

February/March 2024 PHAC Ontario Region Updates

Participant Survey Update

The Public Health Agency of Canada (PHAC) is conducting an online survey for CAPC and CPNP participants to share their experiences. PHAC will launch the survey in May 2024 and will keep you posted of exact dates over the coming months.

The surveys may be familiar to you as they are based on those that were used in 2015 and 2018. The key difference is that the 2024 surveys will be conducted as an **online-only** pilot (rather than as paper-based surveys). This pilot will help determine whether online surveys are a viable approach for participant data collection in the future. Similar to past years, the results will be analysed at a national and provincial/territorial level and a summary will be shared once complete. The results will not be associated with or reflect on specific projects.

Below you will find a brief description of the surveys and associated questions and answers. Further details will be shared with you closer to the launch of the survey.

What are the CAPC and CPNP Participant Surveys?

- The CAPC and CPNP participant surveys are online surveys that participants will be asked to complete. They should take about 15 minutes to complete.
- The surveys are designed to capture a demographic profile of participants as well as the ways in which participants and their infants/children have benefitted from the programs.
- This information will be used by PHAC to inform national program performance measurement reporting and as a source of evidence to inform the next national evaluation of the programs. The results will be analysed at a national and provincial/territorial level and a summary will be shared once complete. The results will not be associated with or reflect on specific projects.

What information do the surveys collect?

The surveys consist of the following sections:

- *Program Participation:* Questions in this section ask about how long and how often participants have been involved in the program and the types of programs they have attended.
- *Knowledge and Skills:* Questions in this section ask about the extent to which participants have gained knowledge, skills, and positive health practices as a result of participating in the programs (e.g., parenting skills, healthy eating, child/infant safety, parent-child relationship, use of other programs and services, mental health, breastfeeding, knowledge of prenatal health practices). The CAPC survey also asks about the knowledge and skills gained by the child participating in the program (e.g., comfort in social settings, learning new rhymes and songs, physical activity).
- *Experience of the Program:* Questions in this section ask about the participants' overall experience with the programs (e.g., the degree to which they felt welcomed and received valuable information).
- *Parent/Caregiver Information:* This section consists of a series of demographic questions on characteristics such as province, gender, age, education and income.
- *Information on Pregnancy and Birth Outcomes (CPNP only):* This section asks participants about health behaviours, namely, smoking and drinking alcohol during pregnancy, birth outcomes and breastfeeding initiation.

How many CAPC and CPNP projects will participate in the surveys?

- All CAPC and CPNP projects providing direct programming to participants will be asked to promote the completion of the program specific surveys (e.g., CAPC and/or CPNP survey).

When and how will the survey be implemented?

- Materials to help projects promote the surveys will be developed and shared with projects prior to implementation. In addition, projects will receive a brief data collection guide and will have access to training sessions.

- Projects will be asked to actively promote the completion of the surveys for approximately one month in Spring 2024. Currently the plan is to launch the survey in May 2024. Exact timing will be confirmed over the coming months.
- Participants will be able to complete the survey online. It can be completed during programming or at another time. Further details are in development and will be shared with projects prior to implementation.
- The surveys are intended to be completed by the participant on their own; however, there may be instances when project staff may need to provide assistance (such as helping to read the survey and/or in translating or interpreting the questions).

What will happen next?

- Further updates will be provided over the upcoming months to inform you of additional details.

Capacity Building Contract

The National Office is currently finalizing a contract to provide Capacity Building Supports to CAPC/CPNP recipients nationwide. The first deliverables are expected late spring/early summer and are a series of webinars. Topics will be developed by the PHAC Capacity Building working group (Ontario representatives are Nancy Bolton and Blanca Serano) and will answer needs identified during the engagement sessions such as: developing proposals, needs assessment, and collaborative partnerships. The second deliverable from the contractor is evaluation and feedback. The third deliverable will be support and tailored guidance to projects during the renewal process.

CAPC/CPNP Amendments:

Communication were sent by your CGC officer, regarding details of the invitation to amend your agreements. Workplans and budget should have been submitted. Please connect with your CGC officer and PC if you have outstanding submissions. Your Appendix K submission should have been returned. CGC has started sending out new Amending Agreements.

CAPC/CPNP Renewal:

- Communication was sent to all current CAPC/CPNP recipients in November with the following details:

We are writing to provide a summary report of our recent engagements on the Public Health Agency of Canada's (PHAC) proposed changes to the Community Action Program for Children (CAPC) and the Canada Prenatal Nutrition Program (CPNP); as well as updated information on next steps for renewing these valued programs.

As part of our engagement process, more than 630 representatives from currently funded organizations attended 24 regional discussion sessions held across the country from May to July, 2023. We also received over 170 online forms submitted by funded organizations, as well as direct comments and questions received by staff over the spring and summer. Please find attached a summary report on what we heard. Your participation and feedback in this process was valued and appreciated.

