

# the Attachment Network of Manitoba

May 2009 Annual Report

## CHAIRPERSON'S GREETING



Our little Network continues to chug along like the "Little Engine that Could". In only a few years, we've grown from a few interested people who met over a brown bag lunch to 700 members strong across Manitoba and even beyond Canada. It speaks to the hunger people have for a strong framework in working with families, strengthening families and offering something that isn't punitive or adversarial.

This is our first Annual General Report and it reflects the growth we've had as a Network. We are now incorporated and are seeking status as a charity with Canada Revenue Agency, which if we are successful, will enable us to write grant applications to more foundations and allow us to offer specialized trainings as the need arises. We know our agencies are doing all they can with the limited budgets they have, so it falls to groups such as ours to pull together training opportunities to continue to build capacity amongst our front line and supervisory staff.

I want to acknowledge the wonderful board members we have in our Network. Some have been with us since we formally came together and some are newer. Each person brings energy, laughter, and commitment as well as their own clinical expertise to help us activate the ideas generated by the Network. This year, we reluctantly "allowed" Yvette Savard-Preston to step down as chairperson. Yvette took on a new position with the WRHA that will keep her busy and while her heart is always with attachment, her work led her elsewhere. Yvette was certainly the driving force in our Network's evolution. Her leadership and vision has moved us into the position we are in today, to be seen as a major player in pulling together workers from many different sectors and levels to come together around attachment. When we hear from workers in other cities, they always remark that they wish they had what we have as opposed to attachment clinicians only working in one or a few small centres.

Earlier this year, we partnered with the Aulneau Renewal Centre to offer Dr. Patricia Crittenden's five day seminar on Attachment: Adaptation and Psychopathology which was well attended. Our Network's founder, Laurie Marcella presented at the IMPrint Conference in Toronto on the development of our Network and on the DVD we produced, "Listening to Baby". We have since heard from many people across Ontario who have purchased the DVD and are using it in their work. The Network was able to sponsor, in conjunction with a generous grant from



Healthy Baby, 17 practitioners to train in the Strange Situation assessment procedure for the Circle of Security, as delivered here by Dr. Bill Whelan of the Mary Ainsworth Child/Parent Attachment Clinic in Virginia. We recently learned that the Winnipeg Foundation has awarded us money to proceed with either Bill Whelan or Dr. Bob Marvin, his colleague and co founder of the Circle of Security, for the intervention phase this fall. We are awaiting final word on additional funding, so fingers are crossed! We are also in the very early stages of creating a follow up DVD but specifically for the many challenges the toddler population bring to parents.

As I write this, we are putting together an exciting presentation by Dr. Gabor Mate, a physician and author from Vancouver. He will present here May 22, 2009 combining attachment with addictions as outlined in his most recent book, *In the Realm of Hungry Ghosts*. We have listened to the community feedback to offer more information to foster parents, adopting parents and those who work directly with them, and so in the fall we hope to be offering a two day workshop (one for parents and one for those who work with them or with children in care) from either Bob Marvin or Bill Whelan.

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### Chairperson's Greeting Cont'd

They will use the Circle of Security to outline common places where people get "stuck" in fostering or parenting an adopted child, and offer ways to understand what might be happening for the child in these situations. We are also looking ahead to bringing in representatives from Toronto Children's Aid Society's Parent Access Centre program to talk about the innovative way they use attachment to assess parent's readiness for reunification, but also as therapy for the family.

As always, we are open to suggestions from the community for workshops, speakers and ways to share expertise in our communities. We are constantly updating our website, thanks to our webmaster, Guy Dugas of spright.ca, and our board member, Julia Wellwood, and we hope that the website will be a first click for people in looking for resources worldwide on attachment. If you have something you think we should know about, please send it our way.

We look forward to new and exciting initiatives and learning opportunities around attachment, and especially the Networking that goes on at our meetings.

Cheers,

Joanne Brown



There's always a reason to celebrate,  
right Tracey?



