

THE TADDLER

Things You Have Been Wondering About but May Be Too Afraid to Ask: Medical Assistance in Dying

By: Shauna Sturgeon, Nurse Practitioner

Medical Assistance in Dying (MAID) is a topic that has been increasingly on the minds of patients and providers. Below is a basic overview with some answers to some of the questions that patients frequently have.

In February 2015, the Supreme Court unanimously ruled to strike down legislation that prohibited medically assisted death in Canada. In June 2016, Bill C-14 was passed by the federal government, which included amendments to the Canadian Criminal Code that officially legalized and provided rules on how to access and provide MAID. In May 2017, Ontario followed suit and passed legislation at the provincial level that would provide further clarification and guidance for patients and their providers on how to access and provide MAID care.

What is MAID?

MAID is when a patient is prescribed and/or administered medications to end their life. MAID can be provided to a patient by a physician or nurse practitioner either directly by administering a series of intravenous medications or indirectly by providing a patient with a prescription for medication that can be self-administered.

What is the difference between MAID and palliative care?

MAID is end-of-life care that alleviates suffering and allows a patient to have self-determination over the date and time of their death. Palliative care is end-of-life care that provides comfort and alleviates suffering, but the time of death is not determined by the patient and provider.

Who is eligible for MAID?

In order to be considered eligible for MAID, a person must:

1. be 18 years or older;
2. be eligible for publicly-funded health care services – a provider cannot charge private fees for this care;
3. be capable of making health care decisions;

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What's New with Cannabis: Use in Older Adults

(Part 2 of a series)

By: Shawn Goodman, Pharmacist

Canadian Guidelines for Cannabis Use Disorder (CUD) Among Older Adults (2019):

Recently published by The Canadian Coalition for Seniors' Mental Health (CCSMH), these guidelines provide recommendations to clinicians for prevention, assessment and treatment of CUD. They are specifically aimed at non-medical (recreational) cannabis use in older adults. The main theme of these guidelines is to have open, non-judgemental conversations about cannabis and encourage safe use¹.

Everyone responds differently to cannabis and response can vary from one time to the next. However, the THC potency of cannabis has increased over the years. If you used cannabis earlier in life, the effects can be quite different today. Older adults are also more susceptible to harm from cannabis because of age-related changes. As we age, our body and mind functions begin to slow down. Some of these changes will affect how THC and CBD are processed in the body.

- Lower kidney function can affect how drugs, including cannabis, are cleared from the body
- Symptoms of poor lung health or disease can be worsened when cannabis is smoked or vaped
- The digestive system slows down and liver function is reduced, affecting how the body processes and removes cannabis from the body
- Changes to muscles, bones and sensory functions (vision, hearing and smell) can increase the risk of falls or injuries
- This risk would be higher when using THC because it may cause impairment

Cannabis Use Disorder (CUD):

A problematic pattern of cannabis use leading to significant impairment or distress along with two of the symptoms below within a 12-month period.

Signs of Cannabis Use Disorder:

- Use more or for longer than intended
- Persistent desire or difficulty to cut down
- A lot of time spent to obtain, use or recover
- Craving or strong desire to use
- Recurrent use resulting in failure to fulfill major obligations
- Continued use despite persistent or recurrent social or interpersonal problems caused or worsened by use
- Usual activities given up or reduced
- Recurrent use in situations which are physically hazardous
- Continued use despite knowledge of having persistent or recurrent physical or psychological problems that are caused or worsened by use
- **Tolerance:** need for increased amounts to achieve desired effect or less effect with continued use of the same amount
- **Withdrawal** symptoms such as hand tremor, insomnia, nausea or vomiting, hallucinations or illusions, agitation, anxiety, and/or seizures OR cannabis is taken to relieve or avoid withdrawal symptoms



Cannabis Use in Older Adults is Associated with increased risk of:

- Intoxication and impairment
- Car accidents
- Worsening chronic diseases
- Heart attack or stroke (with pre-existing heart conditions)
- Drug interactions
- Adverse effects:
 - Changes in depth perception
 - Instability
 - Falls
 - Anxiety
 - Panic
 - Psychosis
 - Depression
 - Cognitive impairment

*Part 1 of the series, featured in our Winter 2019 issue, is available on our website: <https://taddlecreekfht.ca/wp-content/uploads/2019/01/W19-TADDLER-NEWSLETTER.pdf>.

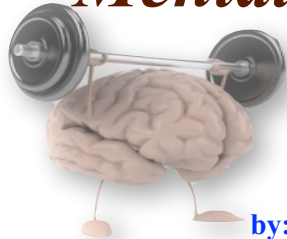
References and Additional Resources:

1. Canadian Coalition for Seniors' Mental Health. Canadian Guidelines on Cannabis Use Disorder Among Older Adults. 2019.
2. Online Resources for Cannabis Use Disorder. Canadian Coalition for Seniors' Mental Health. [URL: <https://ccsmh.ca/substance-use-addiction/cannabis-guidelines/resources/>]
3. Cannabis. Canadian Centre on Substance Use and Addiction. [URL: <https://www.ccsa.ca/cannabis>]
4. Cannabis Information for Older Adults. Ottawa Public Health. [URL: <https://www.ottawapublichealth.ca/en/public-health-topics/cannabis-information-for-older-adults.aspx>]

Mental Health Corner

What Does “Self-Care” Mean?

by: Alexandra Kobayashi, Social Worker



Self-care is a buzz word that has been circulating recently. Have you ever been confused about what it means? It can be hard to define because it means different things to different people. Below are four pillars of self-care that can be considered and implemented in daily practice.

1. Self-care is thinking about and practicing **self-compassion**. Simply put, embracing a responsibility to treat yourself with care and concern, just like the way you treat someone you love with compassion and understanding. It is easy to offer empathy to others and hard to offer it to ourselves. How do you practice self-compassion? One example is to release the grip on the relentless “should” that comes up when something does not work out in a predicted way. I should have done that, I shouldn’t have said this. We are not mind readers or future predictors. Mistakes are normal and can be a doorway to a new perspective and a new path. We can extract the learning while still being kind.

