

Prevention Matters 2011

Supporting Children's Well-Being

September 21 – 23, 2011, Radisson Hotel, Saskatoon, SK

PROGRAM AT A GLANCE

DAY 1: Wednesday, September 21, 2011

8:00 a.m. – 9:45 a.m. **Registration**
 10:00 a.m. – 10:15 a.m. **Welcome and Opening Remarks**
 10:15 a.m. – 12:00 p.m. **Keynote Panel**
 Saskatchewan's Children: Supporting Their Well-Being
 12:00 p.m. – 1:00 p.m. **Luncheon**
 1:00 p.m. – 2:30 p.m. **CONCURRENT SESSIONS 1A – 1G**

- 1A: Body Image, Eating Attitudes and Behaviours, and Physical Activity: Multi-Method Study of School Age Children
- 1B: Promoting Positive Maternal Mental Health
- 1C: Street Culture Project
- 1D: School-Based Alcohol Education Strategy
- 1E: Narrative Descriptions of Improving Mental Health and Well-Being from an Indigenous (Plains Cree) Perspective
- 1F: Looking Beyond Developmental Difficulties
- 1G: Aggressive Behaviours: Better Management through Understanding

2:30 p.m. – 3:00 p.m. **Refreshment Break**
 3:00 p.m. – 4:00 p.m. **CONCURRENT SESSIONS 2A – 2G**

- 2A: Donor Human Milk in Canada: Opportunities and Challenges to Establishing a Human Milk Bank in Saskatchewan
- 2B: Congenital Anomalies Surveillance: Saskatchewan (CASS)
- 2C: NICU Project: Promoting Parent Infant Bonds with Premature Newborns

- 2D: Healthy Smile – Healthy Child
- 2E: Precursors and Consequences of Abuse during Pregnancy: An Examination of Severity and History of Abuse
- 2F: Findings from a Comprehensive Evaluation of KidsFirst: The Government of Saskatchewan's Early Childhood Intervention Initiative
- 2G: Preventing Childhood Obesity Through Intervention with the Mother during Preconception, Pregnancy and Early Childhood

DAY 2: Thursday, September 22, 2011

8:00 a.m. – 8:30 a.m. **Continental Breakfast**
 8:30 a.m. – 10:00 a.m. **Keynote Speaker**
 The Child Brain and Behaviour: Influences of Early Experiences and Trauma
 10:00 a.m. – 10:30 a.m. **Refreshment Break**
 10:30 a.m. – 12:00 p.m. **CONCURRENT SESSIONS 3A – 3G**

- 3A: Overweight and Underactive Kids: Better Management of Obesity and Under Activity in the Office and at Home
- 3B: Early/Individualized Development Program: Teaching Pro-Social Skills to Children with Challenging Behaviours
- 3C: Preventing Children's Exposure to Second Hand Smoke and Tobacco Cessation Intervention
- 3D: Multi-Modal Literacy Instruction Stimulate Healthy Brain Development in Learners with Fetal Alcohol Spectrum Disorder (FASD)
- 3E: When We Know More, We Do Better: The Impact of Early Childhood Research in Canada

3F: Reaching In, Reaching Out: Resiliency Training for Families and Children
3G: Improving Child Health Outcomes: Promoting Healthy Growth and Feeding Relationships

12:00 p.m. – 1:00 p.m. **Luncheon**
1:00 p.m. – 2:30 p.m. **CONCURRENT SESSIONS 4A – 4D**

4A: Neurosequential Approach to Caregiving
4B: Creating Safe and Healthy Habits
4C: HIV/AIDS and Pregnancy in Saskatchewan
4D: Preventing Fetal Alcohol Spectrum Disorder (FASD)

2:30 p.m. – 3:00 p.m. **Refreshment Break**
3:00 p.m. – 4:30 p.m. **CONCURRENT SESSIONS 5A – 5F**

