



CDI COVID-19 RESPONSE

UPDATE: VIRTUAL SERVICES AND PROGRAMMING FOR CHILDREN, YOUTH AND FAMILIES

October 9, 2020

During these unprecedented times, CDI has remained committed to supporting children, youth and families by developing innovative virtual services and adaptations of our programming. In rapid response to the urgent need of support in this current context, we work to strengthen the resiliency of children, youth and families through our new virtual offerings in [Early Intervention](#), [Family Violence](#), [Integra Learning Disabilities & Mental Health \(LDMH\)](#) and [Healthy Child Development](#) services. Program service delivery is also available to current and past families through video and tele-counselling services delivered by our clinicians and psychologists.

EARLY INTERVENTION SERVICES

Establishing a routine and setting boundaries for children and families is critical as we adapt to new family schedules and adjustments. Our [SNAP® Girls](#) and [SNAP® Boys](#) programs for children ages 6-12 have moved to virtual platforms to continue offering our specialized SNAP model to children in need.

- Virtual groups meet weekly – participants connect and share experiences with each other while learning the steps of the SNAP program
 - Parent/caregivers group meets weekly, separately from children groups
 - Parents can also meet on a one-on-one basis with clinician as needed
 - Clinicians connect weekly with participants for check-ins
 - Online resources are available to children and their families
 - Families can also access SNAP's online resources that focus on key elements of the SNAP program, including modeling and role-play to practice and reinforce SNAP emotion regulation and problem-solving techniques.

Our [SNAP® Girls Youth Leadership Services](#) and [SNAP® Boys Youth Leadership Services](#) are also available virtually, offering a wide range of support for youth ages 13-18.

Virtual Camp Wimodausis

Our [Camp Wimodausis](#) summer day program in Toronto has gone virtual, bringing children ages 6 to 11 a range of fun activities and skill-building tools. Participants join in on our daily LIVE meets that include group time, virtual games, weekly themes, skill-builders, sing-song and more, all while reinforcing their SNAP skills. Campers also participate in daily FUN@HOME challenges that include arts and crafts and physical activities to get moving outside in nature.

Start Right Virtual Summer Camp

CDI's Virtual Start Right Summer Camp is adapted from our school-based [Start Right Social Skills](#) program and focuses on the skills children in Kindergarten and Grade 1 require to succeed in order to make and keep friends, identify feelings and begin to learn how to solve problems. Virtual participants partake in activities, games, stories and discussion to facilitate their learning.

SNAP® National Expansion

Our SNAP® National Expansion is supporting clinical affiliates virtually to ensure consistent, high-fidelity service delivery to the thousands of children and families across the country who are in critical need of mental health services. To support the delivery of the SNAP program virtually during COVID-19, we have developed new virtual SNAP materials and have digitized all materials to ensure accessibility and user-friendliness for families and our SNAP Affiliates across Canada.

FAMILY VIOLENCE

Issues such as child abuse and intimate-partner violence have increased and intensified. CDI has taken action to develop innovative virtual services that will continue supporting mothers and children who have or are experiencing violence in the home.

- Our NEW **Virtual [Mothers in Mind](#)** program offers a variety of sessions and programming throughout the week to connect with mothers more often. Virtual programming is available through multiple group and individual sessions to meet the needs of mother and child.
- Our program clinicians are offering phone and video counselling to mothers available from our CDI virtual office, the Children's Aid Society of Toronto (CAST), and partner shelters
 - Clinicians are offering one-on-one time follow-up for group session participants
 - Resources are available to support mothers and their children
- Our [Shelters Program](#), [Taste of Home](#) and [School Liaison Program](#) are coming together to create a unique virtual program for kids in shelter to develop stress management skills and learn how to cook healthy, budget-friendly meals.

INTEGRA LEARNING DISABILITIES & MENTAL HEALTH (LDMH)

Virtual Camp Towhee

CDI's Virtual [Camp Towhee](#) fosters a sense of community and connection during this challenging time. With three two-week long summer sessions, along with a Leadership Program, virtual camping days consist of cabin time (conversation, team building and social connections), followed by program time. Participants can take part in programming options that include Taste of Home (cooking), Dungeons and Dragons, Art and Music, Nature Appreciation and Movie Critics Club. During the course of everyday interactions, virtual camp staff use coaching and counselling skills to develop participants' sense of confidence and social and emotion regulation skills.

HEALTHY CHILD DEVELOPMENT

Our [EarlyON Child and Family Centres](#) services are now available online for all children and families. Each week, children stay engaged and connected through live stream sing-alongs and rhymes, Circle Time and reading, live webinars and fun activities. Click [here](#) to join in on CDI's virtual EarlyON programming.

Click [here](#) to learn more about our programs and services.