2. Self-care is **self-discipline**. It is hard to find motivation to exercise, eat healthy, sleep adequately, and set a schedule. They are not always inherently satisfying. At the same time, these four building blocks are key regulators to health, thus serving a higher purpose. Optimal health and mental health help us work on goals, participate meaningfully in tasks and show up for people. Finding purpose to do something where the motivational impacts may be delayed takes self-discipline. Taking care of your mind and body in the long run is worth it.

3. Self-care is **self-preservation**. Have boundaries with work, life and yourself. Researcher and social worker, Brené Brown, talks about boundaries in a simple way that sticks: what is okay and what is not okay. Boundaries that give too much away can leave us feeling depleted, burnt out and taken advantage of. Boundaries that are too rigid can deprive us of taking risks and diminish our capacity for empathy. Balance happens when we can act as flexible and insightful gatekeepers to our time, energy and acts of service. You are the best consultant and enforcer to say what is okay and not okay for you; try to look inwards for a quiet moment and ask yourself. Don’t say yes when inside you’re shouting no.

4. Self-care is finding what **ignites joy** and **invites pleasure**. This should not be confused with overindulgence. Joys and pleasures can be the small, non-highlight reel moments of life. They can also be goals related to work, relationships and life. Adults, just like children, get fed and nourished with play and having creative goals to set and work towards. Leaving our comfort zones at times, which is not always pleasant, can be necessary for growth. Stretching the mind, body and soul can allow us to live out our full potential or as close to it as we can envision.

What is it, big or small, that sparks enjoyment, passion or potential in you?



WHAT'S HAPPENING AT TADDLE CREEK

By: Sherry Kennedy, *Executive Director*

This column lets you know about TC FHT programs, events and announcements.

COVID-19 – Accessing Care

The Ministry of Health continues to encourage TC FHT's clinicians to conduct the majority of patient consultations virtually by phone or video. The clinician and patient will then decide together if an in-person appointment is necessary or more appropriate (e.g. for vaccine administration or a physical exam). The purpose of this is to support physical distancing and avoid inadvertent contact with persons in healthcare settings who may have COVID-19. We also offer patients access to the HealthMyself portal (now PomeloHealth), a secure messaging system for patients to communicate with their healthcare providers or staff. To book an appointment, options include calling your provider's office or electronically booking a phone appointment through PomeloHealth (only available for some offices). If you do not have a PomeloHealth account or cannot remember your password, contact your provider's office for help. We also host virtual After Hours clinics Monday to Thursday evenings and an on-site clinic on Saturday mornings. Information about our After Hours clinics and contact information for all providers is posted on our website (<https://taddlecreekfht.ca/home>). We will continue to remain accessible as we move to the next phase of this pandemic and we hope that, in some way, we have played a part in your well-being during this extraordinary time.

Cancer Screening Tests

The Ministry of Health has directed the gradual restart of routine cancer screening tests that have been delayed because of COVID-19. If you are due or overdue for your breast cancer screening, visit the Ontario Breast Screening Program site for more information (<https://www.cancercareontario.ca/en/cancer-care-ontario/programs/screening-programs/ontario-breast-obsp>). If you are due or overdue for your colon cancer screening and are low-risk, your physician or nurse practitioner can help virtually by requesting a Fecal Immunochemical Test (FIT) to be sent to your home. If you are due or overdue for cervical cancer screening, this presents more of a challenge because it requires a visit to your healthcare practitioner's office. Toronto is in the COVID-19 Control Red Level and Toronto Public Health is advising we limit activities outside of our homes to essential activities only (work, school, groceries, fitness and/or healthcare appointments). We need to weigh the risk of COVID-19 transmission (leaving the house, travelling, coming into our building and offices) with providing on-site cervical cancer screening. With this in mind, our team will be discouraging low-risk women from coming into the office for cervical cancer screening for the next little while. This recommendation will be revisited regularly by our team's COVID-19 Task Force.

COVID-19 – Resources

TC FHT established a COVID-19 Task Force in Mar. 2020 to help us navigate this pandemic. The Task Force has been hard at work to provide safe care for our patient population. For example, the Task Force worked to ensure proper protocols were implemented for patient screening prior to in-person visits and at the point of care. They worked to ensure there was an ongoing supply of personal protective equipment and that infection prevention and control procedures were established and followed. Our Task Force continuously references reputable, informative websites such as:

Ministry of Health and Long-Term Care

<https://www.ontario.ca/page/2019-novel-coronavirus>

Public Health Agency of Canada

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

City of Toronto (and Toronto Public Health links)

<https://www.toronto.ca/home/covid-19/>

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We also want to remind you of the three COVID-19 **mental health resources** for adults, child/youth/families and seniors which were carefully curated by our mental health team. These resources offer a variety of mediums such as websites, workbooks, podcasts and support groups to help meet everyone's needs. They were first published in our Summer 2020 Taddler Newsletter (<https://taddlecreekfht.ca/wp-content/uploads/2020/06/Summer-2020-Newsletter-w-MHP-COVID-19-Resources.pdf>) and are attached again at the end of this newsletter. Please keep these helpful resources in mind.

TC FHT Flu Shot Clinics

TC FHT launched its first flu shot clinic on Oct. 14th with two per week scheduled until Dec. 16th. To date, we have administered over 1300 flu shots safely and efficiently. Visit our website for additional information about the clinic, dates and to access the patient documentation form. Booking yourself into the flu shot clinic can be done via the PomeloHealth patient portal or by calling your primary care provider's office. We still have appointments available in the December clinics.

Mid-West Toronto Ontario Health Team (MWT-OHT)

At its Sept. 14, 2020 meeting, TC FHT's Board voted to endorse the MWT-OHT's application to become an Ontario Health Team. On Nov. 18, 2020, the partner organizations of the MWT-OHT were approved to become an OHT, marking a significant milestone for patients, clients, families and caregivers in downtown Toronto's west end.

