

Reaching Out:
Creating Synergy among Urban and
Rural Mental Health Providers while
Enhancing Group Work Capacity with
Children and Families

Janice C. Burke, M.A., R. Psych.
Natasha Curran, M.Sc., R. Psych.

The Janeway Family Centre
Eastern Health
St. John's, Newfoundland Labrador

syn·er·gy

“the interaction of elements that when combined produce a total effect that is greater than the sum of the individual elements or **contributions**”

Who We Are

The Janeway Family Centre

- Government Funded Child and Adolescent Mental Health Outpatient Service in Eastern Regional Health Authority, St. John's, NL
- Team of 8 Clinical Social Workers and 6 Clinical Psychologists
- Provide Individual, Family, and Group Treatment

The Janeway Family Centre



What We Do

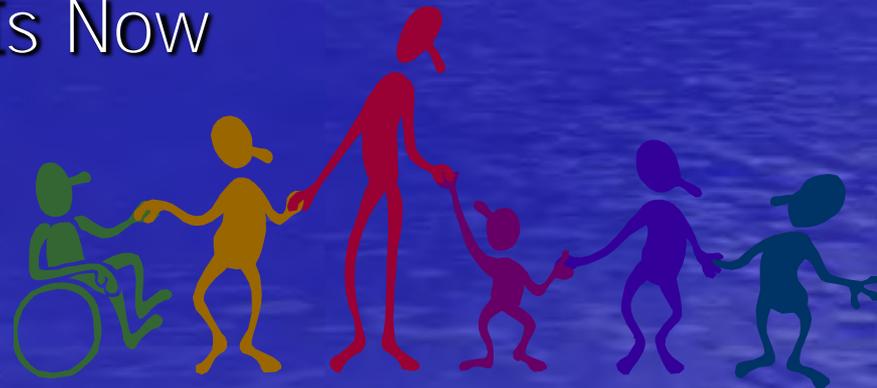
Five Therapeutic Teams

- Team for Young Children (Birth to 6)
- School Age Team (7 to 12)
- Adolescent Team (13 to 18)
- Child and Adolescent Trauma Team
- Family Team

What We Do

Eight Group Programs

- Raising Families
- Parenting Young Children
- Parenting Your Adolescent
- **It's Okay**
- V.O.I.C.E.
- That Was Then...This Is Now
- A New Tomorrow
- Taming Dragons



Why We Do Group Work

- Learning occurs through a combination of dealing with the content of the material presented and the process of participating in a group
- Many benefits cannot be replicated through individual therapy

Benefits of Group Work for Children and Families

- Provides Prompt Service
- Reduces Feelings of Isolation
- Builds Natural Support Networks
- Provides Education
- Individual Follow up May Not be Required

Benefits of Group Work for Agencies

- Increases Staff Satisfaction
- Decreases Waitlists
- Builds Relationships with Families
- Builds Connections between Agencies
- Promotes a Positive Image in the Community

Great Services, But...

- JFC Services only Accessible on the Avalon Peninsula (1.5 hrs drive)
- Requests for Consultation and Group Materials from Across the Province
- Group Programs were not Manualized

