A group of diverse young children, including a girl on the left making a peace sign, a boy in the center, and a girl on the right, are smiling and posing for a photo outdoors. The background shows green foliage.

The Kindergarten Pilot Project:

A Cross-Sectoral Collaboration Between CCMHC and
the OCDSB

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Agenda

- Background
- Project Overview
- Outcomes and Successes
- Lessons Learned
- Next Steps
- Discussion

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Background

- Provincial-wide systemic issue (full-day kindergarten), not unique to Ottawa.
- Sparked conversation with Ottawa community partners.
- Different forums foster community collaboration (Cross-sectoral, Coordinated Access, Network).
- Collaboration with partners throughout all stages of implementation; conception, proposal for funding, selection of school, program evaluation.

Project Overview

- Cross-sectoral collaboration (Children's Mental Health & Education).
- **The main priority** is to reduce the challenges that are faced within the full-day kindergarten program by:
 - Building staff capacity
 - Building parent capacity
 - Providing classroom based interventions for all children and teaching staff within the classroom setting
 - Providing individual sessions to particular children and families who are struggling
- Project uses evidence based approaches and strategies (Attachment Theory and Collaborative Problem Solving).

Project Overview: Goals and Objectives

Specific Goals And Objectives

- Increased pro-social interactions amongst the kindergarten children.
- Successful integration into the full-time kindergarten program.
- Increased capacity in the educators responsible for the children involved in the pilot project.
 - improved understanding of both Attachment Theory and Collaborative Problem Solving.
 - reduction of stress experienced by educators.
- To develop best practice guidelines outlining how to deliver the services so others across the province could replicate the program provided.

Project Overview: Activities

Activities

1) Parent Capacity Building

- Parent information session to orient parents to CPS, attachment, and early mental health
- An 8-week parent group that included training in attachment-based methods and CPS.
- Engaging with families (as needed)

2) Educator Capacity Building

- 1-hour Orientation Session to CPS, attachment and early mental health (at start of pilot project)
- 2 ½ day CPS Tier 1 training
- Half hour weekly consultation and guidance for classroom staff in CPS and attachment

3) Student Capacity Building

- Classroom-wide interventions
- Individual intervention- Kindergarten students who require more intensive support were identified using the school boards tiered system and referred for individualized treatment by CCMHC

Evidence Based Approaches and Strategies

- Collaborative Problem Solving
 - Attachment

Parent Capacity Building

- Parent information session
- 8 week parent group
- Support for parents of identified Tier 2 students



Educator Capacity Building



1 hour orientation session to CPS, attachment, early mental health

2 ½ day CPS Tier 1 training

Half hour weekly consultation and guidance for classroom staff in CPS and attachment

Student Capacity Building

- Classroom-wide interventions
- Individual intervention for students who require more intensive support





Outcomes and Successes

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Outcomes and Successes

Outcomes and Successes

Total number served:

Group (Classroom) Based = 55 children

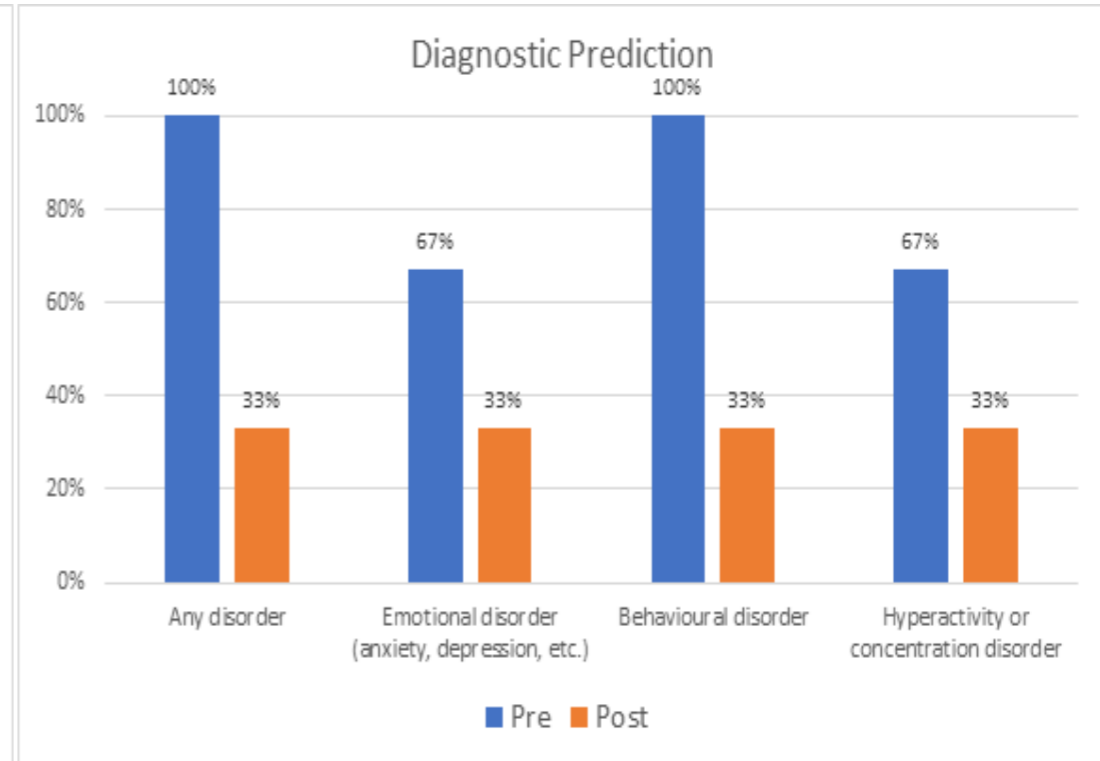
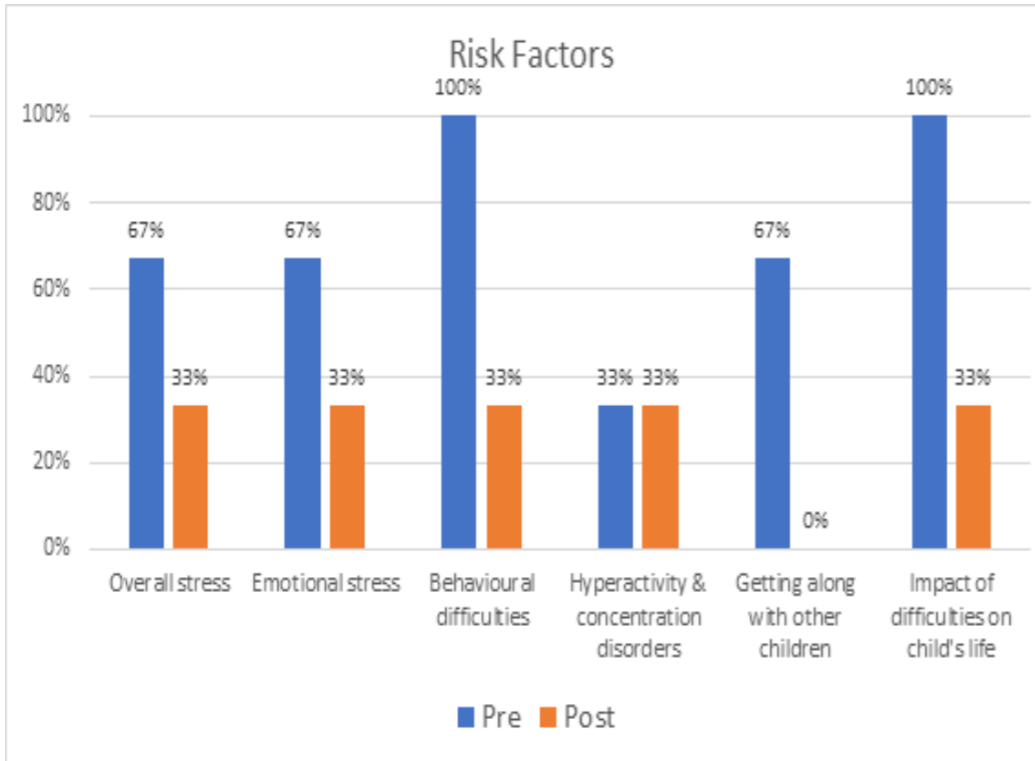
Individual Direct Intervention = 7 Individuals