5A: Neurosequential Model of Therapeutics
5B: 30-30-30, A Saskatchewan Solution to Increasing Physical Activity for Children and Youth
5C: Family Law Initiative: Changing Practices and Policies for Infants and Toddlers Involved with Child Welfare
5D: Creating a Smoke-Free Environment for Your Children
5E: Oral Health Status of Saskatchewan Children 2008-09 and Best Practices for the Prevention of Early Childhood Caries (ECC)
5F: The United Nations Convention on the Rights of the Child: A Roadmap to Promoting Healthy Environments

DAY 3: Friday, September 23, 2011

8:00 a.m. – 8:30 a.m. **Continental Breakfast**
8:30 a.m. – 10:00 a.m. **CONCURRENT SESSIONS 6A – 6H**

6A: Infant Mortality in Saskatchewan: An Indicator of the Health of Saskatchewan Children
6B: There's No Place Like HOPE: A Medically Safe Environment for Children with Diverse Needs
6C: Prevention: Working with Children to Eliminate Heart Disease and Stroke in Adulthood
6D: Brain Box Therapy
6E: Indigenous People: Working Through Trauma
6F: Oral Health Promotion in Infants and Young Children: How, When and Why
6G: On Track: Supporting Healthy Brain Development through Early Identification and Community Intervention
6H: Youth Action for Prevention: Engaging Youth in the Primary Prevention of Fetal Alcohol Spectrum Disorder (FASD)

10:00 a.m. – 10:30 a.m. **Refreshment Break**
10:30 a.m. – 11:45 a.m. **Keynote Speaker**
The Power of Play: Active, Healthy Children and Communities
11:45 a.m. – 12:00 p.m. **Closing Remarks**

Prevention Matters 2011

Supporting Children's Well-Being

CONFERENCE PROGRAM

DAY 1: Wednesday, September 21, 2011

8:00 a.m. – 9:45 a.m. Registration

10:00 a.m. – 10:15 a.m. Welcome and Opening Remarks

**10:15 a.m. – 12:00 p.m. Keynote Panel:
*Saskatchewan's Children: Supporting Their Well-Being***

Speakers: Bill Bingham, Department Head, Department of Pediatrics, College of Medicine, University of Saskatchewan

Holly Graham-Marrs, Associate Professor, College of Nursing, University of Saskatchewan

James Irvine, Medical Health Officer, Keewatin Yatthé and Mamawetan Churchill River Health Regions and Athabasca Health Authority

Thomas Mainprize, Department Head, Department of Obstetrics and Gynecology, College of Medicine, University of Saskatchewan

Cory Neudorf, Chief Medical Health Officer, Saskatoon Health Region

Description: To open the conference, this panel of experts will discuss the well-being of Saskatchewan children from a number of vantage points (i.e., pediatrics, obstetrics, First Nations, rural, urban and northern). The panel will explore what helps children be well, what we in Saskatchewan have to be proud of and the challenges that we face. Conference delegates will have the opportunity to ask the panelists questions.

12:00 p.m. – 1:00 p.m. Luncheon

1:00 p.m. – 2:30 p.m. Concurrent Sessions 1A – 1G

1A: *Body Image, Eating Attitudes and Behaviours, and Physical Activity: Multi-Method Study of School Age Children*

Speakers: Kelly Andrushko, PhD Candidate, Applied Health Sciences Program, University of Manitoba
Carol Hussa Harvey, Professor, Department of Family Social Sciences, University of Manitoba

Description: Young children (6-12 years) are displaying evidence of poor body image; often in concert with disordered eating habits and low physical activity. This multi-method qualitative study conducted in a before and after school childcare facility examined body image, eating attitudes and behaviours, and physical activity among Canadian school age children. What has been learned from this research can be applied by parents, caregivers, and educators to encourage healthy attitudes and behaviours, and discourage negative patterns.

1B: *Promoting Positive Maternal Mental Health*

Speaker: Angela Bowen, Associate Professor, College of Nursing, University of Saskatchewan

Description: As awareness of maternal anxiety and depression increases and more jurisdictions are screening for perinatal depression, it is important to realize that maternal mental health is more than a mere absence of mental illness; it is the maximizing of a woman's mental health. Since the mental well-being of the mother is fundamental to the health of her entire family, it is essential that we promote the development and maintenance of positive mental health in perinatal women. Positive mental health is believed to be an optimal way to minimize the risk of mental illness in those with or without a psychiatric history. This presentation will describe the epidemiology and outcomes associated with maternal mental health problems. It will review screening and treatment strategies, and highlight special considerations to promote positive mental health in childrearing women.

