

# 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 2003 line-up of APIN meetings:**

### **Sept. 9, 2003 Meeting**

*Presentation:* **LAUNCH OF CHOICES VIDEO, GUIDE & PAMPHLET**  
*Date & Time:* Tuesday, Sept. 9th, 11:45 a.m. - 2:00 p.m.

**NOTE: LUNCH PROVIDED - 2 HOUR MEETING  
PLEASE RSVP TO 339-0247 BY SEPT. 4**

*Place:* Norwood Hotel (112 Marion Street, Winnipeg)  
*Speaker(s):* APIN Steering Committee members  
Tara Mangano, Healthy Child Manitoba

### **Oct. 14, 2003 Meeting**

*Presentation:* **POSITIVE ADOLESCENT SEXUALITY SUPPORT &  
HONOURING THE SPIRIT OF OUR LITTLE SISTERS**  
*Date & Time:* Tuesday, Oct. 14th, 11:45 a.m. - 1:00 p.m.  
*Place:* Ma Mawi Wi Chi Itata Centre Inc.  
94 McGregor St.  
*Speaker(s):* Cory Gregorashuk, P.A.S.S. Program  
Jackie Anderson, Honouring the Spirit of Our Little Sisters

### **Nov. 18, 2003 Meeting**

*Presentation:* **YOUNG PARENT CENTRE – MORROW AVENUE  
CHILDCARE PROGRAMS FOR FAMILIES**  
*Date & Time:* Tuesday, Nov. 18th, 11:45 a.m. - 1:00 p.m.  
*Place:* 505 St. Anne's Road (Lavallee School)  
*Speaker(s):* Colleen Fredrickson  
Young Parent Centre Coordinator

*Please bring your own lunch to the Oct. & Nov. meetings.  
Coffee and tea will be supplied.*

## COME LEARN ABOUT...

### September 9, 2003, Presentation:

#### LAUNCH OF CHOICES VIDEO, GUIDE & PAMPHLET

Come out to view the new video developed by APIN and Healthy Child Manitoba in collaboration with multiple service providers and teen parents. This video contains up-to-date information on the choices available to a teen who has an unplanned pregnancy, including termination, parenting, extended family care, and adoption. Learn how to incorporate the video in your work, and how to use the guide and pamphlet for teens that accompany the video. **This special two-hour meeting will be held at the Norwood Hotel and will include a complimentary lunch.**

**\*\* Please RSVP by Thursday, Sept. 4, to 339-0247 \*\***

### October 14, 2003, Presentation:

#### POSITIVE ADOLESCENT SEXUALITY SUPPORT (P.A.S.S.) & HONOURING THE SPIRIT OF OUR LITTLE SISTERS

P.A.S.S. is a pregnancy prevention program run out of the Ma Mawi Wi Chi Itata Centre at 743 Ellice in Winnipeg. The program, run by both a male and female facilitator, strives to provide youth with culturally appropriate workshops on sexuality education. P.A.S.S. is available to adolescents who are 13-19 years of age.

Ma Mawi is proud to announce the opening of their sixth site, Honouring the Spirit of Our Little Sisters. It is a residential facility for female youth between the ages of 12-16 who are currently being subjected to and are at risk for continued sexual exploitation.

Come out to the October meeting to learn more about P.A.S.S. and Honouring the Spirit of Our Little Sisters.

### November 18, 2003, Presentation:

#### YOUNG PARENT CENTRE – MORROW AVENUE CHILDCARE PROGRAMS FOR FAMILIES

The Young Parent Centre offers quality, licenced childcare implemented by Early Childhood Educators. The focus of the Centre is to support young families by enabling parents to attend school off-site in the community while their children grow and develop in a safe, caring atmosphere. Come to the November presentation to hear about YPC's free drop-in programs to the community such as "Stay and Play," Music for Minors" and "Baby and Me." Learn about their infant/toddler clothing exchange, emergency infant supplies, and more.



## Report on the Spring 2003 Meetings

### Adolescent Prenatal Clinic - Women's Hospital (May 2003)

The Women's Outpatient Clinic, located in the basement of Women's Centre at Women's Hospital, runs clinics for both women and adolescents.

Some of the staff who work with adolescents in the Adolescent Prenatal Clinic include: Dr. Maggie Morris, Donna Duncan (RN), Debbie Eddie-Lamont (dietitian) and social workers Kathy Allen and Lorna Parsons.

