

# McCain Centre Speaker Series

March 4, 2019

## Well-Child Visits: Time for a Mental Health Checkup?

### SPEAKERS

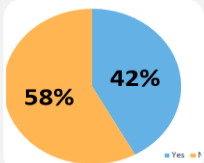
**Dr. Alice Charach** is Associate Professor, Department of Psychiatry, University of Toronto and Staff Psychiatrist, Department of Psychiatry, Hospital for Sick Children. She specializes in assessment and treatment of children and youth with attention, learning and behavior difficulties. Her research interests include early identification of mental health problems in preschool children.

**Dr. Katherine Cost**, Ph.D. is a Research Associate at the Hospital for Sick Children with Dr. Peter Szatmari. She is working with the POND, TARGetKids! and Pathways multi-site longitudinal data projects to understand the relationship between parent variables and child developmental outcomes.

### PEOPLE WHO WERE THERE SAID:



100% learned something new.



42% planned to change an aspect of their practice, research or work based on knowledge gained.



96% thought the presentation was relevant and useful.

**#McCainatCAMH**

### OBJECTIVE

To describe the early stages of mental health research within the TARGetKids! cohort.

*“The TARGetKids! research group partners with community health care providers, families and children to create knowledge that will raise healthy children together.”*



Dr. Katherine Cost and Dr. Alice Charach

### KEY MESSAGES

- Early identification of mental health problems in young children offers the best opportunity to improve mental health outcomes.
- Survey data about children can provide information about many areas, but relies on the parent as informant. Context matters.

**camh** | The Margaret and Wallace McCain Centre for Child, Youth & Family Mental Health

The McCain Centre Speaker Series is a monthly one-hour lunch and learn session.

For more information: [McCain.Centre@camh.ca](mailto:McCain.Centre@camh.ca)

This Speaker Series is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by Continuing Professional Development, Faculty of Medicine, University of Toronto.