1C: *Street Culture Project*

Speakers: Kim Sutherland, CEO, and Stephanie Clark, Special Projects Manager, Street Culture Kidz Project Inc., Regina, SK

Description: This workshop will explore the connections between young people dealing with poverty, its residual effects, and its impact on a person's healthy development. Using Street Culture's program and experience as an example, ways to engage youth in order help them to build skills will be explored. These skills help youth to get themselves back on track and focused on their health and development. Healthy engagement builds capacity in youth that will allow them to make healthier decisions about drinking and using drugs, sexual activity, family relationships, and healthy attachments to positive adults.

1D: *School-Based Alcohol Education Strategy*

Speakers: Marcella Ogenchuk, Assistant Professor, College of Nursing, University of Saskatchewan
Michelle Prytula, Assistant Professor, Department of Educational Administration, College of Education, University of Saskatchewan
Karen MacDonald, Master's Candidate, Department of Educational Administration, College of Education, University of Saskatchewan
Kimberly Walter, Undergraduate Student, College of Nursing, University of Saskatchewan

Description: Health Canada (2008) reported that despite preventative efforts, youth were using alcohol at hazardous rates. This presentation will highlight findings from a study that explored Grade 11 students' perceptions of programs related to the prevention of alcohol use in four Saskatchewan high schools, along with prevalence rates of drinking. As a result, an interprofessional approach between the College of Nursing, College of Education, Addictions Services, and the school system has been developed. Through this partnership, alcohol educational resources for teachers have been developed for use in grade 10 and 11 classrooms. These resources were developed to promote healthy lifestyles and prevent injury to youth. This presentation will outline the resources and their effectiveness.

1E: *Narrative Descriptions of Improving Mental Health and Well-Being from an Indigenous (Plains Cree) Perspective*

Speaker: Holly Graham-Marrs, Associate Professor, College of Nursing, University of Saskatchewan

Description: The results of Holly's doctoral thesis, *Narrative Descriptions of Improving Mental Health and Well-Being from an Indigenous (néhiyawak/Plains Cree) Perspective*, will be shared in this session. This session will begin with a brief overview of the social-political historical context that has impacted and continues to impact Indigenous peoples' mental health and well-being. The four overarching themes that highlighted what positively impacted the participants' mental health and well-being, and what they need to obtain optimal mental health and well-being will be discussed in relation to the family unit, with emphasis on children: relationships, spiritual beliefs and cultural practices, *tānisīā pimātsiwin* (worldview) and *ēkwa ōhi kikwaya piko ka-ispayiki kīspin ka-nohtē-miyo-mahcihoyān* (these are the things that need to happen if I want to be healthy). These four themes as described by the *nehiyawāk* have elements and concepts that parallel the necessary needs for the development of human potential as described by the Medicine Wheel and the determinants of health.

1F: *Looking Beyond Developmental Difficulties*

Speaker: Pat Blakley, Division Head, Developmental Pediatrics, Department of Pediatrics, University of Saskatchewan

Description: It is often tempting to define a child by the developmental disability which he/she has and to lose sight of the well child that is hidden by the disability. In this session, strategies for normalizing the care of children with disabilities and finding the strengths that all children possess will be described. Even in the context of significant disability, strengths can be identified. Strategies for improving the quality of life for children with disabilities will be discussed.

1G: *Aggressive Behaviours: Better Management through Understanding*

Speaker: Jean Gervais, Professor, Département de Psychoéducation, Université du Québec en Outaouais and Centre of Excellence for Early Childhood Development (CEECD)

Description: Aggressive behaviours are the object of major preoccupations for parents and child care providers. The prenatal period and early years care and experiences have a direct impact on future socialization skills. The control of aggressive behaviour is acquired during early childhood. This workshop will provide an overview of three tools that have been developed for knowledge translation purposes for parents and service providers. These include information sheets, an interactive instructional DVD, and a 60 minute documentary DVD. Find out how viewers have learned more about the normal evolution of aggression, the difference between girls and boys in terms of frequency and persistency of aggressive behaviours, the negative impacts of nicotine intake during pregnancy on the child's future ability to control aggressive behaviour, and the links between early years care, nutrition and the child's ability to develop self-control.

