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

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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
(Continental 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

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

Janeway Family Centre
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
Clarencille

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
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
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
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