



N O R T H E R N O N T A R I O

POSTPARTUM MOOD DISORDERS STRATEGY

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

An agency of the Government of Ontario.
Relève du gouvernement de l'Ontario.

www.ppmd.ca



VISION

The Northern Ontario Postpartum Mood Disorders (PPMD) Strategy is guided by the vision of every family having access to culturally safe mental health supports across the continuum of health care; both before and after the family welcomes a new baby or adopts a child. The continuum of health care includes: prevention, promotion and clinical treatment. This vision includes PPMD informed service provision where by the treatment and the support of recovery is available to the life givers and care givers in our communities.

CORE PRINCIPLES

Community Partnership:

The PPMD Project has developed innovative partnerships across Northern Ontario that build capacity at both the local and regional level. The Northern Ontario PPMD Project has offered a unique opportunity for both Aboriginal and Non-Aboriginal organizations to partner in the development of a culturally safe PPMD strategy that reflects the needs of all women and families in Northern Ontario. This is a project that shares knowledge and utilizes a collaborative approach.

Engagement:

All members of a community: parents, spouses, friends, aunties, uncles, grandparents, Elders and service providers; must be engaged in learning about and bringing attention to this important issue.

Reciprocity:

Learning takes place in many directions. The PPMD Project acknowledges the importance of many forms of knowledge and how we all learn from one another.

Families in Community:

Families live and experience life within the social norms of our communities. Many parents face the stigma that having PPMD is a character flaw or weakness. When we acknowledge the shame, stigma and fear that can accompany this illness we are one step closer to creating communities where families can reach out for help and feel supported.

The Family:

In any treatment model infant child development will be considered in the treatment of the family as a whole.

Respect:

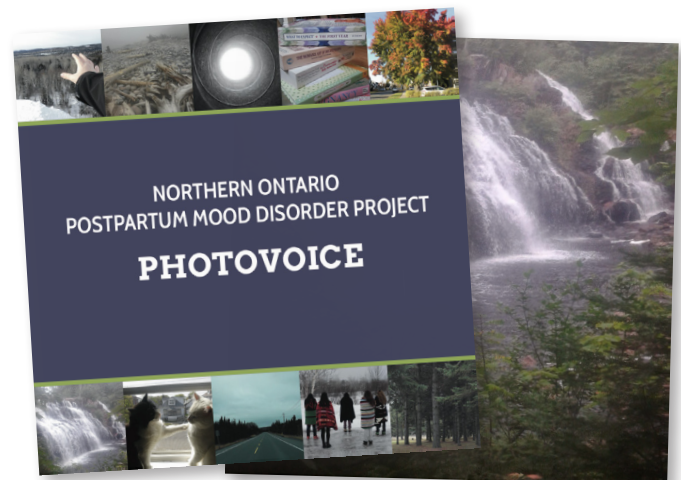
All families have the right to receive culturally safe services with respect and compassion and to be heard when they reach out for help.

Interpersonal Relationships:

PPMD affects relationships, including the parent-child relationship, the parent-parent relationship and the parent's relationships with social networks. We acknowledge that infant development and mental wellness is attached to parental mental health. Additionally, parent's mental health may be influenced by the formal and informal supports they receive in the community.

Hope:

This is a hopeful project; we are building on strengths. The research is clear - there are best practices that can help families suffering from postpartum mood disorders. We know that this is an illness from which families can recover. We are hopeful that best practices and promising practices, can be implemented for families across Northern Ontario.



Learn More About the PPMD Project at ppmd.ca

RECOMMENDATIONS

The Northern Ontario PPMD Strategy presents 3 recommendations. By sharing these recommendations, the intention of the Northern Ontario PPMD Project partners is to provide a framework on which the Provincial Government and its agencies may build.

Embedded in all of these recommendations is the recognition that PPMD impacts the whole family and in particular infant child development.

1. To make PPMD a priority.

The first priority is to make PPMD a priority. The implications for a lack of awareness, diagnosis and treatment for this mental illness can have profound effects on the entire family. We know that the economic and social impacts of this illness are substantial. These impacts contribute to the overburdening of the social and health care systems in Ontario.

2. To create PPMD Informed Communities

PPMD informed communities require ongoing education and training. All members of the community should be aware of the prevalence of PPMD, the risk factors and the referral process to access help. Informed communities engage all members including formal supports and social networks.

3. Funding Northern Ontario communities to provide culturally safe:

- a. PPMD informed service provision
- b. PPMD menu of services for families
(considering infant child development in all future services).

