

## Attachment Network of Manitoba

### Third Annual General Meeting Minutes

Monday, May 16, 2011 at Adolescent Parenting Centre

**Present:** Leslie Johnston (chair), Joanne Brown (past chair, recorder of minutes), Julia Wellwood (Board), Karen Johnston (Treasurer), Laurie Marcella (Board), Monique Gougeon (Board), Marge Chomoway (Board), Marla Fellner (Board), Pat Kelly (Board), Gerry Brown (Board), Laurie McPherson, Noelle Campbell, Cathy Seitz, Kristin Hreno, Traci Wright, Bonnie Snow, Lorraine Mocarski, Verna Sullivan, Laura Coogan, Susan Heald, Jean MacKinnon, Shannon Leslie, Janice McNaughton, Jane Litchfield, Allyson Coleman- Berard, Jacqueline Tymchuk, Linda Neuls, Rhonda Cererini, Judith Morrow

Meeting called to order at 10:40am

Pat Kelly motioned to approve the minutes from 2010 AGM, Marla Fellner seconded it, motion passed

Laurie Marcella motioned to approve the 2011 Agenda, Noelle Campbell seconded it, motion passed

**Chairperson's Greeting-** Leslie noted that her full report is written in the Annual Report but she wished to make several highlights.

\*This March we had hosted a two day workshop with Dr. Bruce Perry to over 300 people in attendance. We've received incredible feedback and several people now wish to pursue online academic training through the ChildTrauma Academy with Dr. Perry. Thank you to Joanne Brown and Monique Gougeon for pursuing this endeavour.

\*Circle of Security Parent Education Training- this January, the Network sponsored training of 10 therapists in delivering the COS parent ed groups

\*This spring we will launch the new DVD, Tuning into your Toddler, with Laurie Marcella, Noelle Campbell, Laurie McPherson, Cathy Seitz, Pat Kelly, Gail Wylie, Sue Morison, and Shawna Matthes all contributing to the funding and development of this project

\*Our brown bag initiatives, which are mini workshops on attachment delivered to a specific site or working group continue to be requested

\*We have begun to infiltrate the Family Court process by bringing attachment information, best practices and research to those involved in court ordered assessments on children. This idea was generated at last year's AGM.

\*we maintain our website and issue our newsletter- thanks to Julia Wellwood

\*Leslie thanked the creativity and enthusiasm of the Board of the Network

Leslie also highlighted some of our future plans which include:

\*Nov 30- a one day workshop with Dr. Daniel Hughes for parents/caregivers/therapists/school personnel etc followed by a 3 day intensive training for those who work therapeutically with children who are fostered or adopted

\*Public Awareness Campaign- Pat Kelly will be heading up this new committee which hopes to bring attachment information to the forefront in the same way that the stop smoking or breastfeeding is best or buckle up concepts have become "common knowledge"

\*2012 is the Network's 10<sup>th</sup> anniversary and we are shaping up plans to host a national attachment conference. We're proud of our accomplishments locally and are interested in what others are doing across Canada.

We are watching the light of understanding beginning to dawn on our communities and workplaces so it is a most exciting time to be involved in the attachment movement.

### **Committee Reports**

**Treasurer-** Karen noted that we have had a net income profit of \$16,020.57 this year, primarily from 3 sources- the sales of Listening to Baby DVD, the Bruce Perry workshop and grants. We received \$2000 from Healthy Living and Populations Branch towards the Bruce Perry workshop and \$482.36 from the Family Centre of Winnipeg.

The Network invested \$10,524.23 towards training 10 therapists in the Circle of Security Parent Education Course, as part of our initiative to fund our own projects and invest back into the community. Those trained are repaying their costs by offering the free brown bag trainings to interested staff groups.

The Network invested \$4433 towards the Toddler DVD project and will continue to invest in upcoming projects.



We have \$49,472.71 in equity, which leaves us in strong financial standing.

Karen motioned that the Treasurer's report be accepted, Kristin Hreno seconded and the motion was passed.

**Circle of Security Project-** Joanne reported that since 2008, we have 10 out of the original 17 people who are now reliable in coding the Strange Situation Assessment Tool, 6 out of 15 who are now certified in the individual treatment model with another 4 currently pursuing this, and 10 who have been trained in the parent education model with 2 people currently delivering a group and seeking certification.

While some of the initial 17 people have dropped out of the process due to changing jobs or demands in their jobs, they remain supportive of COS. The recent crop of trainees have signed a bond that they must run 2 groups over 2 years or repay the Network for the cost of their training (roughly \$1000), and in this way, we ensure that the groups will be offered.

Since this project began, we have had an initial \$10,000 grant from Healthy Baby, and a \$20,000 grant from the Winnipeg Foundation, but the Network has funded the remainder of this \$65,000 project.

Question from Noelle- How will the groups be advertised as to cast a wide net? Joanne answered that some of the trainees will be providing groups for their agencies which will mean their participants must meet the criteria of their program or agency, but there are a number that will be situated to offer participation to the larger community. There are a number of people in private practise as well, who are looking for an agency to contract with them that would also be in a position to target a specific group.

Question from Jean regarding composition of the groups- Joanne answered that efforts must be made to keep groups homogenous, so groups of only those with their biological children, only groups for those who are fostering or who have adopted, and only groups for those whose children are no longer in their care. Joanne also noted that the participants must be screened to ensure they are emotionally ready to take this course, can tolerate facilitators leading them and be free enough from crises to be able to attend.

