of risk and serious injury, and exploring options to incorporate this program into a restorative justice/diversion program for youth

### Child Safety Link 424-5362

provides funding to strengthen car seat/booster seat education, implement a provincial car seat safety strategy, establish a network of car seat coalitions across the province, explore development of a loaner/donor program for car seat/booster seats

### Suicide Prevention Strategy 424-5464

carries out implementation of the suicide prevention strategy and continues its work with CMHA to support the development of community-based suicide prevention initiatives including actively exploring a specific initiative for LGBT (Lesbian Gay Bisexual Transgender)

### Road Safety 424-5362

partners with Transportation and Public Works as part of the Road Safety Advisory Committee to put a road safety communications campaign together targeting impaired driving and speeding

#### Helmet Safety 424-5362

supports a number of helmet safety related activities including policy development, Helmet Safety Action Coalition, Noggin Knowledge Program, support for helmets (disparities issues), and various other awareness and enforcement programs

#### Alcohol Strategy 424-4368

coordinates the development of a provincial Alcohol Strategy planned for completion this year

### Fetal Alcohol Spectrum Disorder (FASD) 424-4368

focuses on priorities related to FASD with several government departments, including participating in the Atlantic Intergovernmental FASD Partnership, revisiting the FASD report made to CAYAC in 2000, and identifying stakeholders to contribute to the development of the alcohol strategy related to FASD

#### Web-based Alcohol and Drug Education Curriculum Resources 424-4368

works with Education to provide leadership in the development of web-based Alcohol and Other Drug Education Curriculum Resources for teachers and students in grades 10 to 12

### Targeted Education Programs on Risks of Gambling 424-2175

plans early identification/intervention programs in the near future to increase knowledge of youths and seniors and provide tools that they need to help mitigate at-risk and problem gambling

### Rural Women and Youth Addiction Service 424-4368

provides rural women and youth increased accessibility to prevention, early intervention, and treatment services in their communities

### Addictions Prevention Curriculum Supplement 424-4368

provides, in partnership with the Department of Education, an addictions prevention curriculum supplement for grades 7–9

### Problem Gambling Help Line 1-888-347-8888

Provides Nova Scotians with access to professional social workers who specialize in gambling addiction 24 hours a day, 7 days a week. Services include: assessment, treatment and referral of problem gamblers; advice, information and treatment for their families, friends and employers; and gambling related materials for anyone, including individual members of the general population, who request them

### Problem Gambling Social Marketing Campaign 424-2175

targets problem and at-risk gamblers aged 19–34 years

### Nova Scotia Student Drug Use Survey 424-4368

administers, in collaboration with the other Atlantic provinces, a standardized survey to gather relevant monitoring data to evaluate the successes within the field of addictions-related health including goals, objectives, and strategies related to adolescent substance abuse, gambling, and associated behaviours

#### MomsandDads.ca—Parenting Social Marketing Campaign (Chronic Disease Prevention) 424-5840

targets parents of young children aged 0–12 years to motivate parents to make changes to improve the health of their children, focusing on healthy eating, physical activity, car seat/booster seat usage, and second-hand smoke in the home

### **Department of Justice**

### **Correctional Services 424-7640**

In accordance with the Youth Criminal Justice Act Correctional Services delivers a range of programs and services for young persons, between the ages of 12 and 17, who are in custody or under court ordered community supervision

### Nova Scotia Youth Facility

provides safe and secure custody for incarcerated youth at the Nova Scotia Youth Facility

### **Correctional Investigative Reports**

provides investigative reports to the courts on the status of youth, e.g., pre-sentence reports

### Reintegration/Rehabilitative Planning and Case Management

provides case planning for youth in custody to be reintegrated into society

### **Community Supervision and Support**

provides community oversight, support and monitoring for youth under court-ordered community supervision, e.g., probation, deferred custody and supervision, bail

#### **Correctional Enforcement**

enforces conditions placed on a youth under court-ordered community supervision

#### **Education Programs**

provides public school education programs for youth in custody and an experiential-based school curriculum and employment placements at the community-based alternative day schools for youth in custody and those under community supervision

### **Employment Placement**

Provides employment placements/jobs for youth in custody or under court-ordered community supervision

#### Life Skills, Anger Management, Substance Abuse and other Programs

provides a variety of psycho-education programs for youth in custody and under community supervision, such as:

- anger management (eg, CALM, Options)
- life skills (e.g. Reasoning and Rehabilitation)
- substance abuse education
- gender-specific programs (eg, Voices)

#### Leisure Activity

engages youth in custody or under court-ordered community supervision in leisure activity such as canoeing, swimming, fitness, adventure, sports, and summer camps

