

APIN *Network News*



A publication for professionals who participate in the Adolescent Parent Interagency Network

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Spring 2004 APIN Conference

Who Are We?

The Adolescent Parent Interagency Network (APIN) is a network of Manitoba professionals who meet monthly 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.

You're invited to the Winter 2004 line-up of APIN meetings

Jan. 13, 2004 meeting

Presentation: **UNPLANNED PREGNANCY DECISION-MAKING COUNSELLING: WHEN THE CLIENT IS CONSIDERING OR CHOOSING ABORTION**

Date & Time: Tuesday, Jan. 13th, 12:00 - 1:00 p.m.

Place: Klinik Community Health Centre
870 Portage Ave

Speaker(s): Members of the Pregnancy Counsellors Interagency Network

Feb. 10, 2004 Meeting

Presentation: **SUCCESSFUL TEEN PARENTING YOUTH FOR CHRIST**

Date & Time: Tuesday, Feb. 10th, 12:00 - 1:00 p.m.

Place: 325 Talbot Ave (Firehall)

Speaker(s): Alana Garcia, Ruth Schellenberg and Tammy Boon

Mar. 9, 2004 Meeting

Presentation: **VILLA ROSA**

Date & Time: Tuesday, Mar. 9th, 12:00 - 1:00 p.m.

Place: 784 Wolseley Ave
(parking available on side streets)

Speaker(s): Various members of the Villa Rosa staff

Meetings will start promptly at noon. Please bring your own lunch. Coffee and tea will be provided.

COME LEARN ABOUT...

January 13, 2004, Presentation:

UNPLANNED PREGNANCY DECISION-MAKING COUNSELLING: WHEN THE CLIENT IS CONSIDERING OR CHOOSING ABORTION AS HER OPTION

Several members of the Pro-choice Pregnancy Counsellors Interagency Network will present information about their network, address what is involved with an abortion referral in regards to services and the medical procedures available in Winnipeg. The presentation will also highlight the issues and approach used in counselling on the topic of abortion.

February 10, 2004, Presentation:

SUCCESSFUL TEEN PARENTING

Successful Teen Parenting is a community-based support group and mentoring program for young mothers. It runs through Youth For Christ, a non-profit youth interest organization. This program first began in the Elmwood area and has expanded to include groups in Osborne Village, St. Vital, Fort Garry, and the North End. Presently there are 70 young mothers and 125 children in the program.

Come out to the February meeting to view the Successful Teen Parenting video, hear from young women who are part of the program, and learn more about their model.

March 9, 2004, Presentation:

VILLA ROSA: UPDATE ON SERVICES

Villa Rosa is a residence that provides accommodations, medical care, education, and counselling for single young women who are pregnant or have recently delivered their babies. An update will be provided on the intake process, parent child centre, and residential and outreach programs. In addition to the residence, Villa Rosa has a semi-independent living program called the Post Natal House. Information will also be provided on this program. Tours will be available after the presentation for anyone interested.



Report on the Fall 2003 Meetings

"Your Choice, For Your Reasons" (September 2003)

A special two-hour APIN luncheon was held on September 9 at the Norwood Hotel in Winnipeg to launch the video, "Your Choices, For Your Reasons."

This video, produced by APIN and Healthy Child Manitoba, contains up-to-date information on the choices available to a teen who has an unplanned pregnancy, including adoption, extended family care, termination, and parenting.

Approximately 110 people attended the luncheon to view the video and hear how to incorporate it into their work.

A complete pregnancy options resource package for teens and service providers, which includes one video, 50 brochures, and a service provider handbook, is available now through Healthy Child Manitoba at no charge. There is a limit of one package

APIN Network News

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

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per organization. Orders will be filled on a first come, first served basis. The package also will be made available in French.

For an order form, contact Beth McKechnie, APIN Coordinator & Newsletter Editor, at 339-0247.

Positive Adolescent Sexuality Support (October 2003)

Positive Adolescent Sexuality Support (P.A.S.S.) is a pregnancy prevention program that operates out of the Ma Mawi Wi Chi Itata Centre Community Care Centre located at 743 Ellice in Winnipeg. P.A.S.S. was started at the Native Women's Transition Centre. It was created in response to the need for such a program in the Lord Selkirk area.

Cory Gregorashuk coordinates the P.A.S.S. program and facilitates the workshops, which are offered at no charge.