OHTs bring together organizations in the same geographic region to better connect patients and providers in their community. By connecting hospitals, family doctors, community health centres, home care, mental health and addictions services, and social services in our region, the OHT strives to take the burden off of our patients and caregivers and create a more seamless healthcare experience.

TC FHT is proud to be one of more than 50 healthcare and community service providers that have collaborated to form the MWT-OHT. We are also proud to partner with over 250 other primary care providers in our region. Together, over the last 18 months, we have collaborated to begin reimagining how care will be provided to the people we serve.

MWT-OHT

<http://www.midwesttorontoht.ca/>

Patient Care Survey

Our Quality Improvement Committee is putting the finishing touches on our anonymous 2020 Patient Experience Survey. It will be distributed to patients who are 18+ years old, have an email address in their chart and who have had an appointment in the past 36 months. This year it will be optional to provide us with socio-demographic data like language, ethnicity, sexual orientation and income. Collecting socio-demographic data is part of a bigger picture towards achieving health equity for all. On a patient level, we are collecting this data to identify and address needs and to provide more patient-centered care. On an organizational level, we are collecting socio-demographic data to start identifying inequities and implement solutions to reduce them.

HealthMyself acquired by PomeloHealth

HealthMyself, TC FHT's secure patient portal, was acquired by PomeloHealth on Jun. 29, 2020. You may have noted the portal was re-branded by PomeloHealth recently. The links below provide additional information about the rebranding and PomeloHealth. Services and privacy policies and procedures remain the same.

Rebranding

<https://www.pomelohealth.io/ca-en/info-hm>

Pomelo Health

<https://www.pomelohealth.io/ca-en/healthcare-management-software>

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Personnel Announcements

Robert Smith resigned in September after working seven years as a dietitian with our Diabetes Education Program (DEP). He recently completed his MHS – Health Administration and accepted a director position with Bridgepoint Family Health Team. Jessica Zupan will also be leaving us in December after five years as a dietitian with our diabetes program. Jessica has decided to take her career in a new direction and focus on private practice. Both of these talented, caring and committed dietitians will be greatly missed.

Melanie Yeung, dietitian, joined the DEP on Oct. 9th. Melanie completed her Master of Health Science, Nutrition Communication from Ryerson University. She is a Certified Diabetes Educator (CDE) with 3 years' experience providing individual and group counselling for children and adults living with prediabetes or diabetes.

Ying Yih (Francesca) Chee, dietitian, will be starting with the DEP on Nov. 16th. Francesca completed her Bachelor of Science (Nutritional Sciences): Dietetics Major from McGill University. She is also a CDE with 2 years' experience providing individual and group counselling for adults living with prediabetes or diabetes.

Jill McKinlay, Registered Nurse, started with our Bloor site on Aug. 31th. Jill comes to us with a BScN earned from Ryerson in 2019. She also completed a Bachelor of Administration from Queen's University in 1995. Jill has experience working at the Hospital for Sick Children in the Blood/Bone Marrow Transplant and Cellular Therapy Unit where she cared for patients with many different diagnoses and their families, giving her a strong clinical base and allowing her to build assessment skills.

Andrea Eugene was hired Jul. 27th as medical secretary/administrative assistant for the FHT, working out of our 306 office. Andrea has worked for Rosedale Wellness Centre, Vaughan Human Performance and Royal York Chiropractic in various administrative roles.

Welcome aboard everyone!

Cont'd from page 1 (Medical Assistance in Dying)

4. have a grievous and irremediable medical condition, which means:

- the patient has a serious and incurable illness, disease or disability, and
- the patient is in an advanced state of irreversible decline in capabilities, and
- the patient is enduring physical or psychological suffering, caused by the medical condition or the state of decline, that is intolerable to the person, and
- the patient's natural death has become reasonably foreseeable;

5. be making a voluntary request;

6. be able to provide informed consent to medical assistance in dying after having been informed of the means that are available to relieve their suffering, including palliative care.

When a patient meets all of the criteria and is eligible, what are the next steps for MAID?

When a patient has decided to access MAID, they must:

1. Make a formal written request to their provider in which they declare they meet all of the criteria. The signing of the request must be witnessed by two independent and impartial persons. In cases where an independent witness may be difficult to access, volunteers from Dying with Dignity often provide this service virtually or in person.
2. Be formally assessed by two independent physicians or nurse practitioners who complete a written assessment confirming that the patient meets ALL of the eligibility criteria.
3. Complete a mandatory 10-day reflection period which begins at the time that the formal written request for MAID is completed. Note that under exceptional circumstances, the 10-day period of reflection may be waived.

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Taddle Creek

DIABETES
DIGEST

Intensive Glucose Monitoring: Indications and Benefits

By: Natalia Stanichevsky, Diabetes Nurse Educator

It is likely you have seen the ads on TV - an alternative to glucose monitoring that almost eliminates the need for finger pricks. Can this new technology benefit everyone with diabetes?

As of 2020, there are two alternatives to blood glucose monitoring: Continuous Glucose Monitoring (CGM) and Flash Glucose Monitoring (FGM). Introduced in 1999, a CGM continuously checks blood sugar levels every five minutes, day and night. Results are displayed on a reader or even on a cell phone! In 2014, the FGM was introduced. FGM consists of a handheld reader and a sensor sticker on the skin. Users scan the sensor to get their current blood sugar reading, as well as the last 8 hours of glucose readings, in a graph. A trend arrow on the screen displays which way the glucose is heading (↑ rising or dropping ↓).

Both systems provide a lot more information than conventional blood sugar testing. While finger pricks capture a snapshot of a glucose reading, CGMs and FGMs display the blood glucose changes over time. Users can then see patterns in their glucose levels that they might otherwise miss.