### Spiritual and Cultural Programs and Services

provides spiritual programs and support, and a range culturally sensitive programs for youth in custody, e.g., powwows, sweat lodges, sweet grass ceremonies, Life Lessons for Black Youth

### **Halifax Youth Attendance Centre**

provides a range of day, evening, weekend and summer programming for youth under court-ordered community supervision, including alternative day school, psycho-educational programs, and leisure programs, as well as employment services through the Department of Community Services. Psychological and social work services are also provided on site by the IWK Health Centre. A bail supervision program is also co-located at the Centre

### Cape Breton Youth Resource Centre

provides youth under court-ordered community supervision with psycho-educational, employment and leisure programs

#### Centre 24/7

provides youth in custody or under court-ordered community supervision with community-based alternative day school and psycho-educational programs

#### Restorative Justice 424 3303

provides extrajudicial measures and restorative conferencing in Nova Scotia under the Youth Criminal Justice Act for referred young persons between the ages of 12 and 17, delivered by a network of approved community-based agencies

### Victim Services 424 8785

provides province wide services to reduce the harmful impact of crime on victims. Services include a specialized court preparation and support program for child victims who are called to testify to criminal proceedings

This information is subject to change.

# **Programs and Services for Children Youth, and Families**



# **Department of Community Services**

1-877-424-1177 (toll free in Nova Scotia)

#### **Child Welfare Services**

#### **Child Protection Services**

ensures that children are safe from maltreatment (If you are concerned about a child's welfare after regular business hours—4:30 pm to 8:30 am Monday to Friday, on weekends, or on holidays—the emergency duty child welfare number is 1-866-922-2434.)

#### Child-In-Care Program

ensures that children are raised in nurturing families that meet their needs

#### **Foster Care Services**

provides safe and nurturing homes for children and youth who are unable to be in their birth families for different reasons and varying lengths of time

#### **Residential Services**

ensures children and youth receive safe nurturing guidance from qualified youth care program staff in residential child-caring facilities

### **Community Outreach Services**

### **Family Resource Centres**

delivers services through 36 centres to families with children under six years of age who are considered at risk of poor outcomes; services include parent education, informal support, information, and referral

### Family Violence Initiative

responds to victims and perpetrators of family violence; funds transition houses that provide emergency shelter and supports for women victims and their children; funds men's intervention programs that provide counselling for male perpetrators and safety planning for women partners

### Enhanced Programs and Community Outreach

promotes language and cognition skills of children under six years of age through Early Language and Learning program; provides parent education grants to increase the quantity and comprehensiveness of programs in the areas of parent education and support; provides parent-child interaction programs; provides child care information and training to caregivers outside of regulated day care in matters of early childhood development and education

### **Prevention Initiatives**

promotes healthy child and family development; offers early childhood development programs and services; provides resource materials to family resource centres; provides expert consultation and support for regional planning groups; provides and coordinates training and networking opportunities for regional/ family resource centre staff; funds YMCA summer camps; funds the Boys and Girls Club to support the delivery of programs; and funds family counselling agencies.

#### Training Un

plans, develops, and delivers training to staff and related stakeholders

### Early Childhood Development Services

### Child Care Licensing and Standards

regulates and monitors child-care services to ensure compliance with the *Nova Scotia Day Care Act* and Regulations

### **Supported Child Care**

supports the inclusion of children with special needs in licensed child-care facilities through funding

### Child Care Subsidy

subsidizes licensed child care for low-income families

#### **Early Intervention**

provides home-based support and information for families with children (0–6) with developmental disabilities to positively influence the children's developmental outcomes

### **Grant Funding**

provides grants to child-care centres and related facilities/associations to support costs related to quality early childhood programs

### Early Childhood Education Training

ensures a standard of early childhood education training in the province

### Services for Persons with Disabilities

### **Direct Family Support**

funds the purchase of respite services for families caring for a family member with a disability at home

### **Small Option Facilities for Children**

provides full-time licensed care to children with disabilities in groups of up to four children

### **Department of Health**

(902) 424-5818 or 1-800-387-6665 (toll free in Nova Scotia)

### **Early Years Initiatives**

### Prenatal Care, Reproductive Care Program

provides pre-, peri-, and post-natal care to mothers and babies through DHAs, primary care physicians, and specialists (obs/gyn), including screening for biopsycho issues (0–12 months)

#### "Read to Me" Program

provides early literacy activities to families at all facilities doing deliveries (led by IWK), which facilitate parental/baby attachment by encouraging physical and verbal contact between parents and baby/child (0–3 years)

