

APIN *Network News*

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

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Spring 2005 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 2005 line-up of APIN meetings

Jan. 11, 2005 meeting

Presentation: **SEXUALLY EXPLOITED YOUTH STRATEGY**
Date & Time: Tuesday, Jan. 11th, 12:00 - 1:00 p.m.
Place: Marymount, 442 Scotia St.
Speaker(s): Wendy Scheirich, Manitoba Strategy Coordinator, Prevention of Child & Youth Sexual Exploitation
Amanda Mahalek, Sexually Exploited Youth Program Supervisor, Marymount

Feb. 8, 2005 Meeting

Presentation: **"NEÂH KEE PAPA" (I AM YOUR FATHER) - MMF FATHER'S GROUP - MA MAWI**
Date & Time: Tuesday, Feb. 8th, 12:00 - 1:00 p.m.
Place: Manitoba Metis Federation, 150 Henry Ave
Speaker(s): Elizabeth Denny, Coordinator, Neâh Kee Papa
Dean McIvor, Ma Mawi (McGregor site)

March 8, 2005 Meeting

Presentation: **RespectED: VIOLENCE AND ABUSE PREVENTION**
Date & Time: Tuesday, March 8th, 12:00 - 1:00 p.m.
Place: Canadian Red Cross
1111 Portage Ave
Speaker(s): Marian Hijkoop
Winnipeg Program Coordinator for RespectED

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

COME LEARN ABOUT...

Jan. 11, 2005, Presentation:

SEXUALLY EXPLOITED YOUTH STRATEGY

The Marymount Sexually Exploited Youth Program is part of the network of services affiliated with the Manitoba Strategy Responding to High-Risk/Vulnerable Children and Youth. The Marymount program helps girls who are 14-17 years of age and boys who are 8-13. Come to the January presentation to learn more about the provincial strategy and how it is being delivered at Marymount.

February 8, 2005, Presentation:

"NEÂH KEE PAPA" (MMF) & FATHER'S GROUP (MA MAWI - MCGREGOR SITE)

In 2000, Neâh Kee Papa became one of the only parenting programs in Manitoba directed solely at fathers. It is a parenting enhancement program at the Manitoba Metis Federation for fathers of all ages and all walks of life, focusing on issues such as: child development, discipline vs. punishment, and healthy communication. Neâh Kee Papa also engages guest speakers on topics such as health, sexuality and family law.

Come learn more about how to create a father-friendly environment from the experiences of both the Neâh Kee Papa program and the father's group at Ma Mawi!

March 8, 2005, Presentation:

RespectED: VIOLENCE AND ABUSE PREVENTION (CANADIAN RED CROSS)

RespectED: Violence and Abuse Prevention has been helping to promote healthier relationships and safer communities since 1984. Build on decades of Red Cross experience in prevention education and community-based safety programs, this award-winning service has helped more than one million Canadian youth and adults understand abuse, harassment and interpersonal violence issues. Available to children, youth and adults who work with young people, RespectED workshops and presentations are delivered by highly-trained and certified staff and volunteers.

Now coming to you every 2 months...

APIN Network News

Starting in 2005, *APIN Network News* will be published six times per year, distributed at the end of:

**February / April / June / August /
October / December**

The APIN newsletter, initially published nine times per year, was reduced to three issues a number of years ago due to lack of funding. With stable financial support in place, the APIN steering committee has decided to increase the frequency of the newsletter. This will allow us to get out information faster and include notices from organizations regarding new program starts, intake calls, special events, etc.

2005 Deadlines for Submission of Notices:

**February 9 / April 13 / June 15
August 10 / October 12 / December 7**

Send your information by fax to (204) 338-4727
or e-mail: river@mts.net

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.

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Report on the Fall 2004 Meetings

Violence Prevention & Intervention (September 2004)

At the September meeting, 55 APIN members discussed four questions regarding violence prevention and intervention programs that are available for adolescent parents, what are the strengths and the gaps, and what can we do, as individuals, service providers and as a community, to address this issue.

Here is a summary of the feedback from the small group discussions and report backs. (Thank you to Janet Napier, Baby First Home Visitor, for compiling the bullet points from the flipcharts.)

1. What violence prevention and intervention programs or services for adolescent parents are available in the community?

The list that follows represents those organizations that were mentioned during the small group discussions.

For a complete listing, please refer to the "Parenting On Your Own" booklet, which is available from the Manitoba Women's Advisory Council (301-155 Carlton St, (204) 945-6281 or toll free in Manitoba: 1-800-282-8069, ext. 6281).