Newfoundland and Labrador



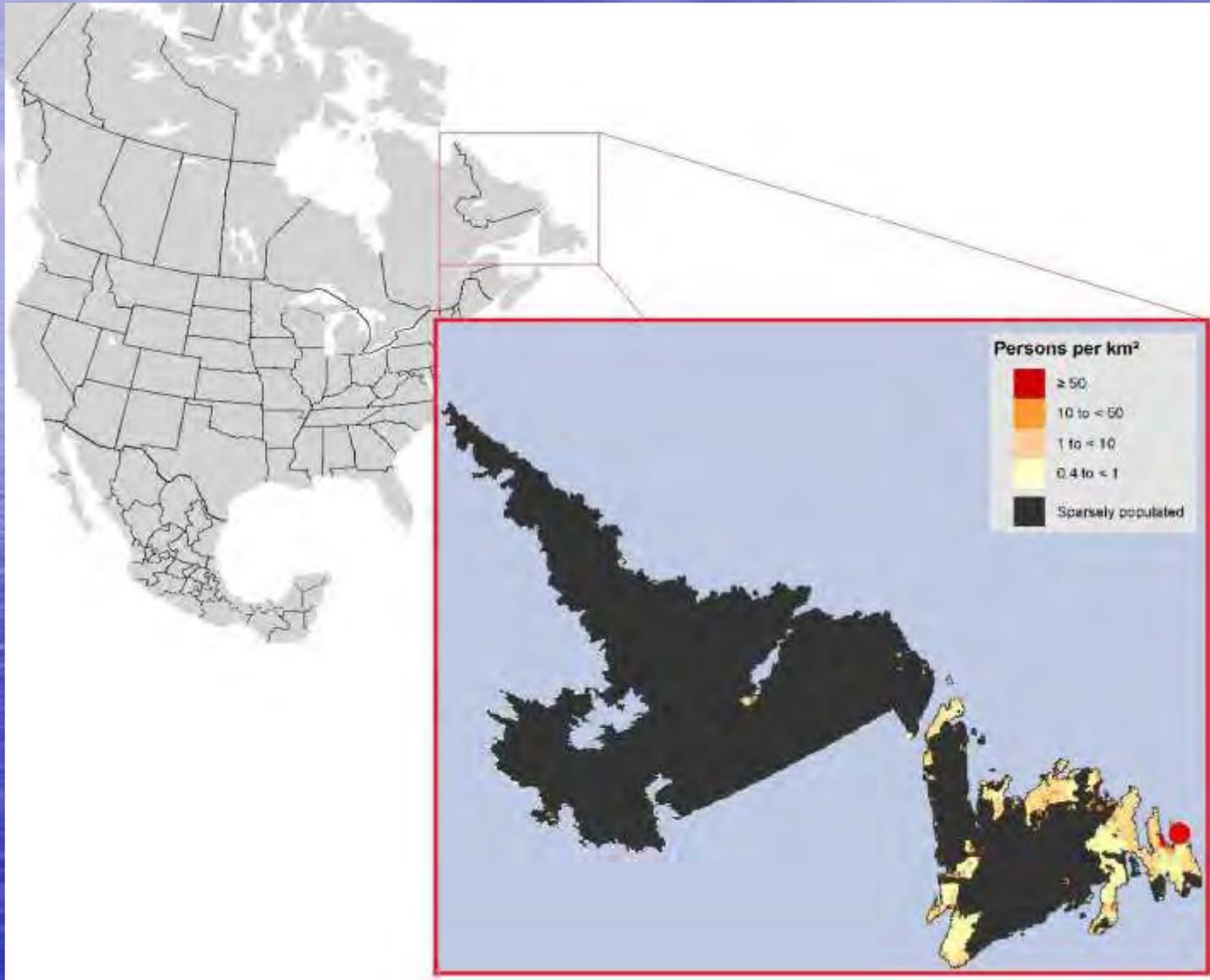
- Newfoundland and Labrador has a Population of 510,000 People
- Population is Dispersed over 405,720 Square Kilometres

Newfoundland and Labrador



- Over 50% of Population Lives in Rural Areas
- St. John's, the Capital, is Home to the only Children's Hospital in the Province

Where We Are



The Urban Perspective



St. John's (Population 196,966)

The Rural Perspective (Island of Newfoundland)



Bonavista (Population 3,319)

The Rural Perspective (Coastal Labrador)



Nain (Population 1,190)

The Challenge: The Reality of Rural Communities

- Limited Number of Staff
- Clinicians Often Feel Isolated
- Difficult to Get New Initiatives Moving on Your Own
- Clinicians are Expected to be All Things to All People
- They Have Their Own Waitlists
- Own Geographical Challenges

Rural Innovation: Being Many Things to Many People



In The Beginning...2006



Janeway Family Centre

Envisioning group programs accessible to children and families wherever they may live.