2:30 p.m. – 3:00 p.m.

Refreshment Break

3:00 p.m. – 4:00 p.m.

Concurrent Sessions 2A – 2G

2A: *Donor Human Milk in Canada: Opportunities and Challenges to Establishing a Human Milk Bank in Saskatchewan*

Speaker: Johanna Bergerman, Public Health Nutritionist, Department of Public Health Services, Saskatoon Health Region

Description: In recent years, there has been increased information about and advocacy for access to donor human milk in Saskatchewan and across Canada. The World Health Organization (WHO) recommends that women have options to supplement their own supply of human milk for their infants by accessing milk from healthy wet nurses and/or pasteurized donor milk. In 2010, the Canadian Paediatric Society (CPS) had released a supportive statement for pasteurized human milk banking. This session will discuss the current situation and identify issues pertaining to Saskatchewan. There will be a discussion of the strategies used recently by three hospitals in Toronto to establish a milk bank there.

2B: *Congenital Anomalies Surveillance: Saskatchewan (CASS)*

Speaker: Krista Homstol, Coordinator of Congenital Anomalies Surveillance-Saskatchewan (CASS), Royal University Hospital and University of Saskatchewan

Description: Until recently, a formal system for reporting congenital anomalies did not exist in Saskatchewan. This was a major shortcoming as conditions arising in the perinatal period and congenital anomalies are the leading cause of infant mortality in the province. Congenital anomalies pose a significant impact on medical and non-medical resources and create a considerable emotional and economic burden for families and communities. While the majority of babies are born healthy, approximately 3-5% are born with a congenital anomaly. As a result of public health concerns, the Public Health Agency of Canada made funding available to all provinces and territories for improved congenital anomaly surveillance. Saskatchewan's pilot phase of this surveillance is taking place in the Saskatoon Health Region. This presentation will discuss this pilot, its successes and implications.

2C: *NICU Project: Promoting Parent Infant Bonds with Premature Newborns*

Speaker: Chaya Kulkarni, Executive Director, Infant Mental Health Promotion, Hospital for Sick Children, Toronto, ON

Description: Infant Mental Health Promotion (IMP) has developed a campaign specifically for the Neonatal Intensive Care Unit (NICU) that strives to support attachment between babies and their parents in an overwhelming environment. The project is intended to benefit families who have babies in the NICU, by providing them with reminders of how they can help their baby. This project provides families with information and opportunities to support infant-parent attachment even in situations where it may seem impossible. Presenters will share the results of an evaluation done on the materials and present feedback from the NICUs involved in the development and piloting of these resources.

2D: *Healthy Smile – Healthy Child*

Speaker: Julie Laberge-Lalonde, Dental Health Educator, Public Health Services, Saskatoon Health Region

Description: Tooth decay (cavities) is the most common chronic disease affecting children. It occurs 5-8 times more frequently than asthma, which is the second most common chronic disease in children. Children as young as 12 to 18 months can get tooth decay. Early Childhood Tooth Decay (ECTD) is a destructive form of tooth decay that affects primary (baby) teeth. Tooth decay in children's teeth can cause pain and prevent children from eating, speaking, sleeping and learning. ECTD can be prevented with early interventions such as anticipatory guidance, health education, prenatal education, nutrition counseling, and preventative programs such as fluoride varnish applications.

2E: *Precursors and Consequences of Abuse during Pregnancy: An Examination of Severity and History of Abuse*

Speaker: Danaka Safinuk, Graduate Student, Clinical Psychology, University of Regina and RESOLVE Saskatchewan, University of Regina

Description: Physical abuse during pregnancy has profound physical, emotional and psychological consequences for both the woman and her fetus. Prevalence rates of physical abuse during pregnancy can range from 3.9% to 19.0%. This presentation will review a study which examined physical abuse during pregnancy, using a diverse sample of Saskatchewan women. This study is a sub-study of a larger research project entitled, "The Healing Journey: A Longitudinal Study of Women Affected by Intimate Partner Violence." Findings of the research will increase current levels of understanding of the severity and longevity of the mental and physical consequences that result from abuse during pregnancy.

