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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.

Come to the APIN Fall 2005 presentations to learn about...

Sept. 13th, 2005

- Presentation:** POPULAR STREET DRUGS & PARAPHERNALIA
- Date & Time:** Tuesday, Sept. 13th, 12:00 - 2:00 p.m. (lunch provided)
- Place:** Adolescent Parent Centre
136 Cecil St.
- Parking:** Free street parking available
- Presenters:** Representatives from Winnipeg Police Service and AFM Youth Services
- Description:** Learn about the most popular street drugs being used by youth today, attitudes towards drugs, how to intervene in a caring way, and how to identify common street drugs and paraphernalia. Full details will be provided in the August newsletter.

Note: This is a 2-hour meeting with complimentary lunch provided. Please RSVP to Beth at 339-0247 by Sept. 9th.

Oct. 18th, 2005 Conference - Adolescent Parent Day

- Date & Time:** Tuesday, Oct. 18th, 10:00 a.m. - 2:30 p.m.
- Place:** Canad Inn (Polo Park)
1405 St. Matthews Ave
- Description:** In place of a lunch-hour presentation in October, APIN will host a special half-day for adolescent parents and their babies. There is no fee to attend and lunch/snacks will be provided. Service providers are asked to accompany the adolescent parents participating from their agency or organization. Registration and additional details will be provided in the August newsletter.
- Featuring:** Come out for an interactive day of learning through song, books, nursery rhymes, massage, and a special morning session on conflict in relationships. A small gift will be presented to each adolescent parent.



Report on the May 2005 Presentation “Inside the Teenage Brain”

As part of a series on the brain aired on the television program Frontline (seen on PBS), one episode focused on the teenage brain. This episode was viewed by APIN members at the May presentation followed by a discussion.

The following summary highlights a few of the main features of the program and was compiled using information and interviews provided on the PBS website.

The program “chronicles how scientists are exploring the recesses of the brain and finding some new explanations for why adolescents behave the way they do. These discoveries could change the way we parent, teach, or perhaps even understand our teenagers.”

New research has shown that in addition to the first few years of life, the brain undergoes a second wave of remarkable growth during the pre-teen and teenage years.

“In many ways, it’s the most tumultuous time of brain development since coming out of the womb,” says Dr. Jay Giedd at the

The 60-minute video of “Inside the Teenage Brain” can be purchased on VHS/DVD or viewed online at:
www.pbs.org/wgbh/pages/frontline/shows/teenbrain/

National Institute of Mental Health in the U.S. “It’s sort of unfair to expect [teens] to have adult levels of organizational skills or decision-making before their brains are finished being built.”

In the 1990s, there was tremendous focus on the first three years and a belief that most aspects of the brain were set by age six. New research shows that throughout childhood and the teenage years, there is still enormous capacity for change.

He adds, “It’s also a particularly cruel irony of nature, I think, that right at this time when the brain is most vulnerable is also the time when teens are most likely to experiment with drugs or alcohol.”

Dr. Giedd believes the cerebellum in the back of the brain is very susceptible to the environment and is the part of the brain that changes most during

the teen years. All aspects of what is termed “higher thought” seems to draw upon the cerebellum. It is thought that physical activity most influences this area of the brain as it is involved in the coordination of our muscles as well as assisting with cognitive activities.

Responding to visual cues - teens vs. adults

Dr. Deborah Yurgelun-Todd at the McLean Hospital in Belmont, Massachusetts, used an MRI to monitor the response in the brains of teens and adults to a series of pictures of faces showing different emotions. She expected that the teenager’s response would be similar to the adult. Instead, while 100% of the adults correctly identified the emotion as fear, only half of the teens did so. The other teens interpreted the emotion as sadness, confusion or shock.

In addition to not correctly identifying the emotion, the MRI showed that the teens were using a different part of their brain to read the images. Compared to adults, the teens used less of the prefrontal region, which governs reason and planning, and more of the emotional or gut response region.

“One of the implications of this work is that the brain is responding differently to the outside world in teenagers compared to adults. .. And if that’s the case, then one of the things that you expect is that you’ll have more of an impulsive behavioural response, instead of a necessarily thoughtful or measured kind of response,” says Dr. Yurgelun-Todd.

She goes on to note that teens may be misperceiving or misunderstanding the feelings of others when communicating, leading to a behaviour that does not match the situation. For example, they might see anger where there isn’t anger.

Adolescents and sleep

It is a common pattern for teens—unable to sleep at night and overwhelming drowsiness in the morning. Sleep researchers Mary Carskadon, now at Brown University, and Bill Dement at

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Stanford found that “the biological clock opposed the sleep-wakefulness cycle at certain points of the day and at certain ages. It kept people awake when they were very tired. Just before puberty, that internal clock helped teens stay alert at night when they should have been falling asleep.”

Until the age of 10, many children wake up fresh and energetic. In pre-teens, the biological clock shifts forward making them alert around 9 or 10 p.m. when they should be ready for sleep. The biological clock appears to shift back in middle-age.

In studying alertness, Carskadon found that teens actually need more sleep (9¼ hours) than they do as children and most are not getting nearly enough.

Lack of sleep affects a teenager’s mood, ability to think, and ability to perform and react appropriately. Teens are also struggling to stay awake in the classroom.

“When you go out and see a classroom of teens sleeping, they’re not learning,” said Carskadon.

Tests conducted at Harvard Medical School and Trent University in Ontario found that the brain consolidates and practices what is learned during the day. Thus, sleep at night not only helps learning, it actually continues to take place while the person is asleep.