### BOARD OF DIRECTORS

#### JOANNE BROWN, Acting Chair

Social Worker/Counsellor, Obawaanaan Counselling  
Parents in the Community, New Directions

*Using an attachment framework helps us identify with clarity what is happening for both parent and child in a relationship, offers us measurability if things change, and most importantly, is clear enough for our families to also understand as a conceptualization and sort of road map to being effective parents.*

#### LAURIE MARCELLA, Vice Chair

Healthy Start for Mom & Me Parent/Infant Program  
Coordinator

*The importance of the attachment relationship cannot be overstated to parents who attend our program because the foundation of future attachment relationships is laid down in their infant's first year of life.*

#### MARGE CHOMOWAY, Treasurer

Foster Care Social Worker. Winnipeg Child and Family  
Services

*I bring to the Board my interest in promoting healthy parenting.*

#### LESLIE JOHNSTON

Social Worker, Foster Home Development Program - WPG  
CFS

*When caregivers understand attachment (whether they can articulate the concepts or not), both as it applies to their own psyche, and to that of their foster children, they are in a much better position to help traumatized children heal. Moreover, I believe that the promotion of better general awareness of the importance of attachment has the potential to heal almost all of what ails us as a society.*

#### JULIA WELLWOOD

FASD Specialist, FASD Outreach Program, Dept. of Family  
Services

*I'm excited about the knowledge and skills that I've gained through my attachment based intervention training and through my involvement with the Board, all of which has given me valuable tools and insight for my work with children and families living with FASD.*

#### KAREN JOHNSTON

Behavioural specialist, FASD Outreach Program

*I feel honoured to work with a group of individuals who have been very dedicated in striving to achieve our network mission goals to share knowledge of best practices, promote attachment based interventions and training to the community. The knowledge that I*



*have received through the various trainings has had a profound impact on the families that I work with.*

**GERRY BROWN**

Supervisor, Child and Family Services. Eastman Region

*Understanding attachment is integral to the work I do with families.*

**SHAWNA MATTHES**

Children's Counsellor, W.I.S.H. - Women in Second Stage Housing

*My work involves promoting healthy relationships and attachment with families who have been abused.*

**DAVE BERRY**

Assistant Director, Aulneau Renewal Centre

*The Aulneau Renewal Centre provides attachment training and therapy based on the Developmental Maturation Model of attachment theory.*

**PATTI SUTHERLAND**

Social Worker and Play Therapist, Elizabeth Hill Counselling Centre

*Attachment theory has dramatically changed the way that I work with parents and children. Parents are now involved in their child's healing in a meaningful way, and they truly become their child's primary support. It's exciting to now be part of the Attachment Network of Manitoba!*

**IRMIE NICKEL**

Executive Director, Aulneau Renewal Centre

*Attachment theory is a solid developmental and dynamic framework on which to base therapeutic and counselling intervention, professional, support staff and foster care training and to guide research about best practices in child and family care.*



COS trainees at Phase 1 last September

## ACTIVITIES AT A GLANCE

We have achieved a lot over the last few years. The following list reflects the commitment and dedication, not to mention passion, of our membership!

- Worked with a designer to create our very own logo
- Published our newsletter
- Carried out our mandate through the work of subcommittees (reports to follow)
- Three Network meetings per year/monthly Board meetings
- Developed a set of by-laws
- Became incorporated
- Offered training and conferences (on our own and in partnerships)
- Established a website that includes a "store"
- Provided presentations about our network
- Adopted financial tracking procedures
- Developed an exciting resource ("Listening to Baby" DVD)

## STRENGTHENING OUR ORGANIZATION

There are a number of developments that have strengthened our Network's ability to effectively meet our mandate. First of all, the development of our website was a huge step for us and under the skilful and eager guidance of our webmaster, Guy Dugas of Spright.ca, we are continually dazzled by the possibilities! Most importantly, our ability to communicate with our members and the community at large is now speedy and timely, with visitors to the site being able to browse for information as they wish. Look for our "store" where the DVD can be purchased, as well as other products in the future, or where you can register for conferences. You can access the meeting minutes, or get information on up-coming events, or peruse our list of suggested resources. The website has become our "virtual home" and we welcome you to drop by as often and whenever you like! Secondly, the development of a set of by-laws, and subsequent incorporation, has brought a consistent, predictable process to how we govern our affairs. Our meetings, financial affairs, election of the Board of Directors, and our activities in general are guided by these by-laws and lend accountability to our organization and it has expanded the scope of possibilities for us. Thirdly, we have now hired a bookkeeper to help us to manage our financial accountability. Michelle Trudeau, along with our treasurer, Marge Chomoway, takes care of all the financial tracking from our generation of revenues to expenditures. We see this as another example of our growth; however, we wish to express our appreciation of the support provided to us in the past through Aulneau Renewal Centre in this regard!



