

# APIN *Network News*



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

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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.*

## **You're invited to the Fall 2002 line-up of APIN meetings:**

### **Sept. 10, 2002 Meeting**

*Open Discussion:* **"SOCIAL CAPITAL: HOW TO HELP ADOLESCENT PARENTS BUILD INFORMAL SUPPORT NETWORKS"**

*Date & Time:* Tuesday, Sept. 10th, 11:45 a.m. - 2:00 p.m.

*Place:* Adolescent Parent Centre – 136 Cecil St.

**LUNCH PROVIDED! RSVP by Sept. 6th to 339-0247.**

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### **Oct. 8, 2002 Meeting**

*Presentation:* **WINNIPEG CFS ADOPTION SERVICES & ADOPTION OPTIONS**

*Date & Time:* Tuesday, Oct. 8th, 11:45 a.m. - 1:00 p.m.

*Place:* Adoption Options - 1313 Portage Ave

*Speakers:* Deborah Baty & Heather Carruthers, WCFS  
Sharon Riches, Adoption Options

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### **Nov. 12, 2002 Meeting**

*Presentation:* **MOUNT CARMEL CLINIC: UPDATE ON SERVICES**

*Date & Time:* Tuesday, Nov. 12th, 11:45 a.m. - 1:00 p.m.

*Place:* 886 Main Street (*Parking available in visitor's parking lot on the south side of the clinic. Additional parking on side streets.*)

*Speaker:* Heather Winslow & other Mount Carmel staff

*Please bring your own lunch to the October & November meetings, coffee and tea will be supplied. See you there!*

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# COME LEARN ABOUT...

**September 10, 2002 Open Discussion:**

**"SOCIAL CAPITAL" : HOW TO HELP ADOLESCENT PARENTS BUILD INFORMAL SUPPORT SYSTEMS**

The September meeting will follow up on Dr. Lynn McDonald's presentation at the APIN 2002 Conference around building "social capital." How do we help adolescent parents build social support systems? How do we help them to strengthen the bond between parent and child and reconnect to a larger, life-long support network including aunts, grandmothers, friends, parents, partner, neighbours? Whereas service providers go home at 5:00 p.m., these other personal supports will be there for the young parent all the time, some for life.

This special **two hour** meeting will include a brief introduction to the concept of building "social capital" followed by small group discussions on the questions above and report backs.

**\*\*NOTE\*\* LUNCH WILL BE PROVIDED: Please RSVP to 339-0247 by Friday, September 6<sup>th</sup>.**

**October 8, 2002 Presentation:**

**WCFS ADOPTION SERVICES & ADOPTION OPTIONS**

Adoption services have changed significantly in the past two decades. This is particularly evident in the larger number of placements of older, special needs children as well as the greater degree of openness between birth families and adoptive families. Winnipeg Child and Family Services (WCFS) works intensively with children, and adoptive and birth families in the preparation of parenting by adoption. In addition, WCFS's Perinatal Unit provides services to birth parents under the age of 18 who want to make an adoption plan. Adoption Options is a not-for-profit licenced private adoption agency practicing under the current Adoption Act and following the same regulations as Child and Family Services except for Division 1 - Permanent Wards.

**Nov. 12, 2002 Presentation:**

**MOUNT CARMEL CLINIC: UPDATE ON SERVICES**

Mount Carmel Clinic offers a broad range of services. Information on programs offered at Mount Carmel Clinic specific to adolescents will be provided at the November meeting. Nursing and pharmacy staff will provide information on perinatal services, pregnancy counselling, pharmaceutical services and the newly established Teen Clinic. Social work staff will provide information on the Parenting Student Support Program, an outreach program that provides adolescent parents with support to remain or return to school.



**Report on the Spring 2002 Meetings**

**Women's Health Clinic: Post Partum Adjustments & Teen Counselling (May, 2002)**

Jody Thomson, coordinator of the Mothers' Program at Women's Health Clinic (WHC), described the two streams of this program to approximately 25 APIN members.

