

PREVENTION MATTERS

Understanding Our Influence on the Early Years

organized by



Ministry of Education



Public Health Agency of Canada

Agence de santé publique du Canada

Federation of Saskatchewan Indian Nations (FSIN)

NOVEMBER 18 - 20, 2009
RADISSON HOTEL
SASKATOON, SASKATCHEWAN

prevention matters conference

UNDERSTANDING OUR INFLUENCE ON THE EARLY YEARS

Day 1 Maternal and Early Childhood Mental Health Forum Wednesday, November 18, 2009

8:00 a.m. - 8:45 a.m.

Registration

8:45 a.m. - 9:00 a.m.

Welcome and Opening Remarks

9:00 a.m. - 9:50 a.m.

MATERNAL MENTAL HEALTH: IMPACTS, TOOLS & PREVENTATIVE INTERVENTIONS



Speaker: Dr. Pratibha Reebye

Pratibha Reebye is Clinical Professor and Clinical Head of the Infant Psychiatry Clinic at British Columbia's Children's Hospital in Vancouver, BC. She is the current book review editor of the official journal of the Canadian Academy of Child and Adolescent Psychiatry.

Her clinical areas of interest include mother-infant interactions, maternal depression and anxiety, and social emotional development of young children. She is involved in undergraduate and postgraduate teaching through the University of British Columbia.

Presentation Description: The main theme of this presentation is the role of "attachment" in depressed and/or anxious mother-infant pairs. This theoretical concept is now well researched and the evidence of how maternal depression/anxiety can affect developing fetuses and young children is overwhelming. Literature on maternal depression/anxiety on the psychosocial development of young children will be discussed.

In addition, some common tools that can be applied in understanding the mother-child relationship in a clinical setting will be presented through clinical vignettes.

Finally, preventive intervention efforts to promote wellness in depressed/anxious mother-infant pairs will be presented by using examples from the Perinatal Depression Framework developed by the BC Centre for Reproductive Mental Health and the Bonding Group model developed by the Infant Psychiatry Unit, British Columbia's Children's Hospital.

9:50 a.m. - 10:40 a.m.

MATERNAL MENTAL HEALTH: DETERMINANTS, IMPACTS, & COMMUNITY APPROACHES



Speaker: Angela Bowen, RN, PhD

Angela is a Registered Nurse with extensive clinical, education, and administrative experience in Obstetrics and Mental Health. Her research focus, Maternal Mental Health, brings these areas together, including a longitudinal study of depression in pregnant and postpartum women in Saskatchewan.

Presentation Description: Maternal mental health is a consequence of many determinants of health, unique to the childbearing woman and the woman's family. This presentation will focus on the social factors which can impact on the pregnant woman to put her at risk for anxiety and depression. It will discuss the impact of maternal mental health issues on the pregnancy, fetal, and child development,

including attachment. It will also present examples of community level approaches to prevention and interventions, which promote maternal mental health.

10:40 a.m. - 11:00 a.m.

Refreshment Break (Conference Participants Only - Please Wear Name Tag)

11:00 a.m. - 4:30 p.m.

ATTACHMENT, TRANSGENERATIONAL TRANSMISSION TRAUMA AND RESILIENCE FROM A NEUROBIOLOGICAL PERSPECTIVE



Speaker: Dr. Richard L. Gaskill, Ed.D.

Richard Gaskill has worked in community mental health for over 30 years. He currently serves as the Clinical Director and Deputy Director of Sumner Mental Health Center in Wellington, Kansas. He served as the Center's Children's Services Director for over 20 years. In his work with children, Dr. Gaskill has developed numerous programs for children and parents; including child development classes, parenting classes, Child-Parent Relationship Training (Filial Therapy), Infant-Parent Relationship groups, attachment enhancement treatment groups, therapeutic alternative schools, therapeutic preschools, after school programs, and juvenile offender programs.

Presentation Description: We live in an exciting age of evolving neuro-scientific insights. This information is providing new neurosociological understanding of many vital developmental processes such as attachment. Further, we are gaining knowledge and understanding of the neurological mechanisms involved in the transmission of social, emotional, and cultural trauma. These novel concepts can provide parents, childcare professionals, family service providers and intervention specialists with potent tools to assist children and their families to live healthy and productive lives.

