

# Welcome to SDBS

## Specialized Developmental and Behavioural Services

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SDBS is a service within the Developmental Pediatrics and Rehabilitation (DPR) Program. We work with other programs at McMaster Children's Hospital and community partners such as pre-schools and schools.



This booklet can help you learn about our services and how we can help you.

If you have questions or would like more information, please call our Intake Department at **905-521-2100** ext. **77950**.

### What does SDBS do?

The SDBS team provides support to:

- children 2 to 18 years of age with intellectual disabilities, and
- children 2 to 6 years of age with significant social, emotional and behavioural concerns.

**We are committed to helping families get the services and support they need to reach their goals.**

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## What services does SDBS provide?



We provide assessment, treatment and consultation to:

- individuals
- parents and caregivers
- families
- pre-schools, schools and day care centres
- community agencies

Our services include:

- assessment and consultation about parenting support and skill-building, development, behaviour, communication and play
- developmental pediatric consultation
- psychological assessment
- counselling for parents and/or families
- couple counselling as it relates to your child's special needs
- individual or group treatment
- support groups for parents
- workshops for children, teens and adults
- educational workshops
- information about other services and resources, and support to access them

## How can my family get support from SDBS?

You and a clinician from SDBS will discuss your needs, the choice of services and your involvement. We support your decisions about your involvement with our team, including when you feel you no longer need our services.

Depending on the needs of your child and family:

- you may receive services at the Ron Joyce Children's Health Centre, in your home, or in the community (for example, at school)
  - you may meet one or more of the health professionals on our team
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## Who are the members of the SDBS team?

We have many health professionals on our team, including:

- Behaviour Therapist
- Developmental Pediatrician
- Psychologist and Psychometrist
- Social Worker
- Early Childhood Resource Specialist (for children 2 to 6 years old)
- Speech-Language Pathologist (for children 2 to 6 years old)

## How can we work together?



**We believe that parents and caregivers are the most important people in a child's life.**

**We value your role...you know your child best!**

You can help us by sharing information about your:

- child's development and medical history
- child's strengths
- concerns you may have about your child
- parenting style and background

We will work together to develop a plan to support you, your child, and your family. An important part of helping your child is learning how to advocate for your child and yourself. This means getting the best for your child and standing up for your child's needs.

## Groups for school-age children

SDBS offers many groups for school-age children with intellectual disabilities.

For more information about our groups, call Kelly Wynne, Behaviour Therapist, at **905-521-2100** ext. **77280**.

Group	Details
<b>Tween Talk</b>	<ul style="list-style-type: none"> <li>• For children 10 to 12 years old</li> <li>• 12 sessions</li> <li>• Helps pre-teens build social skills</li> </ul>
<b>Teen Talk Transitions</b>	<ul style="list-style-type: none"> <li>• For teenagers about to start Grade 9</li> <li>• 14 sessions</li> <li>• Helps teens understand relationships and build social skills needed for high school</li> </ul>
<b>Teen Talk</b>	<ul style="list-style-type: none"> <li>• For young teens, 13 to 15 years old</li> <li>• 14 sessions</li> <li>• Helps teens talk and interact with each other</li> </ul>
<b>Teen Talk 2</b>	<ul style="list-style-type: none"> <li>• For older teens, 15 to 18</li> <li>• 14 sessions</li> <li>• An advanced group that helps teens learn more about interacting with others and healthy sexuality</li> </ul>
<b>Girls Only Group</b>	<ul style="list-style-type: none"> <li>• For young girls</li> <li>• Offered as needed</li> <li>• 5 sessions</li> <li>• Helps young girls learn about changes relating to puberty and how to care for themselves</li> </ul>
<b>Moms Only</b>	<ul style="list-style-type: none"> <li>• For mothers of girls entering puberty whose needs may not be best met in a group setting</li> <li>• A 1 or 2 evening workshop</li> </ul>

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## How can I meet other parents?