- Adolescent Parent Centre
- Addictions Foundation of Manitoba
- Blake Gardens – family group conferencing (Ma Mawi's Adolescent Parent Support Project)
- Boys & Girls Club
- Child and Family Services - Perinatal Unit, after hours/day side
- C.L.O.U.T. (Community Led Organizations United Together)
- Community Youth Connection (www.communityyouthconnection.ca)
- Elmwood Teen Clinic
- Evolve
- Family Centre of Winnipeg
- F.A.S.T. (Families and Schools Together)
- Flora House
- Fort Garry Women's Resource Centre
- Healthy Start for Mom & Me
- Ikwe Widdijiitwin Inc.
- Immigrant Women's Counselling Services
- Kateri Better Fathering Program
- Kid's Helpline
- Klinik – Teen Talk, crisis line, sexual assault program
- Macdonald Youth Services - Mayfair Youth Shelter
- MaMa Wi – Honouring the Spirit of Our Little Sisters, Young Fathers program, P.A.S.S. program, Anger Management, Healthy Relationships
- Mobile Crisis Units – WRHA/Salvation Army
- Mount Carmel Clinic – Shelter for Youth
- Nadinawe
- Nddawin (New Directions)
- Neah Kee Papa, Manitoba Metis Federation
- Nelson McIntyre Collegiate (T.A.P.P.)
- North End Women's Centre
- Nova House (Selkirk)
- Operation Go Home
- Osborne House
- Plurielles
- Public Health
- RCMP Gang Prevention and Intervention
- Resources for Adolescent Parents, New Directions
- RespectED (Red Cross)
- Rossbrook House
- School-based bullying programs
- School guidance counsellors
- Teen Touch – 24 hour phone line
- Villa Rosa
- Wahbung Abinoonjiag
- West Kildonan Collegiate
- Winnipeg Police Services
- Women's Health Clinic
- Youville Teen Clinic

2. What are the strengths?

Some of the strengths of existing programs included resourceful, knowledgeable, caring people; safe homes; the availability of a wide variety of resources and culturally appropriate programs; and the recognition that resources for adolescents are necessary combined with a community commitment to youth safety. Some programs, such as Teen Talk, are adolescent to adolescent. Programs are available that help young people recognize violence and understand what represents a healthy relationship.

Others commented on the fact that some services are available 24/7 and that services are free. Many are easily accessible, particularly in the inner city. Some programs are highly visible in the community; many are integrated into other programming. Non-judgmental support, validation, empowerment and availability to a wide range of ages were also noted, along with 'windows of opportunity,' such as when a woman is having a baby.

3. Where are the gaps? Where are improvements needed?

The list of gaps was longer and in some cases contradicted the strengths identified above. It is likely in these cases that participants were commenting on specific programs.

Gaps identified included services or programs for teen parents whose children are in care and who are working to eventually get their children back, and specific programs for violence prevention and intervention that are not integrated into other programs, especially prevention programs in schools. Lack of transition services from adolescent to adult was identified as a gap, as well as lack of coordination once a disclosure is made in terms of social supports and follow-up.

The need for more Francophone services, and programs specific to culture or religion were identified. Another significant gap noted was the lack of services specifically related to Mental Health and the need for more rural resources.

It was acknowledged that there a lot of barriers around getting teens to attend groups. This raised the question: How do we reach youth? It was noted that we need more youth involvement in education and that prevention needs to be a strong focus.

Concerns were raised that even when service providers educate a teen, she might then return to a violent family situation – how can the teen challenge a violent parent? There is the added element for teen moms, as they can't simply leave an abusive dating relationship; there can be ongoing abuse and ongoing parenting issues with their ex-partner.

There was also concern raised around the idea that some services are hard to access or intimidating given society's norms. An emphasis on non-threatening public education is needed.

Suggested improvements included increasing awareness of services, perhaps through advertisements and school systems. There may also be a need to improve hours of service or waiting times for some programs. Some suggested a more focused approach and a need for research on violence specific to adolescent parent groups.

A number of service providers present who are new to the field wondered how to find out about the programs that are available. They questioned how information is disseminated and partnerships are formed. It was noted that the 'Parenting On Your Own' booklet is not specific to adolescents.

Larger issues surrounded social views on violence and lack of support from the various levels of government. Other limitations included lack of funding and infrastructure, staffing shortages and burnout.

4. What can we do as service providers—on a personal, organizational and community level—to address these gaps?

On an organizational level, we can form more partnerships, communicate with each other and share stories. We can ensure that we network regularly and make our resources widely available. We can plant the seeds and let teens know there are resources so that they know how and where to access them if needed.

We can integrate education about violence prevention and intervention into all programs. We can use word of mouth and outreach to spread the information, and we can produce youth-friendly web sites. We can consider a less intimidating name for education about violence prevention, such as Communication Group, Safety Group or a Decision-making Course.

