



Network News



APIN UPCOMING EVENTS

A Look Inside

Page 1

Upcoming events

Page 2

Presentation Summary
"This is Me"

Pages 3-4

Presentation Summary
APIN Spring Conference

Page 5

Message From The Chair

Page 6

**Western Canada
Conference**

WHO ARE WE?

The Adolescent Parent Interagency Network (APIN) is a network of Manitoba service providers who meet regularly with the goal of ensuring high quality service to pregnant and parenting adolescents. The Network helps facilitate the sharing of information related to existing services and resources.

APIN Lunch & Learn

Harm Reduction Workshop

Tues., September 16, 2008

Noon—2:00pm

Crossways in Common
222 Furby

Presenters: Margaret Bryans
RN BN, Coordinator, Manitoba
Harm Reduction Network and
Adina Lakser, MHRN Trainer

Join us for a fast paced workshop with lots of opportunity for discussion on Harm Reduction. Aside from answering the age old question "What does non-judgmental care actually mean?", this workshop will define Harm Reduction, explore risk assessment, and apply it to practice contexts...all in two hours!

Lunch provided by APIN

Preregistration is required.

**Please RSVP to Dana at 224-1831 or via email at
info@apin.org
by September 8, 2008**

APIN Adolescent Parent's Day

Tues., October 21, 2008

10:00am—2:30pm

Join us for our annual day full of fun activities for adolescent parents and the service providers who accompany them. This special event is free of charge and babies are welcome as the day's activities are planned for parents and babies together.

(Note that childcare will not be provided)

**Please register by
October 10, 2008**

**Service Providers—
please call Dana at
224-1831 to register
participants.**

Lunch will be provided

APIN'S 1st Western Canada Conference

May 7 & 8, 2009
Victoria Inn, Winnipeg
1808 Wellington Ave.

Two full days of exciting speakers and workshops relevant to the work we do with pregnant and parenting teens.

Keynote speakers include **Dr. Karp**, pediatrician and author of "Happiest Baby" & "Happiest Toddler" and **Kim Barthel**, well known presenter on neuro-development and self regulation in attachment parenting. The conference will also offer a wide variety of engaging workshops to choose from.

The Steering Committee is in the process of finalizing the conference program. Details will be available on the website shortly, included in the next newsletter, along with a brochure for distribution!

Watch for details and help up spread the word!

**“THIS IS ME”— A TOOL FOR LEARNING
ABOUT AND WORKING WITH
PEOPLE WHO HAVE
FETAL ALCOHOL SPECTRUM DISORDER**

**MAY 13, 2008
MOUNT CARMEL CLINIC**

Judy Daly, Program Counsellor with The Interagency FASD Program, presented the “This is Me” learning tool to APIN members. “This is Me” is a software CD and Learning Guide to assist families, caregivers, educators and others gain a better understanding of Fetal Alcohol Spectrum Disorder. The CD ROM (for Mac and Windows) introduces the animated character of *Me* with FASD. *Me*, in his daily experiences at home, school, and in the community visually demonstrates the frustration felt when the environment around him is a poor fit.

Judy showed a few examples from the CD. Each brief animation presents a specific scenario involving the *Me* character to illustrate a behaviour characteristic. Language is not used (jumbled sounds take the place of language), but the visuals are very clear. “This is Me” builds on the proven effectiveness of animated visual illustrations to reinforce learning and retention.

One example shows *Me* in a school yard. The gym teacher has asked *Me* to put away the gym equipment. *Me* does not respond. The gym teacher then moves closer, repeats the instructions and also raises his voice. *Me* shrugs his shoulders and then becomes angry. Some questions can then be discussed, for example, what is expected of *Me*? How would others typically respond to *Me*? What are *Me*’s strengths that can be build on? The scenario is then shown again: the gym teacher gets close to *Me*, uses a quiet voice, and asks *Me* to put *one* specific piece of equipment into the blue box. The teacher then gives time for *Me* to comply and succeed. Soon, all the equipment is put away properly and *Me* feels very proud to have helped.

Judy discussed strengths and challenges faced by people with FASD, along with strategies to accommodate them. Discussion topics are included in the guide help caregivers be creativity in developing strategies for adapting environments to be a better fit for people with FASD.

