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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.

APIN Upcoming Events

Youth & Gangs - Sept. 12th, 2006

Date & Time: Tuesday, Sept. 12th, Noon - 2:00 p.m.

Note: This is a 2 hour meeting with complimentary lunch provided. Please RSVP to Beth at 339-0247 or email info@apin.org by Friday, Sept. 8th (Seating limited to 100).

Place: **Adolescent Parent Centre**
(136 Cecil St. - free parking available on side streets)

Presenter(s): **Cst. Roel Orteza, Winnipeg Police Service**
Jessie McKay, Youth at Risk Officer, Interlake Metis Assoc.

Description: Come to this two-hour luncheon for presentations that will complement the APIN Youth & Gangs conference. Hear about current gangs in Winnipeg, names and colours, how to keep youth out of gangs, signs to look for possible gang involvement, how to support youth to exit a gang, and resources/programs available in the community.

Adolescent Parents Day - Oct. 17th, 2006

The second annual APIN ADOLESCENT PARENTS DAY will offer hands-on activities including crafts, music and more. This half-day workshop will provide a chance for teens to look at media messages including sexism in advertising and violence in media along with how to talk to their kids about violence and how to deal overall with these issues. *Please see page 2 for registration information.*

Peace Begins at Home - Nov. 14th, 2006

Date & Time: Tuesday, Nov. 14th, Noon - 1:00 p.m.

Place: **North End Women's Centre**
(394 Selkirk Ave - free parking available on side streets)

Presenter(s): **Hero Mudd & Verna Muchikekwanape**

Description: Come to learn about Peace Begins at Home, a project of the North End Women's Centre. Hear about parenting techniques that help prevent children from becoming crime-involved, and how to best support and help youth if they do become crime-involved.

Please bring your own lunch to the November meeting - coffee & tea will be provided.

Tuesday, October 17th Conference Adolescent Parents Day

Radisson Hotel (288 Portage Ave)
10 a.m. - 2:30 p.m.

This special half-day interactive conference for adolescent parents is free of charge for adolescent parents and the service providers accompanying them. Babies are welcome as the day's activities are planned to engage both mom and baby. (Note that child care will *not* be provided. Please be sure to bring whatever your baby might need, such as food, diapers, floor blanket and toys.) Lunch and snacks will be provided for the adolescent parents and service providers. More details on specific activities will be circulated in the next APIN mailing at the end of September.



Nikki Cook with daughter
Shanice Rae-Ann at the 2005
Adolescent Parents Day

TO REGISTER: Please call Beth at 339-0247 or email: info@apin.org by **Tuesday, Oct. 12th**, with a list of

the young parent(s) attending, the service provider's name(s) who will be accompanying them and the agency or program name. There is no registration fee or form to complete.

Healthy Start for Mom & Me (June 2006)

A complement of staff members from Healthy Start for Mom & Me presented to APIN members in June. They reviewed the history of the program and recent initiatives to accommodate the needs of immigrant and refugee families new to the country.

An extensive community development process preceded the initiation of Healthy Start for Mom & Me. The program was built upon this community involvement, including the name, which was chosen by community women. Programming began nine years ago under sponsorship of Dietitians of Canada.

"That process has held us in good stead," noted Gail Wylie, Executive Director for Healthy Start. "It's a strong base to work from. We really listened to women whose lives we were trying to reach."

Healthy Start for Mom & Me recently incorporated and gained charitable status. And although the number of men attending the groups is increasing, the Board felt it was important to keep the same name because it was chosen by women in the community.

Now celebrating their 10th year of service in the community, Healthy Start is financially secure with stable funding provided by federal and provincial governments, and has grown to include 14 full-time staff including seven outreach staff.

One important aspect of their outreach work is to help women connect with the professional staff who are part of the Healthy Start multi-disciplinary drop-in group teams. The nine drop-in centres are staffed with nurses and dietitians from the Winnipeg Regional Health Authority (WRHA), Mount Carmel Clinic, Klinik, Nor'west Co-op Community Health Centre, Healthy Start staff and others as needed.

The program sees approximately 1,400 women per year, including those who come only once or twice. Most of the women are living below the poverty line. Other participants include women on maternity leave and newcomers to Canada.