She noted that the program has grown and developed to meet the needs of the community and has now expanded to serve the city's North End and to deliver workshops in other areas of Winnipeg and Manitoba, such as Sioux Valley.

The P.A.S.S. program is offered by a male and female facilitator and strives to provide youth with culturally appropriate workshops on sexuality education. Gregorashuk noted she also uses hard hitting movies, such as American History X, Kids and Once We Were Warriors, and exercises in the workshops.

The program is geared for adolescents ranging from 13-19 years of age, but is available to younger children who have written permission from their guardian.

Program philosophy

We believe children are not the private property and sole responsibility of the individual parents, rather they are gifts from the creator; and all members of the community have a role and responsibility for the care, protection and nurturing of children.

The P.A.S.S. program incorporates a holistic approach in the delivery of sexuality education and strives to provide: education and life skills for the mind; spirituality and culture for the spirit; awareness and prevention for the body; and support and counselling for the emotions.

Gregorashuk noted that cultural teachings were being lost. "Me and my partner facilitator at the time weren't all that familiar with it even though we're Aboriginal because we didn't grow up with it."

The facilitators spoke with and spent time with elders and Gregorashuk is proud that they are now reintroducing a cultural element into each of the workshops using the medicine wheel/teachings.



She added that they use a harm reduction approach in dealing with drug and alcohol use.

"We help them choose 'safer' options or cut down on use but we eventually want them to quit this behaviour."

The **program goals** are to:

- reduce and work towards the elimination of teen pregnancy
- eliminate Fetal Alcohol Spectrum Disorders (FASD) among babies born to teen parents
- eliminate Shaken Baby Syndrome among babies born to teen parents
- reduce or eliminate the instances of STDs among our youth

- empower the youth by providing accurate information and education about healthy sexuality so they can make informed choices and decisions for themselves regarding their own sexuality

The goal of reducing teen pregnancy in their community is given a high priority by the program. "We want to empower youth by giving them the information they need to make healthy choices in their lives, which will ultimately lead to increased self-esteem in the youth."

Program support

P.A.S.S. is supported by a multi-agency steering committee, which has representation from R.B. Russell High School, Sexuality Education Resource Centre, Mount Carmel Clinic, Women's Health Clinic, Winnipeg Regional Health Authority, Klinik, Teen Talk, Healthy Child Initiative, and the Ma Mawi Wi Chi Itata Centre.

"The steering committee helps a lot to keep the program in focus and see what needs to be added," said Gregorashuk.

Workshop topics

- ▶ Healthy relationships
- ▶ Birth control (methods and pregnancy options)
- ▶ Sexually Transmitted Infections
- ▶ Fetal Alcohol Spectrum Disorders (FASD) & Shaken Baby Syndrome
- ▶ Am I Parent Material?
- ▶ Teen Dating Violence (optional)
- ▶ Two-Spirited (optional)

The first five are the main topics offered in the workshop series. Two additional topics were recently added to focus on teen dating violence and homosexuality.

"Basically we cover similar workshop topics as Teen Talk but we include a cultural component," explained Gregorashuk.

At the Sexually Transmitted Infections workshop they talk about the intergenerational effects of the residential school experience.

"This one always gets a lot of attention from the kids. They see it in their mom or grandma or have heard a little bit about it before."

She added that in the Shaken Baby Syndrome workshop they typically show a powerful video that was made in Manitoba.

Workshop venues

- * Lord Selkirk Family Resource Centre
- * Manitoba Youth Centre
- * South East College
- * Ndinawe
- * R.B. Russell School
- * Children of the Earth School
- * William Whyte School
- * Adolescent Parent Support Project
- * Circle of Care Program
- * Teen Talk

P.A.S.S. also has run youth groups out of their office and has offered support and workshops for individual youth.

For more information on P.A.S.S., contact Cory Gregorashuk at 925-0348.

Honouring the Spirit of Our Little Sisters (October 2003)

Honouring the Spirit of Our Little Sisters is a residential facility for female/transgender youth ages 13 to 17 who are currently being subjected to and are at risk for continued sexual exploitation.

It is a voluntary program and is provided by the Ma Mawi Wi Chi Itata Centre. The facility opened in October 2003.

Jackie Anderson, who previously worked at the Adolescent Parent Support Project as Family Group Conference Coordinator, explained this new "safe transition home" to APIN members at the October meeting.

She noted that five women who had transitioned out of the sex trade helped design the program and continue to be involved and support the young women in the facility.