- Attachment and Attachment Patterns Throughout The Life Span
- The Neurobiology of Attachment Patterns
- Transmission of Social-Emotional-Cultural Trauma
- Developmentally Sensitive and Neuro-Biologically Informed Intervention
- Resilience - things that parents/adults can do to help children cope with the inevitable stress/traumas in life

12:00 noon - 1:00 p.m.

Luncheon (Conference Participants Only - Please Wear Name Tag)

1:00 p.m. - 2:30 p.m.

Attachment, Transgenerational Transmission Trauma and Resilience from a Neurobiological Perspective (Continued)

2:30 p.m. - 3:00 p.m.

Refreshment Break (Conference Participants Only - Please Wear Name Tag)

3:00 p.m. - 4:30 p.m.

Attachment, Transgenerational Transmission Trauma and Resilience from a Neurobiological Perspective (Continued)

Day 2 Prevention Matters Conference Thursday, November 19, 2009

8:30 a.m. - 8:45 a.m.

Welcome and Opening Remarks

8:45 a.m. - 9:45 a.m.

**THE IMPORTANCE OF HEALTHY EARLY
CHILDHOOD DEVELOPMENT**



Plenary Speaker: Dr. Stuart Shanker

Stuart Shanker is Distinguished Research Professor of Philosophy and Psychology at York University. He was educated at Oxford, where he obtained a First in PPE and won the Marian Buck Fellowship at Christ Church, where he obtained a First in a B Phil in Philosophy and a D Phil with Distinction in Philosophy. Among his awards are a Canada Council Doctoral Fellowship and Postdoctoral Fellowship; a Calgary Institute for the Humanities Fellowship; a University of Alberta Mactaggart Fellowship; an Iszaak Walton Killam Fellowship; and the Walter L. Gordon Fellowship at York University.

(Dr. Shanker Continued)

In addition to serving as Director of the Milton and Ethel Harris Research Initiative, Dr. Shanker is currently Director of the Council for Human Development and Past President of the Council of Early Child Development. He is also Director of the Cuba-Mexico-Canada Research Initiative, an international, multi-disciplinary investigation into preventative mental health (funded by IDRC of Canada).

Presentation Description: This presentation will address topics relating to healthy early childhood development including the prevention of developmental problems and early intervention. The focus will be on how we can help our children learn the communicative, cognitive, emotional, and social skills needed to maximize their full potential.

9:45 a.m. - 10:00 a.m. Refreshment Break (Conference Participants Only - Please Wear Name Tag)

10:00 a.m. - 11:30 a.m.

INNOVATIVE INITIATIVES: WHAT'S HAPPENING IN SASKATCHEWAN?

This session is to recognize and celebrate the contributions of programs/agencies/services in Saskatchewan that contribute to the well being of Saskatchewan's youngest children and families.

Speakers: Panel

11:30 a.m. - 12:00 noon

NETWORKING

Please take this opportunity to visit the displays located in the front foyer.

12:00 noon - 1:00 p.m.

Luncheon (Conference Participants Only - Please Wear Name Tag)

1:00 p.m. - 4:00 p.m.

WORKSHOP SESSIONS



1A. Breaking the Cycle: A Mother-Child Framework to Reduce Risk for Children Exposed to Maternal Substance Misuse

Speaker: Margaret Leslie, Dip.C.S., C.Psych.Assoc.

Margaret Leslie is Director of Early Intervention Programs at Mothercraft and Breaking the Cycle. Her clinical experience over the past 20 years has been in the areas of prevention and early intervention services for families and young children living in conditions of risk. Her expertise is in the areas of infant and child assessment, infant mental health, and parent-infant therapy. She was instrumental in the development and implementation of the Breaking the Cycle program, which has been recognized by the United Nations Office on Drugs and Crime as a best practice program serving pregnant and parenting women with substance use problems, and their young children. Ms. Leslie is a member of the College of Psychologists of Ontario.