A big thank you goes out to Judy Daly for showing us this useful resource. For more information please contact the Interagency FASD Program by phone at (204) 582-8658 or e-mail Interagency_FAS@shaw.ca

*“Personality can
open doors, but
only character
can keep
them open.”*

Elmer G. Lettermand

HELP APIN

“GO GREEN”

If you would prefer to receive your newsletter and upcoming event notices electronically, please send your name and email address to Dana at info@apin.org.

We will remove your name from the mailing list and **ADD** it to the email distribution list.

**APIN SPRING CONFERENCE:
TEEN PARENTING: WHAT DO WE KNOW AND
WHERE DO WE NEED TO GO?**

**PRESENTED BY: SUSAN RABINOVITZ AND
ARLENE SCHNEIR
FRIDAY, APRIL 18, 2008**

On Friday, April 18th, 2008, Susan J. Rabinovitz, Associate Director of the Division of Adolescent Medicine in Children's Hospital Los Angeles (CHLA) and Arlene Schneir, Director of Planning and Development in the Division of Adolescent Medicine at CHLA shared the knowledge and experience they have gained through years of work with teen parents. Their presentation provided participants with a heightened understanding of the circumstances surrounding teen pregnancies, healthy sexuality, positive youth development and approaches for pregnancy prevention with adolescents.

Susan and Arlene reviewed the effects of teen pregnancy on outcomes for young parents, drawing a connection between teen pregnancy and poverty, school drop-out rates, child abuse, poor health and unemployment. There are barriers to supporting a family now that did not exist in the distant past: earning potential depends on higher education, the extended family is no longer a primary source of support, and children born to teen parents are viewed as a liability rather than an asset.

Throughout adolescence there are a number of developmental tasks that are achieved through experimentation, role models, involvement with peers, connections with school/family/religion/community, and access to opportunities. Risky behaviours are often meaningful and functional although can be damaging in the context of need to take risks due to poverty, family dynamics, etc.

Further to this discussion was the notion of barriers to positive development, including:

- Environmental factors (inadequate income support, access to affordable housing, unsafe schools, lack of cultural/recreational opportunities and safety) and
- family factors (communication difficulties, loss or absence of parents, disconnected parents, parental rejection and abusive home environment)

Factors that promote positive adolescent development include:

- having a sense of physical, emotional and economic safety,
- opportunities for participation in engaging and challenging activities,
- ability to contribute to the community,
- connections with adults and peers, and
- belief that others have high (not unrealistic) expectations for them.

Continued on next page

**Promote your
programs & events in
APIN *Network News!***

Fax to: (204) 222-9262 or
email: info@apin.org

*(Info included as
space allows)*



A large portion of the presentation was geared towards the question of why teens get pregnant. There are a variety of personal circumstances that contribute to adolescents becoming parents; examples include lack of information, contraceptive failure, ambivalence about sexual activity, optimism that pregnancy will change life for the better, etc.

Young people who have experienced trauma often have problems with impulse control and have the need to create a protective environment (related to attachment issues).

Susan and Arlene presented a **3-pronged approach** for pregnancy prevention and support:

- pro-action,
- postponement/protection and
- preparation/support.

By providing teens with opportunities to be successful in the community we can support them in seeing a future for themselves (related to a job, education, etc.). Provision of good sex education (avoiding abstinence only messages) may reduce risk by delivering information, motivation, behavioural skills and positive views of sexuality. We can maximize the healthy development of teen parents and their children through assisting with basic needs, exploring cultural competency and relevance and providing support programs in the community that promote healthy conditions for families.

The importance of positive youth development was emphasized in the latter part of the presentation. The goal is to

WWW.APIN.ORG—CHECK IT OUT FOR UPDATES AND RESOURCES!

A MESSAGE FROM THE CHAIR

I'd like to introduce you to our new APIN Coordinator – Dana Hay. Dana brings her varied experiences at Planners Plus to the role (many of you may have worked with her already!) and can be contacted at info@apin.org.

We have recently said farewell to several long-time members of the APIN Steering Committee. Holly Puckall (a member of the committee since it began 25 years ago!) has recently taken on the new role of Executive Director of Family Centre – Congratulations Holly. Fran Coulter was involved with APIN for many years, and is now enjoying her “newly retired “lifestyle – she’s the one with the big smile all the time! Beth McKechnie, our coordinator for 10 years, is busy in her new job – working hard to create a more sustainable and healthy world. Collectively these women provided over 50 years of guidance and advocacy to APIN and adolescent parents in Manitoba. We are indebted to you for your dedication and commitment . On behalf of all of us who work with adolescent parents and families, thank you for all your hard work, your passion and vision.. ..best wishes in your new endeavours.