2F: *Findings from a Comprehensive Evaluation of KidsFirst; The Government of Saskatchewan's Early Childhood Intervention Initiative*

Speakers: Nazeem Muhajarine, Professor and Chair, Community Health and Epidemiology, University of Saskatchewan; and Lead, Healthy Children Research Team, Saskatchewan Population Health and Evaluation Research Unit (SPHERU)
Fleur Macqueen Smith, Knowledge Transfer Manager, Healthy Children Research Team, Saskatchewan Population Health and Evaluation Research Unit (SPHERU)

Description: KidsFirst is a provincial early childhood intervention program in Saskatchewan that enrolls vulnerable children and their families, using home visiting to better connect them to their communities and needed services. Evaluating its effectiveness required careful planning, engagement with decision makers, and the examination of a complex set of nested outcomes at the child, parent and community level. This presentation will describe the methods and results of a longitudinal effectiveness study of KidsFirst in Saskatchewan, including relevant conclusions and recommendations.

2G: *Preventing Childhood Obesity through Intervention with the Mother during Preconception, Pregnancy and Early Childhood*

Speaker: Rotimi Orisatoki, Maternal and Infant Health Coordinator, Saskatchewan Prevention Institute

Description: Childhood obesity is a major cause of morbidity and mortality among children in Canada. Recent research shows that the risk for childhood and adult obesity may be set in utero (pre-programmed obesity) and within the first 2 years of life (developmental obesity). Early intervention health promotion activities in the preconception period, during gestation and during infancy are integral and vital to stem the trend towards obesity in children. Based on current evidence, methods of reducing the risk of obesity in children will be discussed, including reducing BMI during the preconception period in overweight women, preventing excessive weight gain in pregnancy, and promoting parental modeling of healthy food and activity choices.

DAY 2: Thursday, September 22, 2011

8:00 a.m. – 8:30 a.m. **Continental Breakfast**

8:30 a.m. – 10:00 a.m. **Keynote Speaker**
The Child Brain and Behaviour: Influences of Early Experiences and Trauma

Speaker: Bruce Perry, Senior Fellow, ChildTrauma Academy

Bruce D. Perry, M.D., Ph.D., is an internationally recognized authority on children in crisis. Dr. Perry is the founder and Senior Fellow of the ChildTrauma Academy, and is also currently a Senior Consultant for Children's Mental Health for the Alberta Mental Health Board. Over the last thirty years, Dr. Perry has been an active teacher, clinician and researcher in children's mental health and the neurosciences, holding a variety of academic positions, including the Thomas S. Trammell Research Professor of Psychiatry at [Baylor College of Medicine](#) and Chief of Psychiatry at Texas Children's Hospital. Dr. Perry has been consulted on many high-profile incidents involving traumatized children, including the Columbine and Colorado school shootings, the Oklahoma City bombing, and the Branch Davidian siege. Dr. Perry is the author of over 300 journal articles, book chapters and scientific proceedings and is the recipient of numerous professional awards and honors, including the T. Berry Brazelton Infant Mental Health Advocacy Award. Dr. Perry is the author, with Maia Szalavitz, of *The Boy Who Was Raised As A Dog*, a bestselling book based on his work with maltreated children and *Born For Love: Why Empathy is Essential and Endangered*.

Description: This keynote presentation will provide an overview of brain development and the impact of early experiences, such as disrupted attachment and trauma, on child development and behaviour. This session will also include information about intergenerational trauma and insight into the impact of colonization and residential schools. Finally, Dr. Perry will introduce ways to help and support children and families through approaches such as the Neurosequential Approach to Caregiving and the Neurosequential Model of Therapeutics.