In The Beginning...2006



The Royal Bank of Canada

Envisioning promotion of programs targeting
children's mental health.

The Janeway Foundation Bringing the Two Visions Together



RBC *Reaching Out:* Group Programs for Children and Families

A Five Phase Plan



Phase 1(2007): Funding Royal Bank of Canada *Children's Mental Health Project*



Phase 2 (2007-2008): Manualizing Group Programs

- Raising Families
- Parenting Young Children
- Parenting Your Adolescent
- V.O.I.C.E (Voices of Incredible Children Everywhere)
- **That Was Then...This Is Now**
- **It's Okay**
- A New Tomorrow

Creating the Manuals

- Research
- Develop
- Write
- Edit
- Print/Secure Copyright
- Prepare Training Presentations



Manuals



Phase 3 (2008-2010): Facilitator Training Workshops

- September 2008 to May 2010 JFC Staff Travel Throughout the Province Offering Facilitator Training Workshops
- Each of the Four Regional Health Authorities Chose Four Group Programs to be Offered in their Area

Regional Workshops

LABRADOR GRENFELL

Happy Valley-Goose Bay

Labrador City-Wabush

CENTRAL

Gander

Grand Falls-Windsor

EASTERN

St. John's

Clarenville

WESTERN

Corner Brook



Operationalizing the Training

- Secure the Location
- Arrange Travel and Accommodations
- Workshop Notification
- Communication with Participants
- **Preparation of the Material (“the box”)**
- Onsite Preparation (TLCs)
- Evaluations
- Certificates



Essentials

- Project Leader(s)
- Clerical Support
- Partnerships with Local Agencies
- Support from Management (Yours and Theirs)
- MONEY



Facilitator Training Workshops

- Half Day Primer on Group Work
- Two Days Training on Each Group Program
- Invitation for Follow Up Consultation and Sharing of Materials

Training Sessions



Training Sessions



Phase 4 (June 2010): Follow-Up Workshop

Facilitators Actively Offering Groups
Throughout the Province Came Together
in St. John's



