

Adolescent Medicine Resources

RESOURCES FOR EATING DISORDERS

Medical Monitoring

Hospital For Sick Children Guidelines for Medical Monitoring:

Children and adolescents with a suspected or confirmed eating disorder diagnosis should be seen regularly. At each visit, we recommend the young person be weighed in a gown and have orthostatic heart rate and blood pressure measured. If any of the following criteria are met, we recommend directing the young person to the nearest Emergency Department for evaluation for possible admission to hospital:

- heart rate < 50bpm,
- BP < 80/45,
- orthostatic heart rate increases of more than 35bpm,
- orthostatic decrease in systolic blood pressure of 20 or more,
- temperature of 35.5C or less,
- weight less than 80% of ideal body weight
- any acute mental health concern such as self-harm or active suicidal ideation.

Supplementation

For any child or adolescent who is underweight, consider the following nutritional supplements:

- multivitamin
- vitamin D 1000IU once daily
- calcium supplement with 500mg elemental calcium

Resource List

Publicly Funded Eating Disorder Programs for Youth

- Hospital For Sick Children
 - <https://www.sickkids.ca/en/care-services/clinical-departments/adolescent-medicine/>
- North York General Hospital
 - <https://www.nygh.on.ca/areas-care/maternal-newborn-and-paediatric-care/paediatrics/paediatric-outpatient-clinics/child-and-adolescent-eating-disorders-program>
- Lakeridge Health
 - <https://www.lakeridgehealth.on.ca/en/ourservices/eatingdisordersprogram.asp>
- Southlake Hospital
 - <https://southlake.ca/patient-care-program/mental-health/#nav-preparationreferrals>
- William Osler Hospital
 - <https://www.williamoslerhs.ca/en/areas-of-care/mental-health-services-for-children-and-adolescents.aspx>
- Halton Healthcare (Oakville Trafalgar Memorial Hospital)
 - https://haltonhealthcare-2018.hhsstaging.aumbry.com/services_/28763/t28545-mental-health/t28361-child-and-adolescent-services/s76214-child-and-adolescent-eating-disorders-program
- Royal Victoria Hospital (Barrie)
 - <https://www.rvh.on.ca/areas-of-care/mental-health-and-addictions/>
- Orillia Soldiers Memorial Hospital
 - <https://www.osmh.on.ca/paediatric-eating-disorder-program/>

Information Resources for Families

- National Eating Disorder Information Centre
 - www.nedic.ca
- Kelty Eating Disorders
 - www.keltyeatingdisorders.ca
- Understanding Eating Disorders in Adolescence
 - <https://www.canped.ca>
- UnlockFood by Dietitians of Canada
 - <https://www.unlockfood.ca>
- F.E.A.S.T.
 - <https://www.feast-ed.org>

Information Resources for Clinicians

- On call Adolescent Medicine Physician at SickKids
 - Available 24/7
 - Contact via 416-813-1500
- Ontario Community Outreach Program for Eating Disorders
 - <http://www.ocoped.ca/>

RESOURCES FOR GENDER AFFIRMING CARE

Gender Affirming Providers

1. Rainbow Health Ontario Service Provider Directory
 - a. <https://www.rainbowhealthontario.ca/lgbt2sq-health/service-provider-directory/>
2. Hospital for Sick Children Transgender Youth Clinic
 - a. <https://www.sickkids.ca/en/care-services/clinical-departments/adolescent-medicine/>
3. Centre for Addiction and Mental Health Adult Gender Identity Clinic
 - a. <https://www.camh.ca/en/your-care/programs-and-services/gender-identity-clinic-adult>
4. Sherbourne Health (downtown Toronto)
 - a. <https://sherbourne.on.ca/primary-family-health-care/lgbt-health/trans-health-care/>
5. Carea Community Health Centre (Durham region)
 - a. <https://www.careachc.ca/Clinical-Services/Primary-Care/Gender-Care-Interprofessional-Primary-Care-IPC-T>

Resources for Families

Gender Identity Information Resources

- Caring For Kids Website, section on Gender Identity www.caringforkids.cps.ca
- Central Toronto Youth Services Families in Transition Guide (PDF) www.ctys.org

Gender Affirming Workshops, Social Events, Clothing

- Rainbow Health Ontario www.rainbowhealthontario.ca
- Parents and Friends of Lesbians and Gays (PFLAG) www.pflagcanada.ca
- Asian Community AIDS Services www.acas.org
- Gender Affirming Clothing
 - Gender Gear – <https://www.gendergear.ca>
 - GC2B – <https://www.gc2b.co>
 - Rubies – <https://www.rubyshines.ca>
 - Come As You Are, Kensington Market, Downtown Toronto

Crisis Resources

- Lesbian Gay Bi Trans Youthline
 - 1-800-268-9688, 647-694-4275
 - askus@youthline.ca
 - www.youthline.ca
- Kids Help Phone
 - Text HOME (English) or PARLER (French) to 686868

Information Resources for Clinicians

- World Professional Association for Transgender Health
 - <https://wpath.org/>
- On call Adolescent Medicine Physician at SickKids
 - Available 24/7
 - Contact via 416-813-1500
- Rainbow Health Ontario Mentorship Call
 - <https://www.rainbowhealthontario.ca/lgbt2sq-health/trans-care-mentorship-call/>
- Rainbow Health Ontario Education and Training
 - <https://www.rainbowhealthontario.ca/education-training/>
- Sherbourne Health Guidelines for Gender-affirming Primary Care
 - <https://www.rainbowhealthontario.ca/product/4th-edition-sherbournes-guidelines-for-gender-affirming-primary-care-with-trans-and-non-binary-patients/>

RESOURCES FOR MENTAL HEALTH

Information Resources for Families

- Kelty Mental Health
 - www.keltymentalhealth.ca
- Anxiety Canada
 - www.anxietycanada.com
 - For all ages. Information, resources, and an Anxiety App – MindShift
- Mind Your Mind
 - <https://mindyourmind.ca/>
 - Ages 14-29. Where mental health, wellness, engagement, and technology meet

Treatment Resources for Families

- Lumenus
 - <https://www.lumenus.ca/>
 - Individual and family counseling
 - What's Up Walk In – counseling services for individuals up to the age of 29, no health card or appointment required
- Strides
 - www.stridestoronto.ca
 - counselling, outreach work, referrals, workshops or drop-in programs
- Youthlink
 - <https://www.youthlink.ca>
 - multi-service agency offering youth and family counselling, parenting support, youth shelter and housing, education programs and community-based programs for youth aged 12 to 24 and their families

- BounceBack Ontario
 - www.bouncebackontario.ca
 - A free guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-moderate anxiety or depression or may be feeling low, stressed, worried irritable and angry.
- Togetherall
 - www.togetherall.ca
 - Commissioned by over 250 organizations globally, we're an online service providing access to millions with anxiety, depression and other common mental health issues. RECOMMENDED BY Dr. Gagarin
- Mind Beacon
 - www.mindbeacon.com/ontario
 - For all Ontarians aged 16 and over. Counselling assistance for people experiencing mental health symptoms of depression, generalized anxiety, social anxiety, panic, PTSD, and insomnia.
- AbilitiCBT
 - <https://myicbt.com/en-CA>
 - Online CBT counselling free to Ontarians, age 16 and over. AbilitiCBT offers a special program to address anxiety symptoms related to the stress and uncertainty of the pandemic.
- Mindfulness Everyday
 - www.mindfulnessseveryday.org
 - Resources to help teens and young adults manage anxiety and pandemic stress
- Mindfulness for Teens
 - www.mindfulnessforteens.com
 - Free, short guided mindfulness exercises for teens

Crisis Resources

- Kids Help Phone:
 - Up to age 29.
 - <https://kidshelpphone.ca/> 1-888-668-6868 Text: 686868 .
 - Trained counsellors to listen and advise. Their website has lots of information about mental health and wellness topics.

Resources for Clinicians

- Guidelines for Adolescent Depression in Primary Care (GLAD-PC Toolkit)
 - <http://gladpc.org/>