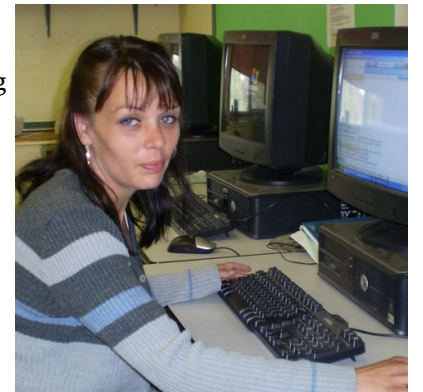




Sharing Matters

The Story of Me

Health depends on more than a good health care system. Factors such as income, education, and social support networks influence the health and well-being of Canadian families. CAPC and CPNP programs take a proactive approach to ensuring that families who have challenges and stresses in their lives have the opportunities to acquire the knowledge, resources, and skills that will provide them with the best chance to lead healthy lives. The impact is all the more powerful when you hear the personal stories. One of them is Jamie Lee's.



Jamie Lee, a participant in the Haliburton County CPNP program, has had more challenges than many of us know in our lifetimes: a violent and abusive past, a grade 6 education, drug addiction, jail time, unstable relationships, and losing custody of her son. But she's a living testament that, with support and determination, things can change. A few credits away from her grade 12 equivalency, clean and sober, she is working towards joint custody of her son. "I wrote this poem to practice some of the big words I'm learning in school," Jamie Lee smiled, "and ...it's a story about me."

I've painted a glass ceiling above my world,
I've learned the myths that are not true, but
Were made only to fool me and you.

I've learned to be more self-sufficient and less biased;
But yet in my old world, you would have found me anticlimactic, haughty.
In my world I kept only to me.
People would give me a supercilious look, as if they were looking down on me,
And through those times what they saw, I could not see.

As I got older, I gained momentum --
Now I can be moral to others as well as myself.
I am proud of the woman that I have become!

My world was a dingy world – a charade of some kind,
But the path I'm on now is the path I was trying to find.
My perversity made me choose people who were not good for me,
And at the time, I could not see I was malicious to people I loved and cared for deeply.
That still hasn't changed -- this, I can see, I have to work on differently.

Many children that are disadvantaged will turn to crime when they're older,
But I will no longer be one of them.
From this day forward, my new life begins.

Jamie Lee Hume, May 2008

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Calendar of Events:

- September 19, 20, 2008
The Communities We Grow...The People Who Make it Happen
Toronto ON
fsio@rogers.com
- October 2 – 4, 2008
Childhood & Adolescent Obesity 2008
Vancouver BC
800-716-6199
- October 6 – 8, 2008
CAPC/CPNP "Thrive and Survive"
Minett ON
on_coalition@rogers.com

PHAC Update

This issue PHAC is providing information for "Father Involvement Initiative Ontario Network" (FIION).

Father Involvement (FI)

In the overall Father Involvement field, four different events will provide input and ideas that can inform future directions in research, and future activities to promote and support father involvement across Canada:

1. On December 5, 2007 FII-ON, a coalition of community practitioners and service providers held a stakeholders' Future Mapping Exercise to gather

insights and input from the community.

2. On February 11-12, 2008, the FIRA (Fatherhood Involvement Research Alliance) Steering Committee met to look at the future.

3. On March 27, 2008 a gathering of 75 participants representing a broad range of stakeholders from across Canada met at York University for the Second Canadian FI Research Colloquium.

4. And in October 2008, during the FIRA International Conference we will be drawing further on views from the world scene and the works of

scholars from other countries. Register at www.fira.ca

What the Father Involvement Movement is creating with all these events and broad scans is a "field of dreams" to assist in setting relevant and realistic future directions in relation to field activities, community mobilization, program development, research capacity, policy development and evidence-based decision-making.

Fernand Lozier, PHAC

Coalition Update

Over the past 6 months the Coordinating Committee and its subcommittees have been busy with: organizing the annual conference; supporting the Staff Shadowing program; as well as creating new Impact Statements, focusing on the "three pillars" outlined in the 2008 report by Dr. Kellie Leitch, Advisor on Healthy Children and Youth to the Minister of Health. We have developed and signed a Memorandum of Understanding with Ka:men (which manages off-reserve CAPC and CPNP projects), with respect to shared activities and raising awareness.

I continue to co-chair the National Network of CAPC and CPNP Projects, along with Gena Robertson. The Network includes representatives from every region in our country except Nunavut and Quebec. We all appreciate the opportunity to learn from and share with each other and are working on a national newsletter as well as a national website.

We hope to undertake a consultation strategy with CAPC and CPNP projects in Ontario regarding our goals and structure. The Coordinating Committee has asked for information from zone meetings to help us plan for this process. Watch for the opportunity to have your say, and let us know your opinions!

Joanne King, Chairperson

Contact the Ontario Coalition of CAPC & CPNP Projects at www.realhelp.ca

Your Social Marketing and Communications Committee:

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Alison Barclay, PHAC
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Beth Bonvie, Consultant
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Calendar of Events continued:

(Continued from Page 1)

- October 22-24, 2008
FIRA International Conference
www.fira.ca
- November 6, 7, 2008
On New Shores
Guelph ON
519-824-4120
- November 16 - 18, 2008
Ontario Injury Prevention Conference
Toronto ON
800-847-5075

French Translation By
VOX International

Funding provided by
Public Health Agency
of Canada

Leitch Report Makes Recommendations ...