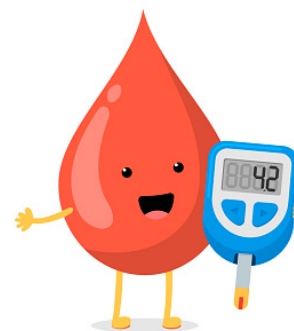
Another benefit is how quickly and easily users can send the results to their providers. All CGM and FGM systems currently available have a way to share data with providers. Readings can be sent to providers using a cell phone or by plugging in the provided reader to a computer with Internet connection. Providers can then see detailed reports and graphs that assist them to make more effective treatment suggestions.

Is more information always a good thing for every person with diabetes? These systems provide users with constant feedback. They can see the effect on glucose levels for different foods eaten. This allows patients to be more active in their care. It can help users feel safer, avoid low blood sugars, and improve lifestyle habits based on the information they see.

Even with the potential benefits, there are some factors potential users must consider. In Ontario, only FGM is covered for people over 65 using insulin. Some Ontarians receive coverage for CGM through their private insurer. Typically, only patients on insulin receive coverage. Prices vary, but sensors for either system can cost approximately \$300 per month.

Another factor is the actual need for constant, intensive glucose monitoring. Depending on the patient, either can be beneficial. Patients taking diabetes drugs that change the blood glucose rapidly, like insulin, can reap more benefits from these systems. For patients taking oral diabetes medication, there may not be as much of a need for intensive glucose monitoring. In these cases, sugar levels do not typically change as quickly and dramatically as with users taking insulin.

Ideally, the decision to use FGM or CGM should be made after a conversation between you and your health care provider. If you are a person with diabetes wondering if this new technology is right for you, speak with your provider or contact the Taddle Creek Diabetes Education Program to learn more!



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Can I make an advanced care plan for MAID or have my substitute decision-maker consent on my behalf?

Currently, the law states that a patient must be capable to consent to MAID immediately before it is provided, therefore advanced directives are not allowed. Family members or friends cannot act as substitute decision-makers for MAID. Federal legislation requires that the federal government study the appropriateness of allowing advance medical directives for medical assistance in dying, so this may change in the future.

What can I do if my health care provider does not agree with MAID and declines my request?

In the province of Ontario, if your health care provider has a personal or moral objection, often referred to as a “conscientious objection”, they must respectfully decline to provide this care directly for you, citing a personal reason, and they must make an effective referral in a timely manner to another provider who can assist you.

Where can I get more information?

The Ontario Government has created the MAID Care Co-ordination Service. This service provides information about end-of-life options in Ontario, including information on hospice care, other palliative care options and MAID. Patients and caregivers can also call the care co-ordination service to be connected to a doctor or nurse practitioner who can provide MAID services.

The care co-ordination service information line is available 24 hours a day, 7 days a week and may be reached toll free at 1-866-286-4023. Referral services are available Monday to Friday, 9am – 5pm EST in English and French (translations for other languages can also be requested). TTY services are also available at 1-844-953-3350.

References:

<http://www.health.gov.on.ca/en/pro/programs/maid/>

<https://openparliament.ca/bills/42-1/C-14/>

<https://www.cpso.on.ca/Physicians/Policies-Guidance/Policies/Medical-Assistance-in-Dying>

https://www.dyingwithdignity.ca/get_the_facts_assisted_dying_law_in_canada

THE TADDLER

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DISCLAIMER

The information presented in The Taddler is for educational purposes only and should not be used as a substitute for the professional advice, treatment or diagnosis from your health care provider. Contact your physician, nurse practitioner or other qualified health care professional if you have any questions or concerns about your health.

The purpose of the TC FHT Newsletter, “The Taddler” is to provide:

Education on varied health-related topics
Regular communication about what is happening at TC FHT
Information on issues that impact TC FHT and its patients
A means for patients to get acquainted with TC FHT team members
We hope you enjoy reading it!

**The Taddler is not for private marketing purposes*

This COVID-19 resource list is intended for informational purposes only. We tried to choose resources we thought would be of value for your mental health. There is no guarantee any resource is free from errors. If you need additional support, please contact your primary care provider at Taddle Creek Family Health Team. We are here for you.

MENTAL HEALTH & COVID-19 VIRTUAL COUNSELLING / WARM LINE

Walk-in, Single Session Virtual Counselling - Family Service Toronto | Monday to Friday 9am - 6pm
call (416) 595-9618 to connect to a counsellor <https://familyservicetoronto.org/>

Distress Centres of Toronto | Supportive counselling 24/7 | 416-408-HELP (4357)

TakeCare19 | A list of accessible and inclusive mental health resources for coping through COVID-19
<https://takecare19.com/>

Unsafe at Home (based in Ottawa) | Free text + chat service for women & LGBTQ2S+ communities who may be living through domestic violence at home during COVID-19 | Emotional support, practical advice and referrals | 7 days a week, 8:30am-midnight | <https://unsafeathomeottawa.ca/>

MENTAL HEALTH & COVID-19 WEBSITES / WORKBOOKS / GRIEF

Tolerance of Uncertainty: a Covid-19 Workbook from Bay Psychology
<https://www.baypsychology.ca/workshops> download in either English or French

Improving Mental Health During COVID-19 | A resource from an NYGH Psychiatrist, Dr. Jerome Perera
<https://tinyurl.com/yad89897>

Mental Health and the COVID-19 Pandemic Resource Guide (CAMH) | This site is designed to provide information and suggestions about how best to cope during the pandemic.
<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

My Grief | 9 modules designed to aid in understanding and working through grief www.mygrief.ca

What's Your Grief | Blog posts, webinars, e-courses re: grief for adults. www.whatsyourgrief.com

MENTAL HEALTH & COVID-19 VIDEOS / WEBINARS / ONLINE COURSES

Mind Control: Managing Your Mental Health During COVID-19 | Free enrollment in a University of Toronto online course (approx. 3 hours to complete) <https://www.coursera.org/learn/manage-health-covid-19?>