**DVD Project-**Laurie said the project has been temporarily on hold while the producers finish up some other work but they hope to launch this summer. They will keep the price similar to the original dvd and offer a special price to those purchasing both dvd's. Dr. Bob Marvin of Circle of Security has generously offered up approximately one hour of

himself discussing the model with respect to toddlers and they are splicing out what they need from that. Some of the material will also be appearing on the Science of Education dvd series that Red River College is producing. As the newsletter notes, there is a wide application of programs using the dvd all across Canada. Laurie thanked the committee for hanging in there and acknowledging that this was a slow process. Winnipeg Foundation and Children's Hospital Foundation gave matching grants that covered the cost of the DVD.

**Bruce Perry workshop-** Monique mentioned that over 300 people attended, many concentrated from certain organizations. New Directions and Child Guidance Clinic will provide sockets for those wishing to pursue webbased learning from the ChildTrauma Academy, which offers 15 hours of training for as low as \$75USD.

The workshop contributed to a rapid turnaround in making big changes to the assistance of children as noted in conversation with trainees, and feedback provided. We were even asked to reduce these two days to one hour in a brown bag and Patti Sutherland graciously took this on. Schools are reporting changes in how they write IEPs, and they are meeting the child where the child is at, instead of expecting something of that child that she/he cannot deliver. Machray School sent 4 staff and recently set up a day to train all staff, including the custodian, that included practising some of the regulation techniques they offer to the children so that staff can experience what the child does. They note they are now the "prosthetic regulator" of the child.

Monique says, 'it's not rocket science, just neuroscience'

Joanne noted that Monique was instrumental in creating flexible pricing structures to bring in large groups of people from one organization, and Child Guidance Clinic, Metis CFS, Winnipeg CFS and the General Authority took advantage of this.

**Brown Bags-** Julia noted that these were developed to take the large group learnings we have brought in and help fit them to a particular staff groups needs at their site. What began as a lunch time offering may be changed to a staff meeting or a bigger block of time. We may need to reassess our capacity to respond as volunteers or look for a paid staff. This continues to be a way the Network develops capacity within the workplace.

**Newsletter-** We thanked Julia and our webmaster, Guy Dugas, for their continued efforts to produce the newsletter and report. Julia mentioned that through the website, the Network now has over 1000 members and we've noted that we've received many international hits. At a strategic planning day, the Board looked at ways to streamline the information we wish to put on the site. We are going to begin listing You Tube clips as



there are several available that are wonderful ways to get information on attachment. Julia reminded us that if we visit Amazon.com through our website, then the network receives 6% of sales.

Laurie McPherson has offered to look into acquiring photos to use of children and parents in relationship with one another.

**Family Court Trainings**-Linda Perry and Monique Gougeon presented to the Family Conciliation staff about attachment and the use of the Strange Situation to incorporate into assessments on families, and provided research into how attachment can inform placement decisions. Lorraine Mocarsky, supervisor of Family Conciliation is setting up an opportunity to present this information to family court lawyers. Ten years ago, this was a stated wish, and now it is becoming a reality. Lorraine mentioned that once the Prime Minister appoints the Associate Chief Justice in Manitoba then we can pursue training the judges.

**Public Service Announcements**-Pat is just beginning this committee and is looking at members. One thought is to have video produced to play in doctor or social worker waiting rooms, or playing in line at Wal Mart or a grocery store.

Leslie reminded those in attendance that if they wish to join the committees or see an area they wish for the Network to take on, they are welcome to become involved. As the Board is comprised of people who oversee the committees and who commit to regular Network and Board meetings, we now turned to electing officers. A term is 2 years and someone can take 3 consecutive terms before a mandatory one year leave from the board. Since incorporation, we have been revolving in the members of the Board.

### **Electing Returning Board Members**

Susan Heald nominated Leslie Johnston's return to the Board, and Jean MacKinnon seconded it, motion carried

Leslie Johnston nominated Joanne Brown's return to the Board, and Laurie McPherson seconded it, motion carried.

### **Election of any new members to the Board**

Monique Gougeon nominated Lorraine Mocarsky to the Board, which was seconded by Laurie Marcella, Lorraine accepted, motion carried.

Leslie thanked Marla Fellner for arranging the lunch and the facility. Marla gave a brief description of the Adolescent Parenting Centre and the young moms who attend there.

Meeting was formally adjourned at noon. Lunch served.

During lunch, there was an introduction of those in attendance and a wish list generated of further projects for the Network to consider. The one resonating with many in attendance was the Network offering something to those who work with teenagers, in particular those with histories of trauma and multiple placements. We are looking for a way to use the attachment information more specifically to reach the teenage brain, and on that note, how to also reach those teens with these histories who are parenting their own children. Joanne mentioned that the Circle of Security is adaptable across the lifespan, including parenting teens. Marge Chomoway mentioned that both Daniel Hughes, who is coming here and Gordon Neufeld, who works out of Vancouver, are both writing about how to integrate attachment work with teens.

Joanne reminded people that while the Attachment Network of Manitoba has created many wonderful things and is being copied elsewhere, we also wish to learn more from how other places are integrating attachment information. If we use the 2012 conference to cross pollinate one another and to showcase our own initiatives, we bring workers, communities and information together. As people are a part of other networks or memberships they can mention this conference and entice submissions of workshops that are perhaps 2 hours in length or half a day and we will begin to build a conference.