Workshop Description: This workshop will draw on practice-based research to: 1) describe the context of women's substance use during pregnancy and while parenting; 2) propose a process by which intergenerational patterns of relationship disturbances are passed on; 3) describe the use of a maternal-child response to relational problems involving substance use and trauma; 4) highlight the importance of relationships among service providers in creating a community context of support.



1B. Tools to Support Secure Attachment

Speaker: Megan Clark

Megan was the Coordinator of the Connections for Life: Attachment Resource Kit project, a national project funded by the Public Health Agency of Canada. The goal of this project was to develop resources around attachment for those who provide direct services for families. Megan has an M.A. in developmental psychology, focusing on attachment.

In her current role as the Research and Evaluation Officer at the Saskatchewan Prevention Institute, Megan is committed to promoting awareness and understanding of the importance of attachment in healthy child development.



Speaker: Laurie Marcella

Through most of Laurie's career, she has worked in parent/child support and prevention programs including several years in Regina as a Teen Parent Program worker, as it was called in the 1980's. Prevention is her love but the parent/child attachment relationship is her passion! This has led to being involved in developing educational resources to promote secure attachment such as the Connections for Life Attachment Resource Kit, and the Listening to Baby interactive DVD. She was the Postnatal Co-ordinator for Healthy Start for Mom & Me in Winnipeg until earlier this year and was a founding member of the Attachment Network of Manitoba in which she is still actively involved.

Workshop Description: This workshop will review the basics of attachment and introduce two resources that can be used to work with families to promote the development of secure attachment relationships: Connections for Life: Attachment Resource Kit and Listening to Baby - an interactive DVD. Participants will have the opportunity to become familiar with these resources and learn ways to use them with the families they work with. Tips and suggestions for working with families generally to promote secure attachment will be provided. We will also spend some time learning about the experiences of the Manitoba Attachment Network and lessons learned.



1C. Identifying and Caring for Infants and Young Children with Mental Health Problems

Speaker: Jean M. Clinton BMus MD FRCP(C)

Jean Clinton is an Associate Clinical Professor, Department of Psychiatry and Behavioural Neuroscience at McMaster, Division of Child Psychiatry. She is on staff at McMaster Children's Hospital and an Associate in the Departments of Family Medicine at McMaster University. In addition she is an Associate in the Department of Child Psychiatry, University of Toronto and Sick Children's Hospital. She is an Associate Member of the Offord Centre for Child Studies. She has been a consultant to child welfare and children's mental health programs for 25 years. She is also a board member of Children's Mental Health Ontario and expert advisor for "Invest In Kids Parenting Initiative."

Dr. Clinton holds a Bachelor of Music Degree in Education and a medical degree and Fellowship in Psychiatry from McMaster University. Jean's greatest accomplishment is being the mother of 5 GREAT kids who range in age from 14 to 24 years. "All Kids are Our Kids".

Workshop Description: How do we define mental health in infancy and young children? What can we do when we suspect there is a problem? This interactive session will explore the development of self regulation and how to identify and care for infants and young children and families when there is a challenge. Child, family and environmental factors will be explored with focus on specific mental health issues in children such as insecure attachment and regulation disorders.



1D. Positive Discipline

Speaker: Joan E. Durant

Joan Durrant, Ph.D. is a Child-Clinical Psychologist and Professor of Family Social Sciences at the University of Manitoba. She conducts research on the factors that lead parents to strike their children, as well as on the impact of laws that prohibit physical punishment. She is the author of many academic papers on the issue, co-author of the Canadian Joint Statement on Physical Punishment of Children and Youth, and co-editor of Eliminating Corporal Punishment: The Way Forward to Constructive Discipline (UNESCO). She also has been a member of the Research Advisory Committee of the United Nations Secretary-General's Study on Violence against Children, and a member of the American Psychological

Association's Task Force on Corporal Punishment. She is engaged in a number of public education initiatives to encourage parents to learn non-violent approaches to discipline, and is the author of Positive Discipline: What It is and How to Do It (Save the Children).

(1D. Positive Discipline Continued)

Workshop Description: “If I don’t spank my child, what else can I do?” For those who work with parents, it can be difficult to articulate an answer to this question. In this workshop, participants will be given concrete information on what positive discipline is, key messages for parents and a problem-solving framework that can be applied across age groups and situations.