### Infant Hearing Screening—"Sound Start"

screens hearing of all newborns at birth in all delivery hospitals (administered by Nova Scotia Hearing and Speech Centres) to identify potential sensory deficits and offer intervention programs in infancy, thus mitigating risk factors of normal growth and development during early months when brain development is rapid

### Pediatricians and Other Child Health Care Professionals

provide a wide range of early identification and treatment programs to children with issues including developmental delays, behavioural problems, learning difficulties, and parenting problems through pediatricians and clinical care teams located throughout the province, hospital care, and community-based services

### Autism Treatment—Early Intensive Behavioural Intervention (EIBI) Program

provides time-limited, intensive treatment for children diagnosed with autistic spectrum disorder who are not yet in school to optimize lifelong functioning and enhance success at school; offered in DHAs 1 to 8 and

### Mental Health, Forensic Services, and Addiction Services

### Maternal/Child Mental Health

provides mental health services for mothers from conception until baby's first year of age, focusing on early identification of and early intervention for maternal depression/anxiety and other mental health issues and early identification of challenges to maternal and newborn attachment and relationship problems (program links to both mental health continuum and maternity programs)

June, 2007

#### Mental Health Assessment and Treatment

provides outpatient, day treatment, inpatient, and residential mental health services to children and youth with an identified mental health problem delivered through nine DHAs, the IWK Health Centre, and over 50 community mental health clinics throughout the province

### **Youth Navigator**

provides advocacy and patient rights information to youth involved with the formal mental health system at the IWK

#### Family Help Program

provides home-based mentoring and coaching services in selected communities (IWK and Cumberland DHA) to address mild to moderate mental health concerns, including concerns with parenting, behaviour management, and anxiety reduction.

### **Intensive Community-Based Treatment Team** provides community-based services (IWK and Cape

Breton DHA) to hard-to-serve children and youth with a focus on keeping children in their homes (as appropriate) and at school

#### **Crisis Intervention Services**

provides assessment, stabilization, and treatment (inpatient, outpatient, etc.) as appropriate in all DHAs and at the IWK

### Tele-psychiatry and Traveling Psychiatry Clinics

provides psychiatric services to rural areas in Nova Scotia and P.E.I. where on-site psychiatrists are not available or when a second opinion has been requested

#### **Collaborative Initiatives**

encourages intergovernmental/interagency collaboration to address the needs of children and youth experiencing mental health issues—includes Departments of Community Services, Justice, and Education

### **Depression Strategy for Children and Youth**

provides information for early identification of depression in children/youth and information about coping strategies—over 10,000 brochures requested and distributed (French and English)

#### Mental Health Specialty Services

provides specialty mental health services through networks that include the DHAs and the IWK/Capital Health, including eating disorders, forensic mental health services, early psychosis, sex offender treatment neurodevelopmental disorders, autism services, and dual disorders-mental health and addictions (Concurrent Disorders)

#### **Youth Forensic Mental Health Services**

provides mental health services to youth found either not criminally responsible (NCR) or "unfit." Provides inpatient services at IWK and dual remand services with IWK. IWK also provides services to youth sentenced under IRCS.

### Court-Ordered Assessment and Treatment Services

provides mental health assessment and treatment services for youth appearing before the courts.

### **Treatment for Sexual Aggression**

provides mental health services to youth with an identified problem with sexual aggression but who are not necessarily in conflict with the law

#### Clinical Services at Waterville Youth Centre

provides multi-disciplinary treatment of youth—consisting of psychiatry, psychology, and social work—on site in Waterville, managed under the IWK Mental Health Program.

#### Addiction Services

provides addiction assessment and treatment services to youth throughout the province through school, community, and clinic-based programs in the nine district health authorities

#### The Choices Program-IWK

provides assessment and treatment services to youth for alcohol, substance, or gambling abuse, including a residential treatment component available to youth from outside the metro area

## Department of Education (902) 424-5168

### Public School Programs 424-5745

Public school education in Nova Scotia has two major goals: to help all students develop to their full potential cognitively, affectively, physically, and socially and to help all students acquire the knowledge, attitudes, and skills necessary for them to continue as thinking, learning, physically active, valued members of society

### Reading Recovery<sup>™</sup> 424-7454

is a short-term early literacy intervention program that supports children in grade one who are experiencing difficulties to become successful readers and writers. Key components of the program include: intensive daily instruction, highly trained teachers using researched based theory and practices, a structured and data informed system involving ongoing professional development, monitoring and evaluation

### Professional Support Services 424-7454

includes a variety of services available to all schools to support students requiring additional assessment or programming to meet their needs. These include, but are not limited to, resource teaching, school psychology, and speech language pathology