Laurie Marcella, Postnatal Co-ordinator, described Healthy Start for Mom & Me as a prenatal and postnatal outreach program for parents with babies up to age one. The drop-ins take place year round except during Christmas time and a two-week period in the summer.

A drop-in site for newcomers was added as the ninth drop-in site at the Knox Centre in downtown Winnipeg, next door to the International Centre. Prenatal drop-ins are held monthly on the first Monday of the month and postnatal drop-ins are held on the third Monday of the month. Healthy Start tries to match each mom with an interpreter who speaks her language. It can be quite a challenge to find interpreters for some of the languages, so Healthy Start has had to recruit them from a variety of places. Few are professionally trained.

Every drop-in site provides milk and food coupons plus bus tickets. The coupons for two 4L jugs of milk, frozen vegetables and one dozen eggs are intended to cover a two week period until the next drop-in.

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.

APIN Newsletter Editor & Coordinator: Beth McKechnie
(204) 339-0247 / (fax) 338-4727 / email: info@apin.org
post: 441 Scotia St., Winnipeg, MB R2V 1X3

APIN web site: www.apin.org

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APIN STEERING COMMITTEE

Fran Coulter, WRHA	940-3641
Connie Platt, Adolescent Parent Centre.....	775-5440
Enrica Herfurth, Villa Rosa	786-5741, x236
Cindy Knott, Positive Parenting Program.....	945-1110
Rita Longclaws, New Directions	786-7284, x201
Donna Paul, EIA.....	948-4114
Holly Puckall, The Family Centre.....	947-1401
Marie Ricard, Ma Mawi (Blake Gardens).....	925-0337
Sandra Peters, Healthy Start for Mom & Me ...	949-5356

Drop-in groups start with a healthy snack, such as fruit or veggies. Prepackaged 'meal bags' are also available for purchase at \$1.50 each. These quick and easy meals include all ingredients and the recipe. A meal is made from the meal bag recipe for the participants to try and is served at the end of the drop-in, when there is time for the participants to socialize with each other and speak individually with staff. Four times a year, Healthy Start hosts a community kitchen where participants can make meals to take home.

The Healthy Start multi-disciplinary teams meet every few months to plan the weekly educational topic (each group is different), choosing from a list they want to cover over the year. They have learned over the years that the most effective way to communicate the educational topics is by using short nuggets on key topics at every session.

Dietitian and Prenatal Coordinator Davorka Monti noted that after each session, the team does a de-briefing to discuss what activities worked.

"It's also been a key time to identify who needs to do follow-up with specific moms," said Monti.

Outreach worker Linda Swan noted that her years of experience as an outreach worker with Healthy Start has helped her develop a trust relationship with many of the women, particularly those who have come through the program a couple of times.

"We don't use medical jargon – plain language only," she noted. "We use a lot of visuals, games and no 'lecture' style. We want people to be comfortable while they're here."

The outreach workers also offer support for a variety of needs, such as finding housing or navigating EIA or accessing addictions counselling.

The workers are now finding that, as the program has evolved, many of the women are coming in earlier in their pregnancies and more complex issues are arising.

Given the large size of the groups, Linda noted it is sometimes hard to talk one-on-one with each woman at drop-in, and instead, the outreach workers offer to see the women at their homes or take them out.

Healthy Start promotes and supports breast feeding. They have several resources that they use, including one that shows how moms can save \$1,500 over a year by breast feeding instead of buying formula.

Executive Director Gail Wylie noted that 80% of the women in their program initiate breast feeding. While they do not have hard figures from before the program started, she suspects at that time it was closer to 30%. Their statistics around duration are less certain, but believe many breast feed for at least four months.



Another example of a typical discussion topic is the consumption of sugar and its effect on health and kids' teeth. The dietitian holds up a 10 kg bag of white sugar for dramatic effect and asks participants to guess how many of these bags a typical person eats in a year. Jaws often drop when they learn the number is four bags! She also explains how one can of pop per day over a year can translate into a 15 pound weight gain.

However, the dietitian does not recommend switching to diet drinks and cautions against a large intake of aspartame and other artificial sweeteners during pregnancy.

Activities employed to make this information more palatable also includes ecological issues. For example, they'll talk about how chalk can be used to stop ants from coming in and how spiders hate (unchewed) spearmint gum. These are environmentally friendly ways that can help parents avoid the use of products such as toxic chemical sprays, which can be unhealthy for their kids.

