



# WEBINAR RESOURCES: THE CRITICAL IMPACT OF SOCIAL DETERMINANTS ON FAMILY AND CHILD/YOUTH HEALTH

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## Resources for Health Care Providers

- **BC Benefits Navigator** makes it easier for health care providers to address health-related social needs: <http://www.bcbenefitsnavigator.ca/>
- **Compass Mental Health** supports community care providers to deliver mental health and substance use care: <https://compassbc.ca/>
- Divisions of Family Practice's **ACE's Toolkits** for family physicians, nurse practitioners, and specialists: <https://divisionsbc.ca/kootenay-boundary/aces-toolkit>
- Divisions of Family Practice's **Poverty Intervention Tool** provides a list of questions to help address the impact of poverty on your patients' health: <https://divisionsbc.ca/kootenay-boundary/our-impact/social-determinants-of-health/poverty-intervention-tool>
- **Embed SDH** supports primary care providers and provides highly detailed information on leading practices in Social Determinants of Health: <https://www.embedsdh.ca/>
- **Generation Squeeze** is a charitable Think and Change Tank promoting wellbeing for all generations: <https://www.gensqueeze.ca/>
- **Get Well Canada** is an alliance of researchers, community leaders and medical professionals who want to fulfill the promise of Canada's commitment to health care: <https://www.getwellcanada.ca/>
- Tyler I, Lynam J, O'Campo P, et al. It takes a village: a realist synthesis of social pediatrics program. *International journal of public health*. 2019;2018;64:691-701. DOI: [10.1007/s00038-018-1190-7](https://doi.org/10.1007/s00038-018-1190-7)
- UBC CPD's **Cognitive Behavioural Therapy (CBT) Skills Physician Wellness Group Training** is a free 8-week course designed to provide practicing BC physicians with education and training to support their own mental well-being through evidence-based self-management strategies: <https://ubccpd.ca/collaborate/portfolios/cbt-skills>

## Resources for Families and Children/Youth

- **BounceBack** is a free skill-building program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry: <https://bouncebackbc.ca/>
- **Brazelton Touchpoints Parenting Program**: <https://www.brazeltontouchpoints.org/programs-services/parents-families/>
- **Confident Parents: Thriving Kids** offers programs to help caregivers support their children aged 3-12 to manage either anxiety or behaviour challenges: <https://welcome.cmhacptk.ca/>
- Disability assistance is available to Persons with Disabilities (**PWD**) who need financial or health support: <https://www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities/disability-assistance>
- **Feelings First** supports parents and caregivers with social and emotional development in the early years: <https://www.feelingsfirst.ca/>
- **Foundry BC** offers support for youth ages 12-24: <https://foundrybc.ca/>
- **Kelty Mental Health Resource Centre** provides mental health and substance use information, resources, and peer support to families across BC: <https://keltymentalhealth.ca/>
- **Raising Resilient Kids** are groups for caregivers with kids 0-6 years old, where they are taught skills to prepare and support them in raising a secure, resilient child based on the best evidence from child development, mindfulness, attachment, and reflective parenting:  
<https://cbtskills.ca/about-us/what-we-offer/>
  - [For Health Care Providers] UBC CPD's webinar providing more information on the **Raising Resilient Kids** program: <https://ubccpd.ca/2022-11-02-raising-resilient-kids>
- The Psychiatric Medications Plan (**Plan G**) is available to BC residents of any age who demonstrate clinical and financial need:  
<https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/prescribers/psychiatric-medications-plan-plan-g>

## Resources for First Nations Families and Children/Youth

- **Jordan's Principle** provides funding to ensure all First Nations children living in Canada can access the products, services and supports they need: <https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824>
- The First Nations **Virtual Substance Use and Psychiatry Service** is a referral-based service and is available at no cost to all First Nations people and their family members living in BC:  
<https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service>