"They even helped shop for the furniture and decide on colours for the home," noted Anderson

Honouring the Spirit of Our Little Sisters offers a 24 hour, 7 days a week, six bed home. Participants are completely involved and have input into the planning, monitoring and evaluation goals set at the time of admission and throughout the program.

Objectives of the program are to:

- provide opportunities for more active involvement of families, caregivers and significant others in the development of plans for youth in crisis
- ensure enhanced departmental collaboration and integration of the development and delivery of services
- identify and address issues related to drug and alcohol abuse
- enhance the capacity of youth to recognize and build their strengths
- connect and refer youth to community resources

Referral criteria & process

Referrals are coordinated through Winnipeg Child & Family Services, First Nations agencies, Mobile Crisis Unit, self-referral, and community referrals.

The program is available to female/transgender youth 13-17 years of age, who are currently subject to and at risk for continued exploitation, and are open to developing and achieving personal goals.

"If we get a self-referral of a young woman who is not in care, she can stay for 72 hours but then has to meet with Child and Family Services," explained Anderson.

Beyond this requirement, there is no time limit for residents.

"It depends on the individual. It might take two weeks, six months or longer. Obviously, if we have a girl there for two years, we're not getting the job done."

During their stay, the young women participate in a 10-week program that

outlines risks, dangers, what to look out for, and how to transition out of their situation.

They benefit from comprehensive holistic programming that fosters a safe, welcoming and respectful environment. This includes provision of family group decision making, cultural opportunities, education, employment training, mentoring, life skills, and volunteerism.

There are 11 staff attached to the program and the facility is staffed 24/7 with two staff on every shift including overnight and weekends.

"The girls are used to being up and out during the night so the staff is prepared for night work, problems, counselling, intake or even to go for a coffee to talk."

There is a 10 pm curfew on weekdays and 11 pm on weekends. There is a sign out sheet in case of emergency.

One of the staff is a cultural worker who comes in two evenings per week to perform naming ceremonies, teachings, sharing circles, and other cultural offerings.

"She's also great at star blankets," said Anderson.

Cory Gregorashuk is scheduled to come in to teach the P.A.S.S. program. The facility also has a relationship with Pritchard House regarding addictions. Anderson noted they are looking to have a nurse come in every week.

As the former Family Group Conference Coordinator at the Adolescent Parent Support Project (Blake Garden), Anderson will be incorporating principles of family group conferencing to help the residents strengthen existing supports.

"Family relationships breaking down is often the reason they end up where they are," said Anderson. "The beauty of Ma Mawi is that we offer so many programs we have built in support for the families through these existing programs, such as family violence."

Placements in the facility will be continuous as spots come up. Anderson believes six beds is the maximum now as

this is all they can take to provide this kind of intensive support.

Funding for Honouring the Spirit of Our Little Sisters is provided through the Winnipeg Housing and Homelessness Initiative and Manitoba Family Services and Housing, with additional support from the Manitoba Metis Federation.

For more information, contact Youth Support Workers at 925-1778.

Morrow Avenue Child Care Programs (November 2003)

Morrow Avenue Child Care Programs were established in 1987 in the Salvation Army Church at 51 Morrow Avenue in St. Vital.

As the need for quality licenced child care grew, programs expanded into Victor Mager School (1990), Hastings School (1994), Ecole Marie-Anne-Gaboury (1998), Lavallee School (1998), Victor H.L. Wyatt School (1999), and Glenwood School (2000).

Several staff from the Morrow Avenue Child Care Programs for Families presented to APIN members at the November meeting.

Young Parent Centre

Colleen Frederickson spoke about the Young Parent Centre (Room 7, Lavallee School, 505 St. Anne's Rd). She noted that the Centre's goal is to assist young



parents who are attending high school to receive quality licenced child care for their child.

Government subsidy is available to applicants who qualify for child care. All additional services at the Young Parent Centre are provided at no charge to families.

The Centre is open year round and offers the following programs to encourage family participation:

- Stay n' Play (with a music component)
- Infant toddler clothing exchange
- Emergency supplies for infants
- Mother Goose program
- Rock'n'Read program
- Nobody's Perfect program

The Young Parent Centre offers Stay n' Play from 10 a.m. - 12 noon on Tuesdays (pizza lunch provided). Baby and Me takes place from 3:00 - 4:30 p.m. on Wednesdays.

The programs are all offered at no charge and bus tickets are provided. New participants are free to drop in and visit anytime.