### Positive Effective Behaviour Supports (PEBS)/Code of Conduct 424-7454

refers to a school-wide systems of behaviour supports that includes proactive strategies for teaching and supporting appropriate student behaviours to create positive school environments. Schools develop their own specific school Codes of Conduct, based upon the principles and behavioural standards outlined in the Provincial School Code of Conduct and Code of Conduct Guidelines. Data collection and analysis are used to inform decision making regarding behavioural supports and interventions

### Comprehensive Guidance and Counselling 424-7454

is a comprehensive approach to counselling based on needs determined through consultation with students, staff, and parents which provides programming in the areas of personal, social, career and education counselling

### Resource Teacher Support 424-7454

offers individual or small-group assistance to those experiencing learning difficulties or disabilities

### School Psychology Services 424-7454

offers psycho-educational assessment and recommendations regarding learning and behavioural difficulties

### Race Relations, Cross Cultural Understanding and Human Rights (RCH) 424-7454

The Department of Education and school boards have a variety of support services and programs to address Race Relations, Cross Cultural Understanding and Human Rights. Diversity supports and programming are found across a number of divisions in the Public Schools Branch

### Atlantic Provinces Special Education Authority (APSEA) 424-8500

is an interprovincial cooperative agency which provides services for children and youth from birth to 21 years who are deaf, hard of hearing, deafblind, blind, or visually impaired and reside in Atlantic Canada. Services include, but are not limited to, itinerant teaching, short-term programs, and assessment and transition services assist school boards in the provision of adaptations and programming for students designed to meet their individual needs

### Options and Opportunities (O2) program 424-8945

offers an alternative opportunity for high school students who may not be meeting their academic potential because they are not engaged with their school program. It focusses on career development and matching students with qualified employers to give them opportunities to gain real experience in a real workplace

### Adult Basic Education 1-877-466-7725

offers young adults advice and information about adult learning opportunities

### Adult High Schools 1-877-466-7725

offers instructional programs for adults wishing to complete their high school education

### General Education Development 1-877-466-7725

provides an opportunity for adults to write a series of tests that lead to the General Educational Development (GED) high school equivalency certificate

#### Correspondence Studies 424-4054

offers instructional programs via mail for people wishing to upgrade their academic certification

### Student Assistance Counselling and Processing

424-8420 (metro Halifax) 1-800-565-8420 (toll free within Canada) 424-2058 (Telecommunication device for the hearing impaired)

provides needs-based funding to students applying for post-secondary education

# Student Assistance Appeals 424-8420 (metro Halifax); 1-800-565-8420 (toll free within Canada); 424-2058 (Telecommunication device for the hearing impaired)

gives applicants for post-secondary funding an opportunity to have funding decisions reviewed and exceptional circumstances considered

# Department of Health Promotion and Protection

1-866-231-3882 (toll free in Nova Scotia)

### Healthy Eating Nova Scotia Strategy 424-3749

focuses on four priority areas: breastfeeding, children and youth, fruit and vegetable consumption, and food security (released 2005)

### School Food and Nutrition Policy 424-3749

outlines standards for foods and beverages that can be served and sold in public schools, grades primary through 12; promotes nutrition education in the curriculum; encourages community partnerships; provides a supportive environment for healthy food and beverage choices (The policy will be phased in with full implementation by June 2009.)

### Provincial Breakfast Program 424-3749

provides funding to school boards to expand and enhance breakfast programs for elementary-aged children, to ensure that children begin their day nourished and ready to learn

### Food Security 424-3749

supports food security for all Nova Scotians, including children and youth, by examining the cost of healthy foods in the province and understanding the effect of policy and program decisions on food security (Food Security is the ability to have access to safe, nutritious, personally acceptable, and culturally appropriate foods that are produced and distributed in ways that are environmentally sound and socially just.)

### **Health Promoting Schools (HPS)** 424-6153 provides funding to partnerships of school boards and

provides funding to partnerships of school boards and district health authorities to implement those priorities related to healthy eating and physical activities that were identified at the local level

### Active Kids, Healthy Kids Strategy 424-7629

increases the number of children and youth who have at least 60 minutes of moderate to high intensity physical activity on a daily basis through new policies and programs, active communities, and public education

### Prenatal Education and Support 424-4391

provides one-on-one education and support during pregnancy to women identified as at risk, with a focus on healthy pregnancy, parenting, and linkage to community programs and services.

