

## Attachment Network General Meeting

### February 2, 2009

**Present:** Joanne Brown (Board Chair), Laurie Marcella (Board Vice Chair), Marge Chomoway (Treasurer), Leslie Johnston, Joanne Thornhill, Sue Morison, Patti Sutherland, Julia Wellwood, Health Edinborough, Tracy Noga, Annie Clark, Andrew Bird, Shawna Matthes, Jean MacKinnon, Mary Warmbrod.

#### **Agenda:**

1. **Approval of Agenda:** Leslie moved to accept the agenda and Julia seconded the motion. All were in favour.
2. **Introductions and Round Table: (To share with others how attachment information is being incorporated into workplaces and to share information)**

Joanne Thornhill. (Manitoba Foster Family Network) First Network meeting. Would like to see how this information will fit in with what they are already doing.

Leslie Johnston. (Winnipeg CFS) Foster parent training now includes a day-long session on attachment. *Listening to Baby* scenes are used. Attention to baby cues information is transferred to attending to cues of older children through group discussions.

Sue Morison. (Health Sciences, Child Development Clinic) Attachment is integrated into ongoing work in Development Clinic

Patti Sutherland. (Elizabeth Hill) Uses Theraplay and does extensive attachment-based work with both foster parents and birth families. Is presently taking COS training and learning reliable coding.

Julia Wellwood. (FASD Outreach) Works with families of and children (0 – 3 years) with FASD. Has noted that much of the challenging behaviour is related to attachment and is excited to use this cutting-edge learning in her work. It has really improved her work with families. Also taking the COS training.

Heather Edinborough. (Metis Child and Family) First Network meeting. Staff has taken a lot of training in attachment through Aulneau and is looking for other training and ways to incorporate this learning into practice. Mary W. shared some relevant readings that deal with transferring attachment by Mary Dozier and Daniel Hughes. Marge suggested Tracy Miller, Wpg. CFS foster parent training program could assist Metis CFS in further training.

Tracy Noga. (Mamawi, Foster Care Program) First Network meeting. Interested in bringing attachment info. to frontline workers who deal with high needs children in both foster care and biological families.

Marge Chomoway. (Wpg. CFS) Works with Leslie and has been very integral in developing the foster parent training program. Also facilitates these training sessions with Leslie.

Annie Clark. (Interlake CFS, Foster Care Co-ordinator) First Network meeting. Loves the zeal and excitement generating innovation throughout the Network. Sees importance of this information in foster care programs where she feels there is still a lot of misunderstanding and under-estimating the relationship difficulties with children who have experienced disrupted and insecure attachment.

Andrew Bird. (MMF, Dept. of Community Liaison) First Network meeting. Facilitates the father's program there and is here to learn and share.

Shawna Matthes, (W.I.S.H., Child Counsellor) Taking Modified Interaction Guidance training at Aulneau. Finds it very helpful in working with families and traumatized children.

Laurie Marcella. (Healthy Start, acting Postnatal Co-ordinator) Attachment is woven throughout information given to parents of babies in first year of life.

Joanne Brown. (New Directions, Obawaanaan Counselling Parents in Community) Does long-term work in homes with parents and children. Has learned over the years how to frame current issues in attachment language. Using COS graphics has had a huge impact on work. Starting a research project that takes families on waiting list and streams them into either Triple P Parenting group or an innovative Attachment-based group. Will assess who responds best to which group; different outcomes, if any; and changes in involvement in program.

Jean McKinnon. (Aulneau Renewal Centre) Aulneau regularly provides training programs in Attachment .Attachment is incorporated into their treatment programs though use of Pat Crittenden's assessment model, Modified Interaction Guidance and Circle of Security models of intervention.

Mary Warmbrod. (U. of W. professor and private therapist) Teaches attachment, supervises student therapists and uses COS graphics as well.

### **3. AGM Planning:**

Network's goal is to use the website to register members who want to vote at the AGM. The invitation to the AGM is on-line. At the AGM, nominations for the Board will be taken and voted upon.

### **4. Network Presentation at APIN Conference – Adolescent health, Pregnancy & Parenting, May 7 & 8<sup>th</sup> at Victoria Inn, Winnipeg:**

Joanne B. and Laurie M. are presenting the *Listening to Baby* DVD at the conference. The Network hopes to increase sales of DVD to agencies outside of Manitoba. The Network will also have a booth at the conference and copies of the DVD will be for sale at this time.

### **5. Committee Reports:**

#### **a. Finance:**

Current balance - \$21,889.30 for use in on-going Network work

Winnipeg Foundation Grant - \$15,000 for the second stage of COS training.