The first stream, called Coping with Change, focusses on post partum emotional adjustments and the second stream is a Healthy Baby program called "Mothers Connecting." Thomson notes she avoids using the term "post partum depression" and instead focusses on post partum adjustments.

In the Coping with Change program, Thomson leads discussions about motherhood stress with groups at a host agency. Since Jody is the only facilitator, typically only one group runs at a time. Eventually she would like to conduct a train-the-trainers program, specifically training moms as peers.

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Donna Paul, EIA .....	948-4129
Holly Puckall, Family Centre of Wpg .....	947-1401

Content is geared to all mothers regardless of where they are on the continuum. Women who need ongoing counselling can access it at Women's Health Clinic.

"Sometimes it's focussed on how to cope and get through that moment and then deal with issues from before the pregnancy at a later point when she's healthy," says Thomson.

Thomson screens women over the phone when they call about the group and will refer them to crisis counselling when needed.

The group has no age restrictions and has included teens and older women at the same time.

It is a 5-week program focussed on moms with babies in the 0-6 months range. Group size can be as small as 3-4 and as large as 10-12. No fee is charged.

Content in the first week covers the birth experience and how that affects their emotions (good or bad). The second week considers what are the normal "crazies," from baby blues to psychosis.

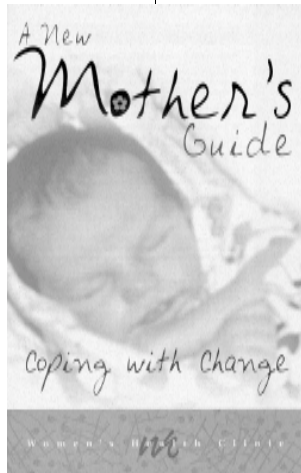
In the third week, the group talks about relationships and the fourth week looks at how to break isolation and connect with other women.

The final get together is a pampering and self-care session, which could include activities such as meditation and massage therapy.

WHC's booklet "A New Mother's Guide: Coping With Change" addresses post partum adjustments. It includes a list of community resources, agencies and services plus videos and books on the issue.

*For more information the Mothers' Program, call Jody Thomson at 947-1517, ext. 113.*

Lisa Naylor works with the Teen Counselling Program at Women's Health Clinic. This program provides free long-term counselling on any kind of life



issues to teens, aged 13-21 years. The program, which began two years ago, now has a six to eight week waiting list.

Crisis counselling is also available at WHC through the Teen Drop-in Clinic. It runs every Thursday evening from 4-9 p.m. at WHC's offices (3rd Floor, 419 Graham Avenue).

With the long-term counselling, Naylor sees a client once every two weeks. She most frequently gets young women dealing with past abortion issues or unplanned pregnancies, and body image issues (weight preoccupation and eating disorders).

She also sees a number of young women who are continuing their pregnancy or who recently had a baby.

Confidentiality is key in the counselling service and Naylor starts with a client by explaining what this means. For example, if they disclose child protection or safety issues, such as being hit and there are other children in the home, she will have to contact CFS. However, she will tell the client beforehand.

Naylor, the only counsellor in the Teen Counselling Program, works part-time. She usually sees eight to ten clients per week and has 20 open files at any given time.

WHC also provides volunteer counselling on birth control and unplanned pregnancy for women up to 19 years of age. To receive birth control, the young women have to first go through a counselling program. Volunteer counsellors take 80 hours of training.

*For more information on the Teen Counselling Program, call Lisa Naylor at 947-1517, ext. 116.*

## Sexuality Education Resource Centre: Teens & Birth Control (June, 2002)

Roselle Paulsen of Sexuality Education Resource Centre (SERC) conducted a mini-workshop for forty plus APIN members at the June meeting.

The theme of the presentation revolved around teens and barriers to birth control use—how can we influence and motivate contraceptive use and delay or prevent pregnancy.

### Motivation & Influencing Behaviour

Paulsen noted that knowing information does not necessarily affect behaviour, for teens or adults. For example, while most of us are aware of the benefits of daily exercise and healthy eating, or the dangers of smoking, we don't necessarily act accordingly.

