

# 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 10<sup>th</sup> 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 10<sup>th</sup> 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 (lionesse's?) share of the day to day running of the network. Thanks also to Monique Gougeon, Rosanne Papadopoulos and Glynis Wyrch for their roles in planning the 10<sup>th</sup> 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 Chantel 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

### ***Glynis Wyrch:***

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 10<sup>th</sup> 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 10<sup>th</sup> 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 10<sup>th</sup> 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 Canad Inns 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](http://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](http://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:

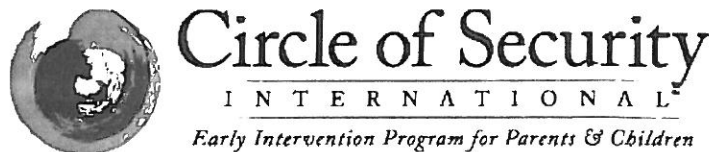
Project Manager / Scrum Master: Mackenzie Fraser  
Team Developers: Alexander Podworny, Gary Katynski, Mitchell Cooper  
Team Graphic Designers: Jennifer Gabriele, Chris Reimer

Please visit our new and improved website at:

[attachmentnetwork@shaw.ca](mailto:attachmentnetwork@shaw.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](http://www.circleofsecurity.net)





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



This is the Public Awareness Fridge Magnet.

## ATTACHMENT NETWORK OF MANITOBA 4<sup>TH</sup> GENERAL MEETING

Transcona Access Centre, Thursday, May 17, 2012, 1:30-3:30pm

**Present:** Leslie Johnston (chairperson), Joanne Brown (secretary), Julia Wellwood (Board, newsletter), Marge Chomoway (Board), Laurie Marcella (Board), Monique Gougeon (Board), Lorraine Mocarski (Board), Pat Kelly (Board), Jennifer Theule, Chantal Wiebe, Laurie McPherson, Agnes Champagne, Noelle Campbell, Bonnie Snow

**Regrets:** Karen Johnston (Treasurer)

### Minutes

1. Call to order 1:35pm
2. Adoption of minutes of 2011 AGM, motion by Joanne, second by Laurie, motion passed
3. Adoption of 2012 Agenda, motion by Pat, second by Lorraine, motion passed
4. **Chairperson's greeting-** Leslie highlighted the achievements of the Network this past year, noting the presentation by Dan Hughes which was nearly 5 years in the making; the Hughes training, the Toddler DVD being issued, the gala to recognize achievements by the Circle of Security trainees as well as launching the DVD, the communication around attachment throughout the legal community, the Bruce Perry NMT web based trainings and the continuation of the newsletter. Leslie acknowledged the wonderful work of Guy Dugas who oversees our website and makes our brochures, Michelle Trudeau, our bookkeeper, Dani Magnusson and Carmen Neufeld of Planners Plus who help make our events amazingly easy for us, and the commitment of the individuals on the Board. Leslie thanked outgoing members Marla Fellner, Pat Kelly and Sharon Welty, and ordered a round of applause for founding members and outgoing Board members Marge Chomoway and Laurie Marcella for their continued support, ideas and enthusiasm both in the Network and in the community around attachment.
5. **Treasurer Report-** as Karen is sick, Marge presented on her behalf. We have \$3568 in our savings account, and \$45,397 in the chequing account. We realized \$2037 in income from our DVD sales. Noelle motioned to accept the report, Laurie McPherson seconded, motion passed.
6. **Committee Reports**  
**Training-** Joanne reported that the Dan Hughes workshop day was attended by over 200 people, including several who foster children. All the feedback was positive and glowing. We had 17 people take the 3 day training, including 3 from out of town. The Circle of Security project continues on with now 11 people reliable in coding the Strange Situation, 10 people certified in the individual treatment model, and 4 people have now run parent education groups. We are in the process of seeking clarification around the process and availability of supervision for the parent education groups with Bob Marvin and his clinic, as we have a number of people interested in running groups this fall, but no supervisors available to them. This is the 10<sup>th</sup> anniversary of the Network, and we are hosting a major conference this fall featuring Dan

Siegel, noted author for a full day and on the second day, we will have a series of small workshops for people to attend on the applications of attachment.

**Legal Issues-** Lorraine presented that Monique Gougeon has presented to the Judges in Court of Queen's Bench and Court of Appeal and Masters around attachment issues relevant to access and custody, and was well received. They are hoping to also present to family lawyers as a group. They are also working on ways to bring further attachment knowledge into the work that the assessors at Family Conciliation do. This was a notion two years ago at an AGM and already there has been significant progress. Lorraine noted that the AFCC in Chicago this year, which is huge, is entirely on attachment. Monique will attend on the Network's behalf.

**DVD-** Laurie thanked the many people involved in designing, producing and funding the DVD, especially the Winnipeg Foundation and the Children's Hospital Foundation. It has already been flying off the shelf and feedback is wonderful.

**Public Awareness-** Pat said they are looking at creating 3 initiatives- a poster to tie in an attachment message and perhaps the 10<sup>th</sup> anniversary; fridge magnets; and a web slot on our site to host parent oriented materials. Chantal suggested we look at a parenting blog and that we make use of social media.

**Website/newsletter-** Julia thanked Guy Dugas again for his continued mentoring. The newsletter will now be issued in the fall to avoid duplication with the annual report. Laurie McPherson is assisting in finding graphics and pictures to spice both the website and the newsletter. This year's deadline is Sept 30.

#### **7. Voting of returning members**

Gerry Brown – nominated by Laurie, 2<sup>nd</sup> by Leslie, voted in  
Julia Wellwood- nominated by Joanne, 2<sup>nd</sup> by Leslie, voted in  
Karen Johnston- nominated by Laurie, 2<sup>nd</sup> by Leslie, voted in  
Monique Gougeon- nominated by Marge, 2<sup>nd</sup> by Joanne, voted in

#### **Voting of new members**

Chantal Wiebe- nominated by Laurie McPherson, 2<sup>nd</sup> by Pat, voted in  
Jennifer Theule, nominated by Marge, 2<sup>nd</sup> by Joanne, voted in  
Rosanne Papadopoulos, nominated by Monique, 2<sup>nd</sup> by Pat, voted in  
Bonnie Snow, nominated by Lorraine, 2<sup>nd</sup> by Joanne, voted in  
Lisa Dveris, nominated by Chantal, 2<sup>nd</sup> by Joanne, voted in  
Glenys Wirch, nominated by Joanne, 2<sup>nd</sup> by Monique, voted in  
Leslie thanked everyone and welcomed the new Board

#### **8. By law changes**

**Amendment 1:** Attendance Policy for the Board: Members must notify the Chairperson that they will be unable to attend a meeting of the Board. Should there be 3 absences without regrets, the Board will assume the member is no longer able to serve and they will cease to be a Board member. Motioned by Lorraine, 2<sup>nd</sup> by Marge, motion carried

**Amendment 2:** Conflict of interest for Board members: In the event that a decision by the Board may benefit a Board member, that member must recuse themselves from any discussion or voting on the matter. Motioned by Noelle, 2<sup>nd</sup> by Julia, motion carried.

9. Next Board meetings May 23, 5pm at 222 Provencher, June 20 2:30pm location TBA



10. Next Network Meetings

Thursday, Sept 27, noon -2pm 139 Tuxedo Ave

Thursday, Jan 24, noon- 2pm, location TBA

11. Roundtable discussions around attachment.

12. The meeting was called at 3:40 without the program, as we ran out of time and the room was needed by another group.