Family-based approaches for building resiliency in children and youth: Learning from the field
About this webinar series...

- Wide range of family skills programs occurring across the province
- Evidence – literature review, best practice guidelines, practitioner experiences (CAMH, PAD)
- An opportunity to hear from community partners
- An opportunity to hear from you!
- Twitter chat
Webinar #1 Recap

- Introducing and defining family-based/family skills programming
  - Definitions, concepts (resiliency, risk & protective factors), outcomes

- Introduction to best practices guidelines for family skills programs and program examples
  - CCSA, United Nations

- In depth look at principles for implementing and delivering family-based programs
Webinar #2 Outline

- Review remaining guidelines

- Panelist presentations
  - Incredible Years
  - Triple P Parenting Program
  - Strengthening Families for Parents and Youth

- Moderated panel discussion

- Q&A, Discussion
Part 1: Critical issues in family-based programs: Guidelines
Guidelines from Webinar #1

- Provide robust, appropriate programming
- Apply common elements of Parent Skills Building
- Apply common elements of Children’s Skills Building
- Apply common elements of Family Skills Building
- Carefully select, train and support group leaders
- Focus on recruiting families
- Take steps to retain participants
- Focus on cultural relevance
Match program to the needs of the target population

- Assess and/or prepare community for initiative
- Determine method of outreach for the community

Source: CCSA's Strengthening Our Skills: Canadian Guidelines for Youth Substance Abuse Prevention Family Skills Programs
Clarify community/organizational resources, assets and aims

- Host agency is credible and acceptable to the community
- Agency serves the target group
- Commitment by administration and staff, with other partners and collaborators

Source: CCSA's Strengthening Our Skills: Canadian Guidelines for Youth Substance Abuse Prevention Family Skills Programs
Part 2: Learning from the field: Panelist presentations
Part 3: Learning from the field: Moderated panel discussion
Panelists

Joanne Brown
HC Link
Moderator

Kerri Kightley
Peterborough Drug Strategy
SFPY

Megan Dumais
Sudbury District Health Unit
Triple P

MaryLynn Reddon-D’Arcy
Centre for Addition and Mental Health
Incredible Years
Q1

- What types of challenges have you/your organization faced regarding implementing your program?
  - How have you addressed these challenges?
  - How have these challenges been overcome?
In what way does setting and the role of culture / language / stigma impact programming?
A key focus in health promotion and prevention programming has been choosing evidence-based programs.

- Can you comment on the role of adaptation (how much drift is too much (program fidelity))
- Evaluation – what kind of evaluation efforts are you currently engaged in?
It’s Your Turn

- Questions?
- Comments?
- What are you doing in your community?

Please share in the chat pod.
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