10:00 a.m. – 10:30 a.m. **Refreshment Break**

10:30 a.m. – 12:00 p.m. Concurrent Sessions 3A – 3G

3A: ***Overweight and Underactive Kids: Better Management of Obesity and Under Activity in the Office and at Home***

Speakers: Krista Baerg, Pediatrician, and Rupal Bonli, Psychologist, Saskatoon Health Region

Description: This workshop will prepare participants to counsel parents and children in clinical or organizational settings about the risks and management of being overweight and underactive. Delegates will learn motivational interviewing techniques to share with parents who will then be able to help their children assume more responsibility for their own weight management.

3B: ***Early/Individualized Development Program: Teaching Pro-Social Skills to Children with Challenging Behaviours***

Speaker: Nancy Kearnan, Mental Health Therapist and Coordinator of the Early/Individualized Development Program, Child and Youth Services, Prairie North Health Region

Description: The E/ISD program uses a positive reinforcement model to teach children with challenging behaviours positive skills needed to change their own behaviours. The program teaches a set of skills to children, their siblings, parents, and teachers that enable the children to learn new, positive skills, and thus, new positive behaviours. This is an individualized program focusing on early intervention. It can be used with children with a variety of presenting issues and diagnoses and recognizes that one of the greatest determinants in changing behaviour is how early the intervention is provided. The program is unique and can be used in all environments.

3C: ***Preventing Children’s Exposure to Second Hand Smoke and Tobacco Cessation Intervention***

Speakers: Daphne Goodman-Eifler, Supervisor, and Cynthia Ostafie, Dental Health Educator, Public Health Services, Saskatoon, SK

Description: In 2007/2008, Public Health Services modified the 5As Approach to Tobacco Cessation Intervention to create an algorithm that could be used by staff to assess and address the issue of children’s exposure to second hand smoke. The tool is used by Public Health Nurses at postnatal home visits and during Child Health Clinic appointments. It is also implemented by dental staff at the Public Health Dental Clinic. The screening is further enhanced with the application of the traditional 5As Approach to Tobacco Cessation, with clients who self-identify that they use tobacco. The model is quick, easy to use and effective. The model can easily be implemented by other organizations.

3D: *Multi-Modal Literacy Instruction Stimulate Healthy Brain Development in Learners with Fetal Alcohol Spectrum Disorder (FASD)*

Speakers: Linda Wason-Ellam, Professor of Reading and Literacy, University of Saskatchewan
Patricia Blakley, Developmental Pediatrician and Associate Professor, College of Medicine, University of Saskatchewan
Rae Mitten, PhD Candidate, University of Saskatchewan

Description: Early diagnosis, strengths and weaknesses revealed in brain domains, and MRI/fMRIs are evolving sources of information about how brain structure and functioning is affected by fetal alcohol exposure, resulting in different pathways of learning. Learning theories, on which our educational system is based, are grounded in assumptions that may not fit those with FASD. Approaches that can engage the learner to be cognizant of and responsive to their brain-based difficulties in order to be effective, and that do not penalize learners for what they can not help, but rather “try differently not harder” are effective. Due to the plasticity of the brain, multi-modal instruction can help to stimulate the creation of new synapses or finding alternative neural pathways to learning.

3E: *When We Know More, We Do Better: The Impact of Early Childhood Research in Canada*

Speakers: Nazeem Muhajarine, Professor and Chair, Community Health and Epidemiology, University of Saskatchewan; and Lead, Healthy Children Research Team, Saskatchewan Population Health and Evaluation Research Unit (SPHERU)
Sue Delaney, Special Projects Coordinator, KidSKAN
Fleur Macqueen Smith, Knowledge Transfer Manager, Healthy Children Research Team, Saskatchewan Population Health and Evaluation Research Unit (SPHERU)

Description: This presentation will open with a brief overview of early childhood research and practice internationally and nationally. Findings will be shared from the Saskatchewan Population Health and Evaluation Research Unit’s 20 years of work in the province, including a decade of findings from the Early Developmental Instrument. Finally, an overview of KidSKAN, the Saskatchewan Knowledge to Action Network for early childhood development, will be provided.