The Science of Well-Being | Free enrollment in a Yale University online course (approx. 19 hours to complete)
<https://www.coursera.org/learn/the-science-of-well-being>

Coping with COVID: The Compassionate Mind webinar (1.5 hours) by Dr. Yotam Heineberg
<https://concept.paloalto.edu/coping-with-covid-the-compassionate-mind/>

Acceptance & Commitment Therapy (ACT) FACE COVID video | How to respond effectively to COVID-19
<https://www.youtube.com/watch?v=BmvNCdpHUYM>

MINDFULNESS / MEDITATION WEBSITES / PODCASTS / APPS

Dan Harris' 10% Happier Coronavirus Sanity Guide

<https://www.tenpercent.com/coronavirussanityguide>

Self-Compassion with Dr. Kristin Neff

<https://self-compassion.org/>

Centre for Mindfulness Studies' COVID-19 Pandemic: Mental Health Toolkit for Challenging Times | Articles, guided meditations and videos

https://www.mindfulnessstudies.com/mindfulness_resources_during_covid19/

Centre for Mindful Self-Compassion | Offering free daily 45-minute drop-in guided meditation sessions.

<https://www.signupgenius.com/go/10c0c4aa4af29ab9-free>

Jack Kornfield | American Buddhist Meditation teachers | Collection of audio meditations

<https://soundcloud.com/jack-kornfield>

Rick Hanson's Being Well Podcast | Episodes focused on meditation, neuroscience

<https://www.rickhanson.net/being-well-podcast/>

<https://www.rickhanson.net/being-resilient-during-coronavirus/>

Tara Brach's Pandemic Care Resources | Guided meditations and talks that help foster self-compassion, openheartedness and an inner refuge.

<https://www.tarabrach.com/pandemic/>

Insight Timer | Free meditation app for stress, anxiety, sleep, etc.

<https://insighttimer.com/>

Healthy Minds Program | Designed by Dr. Richard Davidson, a leader in field of meditation, research and neuroscience

<https://tryhealthyminds.org/#program>

INTERNET-BASED COGNITIVE BEHAVIOURAL THERAPY (ICBT) | ONLINE THERAPY | APPS

Bounce Back | Learn CBT with a series of workbooks and psychoeducational videos at your own pace | Bounce Back coaches offer guidance over the phone and help to support the development of CBT knowledge and skills | Workbooks and Coaching available in different languages

<https://bouncebackontario.ca>

Mind Beacon | Digital therapy that is personalized and guided by a registered mental health professional

<https://www.mindbeacon.com/>

AbilitiCBT by Morneau Shepell | Digital therapy that is self-directed with monitoring from a therapist

<https://ontario.abiliticbt.com/home>

MENTAL HEALTH & COVID-19 ONLINE SUPPORT GROUPS / FORUMS

Togetherall (formerly Big White Wall) | Anonymous online community, a place to connect to others on forums, complete a self-assessment, read recommended resources, enroll in self-guided courses, use creativity and artistic tools to express feelings | <https://togetherall.com/en-ca/>

CAMH online peer-to-peer discussion forum | a space where one can offer support, encouragement and share their experiences related to COVID-19 | Forum is open Weekdays 8am-8pm and Weekends 9am-4pm

<https://covid19.camhx.ca/mod/forum/view.php?id=1>

FITNESS / MOVEMENT

Nike Training Club | More than 185 free workouts for all skill levels

<https://apps.apple.com/us/app/nike-training-club/id301521403>

YMCA Health & Fitness Videos

<https://ymca360.org/on-demand>

Yoga – Free Videos from Lululemon

<https://shop.lululemon.com/story/yoga-videos>

Yoga with Adriene | Variety of yoga videos, including relaxation, meditation, restorative

<https://www.youtube.com/user/yogawithadriene>

SLEEP / INSOMNIA

Cognitive Behavioural Therapy for Insomnia tools

<https://mysleepwell.ca/>

Canadian Public Health Initiative about sleep (English & French)

<https://sleeponitcanada.ca/>

Audible | a collection of free audio experiences to help aid relaxation and sleep

<https://www.audible.ca/ep/sleep>

BOREDOM BUSTING FOR ISOLATION

Virtual tours, live webcams, music, nature, online learning, etc.:

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

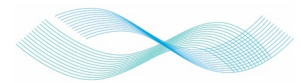
GOOD NEWS

Good News Network – positive news stories from around the world.

<https://www.goodnewsnetwork.org/>

Some Good News – John Krasinski's YouTube channel highlights positive stories

https://www.youtube.com/channel/UCOe_y6KKvS3PdIbf9q9pGug



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MENTAL HEALTH & COVID-19 VIRTUAL COUNSELLING

What's Up Walk-in Counselling | Immediate counselling by phone or video for children/youth and their families
Mon-Fri 9am-7pm | 1-866-585-6486. <https://www.whatsupwalkin.ca/>

Kids Help Phone | Information and counselling 24/7 for children/youth | 1-800-668-6868 <https://kidshelpphone.ca/>

GOOD2TALK | Supportive counselling by phone & text 24/7 for post-secondary students <https://good2talk.ca/>

TakeCare19 | A list of accessible and inclusive mental health resources for coping through COVID-19
<https://takecare19.com/>

MENTAL HEALTH & COVID-19 WEBSITES / STORIES / WORKBOOKS / VIDEOS

Coping Skills for Dealing with the Coronavirus | A collection of coping skills for children and families to help deal with anxiety and stress related to COVID-19 (including a free Coping Skills Family Activity e-book)
<https://copingskillsforkids.com/coping-with-coronavirus>

7 Ways to Maintain Relationships During Your School Closure | Teachers share strategies for maintaining relationships, both peer to peer and student-teacher during COVID-19
<https://www.edutopia.org/article/7-ways-maintain-relationships-during-your-school-closure>