### Breastfeeding Policy 424-4391

promotes, supports, and protects breastfeeding across Nova Scotia as the normal and optimal way to feed infants because breastfeeding reduces many acute and chronic diseases in children and adults and creates a strong attachment between mother and baby

### Healthy Beginnings: Enhanced Home Visiting 424-4391

promotes healthy child development, builds parenting skills and capacity, enhances parent-child interaction, and connects the family to community resources by identifying families facing challenges early on and providing intense, focused home visiting for the first three years of their child's life (implemented by Public Health Services throughout Nova Scotia)

#### Enhanced Vision Screening 424-5869

offers vision screening to all preschool children before they enter grade primary and to children in grade primary who have missed the preschool screening, to ensure that all children achieve the highest level of vision possible, through early identification of potentially correctable conditions

### Fluoride Mouthrinse Program 424-5869

provides early intervention with children and their caregivers around how to prevent dental decay and promote good oral hygiene at an early age (offered in schools thathave a larger percentage of children at high risk of developing dental cavities)

### Childhood Immunization Schedule 424-1748

immunizes children as part of their regularly scheduled school immunization program

#### Youth Health Centres 424-5869

provides health education, health promotion, information, referral, follow-up, support, and some clinical services to youth at about 37 youth health centres (YHCs) across Nova Scotia, mostly located in schools (Youth identify the services and supports most needed by youth in their community, thus each centre's services may look different.)

#### Youth Centred Guidelines 424-5869

consults youth, through a sub-committee of the Youth Health Centre Provincial Advisory Committee, to develop guidelines that will outline how youth health centres can truly be youth centred (target completion date: spring 2007)

### Framework for Action: Youth Sexual Health in Nova Scotia 424-6046

provides a rationale and strategic direction for a comprehensive approach to sexual health education, services, and supports for youth throughout Nova

### Sex? A Healthy Sexuality Resource 424-6046

provides sexuality information for youth that is based on evidence, factual, up-to-date, non-judgmental, clear, straightforward, easy to read, colourful, and appealing to youth

### HIV-Aids Prevention 424-5730

provides harm-reduction strategies, education, information, and prevention services to those at risk of exposure or exposed to HIV-Aids

### Healthy Living Incentive 424-7554

offers parents a non-refundable tax credit on registration fees of up to \$150 per child on everything from swimming lessons to dance classes to increase youth enrollment in physical activity, sport, and recreation

#### KidSport 424-4408

helps children overcome financial barriers that prevent or limit their participation in organized sport (administered by Sport Nova Scotia)

### Sport Opportunities for Children and Youth in Nova Scotia 424-4408

offers structured and unstructured sporting activities, through school and community-based programs, aimed at decreasing current levels of physical inactivity in children

### Sport Futures Leadership Program 424-4408

assists provincial sport organizations to provide fun, safe, and inclusive sport activities for children and youth, to decrease current levels of physical inactivity

### Physical Activity: Children and Youth 2 Accelerometer Study 424-7629

studies activity levels by having a representative sample of Nova Scotian children and youth in grades 3, 7, and 11 wear a motion counter on their hip for seven days to assess current activity levels

### Renewal of Tobacco Control Strategy 424-5962

reduces smoking rates and the burden of tobaccorelated illness, through taxation, legislation, treatment/cessation programs, community-based programming, youth smoking prevention initiatives, media awareness, and evaluation

### Tobacco-Free Youth Sport and Recreation: How to Get There 424-5962

explains why and how to create, promote, and reinforce tobacco-free policies for use within youth sport and recreation and acts as a resource to be used by sport and recreation organizations who would like to develop, communicate, and reinforce tobacco-free policy for their athletes/participants, coaches/leaders. and spectators

### Tobacco Reduction Social Marketing Campaign 424-5962

targets youth and young adults with tobacco reduction messages through an interactive website, print and television ads, ambient advertising, and a documentary film (fourth year of program)

### Tobacco Media Literacy Resource School Based Programs 424-5962

provides, in partnership with Education, You Choose, a tobacco media literacy resource for high schools and continues promotion of Smoke-free For Life, a tobacco prevention curriculum supplement for grades p-9 and No More Butts, a peer-led cessation program for high schools, through Public Health Services and Addiction Services in the district health authorities

### Tobacco Access Act Enforcement 424-5962

enforces the Tobacco Access Act issuing warnings for selling tobacco to persons under the age of 19 years

builds injury prevention links with schools by focusing

### Injury Prevention in Schools 424-5362

on how best to support the existing student curriculum. Examples include partnerships with the Departments of Health (EHS Trauma Program), Transportation and Public Works (Road Safety Advisory Committee), and Education around the Prevent Alcohol and Risk Related Trauma in Youth initiative (P.A.R.T.Y.), designed to educate teenagers (ages 15 and 16) about the consequences