We can use the SAG (Special Area Groups) Conference to reach educators, and use the Healthy Baby programs and Public Health Nurses to identify young moms who are vulnerable and to connect with them in a non-threatening way.

We can reach out to young parents through natural meeting places, such as existing groups and through posters on Slurpee machines, bathroom stalls and vending machines plus bus ads and at bus stops. (A broad-based campaign to 'mainstream' the idea that violence is not acceptable.)

On a community level, we can choose to invest in programs around prevention and build community capacity. We can advocate for funding. We can raise it as a political issue, make it a priority, work for change, and do it every day.

On a personal basis, we can practice self-care to prevent burnout, be a role model in our relationships, keep informed, and take bullying seriously to hopefully provide early intervention. We can be vocal and offer support, and in many situations be an ally.

Wahbung Abinoonjiag (October 2004)

The October presentation took place at the Turtle Island Community Centre with Carolyn McKay presenting from Wahbung Abinoonjiag ("Children of Tomorrow").

Carolyn McKay is an Outreach Worker and has been working with Wahbung for six years. She works with women and their children who have been in abusive relationships to help them understand the effects of abuse on their family's health and well-being.

In addition to learning about the cycle of violence, women leave the program able to recognize the signs of violence in future relationships, and will have many more skills and resources with which to deal with violence. For example, learning about their culture and healing practices will prepare them to meet the challenge of protecting themselves and their children from violence.

In 1995, in response to the needs of the three sponsoring agencies, North End Women's Centre, Native Women's Transition Centre, and Ikwe Widdijiitwin Inc., Wahbung was developed to work with children living in families where abuse was common.

Staff at Wahbung consists of an Executive Director, Office Administrator, two Outreach Workers, and one Healing Circle Facilitator.

One of McKay's responsibilities is to accept women and their children into the program. (Referrals can come from an agency or self-referral.) She talks individually with them to get a sense of "where they are at" in their journey. If the woman has been out of her abusive relationship for at least three months, she is invited to take part in the program. McKay will visit with the family in their home up to one year.

The program is based on the teachings of the Medicine Wheel, with the family working through many of the phases, all

pointing in the direction of healing. McKay uses other tools such as an Ecomap and a Genogram to illustrate some of the dynamics that have brought the family to where they are and where they wish to be in the future.

She works to "help families in the best way she can." For example, she may put them in touch with education and training opportunities, or she may take them to a food bank. In the summer, families associated with Wabnung take part in swimming, camping and gathering traditional medicines together.

The Program is city-wide and now includes working with children over the age of six. For the past two years, children from ages 7-17 meet weekly with a Traditional Youth Worker and an Activity worker to "reclaim their identity." Youth are invited and welcome to take part in the activities while their mothers are involved in the program.

In the children's group, techniques such as "Stop, Think, Go" are taught to help the children discover a way to make decisions that will help them get what is best for them.

To increase the comfort level of the children in the program, an "agenda" is used. This lets the children know what is going to happen and when to expect the next change. For children from abusive homes, predictability is not something they experience. The agenda followed in the group encourages them to relax and creates a structure that often is missing in the childrens' homes.

Assistance for men who are violent can be accessed at the Men's Resource Centre from the Elizabeth Hill Counselling Centre.

Program evaluation is carried out as the family moves through the system. During intake, McKay helps families set goals so that they will know if they were met once they have completed the program.

Wabnung is moving to a new building that will be more spacious and contain two suites for families in distress. However, McKay noted that some of the spirit of the old place will be left behind. The

handprints of the children and moms who have graduated from the program and moved on to a healthier place in their lives will have to be left, but the stories will always carry important messages about the healing that has taken place over time.

For more information on Wabnung, contact Carolyn McKay at (204) 925-4610.

Heritage Park Children's Programs

(March 2004)

Diane Harvey, Acting Executive Director for Heritage Park Children's Programs Inc., welcomed APIN members. She explained that Heritage Park has two sites: one at Heritage School (19-47 Heritage Blvd) and another at Jameswood School (116-1 Braintree Crescent).

Child Care Centres

At the Jameswood School site, they have capacity for 36 children including 12 infants and 24 preschoolers. Because the infant spots are very hard to come by, they try to make sure the parents are committed to the program. (At the time of the meeting, this site was full with a waiting list.)

The Heritage School site has 90 spots including 48 preschoolers (15 months or older) and 42 school age children.

Heritage Park Children's Programs has a staff of approximately 30. There is a summer program at both sites and they take two or three field trips per week with children older than two years. Past trips have included Tinkertown, Thunder Rapids, Oak Hammock Marsh, swimming pools, etc. The field trips are open to community members.