Mindheart | COVIBOOK is a book for kids under the age of 7, made to support and reassure | Available in multiple languages <https://www.mindheart.co/descargables>

My Hero is You | An empowering book about how kids can fight COVID-19 | A collaboration between WHO, UNICEF, UNHCR, UNESCO <https://tinyurl.com/yxxm4x9q>

The Story of the Oyster and the Butterfly: the Coronavirus and Me | Uplifting story for young children (available on YouTube by searching title of book) <https://parent-to-parent.org/news/the-oyster-the-butterfly/>

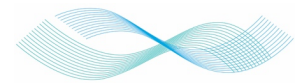
Time to Come in, Bear | A Children's Story about Social Distancing (2 min)
https://www.youtube.com/watch?v=DA_SsZFYw0w

Brian Doyle's TEDx Talk on gratitude (for youth - 8 min). <https://www.youtube.com/watch?v=QNfAnkojhoE>

Mind Your Mind | Interactive tools, information and interviews re: mental health and wellness, targeted at youth 14+
<https://mindyourmind.ca/>

Jack.org | COVID-19 Youth Mental Health Resource Hub & Be There | Tools to help take care of mental health
<https://jack.org/Resources/COVID-19-Youth-Mental-Health-Resource-Hub?lang=en-ca> & <https://bethere.org/Home>

Tolerance of Uncertainty: a Covid-19 Workbook from Bay Psychology | Appropriate for older, mature youth
<https://www.baypsychology.ca/workshops> download in either English or French



MENTAL HEALTH & COVID-19 PARENT/CAREGIVER RESOURCES / GRIEF

Child Mind Institute | Supporting Families During COVID-19 | Comprehensive information for families re: anxiety, discipline and behaviour, self-care, grief and loss, etc. <https://childmind.org/coping-during-covid-19-resources-for-parents/>

COVID with KIDS | A toolkit for coping with kids at home during the COVID-19 pandemic
<https://www.covidwithkids.org/>

Coronavirus Talking Points for Parents & Teachers with the Whole-Brain Child Approach | Dr. Tina Payne Bryson
<https://tinyurl.com/ybt9cadc>

Bestow | 30 gratitude games & art activities for kids to practice thankfulness <https://bestow.com/blog/gratitude-games/>

From fear to hope – COVID-19 Workbook | A guide for parents supporting children’s mental health
<https://otherlifelessons.com/collections/covid19workbooks/products/fromfearthohopeworkbook>

Turn Your Demanding Child into a Productive Co-Worker | New York Times Article | Some lessons from global cultures re: raising cooperative/generous kids
<https://www.nytimes.com/2020/04/30/parenting/children-helping-at-home-coronavirus.html>

Dr. Gordon Neufeld | Expert in child development and parent | Blog articles for parents <https://neufeldinstitute.org/blog/>
Dr. Neufeld’s *Parenting Through the Pandemic* YouTube talk <https://www.youtube.com/watch?v=HNnXutm7p4g>

Dr. Laura Markham | Author and parenting expert | Your blueprint for discipline during the coronavirus article & other blog posts <https://www.ahaparenting.com/blog/discipline-during-coronavirus>

School Mental Health Ontario | Mental health resources for children and families <https://smho-smsso.ca/covid-19/>

Bereaved Families of Ontario (Toronto) | Individual & support groups for youth & adults who have lost a loved one (for any reason) <https://www.bfotoronto.ca/>

What’s Your Grief | Blog posts, webinars, e-courses re: grief for adults www.whatsyourgrief.com

My Grief | 9 modules designed to aid in understanding and working through grief for adults www.mygrief.ca

Children & Youth Grief Network | Resources for families, including e-courses www.childrenandyouthgriefnetwork.com

MINDFULNESS / MEDITATION WEBSITES / PODCASTS / APPS

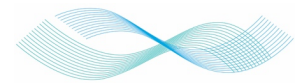
Mindfulness for Youth | Guided meditations, videos, blog and other resources <http://mindfulnessforteens.com/>

Plum Village | A global community of mindfulness founded by Zen Master Thich Nhat Hanh | For the whole family
<https://plumvillage.org/>

Inward Bound Mindfulness Education | For teens & young adults | Guided meditations, retreat recordings, videos, online retreats <https://ibme.com/>

Youth Mindful | Private therapy clinic for youth offering a free consult and a 1-hour “pay what you can” *Introduction to Youth Mindfulness* 1:1 session for youth | <https://www.youthmindful.com/>

Healthy Minds Program | For Youth | Designed by Dr. Richard Davidson, a leader in field of meditation, research and neuroscience <https://tryhealthyminds.org/#program>



Smiling Mind | Mindfulness App for stress, sleep, wellbeing for kids, youth & adults <https://www.smilingmind.com.au/>

Insight Timer | For kids, youth & parents | Free meditation app for stress, anxiety, sleep, etc. <https://insighttimer.com/>

Kidoodle.TV App | Safe streaming platform for kids with a variety of programming | <https://kidoodle.tv/>

AUDIOBOOKS / PODCASTS FOR KIDS & YOUTH

Audible | Free streaming of stories for children & youth while schools are closed www.stories.audible.com/discovery

But Why | Podcast aims to answer kid questions about everything, such as nature, politics, culture, science, etc. Available on Apple, Google, Stitcher, NPR

Circle Round | NPR podcast for kids 4-10yrs old adapts folk stories from around the world | Available on Apple, Google, NPR

Radiolab for Kids | NPR Radiolab's most family-friendly content from the archives for kids & youth | Available on Apple, Google & NPR

Eleanor Amplified | For kids 8-12yrs old | A world famous radio reporter who foils the devious plots of villains with her dogged investigations | Available on Apple, Google, Stitcher

Earth Rangers | For kids interested in nature, animals, ecosystems www.earthrangers.com/podcast

Smash Boom Best | A debate show for kids and families who want to decide which is best www.smashboom.org

Forever Ago | A history show for the whole family exploring the origin of one thing per episode www.brainson.org/pages/foreverago