Sadly, Dr. Lisa Lügig was missing from the May presentation. Her last clinic was April 8 and she died on April 25 from cancer.

The Adolescent Prenatal Clinic is also affiliated with the Adolescent/Gyne Clinic at Children's Hospital. Social worker Traci Libitka and Dr. Margo Lane presented briefly on that clinic.

## 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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### *Adolescent Prenatal Clinic*

The clinic is made up of a doctor, nurses, a clerk, dietitian and social work support, who work as a team to provide the best care and to support the needs of the adolescents. Clinics are held on Tuesdays and Thursdays.

The clinic sees pregnant adolescents who are 12 to 18 years old. It does not have to be the teen's first pregnancy. There are no geographic restrictions and self-referrals are accepted.

Kathy Allen described the role of the social workers, who meet with most of the adolescents in the clinic.

Social work contact with an adolescent begins with a psychosocial assessment. They attempt to assist the teen with decision-making and in developing follow-up plans for her and her baby.

They also assist in strengthening supports for the teen within the family and community, such as providing resource information and support links to the adolescent, her family and her partner. As needed, they will continue throughout the pregnancy to liaise with the community and the entire team will remain available to the adolescent.

At the time of labour and delivery, social workers from the clinic will continue contact with the teen and family, and will advise the medical staff on the ward of plans for the mom and baby.

Donna Duncan, RN, described the role of the nurse in the clinic.

The initial meeting involves an assessment of the adolescent patient. Special emphasis is placed on the patient's social supports, current education, nutritional status and emotional well-being.

Duncan notes they strive to provide a relaxed and open environment in the hope that the adolescent will feel comfortable to discuss questions and concerns as the pregnancy progresses.

The teen is seen every two weeks until 36 weeks and then weekly until delivery. The patients are then seen at three and six weeks postpartum, and are encour-

aged to return to the clinic for birth control and annual gynecology exams.

Debbie Edie-Lamont is the dietitian with the Adolescent Prenatal Clinic. She provides nutrition counselling and gets involved with gestational diabetes, poor iron status, and other issues.

Edie-Lamont says she accentuates the positive and then tries to focus on two or three improvements the pregnant teen can make in her diet.

She finds that at least half of the teens she sees are not connected with any programs. She lets them know what is available, such as Healthy Baby, Healthy Start, Adolescent Parent Centre, and encourages them to get involved.

### *Review of clients*

Dr. Maggie Morris completed a review of their clients 10 years ago and found the results varied from national statistics. She repeated the review in 2000-2002, looking at approximately 147 patients. Here is a brief summary of what she found.

- Adolescents (females ages 15-19) in Manitoba use abortions less over all ages, i.e. 23.2 per 1,000 female teens vs. 38.7 live births per 1,000 (stats for 1998). In Ontario, half of all teen pregnancies end in abortion (20.3 per 1,000 vs. 17.2 live births per 1,000). In Manitoba, there is one abortion for every three live births.
- 60% of their patients are registered First Nations and many of the rest are non-treaty, Metis or other Aboriginals.
- Mean age of their clients is 16 years old.
- Only 31 of the 147 were using contraception. Oral contraception was the most common followed by condoms and then Depo Provera.
- 73 of the 94 who came for outpatient postpartum used contraception, mostly Depo Provera. This concerns Dr. Morris given that many drop it after a year due to an associated weight gain.
- Only about one-half of their patients come back for postpartum visits and they start having sex again very quickly—some voluntary, some not.

- Many clients smoke and use alcohol on a regular basis prior to conceiving. Some also use marijuana and cocaine. Few reported domestic violence, but Dr. Morris thinks this is underreported.

- Notably, she found that most of the babies born with FASD (Fetal Alcohol Spectrum Disorders) are born to adult women, not adolescents.

- Most clients are single and the mean educational grade attained is 9.2, about two years behind.

- Mean weight gain was 20.2 kg. Dr. Morris notes that many clients start out at an acceptable weight and end up overweight. She believes the teen diet is to blame along with the fact that it costs more to eat well and takes knowledge.

- 92.4% of their clients had a spontaneous vaginal delivery, which is more frequent than adults.

- Clients do not have as many small babies in their clinic (as compared with national statistics), but they have a lot of bigger babies. Dr. Morris believes this is related to sugar intake and diet.

