

# Parents as Partners Conference

Workshop Session: B11

Room: 204A

## How do I navigate a Mental Health Crisis with my child?

Mental Health and Well-Being Parent Partnership Committee

It can be overwhelming to seek and connect with support when your child is dealing with a mental health crisis. What do I do? Where do I turn for help? How do I handle this? Hear some ideas on how to navigate this journey from a panel including: Child Psychiatrist, Senior Manager of Professional Support Services at TDSB and a parent who through her own experience has accessed support for her child and now works as an advocate for children and families seeking mental health services.

### Dr. Amy Cheung

Adolescent Psychiatrist MD, MSC

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Dr. Amy Cheung is an Associate Professor in the Department of Psychiatry, University of Toronto and is on staff at the Mood and Anxiety Disorders Program at Sunnybrook Health Sciences Centre. Dr. Cheung is an adolescent psychiatrist and works clinically with youth with mood and anxiety disorders. Dr. Cheung conducts research in the management of mood disorder in adolescents and young adults by primary care providers, and the transition between high school and post-secondary education for youth with mental illness. Dr. Cheung holds the Bell Canada in Adolescent mood and anxiety disorder.

### Marcia Powers-Dunlop

Senior Manager Professional Support Services Toronto District School Board

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Marcia is the Senior Manager of Professional Support Services for the Toronto District School Board. Working as a Social Worker for more than 35 years, Marcia has extensive experience helping children and youth who exhibit a variety of social-emotional problems and consulting with their families and school Staff. In her current role, she oversees five services within professional support services and works closely with community agencies to develop partnerships to enhance service to Toronto District School Board students. Marcia serves on a number of community agency boards and committees.

### Kimberly Moran

President and CEO of Children's Mental Health Ontario

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Kim became President and CEO of Children's Mental Health Ontario in mid-2014. She serves or has served on a number of health care-related boards and committees contributing her healthcare, financial and fundraising expertise to organizations such as North York General Hospital, Sunnybrook Hospital, and the Canadian Mental Health Association – Toronto. Kim is especially passionate about improving the delivery of children's mental health treatment in communities because of her personal experience as mother of a daughter who became seriously ill when she was only 11 years old. Kim is highly regarded as a thought leader and popular speaker particularly around designing systems of care that work for kids and families.