



THE ATTACHMENT NETWORK OF MANITOBA

ANNUAL REPORT

May 2013

GREETINGS FROM THE CHAIRPERSON

Hello Network!

It has been another interesting and exciting year for our little network. (Okay, at just over 1300 members, maybe it's time for me to stop calling it "little"!) As you'll see from the various reports in this document, over the past year we have continued to take on new challenges and initiatives in the interest of spreading the word about attachment in our community and in our workplaces.

We spent much of 2012 preparing for our 10th Anniversary Conference, which was a two-day affair attended by participants and presenters from across North America. Day one was spent with none other than Dr. Daniel Siegel; day two with a wide variety of presenters highlighting various grassroots programs, research and initiatives that all have attachment as their common thread. The response from participants was overwhelmingly positive. While much appreciation was expressed for the rare opportunity to hear Dr. Siegel in person, the participants reported that they enjoyed the "grassroots" presentations just as much.

No sooner had the conference wrapped up then we needed to turn our attention to the matter of updating our website. Thanks to the Network's best friend in the technology world - Guy Dugas - we were unbelievably fortunate to be offered the opportunity to have a new website designed for us FOR FREE by the students at Red River College. We are so pleased with the result, and we hope you'll take a moment to check it out. It is now completely interactive, so please send us a comment!

On the Public Awareness front, we were absolutely thrilled with the production of our beautiful new posters and magnets (see images of these elsewhere in this report), both of which are designed to highlight the importance of attachment. The message was designed to underscore the importance of those special moments together in promoting attachment and resiliency. The posters and magnets are intended also to direct the viewer to our website, where our new "Parent" tab will provide people with information and links relating to attachment as it pertains to parenting. Please let us know if you would like a poster or magnet (or several) for your workplace.

Our DVDs continue to be very popular with people working with families within an attachment framework all over the globe – literally! Our home-grown but world-class videos have been purchased by practitioners, therapists and facilitators from Romania to Australia.

Looking forward to the coming year, we hope to continue to expand our public awareness efforts. We are also looking forward to welcoming Kent Hoffman to Winnipeg in September to conduct a 4-day training session in the Circle of Security Parent Education Model. Kent is one of the original designers of the COS model, so this training will truly be the chance of a lifetime. We will also be exploring the possibility of bringing some of the presenters from the 10th Anniversary Conference back to Winnipeg to provide more intensive training to participants who indicated an interest in hearing more.

We have been fortunate this year to welcome some new members to our board, most of who are remaining for the coming year. These new faces have come with fresh energy, ideas and perspectives, and have helped to keep us motivated and moving forward. Special thanks goes to our Treasurer Karen Johnston for continuing to manage our finances with caution and integrity; to Jennifer Theule for taking on a lead role in the redesign of our website, and for assuming the task of DVD distribution; and to Joanne Brown, for continuing to shoulder the lion's (lioness's?) share of the day to day running of the network. Thanks also to Monique Gougeon, Rosanne Papadopoulos and Glenys Wirch for their roles in planning the 10th Anniversary Conference, to Lorraine Mokarski, for working to bring attachment to the forefront of decision-making in the legal realm, to Bonnie Snow for sharing the role of Secretary with Jennifer Theule, and for being such a welcoming host for many of our meetings, to Lisa Dveris for continuing to bring attachment to the forefront in the 7 Oaks School Division, where she enticed 30 staff to attend our conference, and finally to Julia Wellwood, for continuing to "take charge" of ensuring that this Annual Report AND our Newsletter get published.,

Leaving us this year are Gerry Brown and Chantal Wiebe. Although they will no longer be on the board, we know they will continue to be strong voices for attachment in their respective fields, and we hope they will be involved in network projects from time to time. Thanks to you both for lending your ideas and talents to our board.

As I have said before, it is an absolute privilege to work with this board, and with the members of the larger network. It is rejuvenating and inspiring to spend time with people who understand the importance of attachment, and who never tire of finding new ways to promote secure attachment in their workplaces and in the community. I am excited to see what the future will bring for this great and growing network! We are always interested in welcoming new members to our board, or to our sub-committees, so if you see a project or initiative that interests you, or if you have an idea you'd like to share, please join us at one of our quarterly meetings, email or call us, or leave a comment on our website. It's never been easier to get involved!