## FINANCIAL REPORT

Please refer to handout.

## EDUCATION

### Training Subcommittee

Last September, the Attachment Network of Manitoba and Healthy Baby Manitoba co sponsored Phase One of the Circle of Security training. Dr. Bill Whelan of the Mary Ainsworth Child/Parent Attachment Clinic in Virginia attended for 5 days of training with 17 practitioners from 9 Winnipeg agencies and trained in the assessment model, the Strange Situation, which is used in the Circle of Security model. The Network had put out a call for interest to members a year ago, and these 17 were able to participate. We have workers from New Directions, Children's Special Services FASD Outreach Program, St. Boniface Hospital, Aulneau Centre, Child Guidance Clinic, Elizabeth Hill Counselling Centre, Family Centre of Winnipeg, Marymount, and Winnipeg Child and Family Services. We were recently awarded a grant from the Winnipeg Foundation to proceed with Phase Two of the training, which will be 8 working days of learning the intervention protocol, for the same 17 practitioners. We will proceed when we have heard positively from all our funding sources, and hope to offer the training this September. It is exciting work in that it provides a full assessment and that it ties in with the intervention, and is suitable for all ages of children. It is codeable, meaning it can be quantified and measured. The Circle of Security is offered around the globe and is effective across many different cultures. We are excited to be able to participate in something of this calibre.

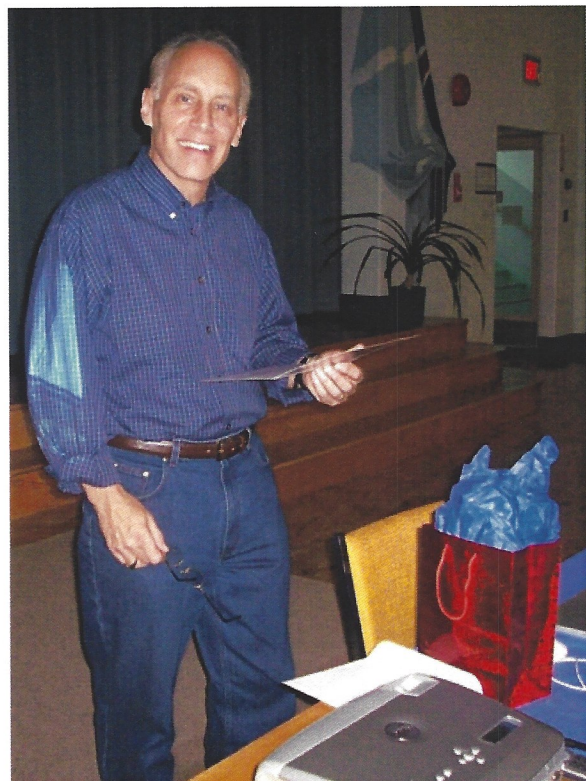
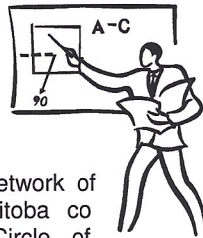
### Conference Subcommittee:

As you are hopefully already aware, we have successfully arranged a one-day conference on May 22, 2009, featuring the renowned and highly regarded physician, Dr. Gabor Mate, author of "Scattered Minds" and "In the Realm of Hungary Ghosts". He has also kindly agreed to present an evening workshop specifically targeted to parents to be held in the evening of prior to the full day event. Dr. Mate has worked extensively in the field of addictions in Vancouver's East Side, and it is this experience, framed with an attachment lens, that we find valuable and exciting. It is our hope that we can draw interest in this event from the addictions treatment community here in Winnipeg, as well as in participation in our Network.