Brains On | Science podcast for kids and tweens www.brainson.org/pages/listen

The Saturday Morning Cereal Bowl | Weekly music show with interviews for the whole family www.saturdaycerealbowl.podbean.com

Part-time Genius | Podcast for curious tweens and teens who want to dive into various topics | Available on Apple, Google, Stitcher

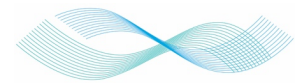
TED Talks Kids + Family | Episodes to watch as a family www.ted.com/playlists/314/talks_to_watch_with_the_entire

NPR Youth Radio | Podcast stories from young essayists and reporters about their experiences | For mature youth www.npr.org/series/4692815/yr-media

INTERNET-BASED COGNITIVE BEHAVIOURAL THERAPY (ICBT) | ONLINE THERAPY FOR YOUTH

Bounce Back | For youth 15+ | Learn CBT with a series of workbooks and psychoeducational videos at your own pace | Bounce Back coaches offer guidance over the phone and help to support the development of CBT knowledge and skills | Workbooks and Coaching available in different languages <https://bouncebackontario.ca>

Mind Beacon | For youth 16+ | Digital therapy that is personalized and guided by a registered mental health professional <https://www.mindbeacon.com/>



MENTAL HEALTH & COVID-19 ONLINE SUPPORT GROUPS / FORUMS FOR YOUTH

Togetherall (formerly Big White Wall) | Anonymous online community, a place to connect to others on forums, complete a self-assessment, read recommended resources, enroll in self-guided courses, use creativity and artistic tools to express feelings | <https://togetherall.com/en-ca/>

CAMH online peer-to-peer discussion forum for youth 18+ | a space where one can offer support, encouragement and share their experiences related to COVID-19 | Forum is open Weekdays 8am-8pm and Weekends 9am-4pm
<https://covid19.camhx.ca/mod/forum/view.php?id=1>

FITNESS / MOVEMENT FOR KIDS & YOUTH

Cosmic Kids Yoga YouTube Channel | Mindfulness and yoga videos for kids 3+
<https://www.youtube.com/user/CosmicKidsYoga>

GoNoodle | Website to get kids moving with fun, engaging dance parties, yoga sessions, games
<https://www.gonoodle.com/>

PE with Joe YouTube Channel | For kids & youth | 30 min exercise videos every weekday morning
<https://www.youtube.com/user/thebodycoach1/featured>

7 Minute Workouts with Lazy Monster | App for kids & youth | Variety of 7-min workouts

YMCA Health & Fitness Videos | Kids, Youth & Family fitness activities <https://ymca360.org/on-demand>

Yoga with Adriene | Yoga for kids, teens and adults | Videos focused on relaxation, meditation, restoration
<https://www.youtube.com/user/yogawithadriene>

SLEEP / INSOMNIA

Cognitive Behavioural Therapy for Insomnia tools <https://mysleepwell.ca/>

Canadian Public Health Initiative about sleep (English & French) <https://sleeponitcanada.ca/>

Audible | a collection of free audio experiences to help aid relaxation and sleep
<https://www.audible.ca/ep/sleep>

BOREDOM BUSTING FOR ISOLATION

Virtual tours, live webcams, music, nature, online learning, etc.:
<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

Wes Tank's YouTube Channel | Mashing beloved stories by Dr. Seuss and others with Hip Hop beats
<https://www.youtube.com/user/Clamatore>

GOOD NEWS

Good News Network – positive news stories from around the world.
<https://www.goodnewsnetwork.org/>

Some Good News – John Krasinski's YouTube channel highlights positive stories
https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug

This COVID-19 resource list is intended for informational purposes only. We tried to choose resources we thought would be of value for your mental health. There is no guarantee any resource is free from errors. If you need additional support, please contact your primary care provider at Taddle Creek Family Health Team. We are here for you.

MENTAL HEALTH & COVID-19 VIRTUAL COUNSELLING / WARM LINE / FRIENDLY VISITING

Toronto Seniors Helpline | Information and tele counselling for seniors | 416-217-207

<https://torontoseniorshelpline.ca>

Talk 2 NICE | Tele outreach & brief counselling services from National Initiative for the Care of the Elderly | 1-844-529-7292 | www.nicenet.ca/talk2nice

Walk-in, Single Session Virtual Counselling - Family Service Toronto | Monday to Friday 9am - 6pm
call (416) 595-9618 to connect to a counsellor <https://familyservicetoronto.org/>

Warm Line | Chat online, text or phone with a peer support worker | Between 12pm-8pm call 416-323-3721 | Between 8pm – midnight call 416-960-9276 | Text 647-557-5882 <http://www.warmline.ca/>

Distress Centres of Toronto | Supportive counselling 24/7 | 416-408-HELP (4357)

Student-Senior Isolation Prevention Partnership (SSIPP) | Get matched with a student in a health care profession and receive telephone calls once a week, get help connecting to community resources and help with using video-calling technology | email ssippvolunteer@gmail.com to self-refer

Social Friendly Calls | A regular phone call can make a big difference to feeling connected to other | Trained staff and volunteers can provide companionship through weekly friendly phone calls to older adults | Contact Brenda Mutch to register | 416-645-6000 ext. 5273 or email bmutch@woodgreen.org

Friendly Neighbour Hotline | Low-income seniors can connect to network of volunteers who can help with picking up groceries & household essentials | 1-855-581-9580 <http://uhnopenlab.ca/project/hotline/>

TakeCare19 | A list of accessible and inclusive mental health resources for coping through COVID-19
<https://takecare19.com/>

MENTAL HEALTH & COVID-19 WEBSITES / WORKBOOKS / GRIEF / ADVANCE CARE PLANNING

Tolerance of Uncertainty: a Covid-19 Workbook from Bay Psychology
<https://www.baypsychology.ca/workshops> download in either English or French