During outings and field trips, parents with children under the age of two years must be transported in vehicles with safety approved car seats. All other children are transported by school bus. Bus tickets are provided to families in financial need.

Family Resource Centre

Linda Neuls spoke about the Family Resource Centres located at both Heritage School and Jameswood School.

Programs offered include:

- **Basic needs** - clothing depot/exchange, emergency food cupboard, sewing circle
- **Health/nutrition** - Great Expectations (Healthy Baby program), No One Gave Me a Manual (potluck), community kitchen, Rhyme Thyme
- **Literacy** - adult and child book lending library, Rock and Read, Mother Goose, ABC's program, focus on books
- **Education/ community capacity** - Early Start home visiting, parenting programs (Nobody's Perfect, How to Talk so Kids Will Listen, Parenting for Prevention, Parenting Challenging Children, Stress/Anger Management), mom's group, young mom's group, summer adventure program

Neuls noted that the "No One Gave Me a Manual" potluck is very popular. The mom's support group held on Fridays helps to end the week on a fun and positive note.

There are no fees although nominal fees may be requested on special occasions, e.g. if the mom wants to do a special project for sewing circle.

Children under 18 months of age remain in the Family Resource Centre unless the child is already attending the Child Care Centre. Parents are required to supervise their own children during the program with the help of volunteers.

Children over the age of 18 months are integrated into the Child Care Centre if room is available. Parents are asked to call the Centre the week prior to programs to advise they will be attending and to confirm that child care space will be available. Parents must remain on site while their children attend the Family Resource Centre.

Families may be referred to the Centre by a phone call from an agency on behalf of the family, by self-referral or they may be referred by another participant or a family member. Referral forms are available.

The family is then contacted by a staff member. The family is invited to the Centre for an orientation. In some circumstances, staff members will pick up the family and transport them to the Centre for the orientation.

The hours of the Family Resource Centre are 9:30 a.m. - 4:30 p.m. Monday through Friday.

Jackie Martens is an Outreach Worker who works with the Family Resource Centre. She facilitates home visits, facilitates transportation where necessary and provides the literacy program. Mother Goose is her favourite as it allows her to emphasize the importance and role of lullabies and repeated rhymes, and connecting with the child.

"I love seeing the anticipation on the parent's face as they begin to interact with their children in a different way."

She has had moms tell her how the lullabies and rhymes have helped calm a child, e.g. in a hospital waiting room. Previously, they would have turned to a soother or bottle.

Martens has also developed a program called "rhyme thyme" in which she spends 10 minutes with the parents on rhymes, lullabies and dances. They then move into strategies on how to read to your child, which is followed by a cooking segment focused on activities that parent and child can do together, such as using cookie cutters and bread to build a little house.

Early Start and Great Expectations

Dana Cyrenne is the Early Start home visitor for the St. James area. She noted that for the first time, she has one dad taking part in the program.

Traci Wright and Scelena Hyland are the Healthy Baby facilitators for the "Great Expectations" program. Wright noted that Great Expectations is run along similar lines to Healthy Start for Mom and Me.

Great Expectations is divided into two groups: expectant moms and parents of babies newborn to 5 months meet one week, alternating with parents of babies 6-12 months. Each group meets approximately twice per month from 12:45 to 3:15 p.m. at Heritage School.

Young parents group

A young parents group has started at Jameswood Site that is open to anyone, i.e. the young parent does not have to be a student at Jameswood School.

For more information on any of the programs listed above, contact Heritage Park Children's Programs Inc. at (204) 831-5950 or (204) 895-2519.

APIN Conference: A new approach

Changes are in the works for APIN's annual conference! Based on feedback from the last few years and the availability of funds, the APIN steering committee has decided to hold two separate events in 2005.

For the adolescent parent and child: The first event will be a half-day focused on interactive, participatory learning for adolescent parents. The young moms and dads will be encouraged to bring their children with them, as activities will be directed toward parent and child. (Examples from previous years include infant massage and early literacy.) The day will be provided at no charge to the adolescent parents and the service providers who bring them.

For the service provider: The second event will be an affordable, full day conference for service providers. Recognizing that many workers are unable to travel to hear internationally renowned speakers and have limited funds for professional development, APIN plans to bring an expert to Winnipeg.

See the February newsletter for details!

Domestic Violence Program Funded

On November 23, Family Services Minister Christine Melnick announced a provincewide program teaming police and social workers. The program will be modelled on The City of Winnipeg's Family Violence Intervention Team, a pilot project that ended in June (members of the team presented at the APIN 2004 Spring Conference). The program will begin in Winnipeg and Brandon, and be expanded later to include other communities.

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.

Name: _____

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