Educators = 6 Individuals

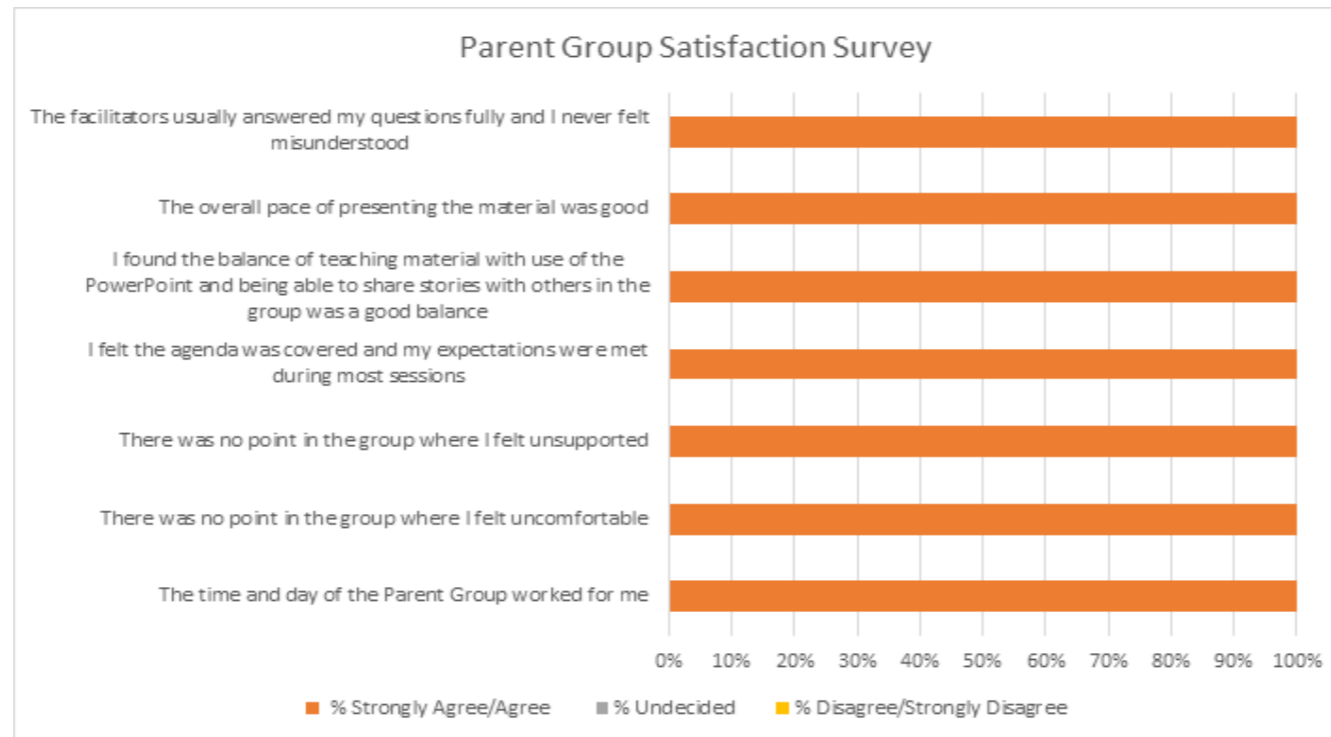
Goals Achieved:

- 1) Kinder students engaged in more pro-social interactions.
- 2) Reduction in challenging behaviour.
- 3) Decreased educator stress.
- 4) Philosophy and practice shift in staff and parents involved in the project.

Outcomes and Successes



Outcomes and Successes



Lessons Learned

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Lessons Learned

- The importance of getting everyone on the same page
 - The importance of relationships
- The importance of individualizing and differentiating expectations for students

Lessons Learned

- The importance of engaging relevant stakeholders early in the process
 - CPS Tier 1 training
- The importance of coaching and modeling

Lessons Learned

- The importance of using physical touch for connection and regulation
- The critical role of the ECE and working collaboratively as a team
 - Selecting the classroom team for your pilot

Next Steps

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Next Steps

We are in the process of:

- Scaling up (Application to other funding sources).
- Developing best practice guidelines.
- Sharing the information at upcoming conferences and forums (CMHO).

Discussion

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