Canada ranks 12th out of 21 in the UN rankings of child well being

Dr. Kellie Leitch, Advisor on Healthy Children and Youth to Federal Minister of Health Tony Clement, has released a report providing key recommendations to improve the health and wellness of Canada's children and youth. The report indicates that, despite our prosperity, Canada ranks 12th out of 21 wealthy countries in the United Nations' rankings of child well being. The Government of Canada has a central role to play in helping to ensure that we make real progress in improving child and youth health and that every child, no matter where they live in Canada, has access to these benefits.

Some of Dr. Leitch's recommendations are specific to CAPC and CPNP programs funded by the Public Health Agency of Canada (PHAC). These include:

- That PHAC combine CPNP with CAPC
- That PHAC ensure that CPNP programs support its specific mandate, and have specific health targets and deliverables

Cont'd next page

... About CAPC & CPNP

The issues of accidents & injuries, obesity and children's mental health are highlighted

- That the most effective and efficient administrative practices be reviewed and implemented, resulting in more children receiving services
- That the focus of CAPC for newborns to five-year olds be "Nutrition; Accidents and Injuries; and, Product Safety"
- That the focus of CAPC for children aged 6 – 12 be "Lack of Physical Activity; Obesity; and, Injuries"
- That CAPC and CPNP programs develop industry partnerships to allow the programs to expand the number of children they reach

The Leitch report has been received by the federal Minister of Health. How this may affect the CAPC and CPNP projects is not known at this time, but if and when any changes are implemented, we would expect that there will be a process which respects the needs of non-profit organizations and the vulnerable families they serve.

Staff Shadowing and Discovery Program

A number of CAPC and CPNP staff took advantage of the Staff Shadowing and Discovery Program since November, 2007. Here are some excerpts from their reports on their visits to other programs.

Part of the role of the Ontario Coordinating Committee, with the help of the Public Health Agency of Canada, is to encourage and support site visits between projects in Ontario. By sharing information and expertise, staff, projects and participants all benefit.

The following are excerpts of project staff experiences: what they were seeking, what they found, and what the outcomes were. They have been edited to suit the space.

Some Reasons for Visiting Other Programs

"My goal in visiting 5P's and Brighter Futures was to see the overall operation of other programs serving large participant numbers with multiple languages."

"Our exploration of the mobile resource/outreach programs (toybus) and the administrative look at the cooperative manner in which CAPC/CPNP and OEYC's integrate services were our objectives."

"We were hoping to get a better understanding of how CPNP projects ran in a different location. We were really interested in their volunteer program at the Trinity site."

"I knew that many of the women I worked with were using substances and they were not talking about it with me or with other team members. I wanted to learn how to further engage them and move them from the pre-contemplation stage to the contemplation stage."

"I was interested in learning different teaching strategies as well as investigating strategies for group retention and recruitment."

Some Observations

"Exchange of information ranged from how data was processed, what snacks were served and when, what classes were taught and resources used, program incentives and the use of team wrap-up meetings."

"My week was filled with one on one conversation with staff, intakes, home visits, clinical team meetings/staff meetings and outreach work. I sat in on an intervention that was skillfully handled by the CPNP outreach worker. Her technique was a privilege to observe and I will model this when working with the same type of high risk client."

"Timiskaming Brighter Futures have satellite sites which are ¾ hour to over an hour driving distance away, which means a lot of driving for staff. There is no public transportation system so staff must individually pick up clients to bring them to the group. This also presents great difficulty for those clients without a car to access cheaper food, pharmaceuticals and even health care."

"The most noticeable administrative difference in both Renfrew and Peterborough sites compared with our project was that we are funded through CAPC alone and they are a co-mingling of CAPC/CPNP/OEYC funding sources. This makes for a greater diversity in staff usage and efficient use of dollars for program costs for them."

Some Outcomes

"Building Blocks for Better Babies is looking at enhancing two specific program components based on the staff shadowing experience. The first is a system where participants exchange a valid transfer for complementary bus tickets. Secondly, a post program wrap-up involving all program staff (paid, in-kind and volunteer) to discuss the day's events."

"We have already added some of the recipes to our new schedule and will incorporate some of their topics as well. We are in the process of trying to modify our programming to allow at least 2 nurses at all groups to be available for questions and more 1 on 1."

"Since returning to my work here, I have opened up the window of discussion around the use of alcohol and substance. Many participants are telling me about their use and the guilt associated with it. I have had these open discussions with the participants directly as a result of my job shadow experience."

"I was able to experience the separation of pre and postnatal groups which in most respects worked well. This could definitely [be a] possibility to use with Welcome Baby."

"We have been able to share and celebrate with our staff the effective and cost efficient manner in which we deliver our programming with limited funding."

"I would highly recommend Job Shadowing with another agency. It is a time to share best practices and to further self growth as a professional. You return motivated and validated to continue the hard work you do."

"This was an unforgettable experience and we recommend to all those working in a helping profession to take advantage of this initiative."

The following staff submitted reports:

Dorothy Beuerman, Beverly Budd, Rural Response for Healthy Children, Huron County; Cheryl Farr, Welcome Baby, Hamilton; Maureen Hampton, Lanark County; Karen Harrop, Building Blocks for Better Babies, CPNP Windsor and Essex County; Leanne Kennedy and Lori Wilson, Brighter Futures/Healthy Beginnings.