PHAC has taken some time to consider the feedback and adjust the plan for renewing the programs. As part of the renewed program framework:

- CAPC and CPNP will merge into a single program with two streams: 1) prenatal and postnatal health education and support, and 2) parenting and child health education and support.
- Program objectives will be refreshed to focus on public health promotion.
- The eligible age range will remain prenatal to age 6.
- Where there is a demonstrated need, activities focused on early learning will be eligible to continue, providing the overall project is centered on the renewed program's health promotion objectives.

- Projects that wish to form collaborative partnerships are encouraged to do so, to support administrative, financial and programming efficiencies. However, this will not be a requirement.
- PHAC will continue to work to alleviate administrative requirements by strengthening and streamlining aspects of monitoring and reporting.

In the fall of 2024, PHAC will invite all existing CAPC and CPNP funding recipients that are in good standing (i.e., up to date on their financial and performance reporting) to submit proposals for project funding under the renewed program, for the period from April 1, 2026 to March 31, 2030.

The aforementioned capacity building contract is being finalized. More details to follow.

As overall program funding levels have not changed, recipient organizations will be invited to submit proposals at current funding levels. The application process will be non-competitive and open only to existing CAPC and CPNP funding recipients.

This change in approach is intended to provide a longer period of transition for currently funded organizations. PHAC remains committed to providing clear and open communication on timing and next steps to help support recipients through this transition. Further details about the application process will be communicated closer to the launch, including in the Guide to Applicants.

PHAC SPONSORED TRAINING/RESOURCES UPDATES

The Government of Canada has released a new postpartum guide for families. Please see below for the links to the news release and the link to the guide and ordering form. A pdf version of the guide is also attached.

<https://www.canada.ca/en/public-health/news/2023/06/the-government-of-canada-releases-new-postpartum-guide-for-families-a-comprehensive-guide-on-postpartum-maternal-and-child-health.html>

<https://www.canada.ca/en/public-health/services/child-infant-health/postpartum-health-guide.html>

Follow the link below to find multiple resources on health.

[Publications – Health - Canada.ca](#)

Follow the link below to find multiple resources on child health and parenting.

[Publications – Healthy living - Canada.ca](#)

INFANT MENTAL HEALTH

For resources and courses available, please visit [Home - Infant Mental Health Promotion \(imhpromotion.ca\)](#)

Training:

The Public Health Agency of Canada (PHAC) has funded access for **600 staff from CAPC/CPNP projects to register** for the Lecture Series 2022: Laying the Path for Lifelong Wellness for **free!** At this point it would be **limited to one account per project**, on a first come first served basis. If you have a Contribution Agreement that funds both CAPC and CPNP, you can use two registrations. Access will be for one year, until March 2024. At about the halfway point in September, we will assess how many registrations are left. If some are remaining, we will open them up to projects so they can have more than one individual registered.

This 15-part web-based series was developed by the Infant and Early Mental Health Promotion (IEMHP) organization at The Hospital for Sick Children in partnership with the World Association of Infant Mental Health (WAIMH) and Tampere University. The series offers insight into the foundational science of infant and early mental health, the importance of promotion and prevention policies and strategies, evidence-based interventions, and treatment approaches. Topics include:

Building a Culture of Support and Strength Through Trauma-Informed Care
Reflective Family Play A Whole-Family Treatment Model for Infants and Younger Children
How Perinatal Health and Wellbeing Influence a Baby's Health and Wellbeing

For a full list of speakers, please refer to the "Lecture Series 2022 – Speakers and Topics" documents attached in both English and French.

How to Register:

To register for free, please follow the steps as outlined in the "Lecture Series 2022 Registration Package" documents attached in English and French. Ensure to use the promotional code provided, you should not be asked to enter a credit card.

If you have any questions or concerns, please contact IEMHP Lecture Series at iemhp.lectureseries@sickkids.ca for support.

NOBODY'S PERFECT

Follow the link below to find multiple resources on child health and parenting, Nobody's Perfect.
[Publications – Healthy living - Canada.ca](#)

[Looking Within Looking Ahead: Celebrating & Building on Strengths Tickets | Eventbrite](#)

Nobody's Perfect Parenting Virtual National Conference - Conférence nationale virtuelle Y'a personne de parfait March/mars 6 & 7 2024

- Calling all Nobody's Perfect Parenting Program Facilitators, Trainers, Master Trainers, Coordinators and Stakeholders! Don't miss out on this fantastic chance to learn, reflect, network and have fun together!
- The program will feature:
 - interactive workshops practical and innovative NPP program activities for NPP Facilitators to do with parents,
 - sessions to inform & expand knowledge about NPP program best practice adaptations, such as running virtual groups, 1:1, incorporating traditional teachings, adapting to use to help with reunification, etc,
 - sessions for NPP Facilitators wanting to become Trainers. Trainers and Master Trainers in Adult Education and facilitator training adaptations opportunities to network and learn what others are doing across Canada!
 - PLUS - be entertained!