Understanding that motivation is much more complex than knowing information, Paulsen suggests focussing our energy around four components: Skills, Attitudes, Knowledge and Environment (SAKE).

"You want to dispell myths and want them to know where to find birth control and such, but if you get a chance to do a workshop with youth around birth control, that short period of time should focus on these four components."

**Skills:** Paulsen suggests using role playing. She can provide a book list of resources for this activity. A particularly good resource, she says, is "Reducing the Risk: Building Skills to Prevent Pregnancy, STD & HIV" (Richard P. Barth, ETR Associates, 1996).

**Attitudes:** This is perhaps the most important place to start. Paulsen says she would spend most of the time into this area. She suggests



(SERC continued from page 3)

small group discussions on why teens don't use birth control, why teens get pregnant and when is someone ready to be a parent.

"It gives the teens a chance to talk about relationship stuff, to give their opinions and hear what others think," says Paulsen. "It's also an opportunity for you to hear myths and dispell them."

Equally importantly, it provides a forum for teens to understand how *poor* they'll be as a single teen parent on assistance.

Paulsen uses discussion sheets, such as "What would I tell my sister?" with an individual teen and "About Condoms" when there is a group.

**Knowledge/information:** While it would be easy to spend six hours just talking about birth control options, Paulsen suggests focussing on myths and referrals.

"Find out all that they believe, disspell wrong information and reinforce true information. If there is time, also talk about condoms, the pill, emergency contraception and infection protection."

**Environment:** This refers to providing referrals, i.e. information on where to access clinical and counselling services, resources and social supports.

To have an impact on adolescent pregnancy rates, notes Paulsen, we need to address the barriers that inhibit teens from practicing safe and safer behaviours, and change the circumstances which lead teens to seek pregnancy.

"If intimacy needs are not being met through a supportive family and friendships or other forms of connectedness, such as sports, a person will look elsewhere. A teen has to have hopes and dreams to motive them to delay pregnancy or sexual activity."

For more information, call Roselle Paulsen at 982-7806.



## Congratulations!

### MAST Ad Campaign

A pregnancy prevention advertising campaign created in 2000, managed by the Manitoba Association of School Trustees (MAST) and coordinated by Sexuality Resource Education Centre (SERC), has been funded to purchase air time for its series of six award-nominated television spots along with radio, transit and print advertising.

At the APIN 2002 Spring Conference, Minister Tim Sale of Family Services and Housing announced \$96,000 in funding for the ad campaign that was developed by youth for youth. The campaign is expected to hit the media in December 2002 or January 2003. Kristine Barr will be contacting agencies to talk about how they can be involved with and use this campaign.

### Elmwood Teen Clinic

At the APIN 2002 Conference, Minister Sale presented a cheque for \$30,000 as start-up funding for the Elmwood Teen Clinic, which is scheduled to open this fall in Elmwood High School.

### Teen Touch

Minister Sale also presented a cheque for \$92,000 to Klinik for their Teen Touch program.

## "Options" Video

APIN has received funding from Healthy Child Manitoba to develop a video that explores options for unplanned teen pregnancies. The video is intended for those working with teens although the information will be relevant to anyone.

The idea came about when members of the APIN steering committee discussed the lack of videos containing up-to-date information on adoption. From there the steering committee moved to the idea of having one video that would explore all of the choices a teen has for an unplanned pregnancy, including termination, parenting, extended family care and adoption.

APIN is hoping that this video will be a useful tool for individuals who are working with teens, helping them to explore all of their options. APIN values the input of anyone interested in contributing.

For more information, contact Enrica Herfurth at 786-5741, ext. 236.

## Pregnancy Prevention Subcommittee

Rosemary Gjerek of Klinik is seeking other interested individuals to reinstitute an APIN subcommittee on pregnancy prevention. If you would like to explore this further, call Rosemary at 784-4052.

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: \_\_\_\_\_

Address: \_\_\_\_\_

City/Prov: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone / Fax: \_\_\_\_\_



Thank you!

Healthy Child  
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The Winnipeg  
Foundation

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Organon  
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for financially  
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