We are also working on an upcoming event in collaboration with Winnipeg Child and Family Services with hopes of holding it in September 2009. We consistently hear from those who work in adoptions (primarily foreign and private) and foster care that they wish to have more support. These folks are usually

already in a relationship with a child that likely has a disrupted attachment history. We are proposing to host a two day workshop on September 24 and 25, 2009 to help address the concerns they have identified. We have approached Dr. Bob Marvin and his colleague Dr.

Bill Whelan of the Mary Ainsworth Child/Parent Attachment Clinic in Virginia to invite one of them to present here. Dr. Bob Marvin presented here in 2007 to over 300 attendees, and is one of the developers of the Circle of Security model. They both have extensive practice working with adopting and fostering families. One of the two days will be devoted to parents who are fostering or adopting and will address typical stumbling blocks and will offer some guidance and conceptualization for working towards secure attachment. The other day will be for professionals like us who work with these folks, to remind us of the stumbling blocks and how to continue to create that attachment system for the parent, to be their holding environment so that they can feel competent and avoid placement breakdown. We are currently putting the finishing touches on this and will post details on the website as they are finalized.



Bill Whelan, Circle of Security trainer

### Resource Development Subcommittee Tuning in to your Toddler DVD

Our Toddler Program Development Sub-committee has been successful in several areas this year. We have determined that we would prefer to provide a dvd called

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Tuning In To Your Toddler instead of a 'program' because it can be used in existing parenting programs and any number of other creative ways.

Our project's goal is "to assist parents in recognizing that an essential aspect of toddlerhood is the self-regulation process and to demonstrate the parents' role in this challenging task". We intend to use vignettes, as in the Listening to Baby DVD, using a toddler's voice to describe what thoughts and feelings might be leading to their behaviour in typical toddler/parent interactions and with parents responding to their toddlers in attachment-enhancing ways.



After developing several vignettes and securing the interest of Jamie Koshyk, Janet Jamison and Christopher Basarowich who produced our first DVD, we feel ready to pursue funding from a variety of sources. Proposal writing will be our preoccupation until funding is secured.

## DISSEMINATION OF INFORMATION

The website has become our primary vehicle for disseminating information both for public access and consumption and for communicating with the membership. We are able to provide up-to-date information about transient things like events, whereas other aspects of the site are intended for on-going reference. We also maintain our email list through user sign-up on the website and have the capacity to do mass mailouts through this system which has eliminated a lot of headaches for us. The website is continually evolving. We hope that you enjoy the new additions as they come along! Of note, a short history of the Network will be added to the "about us" page and important changes to the resources page are almost ready for posting as well.

It has been decided that our Newsletter will be published once a year to coincide with the Annual General Meeting. As the website grows in scope, it has assumed much of the original purpose of the newsletter; however we still see the value of giving our membership a voice through their submissions. This can include how you are putting attachment into practice; literature reviews; or highlighting a resource, so, pick up your pens and get your submissions in by next March for the 2010 issue!

## NETWORKING:

The great thing about networking is that it can work in such weird and wonderful ways, when you least expect it and when you most need it. There are certainly lots of stories to tell here in Manitoba, but we are also developing connections beyond our borders, nationally and internationally. When people connect, really good things can happen. Networking is another form of attachment –go figure!

## ADVOCACY

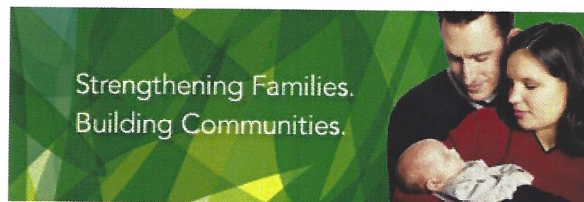
The following is a brief description of some of the Network activities regarding advocacy.

### Changes for Children Subcommittee Report

We struck a subcommittee of interested individuals who have solid experience in attachment and drafted a document in July, 2007, for submission to the Changes for Children Committee outlining why attachment was a reliable and dependable measure of what was happening in a family and the changes that can take place through treatment. We also provided a flow chart of how families could access Triple P services, attachment services or more generalized supports. Yvette Savard-Preston hand delivered the document to Jay Rodgers at a *Changes for Children* symposium in November, 2007.