1E. Domestic Violence and Child Witness

Speaker: Lee Hinton

Lee Hinton is the Program Manager at the Saskatchewan Prevention Institute. She has been trained as an Art Therapist and a Social Worker. Throughout her career, Lee has focused on the physical and mental health of women and children. In a variety of shelters and community based organizations, Lee has worked with children who have experienced direct and indirect trauma. Lee has participated in research and led workshops in the past regarding the impact of women abuse on children.

Workshop Description: This interactive workshop will concentrate on the impact of women and child abuse on young children. We will explore both indirect and direct child abuse and discuss how witnessing violence can be seen as a form of abuse. Participants will learn the impact of violence against a mother on attachment, parenting and socialization. Finally, participants will be given opportunity to discuss interventions with young children and prevention messages that they can use in their day-to-day work.



1F. Handle With Care

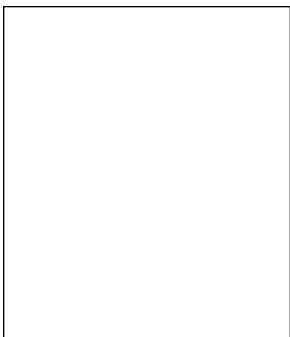
Speaker: Gail Szautner

Gail is the Executive Director of Childrens Choice Child Development Centre in Prince Albert; a position she has held since November, 1983. Childrens Choice offers programs in three locations to children ranging in age from 6 weeks to 12 years.

Over the years, the Center has partnered with Saskatchewan Rivers School Division, providing programs for children identified as having special needs. In the past few years partnerships have grown to include KidsFirst, River Bank Development Corporation and King George School.

Gail is currently Board Chairperson for the Saskatchewan Early Childhood Association, Co-Chair of the Minister of Education’s Early Learning and Child Care Advisory Board and a past president of the Canadian Child Care Federation.

Workshop Description: Handle With Care is a program for promoting the mental health development of young children, aged 0-6, attending early childhood programs. Developed by the Canadian Mental Health Association, this program provides early childhood educators with strategies that support positive mental health development for young children.



1G. Working With Immigrant Families

Speaker: TBA

Workshop Description: TBA



1H. Early Years Programming and Networking: What Works? Why is it Working?

Speaker: Nazeem Muhajarine and Healthy Children Research Team
Saskatchewan Population Health and Evaluation Research Unit (SPHERU)

Nazeem Muhajarine is a professor and Chair in Community Health and Epidemiology, College of Medicine, University of Saskatchewan, and a research faculty member in the Saskatchewan Population Health and Evaluation Research Unit, where he leads the Healthy Children research team. He is a social epidemiologist whose current research projects include studies on: the impact of family and neighbourhood contexts on young children's health and educational outcomes; the impact of neighbourhood design on children's physical activity

levels; evaluations of early childhood intervention programs; and the prevalence of antenatal depression.

Workshop Description: The first portion of this workshop will give participants the opportunity to hear findings from SPHERU's research and evaluation of early years projects in Saskatchewan. The second portion of the workshop will be an interactive discussion with conference participants to gather information about the best way to build an effective ECD network in Saskatchewan, and to hear about kidSKAN, the Saskatchewan Knowledge to Action Network for early childhood development (www.kidskan.ca).

2:45 p.m. - 3:00 p.m.

Refreshment Break (Conference Participants Only - Please Wear Name Tag)

3:00 p.m. - 4:00 p.m.

WORKSHOP SESSIONS (Continued)

Day 3 Prevention Matters Conference Friday, November 20, 2009

8:30 a.m. - 9:30 a.m.

CHILDREN'S RIGHTS



Plenary Speaker: Cindy Blackstock, M.M., PhD (Candidate)
Executive Director, First Nations Child and Family Caring Society of Canada.

A member of the Gitksan Nation, Cindy Blackstock has worked in the field of child and family services for over 20 years. Key interests include exploring the over representation of Aboriginal children in child welfare care, structural drivers of child maltreatment in First Nations communities, human rights and the role of the voluntary sector in expanding the range of culturally and community based responses to child maltreatment.