Thank you all,

Leslie Johnston, Chairperson

BOARD OF DIRECTORS (2012/2013)

Leslie Johnston, Chairperson:

Social Worker, Winnipeg Child & Family Services

Joanne Brown, Past Chairperson:

Clinician, New Directions Parenting Centre

Karen Johnston, Treasurer:

Behavioral Specialist, FASD Outreach Program

Bonnie Snow, Secretary:

Program Supervisor, Adoption Options

Gerry Brown:

Program Manager, Eastman Child & Family Services

Lisa Dveris

Clinical Social Worker in Private Practice/Seven Oaks School Division

Monique Gougeon:

Certified Play Therapist, Private Practice

Lorraine Mocarski:

Supervisor, Family Conciliation

Rosanne Papadopoulos:

Occupational Therapist, Discoveries in Therapy

Julia Wellwood:

FASD Specialist, FASD Outreach Program

Chantal Wiebe:

School Psychologist, Parenting Consultant, & Published Writer

Glenys Wirch:

Family Therapist, Addictions Foundation of Manitoba

BOARD ACTIVITIES AT A GLANCE

We celebrated a big milestone in 2012, and have accomplished some significant goals in the last year. Here is a snapshot of our activities.

- Celebrated our 10th anniversary!
- Held our annual conference which featured keynote speaker Daniel Siegel and a fabulous variety of experts from Manitoba and beyond
- Upgraded our website
- Formalized a public awareness strategy and produced a poster and fridge magnet
- Added a parent page to our website that contains relevant resources, information and links that are parent-friendly
- Set up a PayPal account for managing DVD sales, which also means that we retain more of the profit
- Fulfilled our mandate to hold 3 general Network meetings as well as monthly board meetings
- Published our newsletter
- Held our third annual Strategic Planning Day in January 2013

FINANCIAL REPORT: Summary

Submitted by Karen Johnston

The Attachment Network of Manitoba has had a good fiscal year with a net income profit of \$3,944. This profit has come from two primary sources the DVD sales and the 10 Anniversary Conference.

The Attachment Network continues to support the community. A \$3000 bursary was used to send several students from the U of M Social Work and Psychology departments to attend our 10th Anniversary conference and a community therapist was provided with a \$1100 bursary to attend an out-of-province conference .

The Attachment Network of Manitoba is entering into the 2013 fiscal year in a strong financial position with retained earnings of \$55,138

PUBLIC AWARENESS COMMITTEE:

Submitted by Leslie Johnston, Marge Chomoway and Laurie McPherson

The Public Awareness Committee, made up of Leslie Johnston, Marge Chomoway and Laurie McPherson met over the spring and summer of 2012 to develop public awareness materials for the Attachment Network to be launched at the 10th Anniversary Cross-Canada Attachment Conference held in November 2012. Our aim was to design and print accessible public messaging products that provided a simple but powerful message promoting attachment and celebrating the 10th Anniversary of the Attachment Network of Manitoba. We decided that medium sized posters and magnet photo frames would be practical but meaningful products. The 11 X 17 inch posters were designed using an everyday image of families walking in a park, with the prominent message of “Everyday moments...bring us together, keep us strong.” This message fosters the Attachment Network’s values of building and enhancing attachment through everyday interactions and actions. The bottom of the poster features the Attachment Network website address and a congratulatory message of celebrating 10 years of promoting attachment. The 4 X 5 inch magnets feature the same image in the centre with attachment promoting messages all around it...hold me...play with me...tuck me in...enjoy with me...protect me...comfort me... teach me...love me.... The Board was able to fund the purchase of 500 posters and 500 magnets. The products have been favorably received and are a simple way to remind people that attachment is something

that we can all promote, everyday, in our families and in our work. If you would like to have copies of the posters or the magnets please contact us through the website.

TRAINING COMMITTEE REPORT:

Submitted by Joanne Brown

Circle of Security updates:

We are pleased to bring back the very popular Circle of Security training to Winnipeg on Sept 24-27, 2013 at the CanadInns Polo Park. This time, we are contracting with Kent Hoffman of Spokane, Washington, one of the original co-founders of the model. This 4-day parent DVD training will enable participants to offer a parent group to parents or even to workers, or incorporate the material into individual therapy with families. Participants will receive the license to use the DVD full of chapters and the manual. The DVD is an excellent way to deliver visual impact to people and is comprised of graphics, visuals and real parents in real situations. There is no follow up supervision required for this training but for those in the Winnipeg region, the Network will try to establish some meeting groups to provide encouragement, support and sharing. To register, people need to visit www.circleofsecurity.net and click on trainings, then the parent 4 day DVD training, and select the Winnipeg location. We will be choosing two lucky registrants on June 2 to receive their training free of charge!!

