



OTTAWA CHILDREN'S TREATMENT CENTRE (OCTC) FACT SHEET

History and Mandate

- The Ottawa Children's Treatment Centre (OCTC) was founded in 1951 (under a different name). Today, we serve more than 3600 children and youth (annually), and some specific adults, with significant physical, developmental and/or behavioural and communications needs, and their families.
- We are one of a handful of children treatment centres in the province with a regional mandate. The area served by OCTC in the Champlain Region stretches across the eastern Ontario counties of Prescott/Russell, Stormont/Dundas/Glengarry, to north Lanark, the vast area covered by Renfrew County, and the City of Ottawa.
- We are fully accredited and have met (in some cases exceeded) national quality standards for many years.

Innovative Services

- We are a leader in providing specialized care, through an interdisciplinary approach, for those with multiple physical, developmental and associated behavioural needs. Our services include: assessment, diagnosis, consultation and rehabilitation therapy.
- Type of disabilities: cerebral palsy, developmental delay, brain injury, spina bifida, speech and language disorders, autism spectrum disorders, etc.
- Type of services and therapies: specialized medical clinics, physiotherapy, occupational therapy, speech language pathology, behavioural consultation, psycho/social services, augmentative communication, seating and mobility, recreation therapy, respite care, etc.
- Our lifecycle model of clinical service delivery enhances integration and seamlessness. We provide a centralized intake service, with access based on functional needs regardless of diagnosis.
- Enhanced life skills training is designed to strengthen core supports to youngsters beyond early childhood (0-6).
- We receive between 70 and 80 client referrals a month.



Regional and Cultural Mandate

- OCTC recognizes that we are one part of the system of care and support that needs to be in place to support children and youth with special needs and their families. Outreach is a cornerstone of our approach to delivering services. Accessibility to the wide range and mix of programs and services is critical to being a resource to families living across the region (e.g., monthly seating and mobility clinics in Renfrew, augmentative communication and technical services consultation to service providers and clients in the southern part of the region, recreation therapy program in Cornwall, liaison teachers visiting children in their home and school across Ottawa).
- The Champlain Region served by OCTC has 1,200,000 people (9.5% of the population of Ontario). The population is increasing, on average, by 0.9% per year, and is characterized by a diversity of urban and rural communities. French is the mother tongue for more than 20% of residents. Based on census and PALs (Participation and Activity Limitation Survey), in the regional area that OCTC serves, there are between 3,000 and 6,000 children and youth with moderate to severe disabilities. As a regional provider of specialized services, OCTC has chosen to establish “hubs” or sites of service to improve access for all residents in the Champlain Region.



- We provide services in English and French while striving to meet the needs of a culturally diverse community, through access to cultural interpreters. French is the mother tongue of over 20% of residents, while 67% are English and the remainder reflects a diversity of languages and cultures.



Health Promotion: Examples of OCTC's Leadership and Commitment

- OCTC places a strong emphasis on health promotion/prevention (e.g., through OCTC's Infant Development Service and through partnerships with the Early Years' Centres and Best Start initiative). We are a significant partner with the City of Ottawa, which directs funds to us to deliver key services such as our regional and site-based preschools. Particularly popular programs include drop-in playgroups, toy lending libraries and parenting programs.
- *Early Identification:* Our developmental pediatrician and physiotherapist provide consultation services to the Neo-Natal Clinic at CHEO to identify newborns at risk for developmental delays. In the Champlain Region, 5.4% of infants born between 1999 and 2001 were of low birth weight, and the infant mortality rate in the region (6.1 per 1000 live births) is the highest LHIN-level rate in the province.
- *Infant Development:* Specialists provide consultation and intervention services to “at risk” young children who have been identified by their family doctor or a public health nurse. Home or community visits are commonplace. (Example: OCTC staff work independently with community health centre staff to run a social playgroup, where new and often very young mothers are observed having difficulty stimulating their baby [maintaining eye contact or never taking the baby out of the stroller]. OCTC staff would supportively model new ways for the mothers to parent, encouraging normal physical skill development such as sitting, standing and crawling prior to walking.)
- *Community Participation and Integration:* School-aged youth who may not be seen “in therapy” at OCTC any more but, nevertheless, continue to have special needs access our recreation and leisure services. By becoming involved in team sports such as sledge-hockey and mini-wheelchair basketball, youth with physical disabilities are building social and physical skills — and may then be ready to join a community-based adapted sports program.
- *Mentors:* Former clients of OCTC and other individuals provide inspirational sessions with a realistic “I've been there” message to young people who don't want to just hear from their parents that they can “reach for the stars” (e.g., the captain of Canada's sledge hockey team and paralympian athletes in track and field and basketball speak to teenagers participating in the summer program experience).
- *Safe Transportation:* OCTC operates a First Riders program and bus driver education sessions to educate clients and families on how to board and use a bus safely.



Partnerships and Linkages

- Active partnerships with community agencies with a mutual client base create strong, viable and sustainable programs (e.g., City of Ottawa, Early Years Centres, preschool speech and language and developmental service agencies). We have developed strong service delivery partnerships, policy/planning and academic/best practice/research linkages, and play a co-leadership role on the local Children's Coordinated Access and Referral to Services Steering Committee.

Staff and Volunteers

- With more than 210 staff representing a wide range of health and social service professionals in 12 disciplines, as well as in human resource, finance, administrative and information management staff, OCTC is an employer of choice.
- Volunteers contribute annually through a variety of important activities that support OCTC (ranging from clinical to administrative).