And now I would like to introduce the new members of the APIN Steering Committee:

Cheryl Cusack, Team Manager, Downtown Public Health

Lauren Matsyk, Social Worker, St. Boniface Hospital

Joy Rae, Family Support Supervisor, The Family Centre

Hella Leydier, Perinatal Social Worker, WCFS

And welcome back Trina Larsen, Healthy Adolescent Development, Healthy Child

Manitoba Office. Congratulations on becoming a MOM!

We have an exciting year planned for APIN, culminating in our 1st Western Conference in May 2009. Mark your calendars and plan to attend our sessions – it’s an opportunity to learn about other programs, successes and challenges in working with adolescent parents and families, and network with other service providers. See you there!

Barbara Martin

APIN Network News

is published six times per year for the network of Manitoba professionals working to ensure high quality service to pregnant and parenting adolescents.

APIN Coordinator: Dana Hay Email: info@apin.org

APIN STEERING COMMITTEE

APIN is funded through Healthy Child Manitoba

Barbara Martin, Klinik.....	784-4024
Cheryl Cusack, WRHA.....	940-6682
Enrica Herfuth, Villa Rosa.....	786-5741
Hella Leydier, WCFS.....	944-4387
Joy Rae, The Family Centre.....	947-1401
Jan Sprange, Mount Carmel Clinic.....	589-9457
Kris Robinson, St. Boniface Hospital.....	235-3720
Lauren Matsyk, St. Boniface Hospital.....	237-2456
Marie Ricard, Ma Mawi.....	925-0337
Sandra Peters, Healthy Start for Mom & Me.....	949-5356
Tanyalee Viner, New Directions.....	783-7078, x201
Trina Larsen, Healthy Child Manitoba Office.....	945-2785

Fatherhood: Building on Strengths

2008 Winnipeg Conference September 26, 2008

Presenter: Tim Paquette, Executive Director, Fathers Involvement Initiative Ontario. A nationally recognized leader in this field. Many of his initiatives are in use in Family Services in Japan and Australia. The conference will emphasize clinical strategies on how to work with fathers to become better parents.

The conference is aimed at professionals working in family services, lawyers, probation, childcare and Aboriginal family services, educators and community development workers as well as fathers in the community.

The conference is aimed at professionals working in family services, lawyers, probation, childcare and Aboriginal family services, educators and community development workers as well as fathers in the community.

For more information on the conference, and to register, please visit the website at www.betterfathersinc.ca

Early Bird Rate: \$100.00 (to Sept.12th) Regular Rate: \$125.00

Get on the APIN Distribution List....

Mail to: PO Box 68048 RPO Osborne Village, Winnipeg, MB R3L 2V9 or email details to: Info@apin.org

Name & Position: _____

Organization: _____

Email Address: _____

Mailing Address: _____

City/Province, PC: _____

Phone: _____

**APIN 1ST WESTERN CANADA CONFERENCE
MAY 7 & 8, 2009**

APIN is excited to announce that pediatrician and child development specialist, Dr. Harvey Karp will be participating as a keynote speaker in May 2009. Dr. Karp's landmark books and DVDs, "The Happiest Baby on the Block" and "The Happiest Toddler on the Block", are revolutionizing the way our culture understands the needs of young children. No wonder the New York Times hailed his work by proclaiming, "Roll over Dr. Spock!"

The Happiest Baby presents his discovery of an infant's "calming reflex" (an off switch for crying) that quickly soothes any fussy baby and immediately adds 1-3 hours to a baby's sleep. It is being used to promote good parenting as well as to help prevent child abuse, preventing postpartum depression and SIDS.

The Happiest Toddler teaches an extraordinary new way to speak to toddlers that can immediately boost a young child's patience and cooperation and can eliminate 50-90% of temper tantrums... in less than a week.

Dr. Karp's ability to translate serious science into entertaining prose has powered his remarkable rise in national prominence. Over just 3 years, he has been showcased over twenty times on America's top shows, including Dr. Phil, Good Morning America, The View, CNN, MSNBC, and CBS Evening News.

Full conference details, including cost, workshop choices and program will be available on the website shortly.



**"Roll over Dr. Spock!
New York Times,
June 29, 2004**