Funding dedicated to PPMD is necessary to the provision of a timely, comprehensive continuum of care in Northern Ontario. Consistent with the Ontario's Ministry of Children and Youth Services direction to partner with the Ministry of Health and Long Term Care this Strategy recommends a partnership between ministries to provide funding for service provision.

Expected Result:

- Reduce the social and economic impacts of this illness
- Reduce the stigma and shame that leads many families to suffer in silence

Expected Result:

- Reduce the stigma and the shame
- Getting communities talking
- Utilize best practice related to PPMD
- Encouraging families to seek help
- Encouraging professionals to identify & screen
- Greater awareness of infant child development when a family is suffering from PPMD

Expected Result:

- Infusion of funding for PPMD continuum of care
- Increased awareness
- Available screening for infant child development
- Available menu of services to include children and families
- Universal PPMD screening protocols for parents and children across Northern Ontario
- Creation of Service Maps / pathways for communities from across Northern Ontario
- Design a treatment model based on best practice for Northern Ontario
- A menu of services would include Screening, Admission, Assessment, Treatment, Supporting Recovery

ACKNOWLEDGEMENTS

The Community Counselling Centre of Nipissing, in partnership with the Thunder Bay Counselling Centre and the B'saanibamaadsiwin Aboriginal Mental Health Program are pleased to acknowledge the following organizations for their participation. A special thank you to all the families with lived experience.

AIDS Committee of
North Bay and Area
Algoma Best Start
Algoma Family Services
Algoma Nurse Practitioner Lead Clinic
Algoma Public Health
Balance on Purpose Consulting
Best Start - Dorion/ Nipigon/ Redrock
Better Beginnings, Better Futures
Canadian Mental Health Association,
Kenora
Canadian Mental Health Association,
Muskoka - Parry Sound
Canadian Mental Health Association,
Sault St Marie
Canadian Mental Health Association,
Thunder Bay
Canadian Mental Health Association,
Timmins
Child and Community Resources
Child Care Algoma
Children's Aid Society for the District
of Nipissing Parry Sound
Confederation College Children and
Family Centre
Dilico Anishinabek Family Centre
District of Timiskaming Social
Services Administration Board
Family Youth and Child Services
Muskoka
Garden River First Nation
Haldiman Norfolk Counties -
Tracy Woodford
Health Nexus, Best Start -
Hiltrud Dawson

Health Sciences North
Horne Payne First Nation
Hospital for Sick Kids - Chaya Kulkarni
Lakehead University,
School of Nursing
Lawrence Commanda Health Centre -
Dr. Brenda Restoule
Lawrence Commanda Health Centre -
Nipissing First Nation
Magnetawan First Nation
Monarch Recovery Services
Moose Deer Point Health Centre -
Connie Foster, NP
Mount Sinai Hospital - Dr. Paula
Ravitz
Mount Sinai Hospital - Dr. Ariel Dalfen
Muskoka Family Focus
Muskoka Parry Sound Community
Mental Health Service
North Bay Indian Friendship Centre
North Bay Nurse
Practitioner-Led Clinic
North Bay Parry Sound District
Health Unit
North Bay Regional Health Centre
North East Community Care
Access Centre
North East Ontario Family and
Children's Services, Hearst
North East Ontario Family and
Children's Services, Kapuskasing
North East Ontario Family and
Children's Services, Kirkland Lake
North East Ontario Family and
Children's Services, Timiskaming

North East Ontario Family and
Children's Services, Timmins
Northern Initiative for Social Action
Northwest Health Unit
Our Children, Our Future
Porcupine Health Unit, Moosonee Branch
Porcupine Health Unit, Timmins Branch
Riverside Community
Counselling Centre
Sages-femmes Timiskaming Midwives
Sault Area Hospital
Simcoe Muskoka District Health Unit
Sudbury District Health Unit
Superior Children's Centre -
Best Start Hub
Thunder Bay and Area Best Start
Thunder Bay District Health Unit
Timiskaming Health Unit
Timmins Native Friendship Centre
Union of Ontario Indians
University of Toronto -
Dr. Cindy-Lee Denis
Wausaksing First Nation
Wawa Family Health Team -
Dr. Anjali Oberai, Shirley Hale &
Brenda Melbourne

Funded by:



An agency of the Government of Ontario.
Relève du gouvernement de l'Ontario.

In Partnership With:

