



CHAMPLAIN MATERNAL NEWBORN REGIONAL PROGRAM  
PROGRAMME RÉGIONAL DES SOINS À LA MÈRE  
ET AU NOUVEAU-NÉ DE CHAMPLAIN

# **Focus Group on Maternal-Newborn Health Services and Programs**

**EASTERN ONTARIO COUNTIES**

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## INTRODUCTION

The Champlain Maternal Newborn Regional Program (CMNRP) is conducting focus groups as part of one of its strategic priorities focused on enhancing the transition of maternal-newborn care from hospital to community. The focus groups are one of the activities of the CMNRP *Mapping Maternal Newborn Services Workgroup*.

CMNRP is pleased to present a summary report of key findings and recommendations from the focus group that was conducted at the Eastern Ontario Health Unit in Casselman on October 26<sup>th</sup>, 2016 from 13:30 to 16:00. A total of **19 health care providers** from various organizations that provide maternal-newborn health services and/or programs<sup>1</sup> in the Eastern Ontario Counties participated. Those include: Stormont, Dundas, Glengarry, Prescott/Russell and Akwesasne.

The purpose of this focus group was to:

- 1) confirm and identify additional maternal-newborn health services and/or programs currently available in this community;
- 2) explore the views of participants about the strengths, challenges and gaps of existing services and programs in relation to access, navigation and continuity of supports; and
- 3) identify opportunities for improvement and make recommendations to improve the current system.

The focus group was divided into four parts. Notes were taken and the session was audio-recorded in order to accurately capture participants' contributions. Information from the notes and the recording were reviewed, collated and presented in this report.

### **PART 1 – Document Current Maternal-Newborn Health Services & Programs**

Prior to attending the focus group, participants received a list of maternal-newborn health services and programs that were identified by CMNRP through searches of portals ([thehealthline.ca](http://thehealthline.ca); [211.ontario](http://211.ontario)) and websites of organizations as well as telephone calls with key informants. Copies of this list were available at the session to use as a reference.

In the first part of the session, participants were asked to briefly identify services and programs that were missing from the list and those who were no longer available. They were encouraged to submit any additions or modifications to the list to the facilitator following the session.

An updated copy of the list of maternal-newborn health services and programs can be found in Appendix A.

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<sup>1</sup> For the purposes of this focus group, “maternal-newborn health services and programs” included services and programs offered during pregnancy, birth and the first few months after birth (up to 3 months).

## PART 2 – Identify Strengths, Challenges and Gaps in Maternal-Newborn Health Services & Programs

Participants were tasked to identify strengths, challenges and gaps in current maternal-newborn health services and programs in their community. Participants were asked to consider how easy it is to access these services and programs, how people navigate between them and how the services are meeting the needs of childbearing families. Key findings from this exercise are presented below in Table 1.

**TABLE 1 - STRENGTHS, CHALLENGES AND GAPS IN MATERNAL-NEWBORN HEALTH SERVICES AND PROGRAMS**

Participants identified the **bolded areas** as applicable to all perinatal periods (prenatal, labour & birth and postnatal).

	PRENATAL	LABOUR & BIRTH	POSTNATAL
<b>Strengths</b>	<ul style="list-style-type: none"> <li>• Availability of health service options</li> <li>• Increasing capacity of services (NP-led clinics, Family physicians, Community Health Centers)</li> <li>• Increasing links within the region</li> <li>• Provision of client-centred care → freedom of choice</li> </ul>	<ul style="list-style-type: none"> <li>• Families receive health services close to home</li> <li>• Collaboration with hospitals and Public Health Unit with discharge process (HBHC screens done by public health nurses, discharge teaching re: car safety, breastfeeding)</li> <li>• Lactation consultants available in some centers</li> <li>• Hospital visits by Akwesasne Health Services (HBHC screens)</li> </ul>	<ul style="list-style-type: none"> <li>• Postnatal home visits from public health nurses (Healthy Babies Healthy Children [HBHC] Program)</li> <li>• Good collaboration with Children’s Aid Society (if early referral made)</li> <li>• Watch Me Grow Program – great resource</li> <li>• Collaboration with various community services (e.g. Public Health, Ontario Early Years Centers, Groupe Action, Valoris)</li> <li>• Fast access to Nurse Practitioner</li> </ul>
<b>Challenges</b>	<ul style="list-style-type: none"> <li>• <b>Lack of knowledge of available services and programs in hospitals and in the community (HCPs &amp; families)</b></li> <li>• Access to preferred prenatal services (e.g. midwifery care)</li> <li>• Delayed referral to services (e.g. CAS) *Community resources and HCPs may not be aware of referral process (prenatal assessment)</li> <li>• Lack of referrals to HBHC program by midwives and other primary care providers</li> <li>• <b>Lack of knowledge of scope of practice of HCPs (e.g. midwives, NPs)</b></li> <li>• <b>Lack of breastfeeding knowledge of physicians</b></li> <li>• Inconsistent practices and services offered by similar organizations (e.g. HBHC screen)</li> <li>• <b>Fragmentation of care (across boundaries) i.e. PHU and primary care provider</b></li> <li>• “Winchester triangle”</li> <li>• <b>Increase influx of Quebec patients</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Lack of knowledge of available services and programs in hospitals and in the community (HCPs &amp; families)</b></li> <li>• <b>Fragmentation of care (across boundaries) i.e. PHU and primary care provider “Winchester triangle”</b></li> <li>• Transfer is required if complications arise or a higher level of care (maternal/newborn) is required, if staffing issues exists *separation of mother and baby</li> <li>• <b>Lack of breastfeeding knowledge of physicians (i.e. supplementation)</b></li> <li>• <b>Increase influx of Quebec patients</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Lack of knowledge of available services and programs in hospitals and in the community (HCPs &amp; families)</b></li> <li>• <b>Lack of breastfeeding knowledge of physicians</b></li> <li>• Location of certain services</li> <li>• Service available but not used (e.g. NPs during prenatal and postnatal period)</li> <li>• <b>Lack of knowledge of scope of practice of HCPs (e.g. midwives, NPs)</b></li> <li>• Lack of referrals to HBHC program by midwives and other primary care providers</li> <li>• <b>Increase influx of Quebec patients</b></li> <li>• Referral to wrong services (OCTC vs private clinic)</li> <li>• Summary discharge or birth record not provided to primary care providers</li> <li>• <b>Fragmentation of care (across boundaries) i.e. PHU and primary care provider “Winchester triangle”</b></li> <li>• Services provided by wrong HCP (e.g. NP following complex pediatric cases)</li> <li>• Lack of collaboration between NP and pediatricians</li> </ul>

	PRENATAL	LABOUR & BIRTH	POSTNATAL
<b>Gaps</b>	<ul style="list-style-type: none"> <li>•Lack of education of HCPs (e.g. Family Medicine residents have limited exposure to prenatal clinics and OB/GYN rotations in hospital)</li> <li>•Lack of prenatal services offered by FPs and NPs</li> <li>•Lack of referral to appropriate services</li> <li>•Lack of collaboration between HCPs</li> <li>•<b>No mass transit; access to services limited (esp. out of region services)</b></li> <li>•No prenatal breastfeeding discussions(MDs)*Culture gap</li> </ul>	<ul style="list-style-type: none"> <li>•<b>No mass transit; access to services limited (esp. out of region services)</b></li> <li>•Lack of lactation consultant services in hospital or lack of knowledge/referral to LC services if they exist</li> </ul>	<ul style="list-style-type: none"> <li>•<b>No mass transit; access to services limited (esp. out of region services)</b></li> <li>•MDs see all antepartum patients but not baby postpartum (Hawkesbury)*<i>Delayed access to HCPs for infant care.</i></li> </ul>

### **PART 3 – Recommendations to Improve Maternal-Newborn Health Services & Programs**

Participants were then divided into groups and tasked with identifying 3 ways to improve services and programs for one of following time periods: prenatal, birth and postnatal (1<sup>st</sup> week and 2<sup>nd</sup> week to 3 months). Participants were asked to think about services/programs that could be created, enhanced or improved. A representative from each table was invited to share the recommendations generated by their group. Ideas and suggestions are presented below in Table 2.

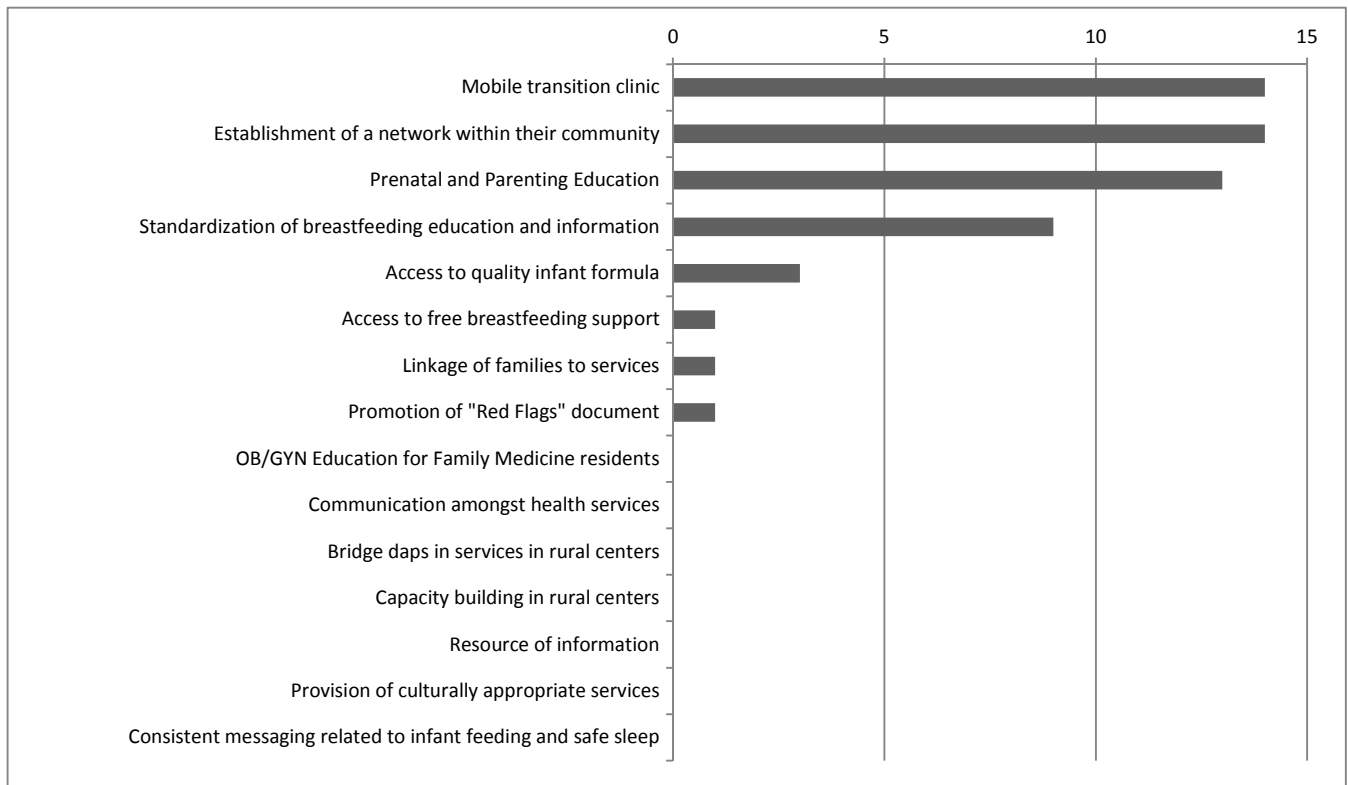
**TABLE 2 - OPPORTUNITIES FOR IMPROVEMENT OF MATERNAL-NEWBORN HEALTH SERVICES AND PROGRAMS**

PRENATAL	LABOUR & BIRTH	POSTNATAL
<ul style="list-style-type: none"> <li>• Prenatal and parenting education during preconception period</li> </ul> <p><u>Suggested strategies:</u></p> <ul style="list-style-type: none"> <li>○ Mandatory preconception education classes to be offered in high schools and post-secondary education agencies (college, university)</li> <li>○ Communication by LHIN and Public Health Units with schools.</li> <li>○ Public awareness campaign led by Public Health Units</li> <li>○ Promotion of existing programs that are currently underutilized (e.g. Triple P Positive Parenting Program, Baby’s Best Start Program)</li> </ul> <ul style="list-style-type: none"> <li>• Increase OB/GYN education for Family Medicine residents in order to build capacity in primary care.</li> </ul>	<ul style="list-style-type: none"> <li>• Improve communication amongst various health care services. Ensure that the information provided to expectant parents at prenatal classes reflects current clinical practices.</li> <li>• Standardize breastfeeding education and information provided to childbearing families.</li> <li>• Bridge gaps in services for high-risk populations in rural centers.</li> </ul> <p><u>Suggested strategies:</u></p> <ul style="list-style-type: none"> <li>○ Explore regional approach to sharing specialty resources (e.g. pediatricians, RTs)</li> <li>○ Explore ways to access specialty services (e.g. opportunities for shared-care via telemedicine, consultation with CHEO’s transport team for stabilization and/or transfer of the newborn)</li> </ul> <ul style="list-style-type: none"> <li>• Build capacity for uncommon situations that occur in rural centers</li> </ul> <p><u>Suggested strategies:</u></p> <ul style="list-style-type: none"> <li>• Explore ways to provide educational offerings (e.g. booster classes, skills drills) facilitated by registered nurses through the late-career initiative.</li> </ul>	<p><b><u>Postnatal : 1<sup>st</sup> week</u></b></p> <ul style="list-style-type: none"> <li>• Explore funding opportunities for a mobile transition clinic that offers services similar to the services being offer by the Monarch Clinic in Ottawa (e.g. maternal and newborn assessment, jaundice/bilirubin evaluations, lactation support, special procedures such as wound care, staple removal)</li> <li>• Explore the creation of a resource (e.g. portal (website), document) for health care providers and childbearing families with up-to-date information on maternal-newborn services and program (specifically breastfeeding services).</li> <li>• Ensure that culturally appropriate health care and social services are available for new immigrants.</li> </ul> <p><b><u>Postnatal: 2<sup>nd</sup> week to 3 months</u></b></p> <ul style="list-style-type: none"> <li>• Ensure access to quality infant formula (liquid formula) for families who have limited financial resources.</li> </ul> <p><u>Suggested strategies:</u></p> <ul style="list-style-type: none"> <li>○ Explore funding opportunities with United Way</li> <li>○ Ensure that families obtain appropriate information on the use of infant formula (e.g. preparation, storage)</li> </ul> <ul style="list-style-type: none"> <li>• Ensure that families have access to free breastfeeding support</li> <li>• Families linked as soon as possible to services</li> <li>• Promote the use of the “Red Flags” document by health care providers (Document that highlights appropriate services to address developmental milestones and problem signs)</li> <li>• Establish a network for maternal-newborn services and programs within their community</li> </ul> <p><u>Suggested strategies:</u></p> <ul style="list-style-type: none"> <li>• Schedule quarterly meetings to continue to have conversations and improve communication, knowledge and collaboration amongst the various health care organizations.</li> <li>• Ensure that health care providers deliver consistent messages related to best practices for infant feeding and safe sleep.</li> </ul>

## PART 4 – Identify Top 3 Priority Recommendations for System Improvement

Participants were asked to vote for the top 3 priority recommendations that were presented in Table 2. The results are presented below in Table 3.

**TABLE 3 - VOTING RESULTS FOR PRIORITY RECOMMENDATIONS FOR SYSTEM IMPROVEMENT**



**The top 3 priority recommendations to address in order to improve maternal-newborn health services and programs in the Eastern Ontario Counties are:**

- Mobile transition clinic
- Establishment of a network within the community
- Prenatal and parenting education during the preconception period

## **CONCLUSION**

The findings and recommendations identified by this focus group will be included in the final regional report that will be produced when all focus groups from across the Champlain and South East LHINs have been completed, as part of this project's deliverables.

This valuable information will be key to the CMNRP network and partner organizations as we all work together to ensure appropriate maternal-newborn health services are available and explore opportunities to enhance awareness about them.

## **ACKNOWLEDGMENTS**

CMNRP would like to sincerely thank the participants for their time, participation and contributions in the focus group. Thank you also to the **Eastern Ontario Health Unit** for its assistance in planning and for hosting the session.

## APPENDIX A

### LIST OF MATERNAL-NEWBORN HEALTH SERVICES AND PROGRAMS (FROM PREGNANCY TO POSTNATAL PERIOD)

#### - Eastern Ontario Counties –

(Stormont, Dundas, Glengarry, Prescott/Russell & Akwesasne)

#### Pregnancy Confirmation/Test:

- Pharmacy
- Walk-in Clinic
- Family Medicine: Private Practices
- Family Health Teams: [Lower Outaouais FHT](#) (Hawkesbury); [Plantagenet FHT](#) (Plantagenet); [Clarence-Rockland FHT](#) (Rockland)
- Community Health Centres: [Centre de santé communautaire de l'Estrie](#) (Alexandria, Bourget, Cornwall, Crysler, Embrun); [Seaway Valley Community Centre](#) (Cornwall)
- Aboriginal Health Access Centres: Akwesasne Medical Clinic, Kawehnoke Medical Clinic
- Diagnostic Imaging Clinics (hospital or community)
- Medical Laboratories (hospital or community)
- Eastern Ontario Health Unit: [Young Adult Centre](#) (Alexandria, Casselman, Cornwall, Hawkesbury, Vankleek Hill, Rockland, Winchester)



#### Prenatal Care:

- OB/GYN: Private Practices
- Family Medicine: Private Practices
- Midwifery Practices: [Gentle Beginnings Midwifery](#) (Cornwall, Winchester, Embrun); [East Ottawa Midwives](#) (Ottawa)
- Family Health Teams: [Lower Outaouais FHT](#) (Hawkesbury); [Plantagenet FHT](#) (Plantagenet); [Clarence-Rockland FHT](#) (Rockland)
- Community Health Centres: [Centre de santé communautaire de l'Estrie](#) (Alexandria, Bourget, Cornwall, Crysler, Embrun); [Seaway Valley Community Centre](#) (Cornwall)
- Aboriginal Health Access Center: Akwesasne Medical Clinic (Kanatakon), primary care physician
- Hospital Outpatient Clinics: Hawkesbury General Hospital – [Obstetrics Clinic](#)
- Diagnostic Imaging Clinics (hospital or community)
- Medical Laboratories (hospital or community)
- [Children's Aid Society – Stormont, Dundas & Glengarry](#) (Cornwall)
- [Valoris for Children and Adults of Prescott-Russell](#) (Plantagenet)



#### Prenatal/Nutrition/Parenting/Breastfeeding Education:

- Eastern Ontario Health Unit:
  - [In-Person Prenatal Classes](#): Rockland, Hawkesbury, Cornwall, Casselman, Alexandria, Winchester
  - Online Prenatal Course "[A New Life](#)"
  - [Baby's Best Start](#) – Canadian Prenatal Nutrition Program (CPNP): Rockland, Hawkesbury, Cornwall, Casselman, Alexandria, Winchester) \* offers food vouchers (eggs, orange juice, milk and prenatal supplements)
  - [Feeding your Baby – Information Session](#): Rockland, Hawkesbury, Cornwall, Casselman, Alexandria, Winchester
  - [Green Food Box](#): Casselman, Clarence-Rockland, Cornwall, Hawkesbury/Alfred, North Dundas, South Dundas, North Glengarry and North Stormont
  - [Nutri-Basket](#) (guided supermarket tours): Rockland, Hawkesbury, Cornwall, Casselman, Alexandria, Winchester
  - [Healthy Babies, Healthy Children](#)
  - Health Line: 613-933-1375 or 1-800-267-7120



### **Prenatal/Nutrition/Parenting/Breastfeeding Education (cont'd):**

- Baby's Best Start Pregnancy Support Group (Cornwall)
- La Leche League Eastern Ontario: [Cornwall](#), [Winchester/Kemptville](#), [Ottawa East](#)
- Community Health Centres: [Centre de santé communautaire de l'Estrie](#) (Alexandria, Bourget, Cornwall, Crysler, Embrun);
- Ontario Early Years Centers: Casselman, Embrun, Hawkesbury, Rockland, Alexandria, Cornwall, Long Sault, Morrisburg, Iroquois, Williamstown, Winchester
- Prenatal Tours: [Hawkesbury General Hospital](#); [Cornwall Community Hospital](#)
- [Mohawk Council of Akwasasne](#): Kanonhkwa't'sheri:io Health and Social Facility

#### Community Health Program

- One-to-one or group prenatal circles
- One-to-one or group childbirth circles
- One-to-one breastfeeding session(s)
- Tahonata'karita'kie Healthy Arrivals Prenatal Food Vouchers
- Ronatákaritenion Owiráshon:'a Ronatákaritenion Ratiksáokon: a Healthy Babies Healthy Children
- etewatska:hon Green Food Box
- Maternal Child & Nutrition Services: Prenatal Nutrition; Postnatal Nutrition; Baby/Infant/Toddler/Family Nutrition Services

#### Tekanikonrahwa:kon Wholistic Health and Wellness Program

- Traditional Medicines
- Traditional Birthing Classes
- Traditional Parenting for Young Families
- [Groupe Action for the Children, Family and Community of Prescott-Russell](#): Embrun, Hawkesbury, Rockland, Alfred-Bourget
- [Ottawa Birth and Wellness Center](#) (Ottawa)
- [Children's Aid Society –Stormont, Dundas & Glengarry](#) (Cornwall)
- [Valoris for Children and Adults of Prescott-Russell](#) (Plantagenet)
- [OMama](#) (app/website)
- [The Canadian Association of Family Resource Programs](#) (FRP Canada)
- [Dad Central Ontario - 24hr Cribside Assistance](#) (online resource for fathers)
- [EatRight Ontario](#): Nutrition information and telephone line to speak with a registered dietitian



### **Childbirth:**

- Hospitals: [Hawkesbury General Hospital](#); [Cornwall Community Hospital](#); [Winchester Memorial Hospital](#)
- [Ottawa Birth and Wellness Center](#) (Ottawa)
- Midwifery Practices: [Gentle Beginnings Midwifery](#) (Cornwall, Winchester, Embrun); [East Ottawa Midwives](#) (Ottawa)



### **Post-partum/Post-birth:**

- Family Medicine: Private Practices
- OB/GYN: Private Practices
- Pediatricians : Private Practices
- Midwifery Practices: [Gentle Beginnings Midwifery](#) (Cornwall, Winchester, Embrun); [East Ottawa Midwives](#) (Ottawa)
- Family Health Teams: [Lower Outaouais FHT](#) (Hawkesbury); [Plantagenet FHT](#) (Plantagenet); [Clarence-Rockland FHT](#) (Rockland)
- Hospital Outpatient Clinics: Hawkesbury General Hospital – [Newborn Follow-up Clinic](#)
- Eastern Ontario Health Unit:
  - [Healthy Babies, Healthy Children](#)
  - [Watch Me Grow Drop-In Centres](#): Alexandria, Alfred, Casselman, Cornwall, Embrun, Hawkesbury, Morrisburg, Rockland, Winchester

### Post-partum/Post-birth (cont'd):

- [Immunization Clinics](#): Cornwall, Alexandria, Hawkesbury, Casselman, Winchester, Rockland
- Community Health Centres: [Centre de santé communautaire de l'Estrie](#) (Alexandria, Bourget, Cornwall, Crysler, Embrun); [Seaway Valley Community Centre](#) (Cornwall)
- Ontario Early Years Centers – Casselman, Embrun, Hawkesbury, Rockland, Alexandria, Winchester, Cornwall, Long Sault, Morrisburg, Cornwall, Iroquois, Williamstown
- [Period of Purple Crying Program](#) (Partnership with EOHU and 3 Eastern Ontario birthing hospitals)
- [Mohawk Council of Akwesasne](#): Kanonkwat'sheri:io Health & Social Facility
  - [Community Health Program](#)
    - Ronatákaritenion Owiráshon:'a Ronatákaritenion Ratiksáokon:'a Healthy Babies Healthy Children Home visiting services
    - Community Health Nurse home visiting services
    - Community Health Representative
  - [Tekanikonrahwa:kon Wholistic Health and Wellness Program](#)
    - Aboriginal Health Access Centers: Akweasne Medical Clinic, Kawehnoke Medical Clinic (primary care providers/nurse practitioners/ pediatrician/ well child clinics)
- Mohawk Council of Akwesasne CIA III
  - [Home Care Program](#)
    - Home care nursing services
    - Home support: personal support workers
- [Nippising District Developmental Screen](#)



### Breastfeeding Support:

- Eastern Ontario Health Unit:
  - [Healthy Babies, Healthy Children](#)
  - [Watch me Grow Drop-In Centres](#): Alexandria, Alfred, Casselman, Cornwall, Embrun, Hawkesbury, Morrisburg, Rockland, Winchester
  - Health Line: 1-800-267-7120
- Midwifery Practices: [Gentle Beginnings Midwifery](#) (Cornwall, Winchester, Embrun); [East Ottawa Midwives](#) (Ottawa)
- La Leche League Eastern Ontario: [Cornwall](#), [Winchester/Kemptville](#),
- Community Health Centres: [Centre de santé communautaire de l'Estrie](#) (Alexandria, Bourget, Cornwall, Crysler, Embrun); [Seaway Valley Community Centre](#) (Cornwall)
- [Mohawk Council of Akwesasne](#): Kanonkwat'sheri:io Health & Social Facility
  - [Community Health Program](#)
    - Certified Lactation Counselors (CLC) Monday-Friday, 8:00 a.m. to 4 p.m., (closed for statutory and designated holidays).
    - IBCLC, after hours, evening & weekends by referral only, please call CLC.
- Lactation Consultants - private practices: Lyne Lacroix: 613-361-7441 (Prescott-Russell, Stormont, Dundas and Glengarry); Carol Branchaud: 613-360-2197 (Cornwall)
- Telehealth Ontario 24/7 Breastfeeding Support: 1-866-797-0000 or TTY 1-866-797-0007
- Breast pump rental services: [Medela](#) , Jean Coutu (Cornwall, Hawkesbury, Rockland), [Ontario Medical Supply](#) (Ottawa), Shoppers Home Health Care (Ottawa)
- [Best Start Resource Center](#) (free, bilingual on-line course on breastfeeding)
- [Motherisk](#): Medication and breastfeeding: 1-877-439-2744; alcohol and substance: 1-877-327-4636 or
- [Breastfeeding Inc-Jack Newman](#)

## SPECIAL SERVICES ALSO ACCESSED BY WOMEN/FAMILIES

### Fetal Anomalies or Life Limiting Diagnosis

- The Ottawa Hospital: [Maternal Fetal Medicine Clinic](#), [Ultrasound Unit: Obstetrics and Gynaecology](#) \*offers diagnostic and therapeutic services (ultrasound, amniocentesis, chorionic villi sampling, cordocentesis, fetal echocardiography, Doppler studies)
- [CHEO Regional Genetics Program](#)
- [Roger Neilson House](#) \*offer perinatal hospice, end of life care, respite care, grief support and bereavement care

### Perinatal Loss (Miscarriage, Termination of Pregnancy, Stillbirth, Neonatal Death)

- The Ottawa Hospital: [Maternal Fetal Medicine Clinic](#),
- [CHEO Regional Genetics Program](#)
- [Roger Neilson House](#) \* grief support and bereavement care
- Bereaved Families of Ontario – [Cornwall region](#)
- Mohawk Council of Akwesasne: Kanonkwat'sherio Health & Social Facility  
[Tekanikonrahwa:kon Wholistic Health and Wellness Program](#)
  - Traditional Medicines
  - Mental Health Services
- [Pregnancy and Infant Loss Network](#) (PAIL Network)

### Preterm Birth

- CHEO: [Neonatal Follow-up clinic](#)
- [Ottawa Children's Treatment Centre](#) (Cornwall)
- Hawkesbury & District Hospital: [Children's Rehabilitation Program of Eastern Ontario](#)
- Mohawk Council of Akwesasne: Kanonkwat'sherio Health & Social Facility  
[Department of Health: Non-Insured Health Benefits](#)
  - Financial support for lodging, transportation costs of families with high-risk pregnancies and pre-term birth

### High Risk Pregnancies

- The Ottawa Hospital: [Maternal Fetal Medicine/High Risk Pregnancy Unit](#); [Placenta Health Clinic](#); [Special Pregnancy Unit](#) \*Type 1 & 2 diabetes, gestational diabetes, thyroid disease, hypertension and other medical conditions; [Division of Neonatology](#) \*antenatal consultation clinic (provide counseling, education and support to families and formulate postnatal management plans)
- Mohawk Council of Akwesasne: Kanonkwat'sherio Health & Social Facility  
[Department of Health: Non-Insured Health Benefits](#)
  - Financial support for lodging, transportation costs of families with high-risk pregnancies and pre-term birth.

### Adoption and Foster Care

- [Valoris for Children and Adults of Prescott-Russell](#) (Plantagenet)
- [Children's Aid Society –Stormont, Dundas & Glengarry](#) (Cornwall)
- [Adoption Council of Canada](#) (Ottawa)
- [Adoption Council of Ontario](#) (Toronto)
- [Ministry of Community and Social Services](#) (Toronto)
- Mohawk Council of Akwesasne: Kanonkwat'sherio Health & Social Facility  
[Department of Community and Social Services: Akwesasne Child and Family Services Program](#)
  - S.A.F.E structured analysis family evaluation
  - P.R.I.D.E Training
- Mohawk Council of Akwesasne: Justice Department
  - Legal Counsel for preparation of Custody and Control Documents

### Family Violence, Sexual Assault, Woman Abuse, Child Abuse and Welfare

- [Naomi's Family Resource Centre](#) (Winchester)
- Assaulted Women's Helpline: 1-866-863-0511 or TTY 1-866-863-7868
- Maison Interlude House (Hawkesbury, Alexandria)
- [Maison Baldwin House](#) (Cornwall)
- Cornwall Community Hospital: [Assault and Sexual Abuse Program](#)

- [Hawkesbury General Hospital](#) – Counselling Service of Prescott-Russell for Women Victims/Survivors of Sexual Assault (Hawkesbury)
- [Counselling and Support Services of Stormont, Dundas and Glengarry](#) (Cornwall)
- [Centre Novas](#) –CALACs francophone de Prescott-Russell (Casselman)
- [Sexual Assault Support services for Women of SDG&A](#) (Cornwall)
- Mohawk Council of Akwesasne: Kanonkwat'sheri:io Health & Social Facility  
Department of Community and Social Services
  - [Akwesasne Child and Family Services](#) Program
  - Department of Community and Social Services: Iethiisten:ha Akwesasne Family Wellness Program
    - 16 week residential program for women & children who have been victims of or exposed to abuse
    - 24 hour crisis line 1-800-480-4208
    - Referrals, advocacy, support and education
    - Domestic violence education: individual or group
    - Cultural and traditional teachings
    - Outreach programming
    - Men for Change Program
- [Children's Aid Society –Stormont, Dundas & Glengarry](#) (Cornwall)
- [Valoris for Children and Adults of Prescott-Russell](#) (Plantagenet)
- [Femaide](#) – Ligne de soutien pour femmes touchées par la violence
- Assaulted Women's Helpline: 1-866-863-0511 or TTY 1-866-863-7868

### Shelter and Transitional Housing

- [Maison Interlude House](#) (Hawkesbury, Alexandria)
- [Naomi's Family Resource Centre](#) (Winchester)
- [Maison Baldwin House](#) (Cornwall)
- Mohawk Council of Akwesasne: Iethiisten:ha Akwesasne Family Wellness Program

### Drug, Alcohol and Smoking

- [Addiction Services of Eastern Ontario](#)
- Cornwall Community Hospital: [Community Addiction and Mental Health Centre](#)
- Drug and Alcohol Helpline: 1-800-565-8603
- [Centre for Addiction and Mental Health](#) (CAMH)
- The Ottawa Hospital: [Maternal Fetal Medicine/High Risk Pregnancy Unit](#)
- Eastern Ontario Health Unit: [MyQuit.ca](#); [Quit Smoking Online](#)
- [Motherisk](#) (Alcohol and Substance): 1-877-4636
- [Al-Anon/Alateen Family Groups](#) – Stormont, Dundas and Glengarry, Prescott-Russell (Ottawa)
- [Alcoholics Anonymous](#) (Hawkesbury, Cornwall, Williamstown, Lancaster, Winchester, Moose Creek, Casselman, Russell, Metcalfe)
- [Canadian Mental Health Association](#)
- [Change for Health Care](#) (Cornwall)
- Cornwall Community Hospital: [Addiction Services, Community Withdrawal Management Services](#)
- [Seaway Valley Community Centre](#) (Cornwall)
- Hawkesbury General Hospital: [Community mental health and addiction services](#) (Rockland, Hawkesbury, Casselman)
- Mohawk Council of Akwesasne: Kanonkwat'sheri:io Health & Social Facility  
Department of Health: Community Health Program
  - Tobacco Cessation Services
  - Department of Health: Tekanikonrahwa:kon Wholistic Health and Wellness Program
    - Drug and alcohol assessment
    - One to one counselling
    - 10 week out-patient program
    - In-patient referrals
    - Aftercare services
    - Co-dependency services
    - Smoking addiction services

- Relapse prevention
- Youth alcohol and drug preventative education
- Strengthening families private in-home sessions, breaking cycles of addiction

### **Perinatal Mental Health**

- Psychotherapists: Private Practices
- Psychologists: Private Practices
- Individual, Couple and Family Therapists: Private Practices
- Psychiatrists: Private Practices
- [Centre de santé communautaire de l'Estrie](#) (Alexandria, Bourget, Cornwall, Crysler, Embrun)
- [Canadian Mental Health Association – Champlain East](#) (Hawkesbury, Cornwall)
- Cornwall Community Hospital: [Mental Health Services](#)
- [Children's Aid Society –Stormont, Dundas & Glengarry](#) (Cornwall)
- [Valoris for Children and Adults of Prescott-Russell](#) (Plantagenet)
- [Prescott-Russell Community Mental Health Centre – Hôpital Montfort](#) (Rockland)
- [Centre Royal-Comtois](#) (Hawkesbury)
- Child, Youth and Family Crisis Line for Eastern Ontario: 613-260-2360 or 1-877-377-7775
- Mohawk Council of Akwesasne: Kanonkwat'sher:io Health & Social Facility  
Department of Health: Tekanikonrahwa:kon Wholistic Health and Wellness Program
  - Aboriginal Health Access Centers: Akwesasne Medical Clinic, Kawehnoke Medical Clinic (primary care providers/nurse practitioners/pediatrician/well child clinics)
  - Mental Health and Addiction Services
  - Traditional Medicines
- Distress Centre: 613-238-3311