[Autism: National autism strategy - Canada.ca](#)

[Autism: About, causes and co-occurring conditions - Canada.ca](#)

FASD -

- **FASD Assessment Team Training-FASD ONE-** [FASD Assessment Training | FASD ONE \(teachable.com\)](#)

A comprehensive online course designed to promote and educate practitioners on multidisciplinary team processes for comprehensive FASD Assessment.

THE COURSE CONSISTS OF 4 ONLINE MODULES

- 1. The importance of assessment services**
- 2. The neurodevelopmental assessment**
- 3. Speech language and occupational therapy assessment**
- 4. Medical assessment**

The overall goal of this training is to discover how we can put the Canadian Guidelines for FASD

Diagnosis Across the Lifespan into action, and to enhance our existing assessment services to be more inclusive of the many in need.

The course is free for residents in Ontario and any one with CAPC and CPNP programming. Email fasdontarionetworkofexpertise@gmail.com to obtain your code.

See the website for more details. [FASD Assessment Training | FASD ONE \(teachable.com\)](#)

- PHAC FASD website at [Fetal alcohol spectrum disorder: About, causes and co-occurring conditions - Canada.ca](#)
- Please check the FASD ONE website for resources, events and other important work. [Welcome to FASD ONE | FASD ONE \(fasdontario.ca\)](#)
- FASD 101: An Introductory Training - [FASD 101 \(thinkific.com\)](#)
Learn more about Fetal Alcohol Spectrum Disorder (FASD)! In this course we cover the basics of FASD, alcohol and pregnancy, prevention, diagnosis, challenges, stigma, strengths, strategies for success.

FATHER INVOLVEMENT

Follow the link below to find multiple resources on father involvement.

[What is positive father involvement - Canada.ca - Canada.ca,](#)
[Benefits of father involvement - Canada.ca - Canada.ca](#)

The Dad Manual. Filled with practical and specific direction, everyone can benefit from this resource. Please share this blog with anyone who needs support for the parenting journey – especially new moms and dads. For the blog and other resources please visit: [Performance – 24 HOUR CRIBSIDE ASSISTANCE \(dadcentral.ca\)](#)

FAMILY VIOLENCE

- Training opportunity called [Being Trauma Aware](#) -Being Trauma Aware is a FREE e-learning course meant to equip and empower participants to approach interactions within their organizations compassionately and to be curious about any trauma that may be affecting current behaviour. From there, the course outlines the path to resilience through tangible steps and best practices. Divided into 5 modules, the course can easily be paused and resumed at your convenience.
- For some resources on family violence go to [Luna Child and Youth Advocacy Centre](#)

ADDITIONAL TRAINING/EVENTS/RESOURCES

Aunties on The Road Doula Collective Webinars-The Impact of the Child Welfare System on Indigenous Perinatal Mental Health-Feb. 29 and March 5, 2024

These webinars are offered with funding support from The Public Health Agency of Canada (Ontario Regional Office).

Please register using this link:

<https://us06web.zoom.us/meeting/register/tZllcOuqrDwrG9EXeL2UvOb7M2mVH5OtsGmP>

- Families Canada Resource on [Financial Empowerment for Women Living on Low Incomes: An Action Plan – Families Canada](#)
- PERINATAL WELLBEING ONTARIO, Pregnancy and post partum support & connection <https://www.perinatalwellbeing.ca/> low-cost or free. See link below for free information brochure on the signs and symptoms of Perinatal Mood and Anxiety Disorders as well as ideas for coping skills [here](#)! **Crisis Services Canada** 1-833-456-4566 toll free; Text: 45645
- Second Harvest has a food rescue app that organizations can use to rescue food instead of it being thrown out into landfills. More information can be found here: <https://secondharvest.ca/our-work/food-rescue/get-food> While it is very competitive meaning when a donation is registered on the app from a restaurant or grocery store they do go fast, it can be very rewarding to the organization. Also, once an organization registers with Second Harvest, they will receive targeted solicitations when they have additional funding opportunities such as emergency operational funding or grocery gift cards.
- The Canada Dental Benefit is part of the Government's plan to improve dental care for Canadians with a family income of less than \$90,000 annually.
Through this benefit, children under 12 who do not have access to dental care insurance can get the dental care they need.
We want to make sure that every eligible family knows about this benefit and how to apply.
We are seeking assistance to help amplify this message to the families within your network. There are many ways you can help families and raise awareness about the dental benefit:
 - Display posters across your locations
 - Add a button or a banner to your websites, e-newsletters, or other communications that go out to your community members
 - Share social media content posted @Healthy Canadians on your social media channels
 - Distribute digital or hard copy fact sheets to your community members (available in 8 languages)

Canada Dental Benefit promotional materials are available on our website: www.canada.ca/dental.

- The Public Health Agency of Canada is pleased to announce the release of [*Your Guide to Postpartum Health and Caring for Your Baby*](#). The guide aims to provide parents and caregivers credible, easy to read information about postpartum health and parenting a new baby. The guide complements the existing *Your Guide to a Healthy Pregnancy*.

Reminders:

- Sydney Bell - CAPC/CPNP Network newsletters and please register with Webconnects to keep updated on all training and knowledge sharing that is available.