Current professional interests include serving as the co-convenor of the Indigenous Working Group, United Nations NGO Working Group on the Rights of the Child, co-director of the Centre of Excellence for Child Welfare and a board member of National Aboriginal Youth Organization.

9:30 a.m. - 12:30 p.m.

WORKSHOP SESSIONS

2A. Attachment (Repeat): Speakers: Laurie Marcella and Megan Clark

2B. Positive Discipline (Repeat): Speaker: Joan Durant

2C. Domestic Violence and Child Witness (Repeat): Speaker: Lee Hinton

2D. Supporting Inclusive Environments

Speaker: Gail Szautner (*See 1F for Bio*)

Workshop Description: In this workshop, the varied components of an inclusive early childhood group setting will be examined. What supports are required for children, parents, and staff? We know that staff play a key role: therefore staff support will be a major focus of this presentation. We will also consider the impact of the physical environment and daily program.



2E. Nutrition/Food Security

Speaker: Adrienne Danyliw, RD., MSc. (Candidate)

Adrienne works in the area of public health and health promotion while studying nutritional epidemiology with a focus on preschool children's nutrition. She has worked as a registered dietitian in on-reserve communities across Saskatchewan, and with food security organizations such as CHEP Good Food Inc. and Midwest Food Resource Project. Recently, she proudly worked with the Saskatchewan Prevention Institute as the Nobody's Perfect Parenting Coordinator.

Workshop Description: Participants will emerge from this session with practical tools to work with parents and community members to improve food security for children in their early years.

We will explore a variety of factors that play a role in determining children's nutritional health. We will address questions such as: What role does parenting style have in developing children's eating habits for life? What role do childcare providers play in shaping the food habits of children?

Participants will gain knowledge about the current state of children's food security in Canada. We will build skills to help address the challenges of hunger and poor nutrition at various levels of intervention, by beginning with strengths and assets already in place. Participants will have a chance to apply and practice techniques in working with parents and caregivers to improve children's nutrition.



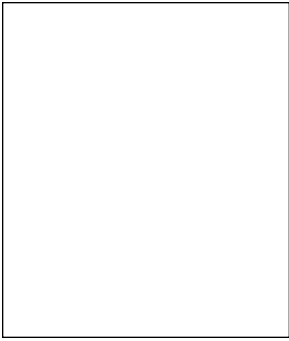
2F. A Time for Significant Leadership

Speaker: Lori Whiteman, B.Ed, M.Ed

Lori has 12 years experience in the education field (on-reserve and urban), having worked in the classroom, as a program coordinator for Standing Buffalo Dakota FN school, and as an adult lifeskills and youth pre-employment trainer. In Regina, she was a Community School Coordinator at Scott Collegiate and recently, she was the Education Equity Consultant for Regina Public Schools. She began her position as Superintendent, First Nations and Métis Education Branch at the Ministry of Education in 2005.

Workshop Description: A Time for Significant Leadership (ATFSL) was originally developed by the First Nations and Métis Education Branch as a staff development tool in 2000. Since that time, many significant changes have occurred in provincial education including placing First Nations and Métis Education, including treaty education, as a foundation to learning for all students. Most recently, in April, 2009 the renewed First Nations and Métis Education policy "Building Success" was released.

In 2006, ATFSL was re-designed as a flexible tool to support schools/school divisions and their partners in developing learning improvement plans. This design has become an excellent fit as the implementation strategy for the renewed policy. Contained within ATFSL are key recommendations in four broad areas that have been presented to the Minister of Education by the First Nations and Métis Education Provincial Advisory Committee. We believe that the four broad areas of recommendation provide the necessary focus to develop First Nations and Métis education goals in support of policy and in alignment to the provincial Continuous Improvement Framework. ATFSL is intended to be adaptable and flexible to provide a framework for planning and goal-setting in many contexts.



2G. Cultural Competency When Working with Aboriginal Families
Speaker: TBA

Workshop Description: TBA



2H. Everyone’s an Asset Builder
Speaker: Sydney Bell

Sydney Bell is a registered Social Worker (RSW) employed by the Saskatoon Health Region as the Community Developer with KidsFirst Saskatoon. She has many years experience working in the community development field as an advocate for children and their families in her work with KidsFirst Saskatoon and previously with Communities for Children. In April 2008 she received training from the Search Institute to deliver the “Everyone’s an Asset Builder” Workshop.