Food is available on site for families through Winnipeg Harvest. Parents have access to the services of an Early Start Home Visitor and a family therapist. These are scheduled based on the needs of the families.

In order to provide seamless service, when children reach school age they have the ability to transfer to any of Morrow Avenue's additional five childcare facilities that best meet their catchment area boundaries.

Community partners include Manitoba Child Day Care, Youville Centre, Healthy Child Manitoba, Winnipeg Child and Family Services, New Directions (Reaching Out Project), Winnipeg Harvest, Teen Stop Jeunesse, and Louis Riel School Division.

For more information, contact program coordinator Colleen Frederickson at 982-6690.

Young Expectations

Kelly Surbey, a Healthy Baby outreach worker at Youville Clinic, spoke about Young Expectations.

It is a prenatal program for young mothers who are expecting a baby. This program provides a venue in which mothers in similar situations can meet and feel comfortable in a surrounding that is conducive to their individual needs.



The group meets for a six week series on Monday evenings from 6:30 - 8:30 p.m. at 6-845 Dakota St. (Youville Centre). It is recommended that a participant register early in her pregnancy.

Baby and Me

Kelly Surbey also spoke about Baby and Me. This program meets every Wednesday afternoon at the Young Parent Centre (Lavallee School, 505 St. Anne's Rd) from 3:00 - 4:30 p.m.

It is an informal group with discussions focusing on pregnancy, parenting, nutrition, and baby's development. Child care is provided in the day care centre while the group meets.

Each week a different recipe is prepared with the young parents participating in the preparation. A nurse and dietitian are also in attendance to answer any questions.

For more information on Young Expectations or Baby and Me, call 255-4840.

Early Start home visiting program

Val Gregg spoke about the Early Start home visiting program that Morrow Avenue Child Care Programs offers.

Early Start is a program in which home visitors work with families to build on their strengths, develop their parenting

skills, connect with community resources, and promote healthy child development.

For more information, call Morrow Avenue Child Care Programs at 982-6690.

Site for parent & child education (S.P.A.C.E.)

Tami Joyal described the S.P.A.C.E. program, which operates out of the Victor H. L. Wyatt School located at 485 Meadowood Drive.

S.P.A.C.E. is a family resource program for children and their caregivers. It is held Mondays, Wednesdays and Fridays from 9:00 - 11:30 a.m. and includes theme based activities, field trips, nutritious snacks and guest speakers. The program continues into the summer with the Parent-Child S.P.A.C.E. camp, offered at no charge. Kids Cook also takes place on Wednesdays from 9:00 - 11:30 a.m.

The S.P.A.C.E. program provides the following services:

- ▲ parent resource library
- ▲ toy lending library
- ▲ clothing exchange
- ▲ coupon exchange
- ▲ access to community resources
- ▲ services of a family therapist
- ▲ parent-child Mother Goose literacy program
- ▲ infant massage introduction
- ▲ Winnipeg Harvest food bank
- ▲ family games nights
- ▲ summer S.P.A.C.E. camp

For more information, call Morrow Avenue Child Care Programs at 982-6690.

"YOUR CHOICE, FOR YOUR REASONS"

NOW AVAILABLE!

A pregnancy options resource package for teens and service providers available from Healthy Child Manitoba

Includes one video, 50 brochures, and a service provider handbook

One package only per organization (no charge)

For an order form, contact Beth McKechnie, APIN Coordinator, at 339-0247

T.A.P.P. accepting applications

Teenage Parents Program (T.A.P.P.) is now accepting applications for February and September intake. T.A.P.P., located in Nelson McIntyre Collegiate, accepts pregnant and parenting teens (of children up to two years of age) who wish to complete their high school education. First priority goes to Louis Riel School Division. Out of division applicants must get prior approval from their home school division.

Contact Carmen Paterson-Payne at 237-0219 or carmen.paterson-payne@rielsd.org for more information or to receive an application package. Also, check out the web site created by one of the T.A.P.P. grads. Link to the T.A.P.P. site from the APIN web site at www.apin.org.

2004 APIN Conference

Friday, April 23rd

Canad Inn at Polo Park

Theme:

Family conflict/violence

Details to come. Stay tuned!

If you are interested in a display booth at the conference, please contact Donna Paul at 948-4129.

GET ON THE APIN MAILING LIST...

Fill out and fax this form to (204) 338-4727 or mail to: 441 Scotia Street, Winnipeg, MB, R2V 1X3.

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