Large Group Feedback

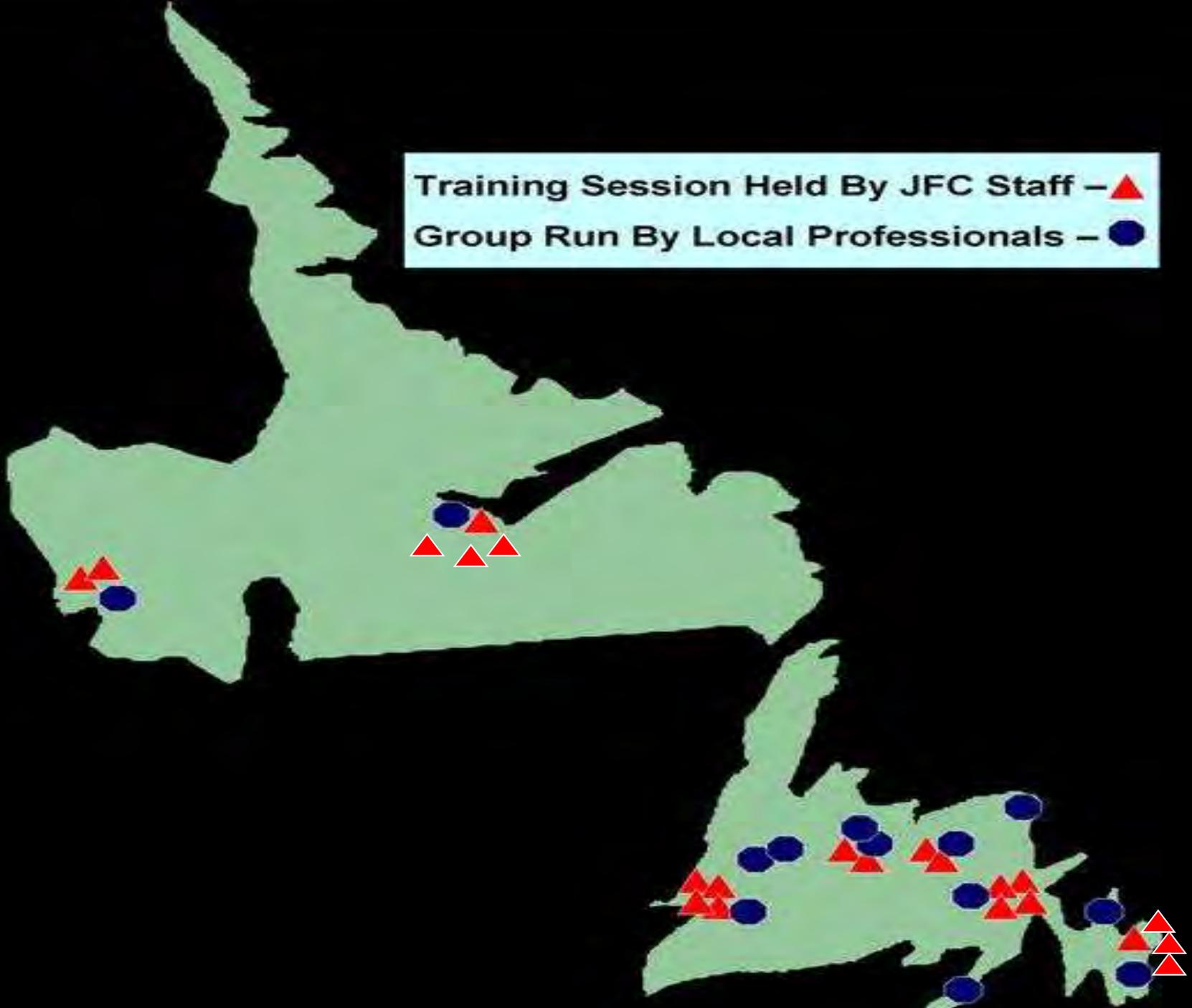


Small Group Discussions



Training Session Held By JFC Staff – ▲

Group Run By Local Professionals – ●



Amazing Feedback

- Over 200 Facilitators Trained
- Over 23 Groups Offered Throughout the Four Health Regions
- Facilitators Reported Increased Satisfaction and Competency

Impact on New Facilitators

“Wonderful! I wonder if you realize how much you are going to help children and families in this region. Even if half of us go away and decide to run a group, it will be very **beneficial. Huge thanks!**”

“These programs should be **mandatory** in all areas of NL as there is a serious high need for such programs and services. Service providers **outside St. John’s are grasping at straws** to find something to help families and children. These programs offer so much and should be **equally available across NL.**”

Synergy



Raising Families in Happy Valley Goose Bay,
Labrador Correctional Centre

Letter From a Group

“We are able to see that is our responsibility to our children to be the best parents we can be. It is now up to us to take what we’ve learned and bring it home into our families”

(Excerpt from a Raising Families 2010 at the Labrador Correctional Centre)

Phase 5 (2011) Evaluation

- Well designed, Well Packaged, User Friendly Manuals
- Material Structured, but Adaptable to Meet Regional Needs
- Programs Can be Offered at Minimal Cost

Phase 5 (2011) Evaluation

- Expertly Delivered Facilitator Training Workshops
- Facilitated Interagency/Interdisciplinary Collaboration
- Material Widely Used in Both Group and Individual Work

Phase 5 (2011) Evaluation

- Group Work Recognized as an Efficient Use of Clinical Time
- Reduced Waiting Lists
- Improved Consistency of Practice