### Dialogue with the CFS

So many of the families we work with are also a part of the child welfare system and it is useful for clinicians and child protection workers to share similar language and understanding of issues facing families. Our Network has tried to provide many learning opportunities to child welfare workers so that they can become well versed in attachment theory, assessment and intervention models. We have had some formal dialogues with Winnipeg Child and Family Services around possibilities to create attachment informed decisions or structures to attend to families.



## IN THE YEAR AHEAD:

- Seek charitable status number with Canada Revenue Agency - to allow us to independently apply for grants and issue receipts
- Hold another annual conference
- Complete the Toddler DVD project
- Continue to forge links and seek out innovative models for possible application here in Manitoba
- Look for ways to expand revenue sources

The Network wishes to acknowledge the time, energy and creativity so generously provided to us by our webmaster, Guy Dugas of spright.ca.

Many, many thanks Guy!

spright.ca

Visit us at [www.attachmentnetwork.ca](http://www.attachmentnetwork.ca)





## APENDICES

### APPENDIX 1: BALANCE SHEETS

10:55 AM  
05/04/09  
Cash Basis

#### The Attachment Network Balance Sheet As of September 30, 2008

	Sep 30, 08
<b>ASSETS</b>	
Current Assets	
Chequing/Savings	
Caisse Populaire de St Boniface	20,006.78
Total Chequing/Savings	20,006.78
Other Current Assets	
Other Receivables	600.00
Grants Receivable	10,000.00
Total Other Current Assets	10,600.00
Total Current Assets	30,606.78
<b>TOTAL ASSETS</b>	<b>30,606.78</b>
<b>LIABILITIES &amp; EQUITY</b>	
Equity	
Retained Earnings	35,085.86
Net Income	-4,477.08
Total Equity	30,608.78
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>30,608.78</b>

10:54 AM  
05/04/09  
Cash Basis

#### The Attachment Network Balance Sheet As of March 31, 2009

	Mar 31, 09
<b>ASSETS</b>	
Current Assets	
Chequing/Savings	
Caisse Populaire Savings	6,540.03
Caisse Populaire de St Boniface	21,932.20
Total Chequing/Savings	30,472.23
Other Current Assets	
Prepaid Expense	1,025.00
Total Other Current Assets	1,025.00
Total Current Assets	31,497.23
<b>TOTAL ASSETS</b>	<b>31,497.23</b>
<b>LIABILITIES &amp; EQUITY</b>	
Liabilities	
Current Liabilities	
Other Current Liabilities	
Accrued Liabilities	612.00
Total Other Current Liabilities	612.00
Total Current Liabilities	612.00
Total Liabilities	612.00
Equity	
Retained Earnings	35,085.86
Net Income	-4,200.63
Total Equity	30,885.23
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>31,497.23</b>





## APENDICES

## Appendix 2: Profit &amp; Loss

10:53 AM

05/04/09

Cash Basis

### The Attachment Network Profit & Loss

April through September 2008

	Apr - Sep 08
<b>Ordinary Income/Expense</b>	
Income	
DVD sales	1,385.39
Conferences	
Circle of Security	
Grants Province of MB	10,000.00
Circle of Security - Other	2,550.00
Total Circle of Security	12,550.00
Total Conferences	12,550.00
Total Income	13,935.39
Expense	
Bank Service Charges	15.00
Conference Costs	19,265.45
Food Purchases	29.96
Gift Purchase	38.06
Licenses and Permits	40.00
Miscellaneous	25.00
Total Expense	18,413.47
Net Ordinary Income	-4,477.08
Net Income	-4,477.08

10:52 AM

05/04/09

Cash Basis

### The Attachment Network Profit & Loss

October 2008 through March 2009

	Oct '08 - Mar 09
<b>Ordinary Income/Expense</b>	
Income	
DVD sales	1,187.50
Total Income	1,187.50
Expense	
Accounting & Legal	612.00
Meeting Expenses	35.84
Bank Service Charges	11.00
Licenses and Permits	100.00
Office Supplies	113.00
Postage and Delivery	11.49
Professional Fees	52.50
Total Expense	935.83
Net Ordinary Income	251.67
Other Income/Expense	
Other Income	
Interest Income	24.78
Total Other Income	24.78
Net Other Income	24.78
Net Income	276.45