Improving Mental Health During COVID-19 | A resource from an NYGH Psychiatrist, Dr. Jerome Perera
<https://tinyurl.com/yad89897>

Mental Health and the COVID-19 Pandemic Resource Guide (CAMH) | This site is designed to provide information and suggestions about how best to cope during the pandemic.
<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

Virtual Bereavement Support Group (Zoom) | Get support with the unique challenges of mourning during COVID | No fee - To register or for more information call Charlotte at 416-635-2900 ext. 271 or email ckoven@circleofcare.com

My Grief | 9 modules designed to aid in understanding and working through grief www.mygrief.ca

What's Your Grief | Blog posts, webinars, e-courses re: grief for adults

www.whatsyourgrief.com

Advance Care Planning | Interactive tools and workbook for advance care planning

<https://www.advancecareplanning.ca/>

The Conversation Project | A useful tool to help start the conversation with loved ones about end of life care plans and wishes

<https://theconversationproject.org/starter-kits/>

Dying with Dignity | Online kit for making an Advance Care Plan

https://www.dyingwithdignity.ca/download_your_advance_care_planning_kit

MENTAL HEALTH & COVID-19 VIDEOS / WEBINARS / ONLINE COURSES

Mind Control: Managing Your Mental Health During COVID-19 | Free enrollment in a University of Toronto online course (approx. 3 hours to complete)

<https://www.coursera.org/learn/manage-health-covid-19?>

The Science of Well-Being | Free enrollment in a Yale University online course (approx. 19 hours to complete)

<https://www.coursera.org/learn/the-science-of-well-being>

Coping with COVID: The Compassionate Mind webinar (1.5 hours) by Dr. Yotam Heineberg

<https://concept.paloalto.edu/coping-with-covid-the-compassionate-mind/>

Acceptance & Commitment Therapy (ACT) FACE COVID video | How to respond effectively to COVID-19

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

MINDFULNESS / MEDITATION WEBSITES / PODCASTS / APPS

Dan Harris' 10% Happier Coronavirus Sanity Guide

<https://www.tenpercent.com/coronavirussanityguide>

Self-Compassion with Dr. Kristin Neff

<https://self-compassion.org/>

Centre for Mindfulness Studies' COVID-19 Pandemic: Mental Health Toolkit for Challenging Times

Articles, guided meditations and videos https://www.mindfulnessstudies.com/mindfulness_resources_during_covid19/

Centre for Mindful Self-Compassion | Offering free daily 45-minute drop-in guided meditation sessions.

<https://www.signupgenius.com/go/10c0c4aa4af29ab9-free>

Jack Kornfield | American Buddhist Meditation teachers | Collection of audio meditations

<https://soundcloud.com/jack-kornfield>

Rick Hanson's Being Well Podcast | Episodes focused on meditation, neuroscience

<https://www.rickhanson.net/being-well-podcast/>

<https://www.rickhanson.net/being-resilient-during-coronavirus/>

Tara Brach's Pandemic Care Resources | Guided meditations and talks that help foster self-compassion, openheartedness and an inner refuge.

<https://www.tarabrach.com/pandemic/>

Insight Timer | Free meditation app for stress, anxiety, sleep, etc.

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Healthy Minds Program | Designed by Dr. Richard Davidson, a leader in field of meditation, research and neuroscience
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<https://bouncebackontario.ca>

Mind Beacon | Digital therapy that is personalized and guided by a registered mental health professional
<https://www.mindbeacon.com/>

AbilitiCBT by Morneau Shepell | Digital therapy that is self-directed with monitoring from a therapist
<https://ontario.abiliticbt.com/home>

MENTAL HEALTH & COVID-19 ONLINE SUPPORT GROUPS / FORUMS

Seniors Weekly Group Chat | No fee weekly discussion group for anyone aged 55+ and offered by Seniors & Caregivers Support Service Counsellors at Family Service Toronto | 1st & 3rd Wednesday of the month 3:00pm-4:30pm Offered via Zoom or phone | 416-595-9618 or email: sau@familyservicetoronto.org

Togetherall (formerly Big White Wall) | Anonymous online community, a place to connect to others on forums, complete a self-assessment, read recommended resources, enroll in self-guided courses, use creativity and artistic tools to express feelings | <https://togetherall.com/en-ca/>

CAMH online peer-to-peer discussion forum | a space where one can offer support, encouragement and share their experiences related to COVID-19 | Forum is open Weekdays 8am-8pm and Weekends 9am-4pm
<https://covid19.camhx.ca/mod/forum/view.php?id=1>

FITNESS / MOVEMENT

Dancing with Parkinson's | Free live dance classes through Zoom, seven days a week for all seniors
<https://www.dancingwithparkinsons.com/online-class-registration>

YMCA Health & Fitness Videos <https://ymca360.org/on-demand>

Yoga – Free Videos from Lululemon <https://shop.lululemon.com/story/yoga-videos>

Yoga with Adriene | Variety of yoga videos for all abilities, including chair yoga, relaxation & meditation
<https://www.youtube.com/user/yogawithadriene>

SLEEP / INSOMNIA

Cognitive Behavioural Therapy for Insomnia tools <https://mysleepwell.ca/>

Canadian Public Health Initiative about sleep (English & French) <https://sleeponitcanada.ca/>

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Virtual tours, live webcams, music, nature, online learning, etc.:

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

Bernard Betel Centre | Online programming via Zoom and on Facebook Live | Free for members (yearly membership is \$57) | Programming includes cooking club, creative writing, mediation/mindfulness, art appreciation, various language conversation club | Some programs require registration while others do not

Visit <https://betelcentre.org/2020/03/23/virtual-programming/> or the Centre's Facebook page for more information

GOOD NEWS

Good News Network – positive news stories from around the world.

<https://www.goodnewsnetwork.org/>

Some Good News – John Krasinski's YouTube channel highlights positive stories

https://www.youtube.com/channel/UCOe_y6KKvS3PdIb9q9pGug