Workshop Description: Everyone’s an Asset Builder is a fun and experiential workshop designed to inform individuals about the developmental assets framework and motivate them to be effective asset builders.

The framework of 40 Developmental Assets® are positive experiences, relationships, opportunities, and personal qualities that young people need to grow up healthy, caring, and responsible. Created in 1990, the framework is grounded in research on child and adolescent development, risk prevention, and resiliency. Surveys of more than 1 million 6th - 12th grade youth in communities across the United States consistently show that young people who experience more of these assets are more likely to make healthy choices and avoid a wide range of high-risk behaviors.

- 10:15 a.m. - 10:30 a.m.** **Refreshment Break (Conference Participants Only - Please Wear Name Tag)**
- 10:30 a.m. - 12:30 p.m.** **WORKSHOP SESSIONS (Continued)**
- 12:30 p.m. - 1:30 p.m.** **Luncheon (Conference Participants Only - Please Wear Name Tag)**
- 1:30 p.m. - 3:00 p.m.** **NATIONAL CHILD DAY CELEBRATION Program**



Hotel Accommodations

Please contact the Radisson Hotel and quote the conference name “Prevention Matters” to ensure participant rates. Limited Rooms!

Radisson Hotel Saskatoon

405 - 20th Street East, Saskatoon SK S7K 6X6

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prevention matters registration

UNDERSTANDING OUR INFLUENCE ON THE EARLY YEARS

REGISTRATION FEES

REGISTRATION DEADLINE: OCTOBER 30, 2009

3-DAY CONFERENCE (November 18 - 20, 2009)

Early Bird Registration (Prior to July 31, 2009) \$300.00

(Full form and fee required to be eligible for discount)

Regular Registration (After July 31, 2009) \$350.00

MATERNAL AND EARLY CHILDHOOD MENTAL HEALTH FORUM

November 18, 2009 Only \$100.00

Refunds: In order to receive a partial refund of your registration fee, your cancellation request must be received in writing prior to October 1, 2009. A \$50 administrative fee will be charged for all cancellations, regardless of the reason for the cancellation. No refund of any kind, for any reason, will be given for cancellations requests received after November 1, 2009. No exceptions to this policy will be made. Refunds will be issued within 30 business days after the Prevention Matters Conference concludes.

REGISTRATION FORM

Last Name First Name

Affiliation/Profession

Organization Name / Health Region (If Applicable)

Mailing Address

City Prov/State Postal Code

Email Address

() _____
Phone

() _____
Fax

() _____
Cell

WORKSHOPS

Refer to Program for Descriptions

Workshops are filled on a first come, first served basis

Seating is Limited

WORKSHOPS

PLEASE NUMBER YOUR FIRST TWO CHOICES
IN THE ORDER OF PREFERENCE.

Thursday, November 19th

1A. ____ 1B. ____ 1C. ____ 1D. ____

1E. ____ 1F. ____ 1G. ____ 1H. ____

Friday, November 20th

2A. ____ 2B. ____ 2C. ____ 2D. ____

2E. ____ 2F. ____ 2G. ____ 2H. ____

PAYMENT

Visa or MasterCard Number

_____/_____/_____
Expiry Date



Cardholder's Name

Send Form and **FULL PAYMENT** (Purchase Orders Not Accepted) to:
Prevention Matters Conference 2009

Attention: Keri Dalsgaard, Executive Secretary

c/o Saskatchewan Prevention Institute

1319 Colony Street, Saskatoon, SK S7N 2Z1

Cheque/Money Order Payable to: Saskatchewan Prevention Institute

Fax Form with Visa or MasterCard Number to: (306) 655-2511

OFFICE USE ONLY

Confirmation/Receipt Number

Date Registration/Payment Received

Method of Payment

- Visa
 MasterCard
 Money Order
 Cash
 Cheque _____
 Other _____

For questions or concerns regarding registration please email: kdalsgaard@preventioninstitute.sk.ca or call (306) 655-1400.