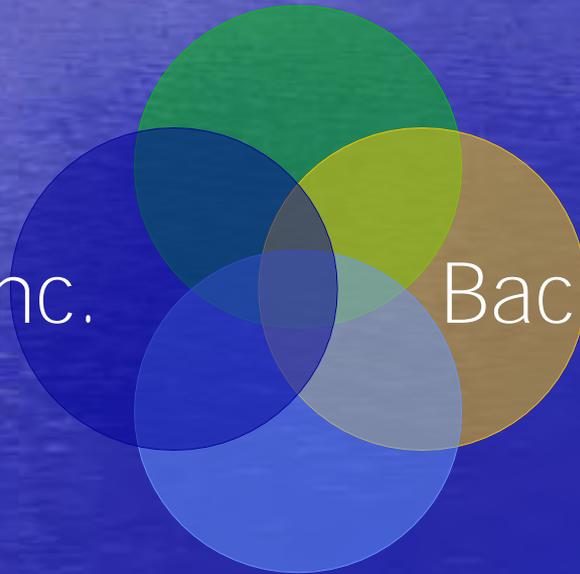
Beyond the 5th Phase

Raising Families

Parenting Inc.

Back to Labrador

Back to St. John's ... and Beyond



Back to Labrador

JFC Staff travelled to Goose Bay in 2011 to train facilitators in Raising Families and Parenting Your Adolescent on the invitation of:



The Nunatsiavut Government
and

The Goose Bay Regional Parenting Committee

Labrador Coastal Communities



Parenting Inc.

Learning from the LCC Raising Families Group, JFC Staff adapted Raising Families and offered the program to incarcerated fathers at Her Majesty's Penitentiary in St. John's.

Synergy



Raising Families at Her Majesty's Penitentiary in St.
John's, NL.

Parenting Inc.

I'm a Dad



Starting Over

Poem From a Group

“We wish you luck in the future,
On your quest to make us better Dads...
Cause after all it's our kid's smiles,
That forever will make us feel glad.”

(Excerpt from the Parenting Inc. Group at Her Majesty's
Penitentiary, June 2011)

Back to St. John's...and Beyond

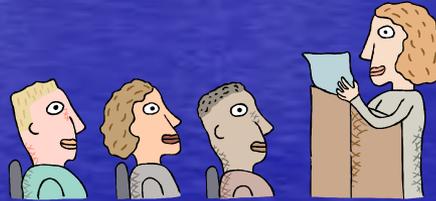
Facilitator Training Workshops continue to be offered in St. John's and attended by clinicians from across the province:

- Mount Pearl- Dec. 7th to 9th, 2011
- St. John's- June 11th to 13th, 2012
- St. Anthony- Sept. 26th to 28th, 2012



Sharing the Message

JFC Staff, through ongoing funding from the Royal Bank of Canada, have presented various components of the project at conferences:



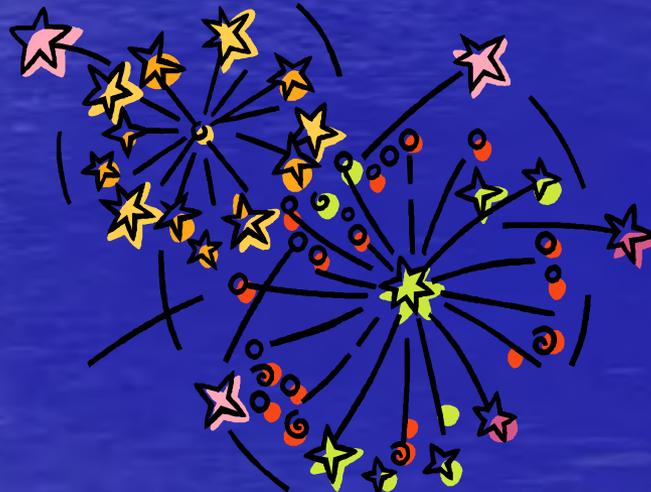
Washington, D.C.

San Diego, CA

Vancouver, B.C.

Synergy

The Whole is Greater Than the
Sum of the Parts...and Counting!





The Janeway Family Centre Eastern Health, St. John's, NL

Janice C. Burke, M.A., R. Psych
janice.burke@easternhealth.ca

Natasha Curran, M.Sc., R. Psych.
natasha.curran@easternheath.ca