At the postnatal drop-in groups, they talk about issues such as attachment, responding to baby's cues and sleep routines.

"We provide the information for moms to make an *informed* decision," noted Marcella.

They demonstrated another activity called "Baby Cues" in which a baby's behaviour in response to stimulation is sorted into columns "I want more", "I've had enough"

and "Figure it out". One goal of the activity is to dispel parenting myths, such as "I'm spoiling my baby if I respond to its needs."

Wylie concluded by noting how gratifying it has been to see that the model works.

"Being out in the community where women live and having outreach staff really works. The Healthy Start model is now looked up to across Canada."

She noted the huge increase in immigrants and the diversity of their backgrounds, requiring Healthy Start to try to accommodate women from all sorts of cultures and in many different languages unfamiliar to Canadians.

"It can get a little crazy with five interpreters in the room!"

Wylie believes the practical supports are what makes the program work. She said it starts with providing food, which is a clear need of the population they are serving.

The continuous program entry makes it easy for women to participate and the flexibility means a woman can refer herself, simply drop by or meet in advance with an outreach worker. She is also free to bring a friend or partner.

"We really encourage the dads to come along."

While Healthy Start tried doing an evening/after school program for teens, it did not catch on, in spite of trying different locations and times. Wylie believes this may be a result of the many good services and supports already available in the community for teen parents.

Looking into the future, Wylie noted that Healthy Start is grappling with the larger issue of how to have a greater impact on poverty in the community in general. The relationships between child health and the environment is another issue she would like to explore.

"We are looking at how to position ourselves to be effective in this and still keep our model."

For more information on Healthy Start for Mom & Me, call (204) 949-5350.



*The Attachment Network
presents...*

Assessing and Promoting Resilience in Families: Impacts on Practice and Policy

Vital cross-cultural information for those with professional responsibility for the health and well-being of infants, young children and families.

December 11, 2006

Canad Inns Polo Park

1405 St. Matthews Ave - Winnipeg
with

Dr. Ellen Moss, Ph.D.

Professor of Development
Psychology at the UQAM, Director of
the Centre for Study of Attachment
and the Family

Dr. Moss has been studying
parent/child attachment for nearly
20 years and has recently completed
a large study on the effects of
relationship intervention on
MALTREATING families.

In this one day workshop, Dr. Moss
will present her ground breaking
research findings and implications
for how it can impact our work.

- How do I know what I am seeing
in a family is problematic enough to
warrant intervention?
- What intervention is effective for
the family?
- What are the implications for
practice? For policy?

**COST: Early Bird Rate \$95.00
After Oct. 15, 2006: \$110.00**

Full conference & registration
information will be available at
www.plannersplus.ca in September.

For more information, call Dana Hay
of Planners Plus Inc. at 224-1831 or
email: dana@plannersplus.ca.

Celebrating the Power of Families and Communities

September 28-29, 2006 Winnipeg, Manitoba

Family Service Canada and The Family Centre of Winnipeg
invite you to come experience two full days of professional
development and learning about the power for positive change inherent
in all families and communities.

Learn first-hand about family-centred
community development initiatives,
innovative agency programs and
leading-edge research that look at the
strengths and power of families and
communities.

Conference highlights:

- Envision the powerful ways that families
can shape communities during a special
half-day session with internationally
renowned educator William J. Doherty,
Director of Marriage and Family
Therapy, University of Minnesota
- Learn from the best in research and
practice, such as:
 - Promising practices in First Nations
Child and Family Services agencies
 - An alternative dispute resolution
process developed by Joyce Young of
York University
 - Thriving multicultural communities
in Calgary
 - Lessons from Sweden's family policies
and other social measures
 - The Woodydell Model: Using
Attachment Theory to Build
Community
 - Coaching for Empowerment, etc.

Venue: The Fort Garry Hotel
222 Broadway

Registration Fees:

Full conference	
Until Sept. 8 th	\$275
Late registration	\$325
One day/student rate	\$150

Conference details and the registration
form can be found online at:

www.familyservicecanada.org

For more information, contact Family
Service Canada at **1-800-668-7808** or
email info@familyservicecanada.org.

**Promote your
programs & events in
APIN Network News!**

Fax to: (204) 338-4727 or
email: info@apin.org

(Info included as space allows)



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