In separate account - \$8533.14 earmarked for another project in partnership with WRHA (TBA)

**b. Toddler DVD:**

The committee meets regularly. Presently working on the 10 scenes to be used in DVD. Name of DVD is *Tuning into Toddlers*. Scenes shared with producers of DVD (who did *Listening to Baby*) to use in working up a budget. Next step will be to submit proposal to various funding organizations.

The purpose of the DVD is to give parents positive examples of parents using an attachment lens when dealing with toddler behaviour. We'll use the COS language as much as possible because it is so descriptive and appropriate.

**c. COS Training in Coding Reliability for Strange Situation:**

Joanne explained the training purpose and process for the newcomers to the Network. Nine agencies have sent 17 individuals to this training. They will be the recipients of the second level of training. As noted above, the first portion of funding has been granted and we are waiting for the second funder's decision, likely in spring. Training will likely happen in the fall in tandem with the Foster/Adoptive Parent conference (see below) to reduce the facilitators' transportation costs. Both events will be facilitated by same trainers.

**d. Website/Newsletter:**

Our webmaster, Guy Dugas has volunteered his services to maintain the website for the next year. We now have 6 pages and they include most of what we do as a network. Julia takes the lead in working with Guy, with support from Joanne and Laurie. The website format is being revised and improved as the committee gains understanding in this technology. It is a new world for network members but with so much potential. Guy is teaching the committee how to keep the website updated, the link's page is being revamped into a resource page that includes information about hard resources, educational tools, local training opportunities and interventions. The website can do a lot of the work Network Board members have been doing – posting minutes, newsletters, advertising etc. and thus free up valuable time.

There is considerable potential for the Network 'store'. Even though sales of DVD have leveled off at this time, affiliate sales can be offered on our website through Amazon for which Network gets a small commission. Network can make reciprocal arrangements with others service providers who have resources for sale.

The Attachment Network mass e-mailings are now being handled through an emailing company at a very reasonable cost. This gives the Network a new source of information about active/inactive members, whether or not our attachments are being opened, who went to website after receiving an e-mail; if addresses are no longer in service among many other features. We can use our mailing list to post the events of other agencies but only once we establish very clear criteria.

The contents of the Network newsletter is now duplicated by the website. The original newsletter can now be used for such things as book reviews, articles of interest that are available with minimum permission, in other words, “putting it into practice”.

Over time, the Network hopes that members will make a habit of using the website to find information.

## **6. Upcoming Conference Planning:**

### **a. Foster/Adoptive Parent Conference**

The Board originally attempted to contact Daniel Hughes but was unable to reach him. However, Bob Marvin and Bill Whelen agreed to present this 2-day workshop. One day will be for the foster/adoptive families and focus on the issues arising from disrupted, insecure and disorganized attachment and with the use of many examples, ways that parents can support the children in an attachment-based way. The other day will be for the professionals who support these and other families dealing with these issues. Both days would use the Circle of Security model of relationship-support.

The registration fees for the professionals' day will subsidize the cost to the families, so only a minimum registration fee will be charged to the families (e.g. \$25.00). Having this in tandem with the COS training will also reduce our costs.

Mary suggested having a reading list available ahead of the conference. Looking on the COS.org website will also a good resource in preparation for this event.

### **b. Gabor Mate**

Gabor Mate has agreed to provide the Network with a conference, the details of which are still sketchy. He has several topics prepared for presentation. We are interested in learning about the way negative early childhood attachment experiences can lead to addiction and how attachment-based treatment can move an addicted person out of addiction. We are especially interested in connecting with the addictions treatment community, i.e. AFM. They are presently

considering this possibility if it fits within their mandate. Another suggested partnership is the lawyers who are in collaborative law practices. A suggested title is “The Missing Link”

**c. Parent Access Centre (when children are in care)**

This innovative program was described to the Network newcomers. Members of the Network who work in the Child Welfare system are researching within their systems to explore who would be best served by attending a presentation on this concept.( Unfortunately, we duplicated the wrong article at the meeting!) The correct article is: *Therapeutic Access: From Supervising Access to Building Parent-child Relationships*, by Mary Rella. Imprint, Volume 47, Winter 2006-7. This newsletter is available on-line. Just go to the Attachment Website to Links, scroll down to Infant Mental Health Promotion (IMP).

**National training/Conferences:**

*Supporting Security: Fostering Adaptive Attachment Relationships for Young Babies and their Caregivers* (March 23.09)

*Infants in Child Welfare & Family Court: Implications for Infant Mental Health and Development* (May 4/09)

See more details at [www.sickkids.ca/imp](http://www.sickkids.ca/imp) also can link to this site through our Attachment website