### Exceptional Families

- A support group for parents and caregivers of children with developmental disabilities.
- Facilitated by Social Workers in the Developmental Pediatrics & Rehabilitation Program and the Autism Spectrum Disorder Program.
- The group takes place the 1<sup>st</sup> Wednesday of each month, from 6:30 to 8:00 pm at the Ron Joyce Children's Health Centre. **Please note: childcare is not provided.**
- For more information, contact Rebecca Lester, Social Worker at **905-521-2100 ext. 77290.**

## What supports are available in the community for parents?

We encourage you and your child to go to community workshops and groups for information and support. Check the **Growing Together Flyer** at [www.mchcommunityed.ca/](http://www.mchcommunityed.ca/) for the most current offerings.

If you live in Hamilton and need information about recreation programs, summer camps, counselling services, respite or other community services, **CONTACT Hamilton** can help. Visit [www.contacthamilton.ca](http://www.contacthamilton.ca) or call **905-570-8888**.

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## **Where can I find information about parenting and child development?**

We invite you to visit the Family Resource Centre on the 1st floor of the Ron Joyce Children's Health Centre. You will find books, videotapes, and other materials on parenting and child development. There is also a computer so you get information from the Internet.

## **How and when is information shared about my child or family?**

You and your family may work with many health professionals from McMaster Children's Hospital. They share information that is important to your child's care, by writing it in your child's health record. Health professionals may also collect some information about your child's care for quality improvement activities and government statistics.

Your written permission is needed to share information about your child with anyone outside the hospital. However, the law requires us to make some exceptions, such as reporting any suspected child abuse or neglect to the Children's Aid Society.

By law, you have the right to ask for and get information about your child.

If you have questions about information practices at the hospital:

- Go to [www.hamiltonhealthsciences.ca](http://www.hamiltonhealthsciences.ca) and click on 'Patient Privacy' at the bottom of the page
- Contact the Privacy Office at [privacy@hhsc.ca](mailto:privacy@hhsc.ca) or **905-521-2100**, ext. **75122**.

## **Are students involved in SDBS?**

Yes. SDBS is part of McMaster Children's Hospital, a 'teaching hospital' that provides training for doctors, nurses and other health professionals. Each student is supervised by a fully-trained health professional. Students also follow the laws that protect your right to privacy.

With your permission, students may be involved with your child's care. Deciding not to have students does not affect your care in any way.

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## Does SDBS take part in research?

Yes, taking part in research helps us learn new knowledge and improve our services. We will tell you about any research studies that are taking place at SDBS. You can decide whether or not you wish to take part. Your decision will not affect your family's care in any way.

We will ask for your written permission (consent) before you are included in any research study. Your name and personal information will not be disclosed to anyone who is not involved with the research.

## What should we do if we have compliments or concerns?

We welcome your feedback. Please take a few minutes to fill out our 'Quality Counts' postcard to tell us about your experience at McMaster Children's Hospital.

Hearing from parents and families is the best way to improve our care and services. Please be reassured that raising a concern will not affect your child's care in any way.



If you have a concern, please tell us as soon as possible. Feel free to speak directly with the staff involved. You can speak to the clinician providing services for your child, or call:

- Josh Diacur, Clinical Leader **905-521-2100**, ext. **77070**
- Dr. Olivia Ng, Psychologist **905-521-2100**, ext. **77228**

If you would like help with a concern, the Patient Relations Department can help you work with the health care team to resolve any issues.

E-mail [patientrelations@hhsc.ca](mailto:patientrelations@hhsc.ca) or call **905-521-2100** ext. **75240**



More information about working with the health care team is available in the parents' guidebook, called **Mutual Respect**. Ask a team member for a copy of this booklet or go to [www.hhsc.ca/ped](http://www.hhsc.ca/ped) and enter 'mutual respect' in the search box.

### Notes and questions

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