Given the availability to teens of televisions, phones and computers late at night combined with earlier school start times, their sleep has “been shoved into an ever-narrowing window.”

Because of their deep concern about these issues, sleep researchers are pushing for later school start times and are trying to introduce sleep issues into the high school curriculum.

For details, see: www.pbs.org/wgbh/pages/frontline/shows/teenbrain/

Report on the June 2005 Presentation

ACCESS River East

Donna Jacobs, Team Manager, Transcona Community Care, Winnipeg Regional Health Authority (WRHA), introduced APIN members to the integrated services model and provided a tour of ACCESS River East at the May meeting. (River East and Transcona are a paired community area within the WRHA and Family Services and Housing.)

Information and access to the full range of health and social services at the centre is available through the main switchboard number **938-5000**. The facility is open in the evening to support community programming. (The extended hours do not apply to all services.)

In addition to providing residents with ready access to health and social services and information, ACCESS River East is intended to support and build community activity and development through effective partnerships, and to provide opportunities for citizens to participate in the design, delivery and assessment of services. Core programs and services housed at ACCESS River East include:

- Child and Family Services (CFS)
- Child Day Care
- Children’s Special Services
- Community Engagement and Development
- Community Mental Health
- Employment and Income Assistance
- Vocational Rehabilitation Services
- Home Care
- Primary Care
- Public Health
- Services to Seniors
- Supported Living

Under the Winnipeg Integrated Services Initiative (WISI), 180 staff members from Family Services and Housing, Child and Family Services and WRHA from 15 sites were relocated to ACCESS River East. This is in addition to the 250 direct service staff who provide services to citizens in their homes.

“It was tricky for all of these different disciplines to come together,” noted Jacobs. “It has taken time for us to get to know each other, understand what everyone does, and how the services integrate.”

This was accomplished through integrated management and communications teams. Examples of integration initiatives include a community area newsletter, staff photo directory, guest presentations at program staff meetings, and staff committees.

“Being under one roof has had a huge impact on the delivery of service,” said Jacobs. “There is no phone tag between workers in the different services or waiting for an e-mail reply. We can just get up and walk over to the other program staff.”

Of course, there were also challenges, including organizational culture, change management, restructuring amid other major restructuring (e.g. Winnipeg CFS), privacy and confidentiality issues, and finance and administrative issues.

Areas of success include client service improvements, access, community engagement, continuous quality improvement (e.g. call tracker software to monitor telephone wait times and client satisfaction surveys), communication, and building the ACCESS River East team. The centre received the City of Winnipeg’s Accessibility Award for its improved access for people with disabilities.

For clients, the facility offers a warm and welcoming one-stop shop with program expertise located in the community. Client service improvements include faster response times, improved case coordination for individuals and families with complex needs, and cross-program brainstorming by staff to find creative solutions for clients.

Notably, everyone who calls or visits ACCESS River East is assisted using the “No Wrong Door” approach. If the service or information requested is not found at the centre, front end staff track down the information or advise where to go. “No one leaves without an answer or guidance,” added Jacobs.

The meeting rooms at ACCESS River East are available to the public and other organizations who serve the area to hold meetings or conduct sessions.

Community interest in ACCESS River East has been enthusiastic with 1610 residents attending an Open House on Sept. 23, 2004.

The second integrated services facility will be ACCESS Transcona, which is scheduled to open in the summer of 2006.

For more information, call 983-5000.

WINNIPEG TEEN CLINICS - WEEK AT A GLANCE

(Compiled by and courtesy of WRHA ACCESS River East)

Monday	Tuesday	Wednesday	Thursday	Saturday
KLINIC 870 Portage Ave 784-4090 4:30-8:00 p.m.	R.B. RUSSELL HIGH SCHOOL 364 Dufferin Ave Noon to 4:00 p.m.	FOUR RIVERS MEDICAL CLINIC 878 Main St. 586-5592 6:00-9:00 p.m.	WOMEN'S HEALTH CLINIC 3rd Flr-419 Graham 947-1517 3:30-8:30 p.m.	MOUNT CARMEL CLINIC 886 Main St. 582-2311 Noon to 4:00 p.m. (Closed on long weekends)
	ADOLESCENT CLINIC CHILDREN'S HOSPITAL 840 Sherbrook St. 787-2401 1:00-4:00 p.m. (Call for appointment)	NOR-WEST CO-OP 103-61 Tyndall Ave 633-5955 4:00-6:00 p.m.	ACCESS RIVER EAST 975 Henderson Hwy 938-5050 3:30-8:00 p.m.	
	YOUVILLE CENTRE ST. VITAL 6-845 Dakota St. 255-4840 4:00-7:00 p.m.	ADOLESC. CLINIC CHILDREN'S HOSPITAL 840 Sherbrook St. 787-2401 1:00-4:00 p.m. July & August only (Call for appt)	ADOLESC. CLINIC CHILDREN'S HOSPITAL 840 Sherbrook St. 787-2401 1:00-4:00 p.m. Starts in September (Call for appt)	
	ELMWOOD TEEN CLINIC - ELMWOOD HIGH SCHOOL 505 Chalmers Ave 4:00-8:00 p.m.			

Promote your programs and events in APIN Network News!

The APIN newsletter is distributed 6x per year to over 700 individuals and organizations in Manitoba.

2005 upcoming deadlines

Aug 10 / Oct 12 / Dec 7

Fax to (204) 338-4727 or e-mail: river@mts.net



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