciated!

Heather Callum, on behalf of the Moving on Mental Health Team

Heather Callum

Systems Coordinator, Children's Mental Health

Working on behalf of the children's services sector (Dufferin and Wellington)

Hosted by CMHA Waterloo Wellington

Email: hcallum@cmhawwd.ca

BlackBerry: 226-979-6060