- Very few of their patients have pre-term babies, which again differs from traditional thought related to adolescent pregnancy. She also noted that 10% will become pregnant again within the year.

### *Vitamin D & pregnant moms*

Dr. Bob Schroth, a dentist doing graduate studies in the Department of Community Health Services, Faculty of Medicine, University of Manitoba, provided information from his research to see if mothers with low vitamin D levels while pregnant put their babies at greater risk for baby tooth enamel defects.

Extremely low levels of vitamin D while pregnant may cause a child to suffer from rickets, a disease of the skeleton, and may also lead to problems with baby teeth. Mothers with low vitamin D levels during pregnancy might also suffer some health problems.

For more information, contact Dr. Bob Schroth at (204) 975-7764 or by e-mail at: [umschrot@cc.umanitoba.ca](mailto:umschrot@cc.umanitoba.ca).

## Career Trek (June 2003)

Darrell Cole, Executive Director of Career Trek Inc., and Lisa Martins, Youth Program Manager, explained that Career Trek is a not-for-profit organization dedicated to stopping the cycle of poverty through career education. It is an early intervention program that attempts to reach young people and their families prior to school dropout.

The Career Trek Parent Program ran for six years prior to the past school year, when it did not run due to a funding glitch. The program starts again in September 2003.

Career Trek has two program streams: the Saturday Youth Program and the Parent Program.

### Saturday Youth Program

This is an early intervention program that focuses on 10 and 11 year olds. It currently involves 54 schools from five school divisions (four urban and one rural). Last year, there were 240 children involved in the program.

### Adolescent Parent Program

Each year, 15 young women are nominated by five participating schools (representing two school divisions) to attend the program. Schools are provided with selection criteria that must be met, but

are otherwise free to determine how the nominees are selected.

### Selection Criteria

- must be between the ages of 14-20 and attending school
- must be an adolescent parent (not expecting)
- be at-risk of not continuing on to a post-secondary education
- not currently in crisis
- able to keep the commitment required to be in the program
- not present significant behavioural issues

Following nomination, participants are required to attend an orientation session with Career Trek staff at their school.

The Parent Program is an after school program that runs from 4 to 8 p.m. on Tuesdays and Thursdays from mid-October to early April for a total of 18 weeks.

The group is posted to a participating post-secondary institution for a six-week "term". At the end of that term, the group rotates to another site until it has completed a six-week term at each institution, which includes the University of Manitoba, University of Winnipeg and Red River College.

Curriculum is interactive and experiential. Each lesson is approximately 55 minutes long. Program curriculum also focuses on developing the skills needed to do well in today's workforce.

the last round were graduates of the Parent Program.

Career Trek employs a mobile child care team made up of post-secondary students from Child Care and Human Ecology to ensure continuity of care from term to term.

Participants are provided with a hot supper prior to classes and transportation is provided at no charge.

No homework is assigned as they do not want the program to interfere with regular schoolwork.

Participants are expected to attend regularly. If they miss three times, they are dismissed from the program.

The program fee is \$20 per term with the initial deposit rolled over to pay for the next term. Participants who do not live up to their commitment forfeit their deposit. If necessary, monetary deposits are replaced by items of emotional value.

### Program outcomes & challenges

Overall graduation is over 70% and attendance rates are over 80%. Darrell Cole is aware of eight graduates who have enrolled in post-secondary programs over the past three years.

Participants benefit from increased self-esteem (in the short term), greater future orientation, goal setting and an improved sense of responsibility.

Challenges facing the program include: a lack of stable, dedicated funding; inability to meet demand for the program; the need for long-term reinforcement to maintain motivation for the graduates; and negative relationships which discourage students from continuing.

After the last round, 13 out of the 15 graduates wanted to return. A "phase 2" was added in which these students chose one area of study and focused on it all year, once per week. "We're looking to make this permanent," says Cole.

For more information on the Career Trek Parent Program, call Darrell Cole at 474-6653 or visit [www.rrc.mb.ca/careertrek](http://www.rrc.mb.ca/careertrek).

## 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: \_\_\_\_\_



Soft skill development includes problem solving, critical thinking, teamwork, interpersonal communication, responsibility and common courtesy.

Career Trek teaching staff are undergraduate or graduate students. There are 62 part-time teacher-students. Three of the teacher-students in