10th Anniversary Conference:

In 2012, the Attachment Network of Manitoba celebrated its 10th anniversary and highlighted two days of learning in November. On day one we featured noted author and psychiatrist, Dr. Daniel Siegel. Dan's work is widely read by parents and professionals alike and it was a tremendous honour and thrill to have him spend an entire day with us. His work reminds us of the power of the brain and how attachment and brain development are intertwined. Our second day featured shorter presentations by front line clinicians both local and from further away. As a Network we've strived to feature the great work being done by people "in the trenches" and their messages that resonate so closely with our attendees. Thanks to our local heroes Jenine Scott, Lisa Dveris, Chantal Wiebe, Jennifer Theule, Rosanne Papadopoulos, and from afar, Charlie Slaughter (Hartford, CT), Sian Phillips (Kingston), Jody Belkuys and Deanne Leung (Kelowna), Kathy Duncan and Mary Rella (Toronto), Louise Choquette (Huntsville). What an amazing array of talent and ways in which people are utilizing attachment as a core principle of their work. We continue to forge terrific network relationships through these events. We had close to 250 people attend, and we were pleased to offer bursaries or subsidies to students of several humanities disciplines, using up some profit from our 2006 Conference in conjunction with the WRHA on maternal health, depression and attachment. What a great way to spend the money! Students who attended have all provided us with a few paragraphs of how the conference fit with their learning needs and areas of study. We didn't set out to make a profit on this conference, but we did show a tiny one. This was truly our way of giving back to the community. We made \$3175.84 so far and are still trying to recover outstanding money owed from some participants who attended.

DVD sales:

With the launch of our new website, we are now taking over the distribution of our two DVD products, *Listening to Baby* and *Tuning Into Your Toddler*. We continue to hear stories of how far and wide these DVD's have travelled around the world. It's been purchased in Romania, Argentina, Ukraine, and Australia to name a few countries and is being used by a number of Canadian programs in promoting attachment-focused caregiving to high-risk populations. Sales of the DVDs have earned the Network \$5555.07 this year.

WEBSITE COMMITTEE REPORT:

Submitted by Jennifer Theule

Our technology mentor, Guy Dugas of spright.ca, and former Chair of the Business Information Technology Program at Red River College, helped the Network to become a practicum site this winter for this program. We were so grateful to the students who took time to look at similar websites, look at ways to bring us well into this century, and help our website to be prepared to handle some of the things we look forward to doing but were never sure how to! These students are the technology wizards of tomorrow and their knowledge and expertise was greatly appreciated. We would like to extend big thank you to the following people:

Project Manager / Scrum Master: Mackenzie Fraser
Team Developers: Alexander Podworny, Gary Katynski, Mitchell Cooper
Team Graphic Designers: Jennifer Gabriele, Chris Reimer

Please visit our new and improved website at:

www.attachmentnetwork.ca

IN THE YEAR AHEAD...

- Organizing a 4-day training, Circle of Security “Parenting Training and DVD” in September 2013
- Taking on the management of various aspects of the website
- Taking on the management of the DVD sales through PayPal
- Organizing our next conference, keeping feedback from our previous attendees in mind
- Planning further development of the public awareness strategy
- Developing further strategy for advocacy and training in the legal community



Parenting Training and DVD

Circle of Security Parenting Training© is a newly developed DVD parent education program offering the core components of the evidence-based and internationally acclaimed COS® protocol. The program presents video examples of secure and problematic parent/child interaction, healthy options in caregiving, and animated graphics designed to clarify principles central to COS®. Circle of Security Parenting© implements decades of attachment research in an accessible step-by-step process for use in group settings, home visitation, or individual counseling. You can watch a sample of the DVD [here](#).

www.circleofsecurity.net



This is the Public Awareness Poster developed by the Attachment Network of Manitoba



This is the Public Awareness Fridge Magnet.