3F: *Reaching In, Reaching Out: Resiliency Training for Families and Children*

Speaker: Lee Hinton, Program Manager, Saskatchewan Prevention Institute

Description: Life is not stress free and it is almost guaranteed that each of us will experience stress, transitions, change and problems at some point in our life. How we deal with these is in part based on how we have dealt with past situations. Resiliency is the ability to cope with and recover from stressful situations, changes or problems. Being resilient does not mean that a child will not feel stress, distress, sadness, or other emotions. It also does not mean that they will not react negatively to stress, change or problems. It means that the child will use coping skills that they learned in past situations to cope better with their current situation. It also means that the child will learn from the current situation and grow. Therefore, resiliency is always growing, developing and changing. RIRO (Reaching In, Reaching Out) program is an evidence-based program used to teach children and families resiliency skills. This workshop will provide basic information about resilience, the importance of developing resiliency during childhood, and the role of families and communities in its development. The RIRO program model will be used as an example of a best practice for working with families in this area.

3G: *Improving Child Health Outcomes: Promoting Healthy Growth and Feeding Relationships*
Speakers: Heather Torrie, Public Health Nutritionist, Sunrise Health Region, Yorkton
Eunice Misskey, Health Promotion, Population and Public Health Services, Regina Qu'Appelle Health Region

Description: The adoption of the new World Health Organization (WHO) growth charts for use in well baby clinic visits provides health care workers in Saskatchewan with an effective tool to promote optimal growth monitoring. Together with assessing eating and feeding practices, parents can feel greater confidence that their infant is receiving adequate nutrition and is growing and developing well. This session will examine the evidence used to support growth monitoring including the importance of maternal nutrition, a non-smoking environment, immunization, and healthy breastfeeding practices. The session will also emphasize the importance of the healthy feeding relationship for healthy growth outcomes.

12:00 p.m. – 1:00 p.m. **Luncheon**
1:00 p.m. – 2:30 p.m. **Concurrent Sessions 4A – 4D**

4A: *Neurosequential Approach to Caregiving*
Speaker: Bruce Perry, Senior Fellow, Child Trauma Academy

Description: This workshop will provide an overview of the Neurosequential Approach to Caregiving, an approach to supporting child development that is based on the latest understanding of neuroscience and the mind, brain, body connection. Service providers, educators and all community members will gain knowledge and skills that they can use when working with families who are experiencing challenges, including children who have experienced trauma and disrupted attachment.

4B: *Creating Safe and Healthy Habits*
Speaker: Joelle Schaefer, Child Injury Prevention Coordinator, Saskatchewan Prevention Institute

Description: This workshop will introduce participants to the topic of child injury prevention and why it is important. Saskatchewan and Canadian injury statistics, Haddon's Matrix, and the "E's" of injury prevention will be discussed. Haddon's Matrix analyzes injury events over time and helps to determine what behavioural, environmental and policy or social changes could have been put into place to reduce the risk of injury. This activity will allow participants to analyze everyday situations and determine how to make these situations safe for themselves and children they work with. Time will also be spent discussing best practices to prevent the most common childhood injuries: falls, motor vehicle collisions, threatened breathing, poisoning, burns and scalds.

4C: *HIV/AIDS and Pregnancy in Saskatchewan*
Speaker: Jackie Eaton, Sexual and Reproductive Health Coordinator, Saskatchewan Prevention Institute

Description: The number of individuals testing positive for Human Immunodeficiency Virus (HIV) is on the rise in Saskatchewan, with the largest increases in HIV infection rates being found in women of childbearing age. By providing education and training to professionals and the general public, the discrimination and stigma faced by HIV positive women can be reduced. This reduction can lead to improved care, increased likelihood of seeking testing and treatment, and therefore, a reduction in the number of babies born with HIV.

4D: *Preventing Fetal Alcohol Spectrum Disorder (FASD)*
Speaker: Bev Drew, Program Coordinator, Saskatchewan Prevention Institute

Description: The Saskatchewan Prevention Institute is a not-for-profit organization dedicated to preventing disabilities in children, one of which is FASD. The FASD Prevention program works through a variety of projects to prevent FASD before it occurs. The consistent foundation of all this work is our guiding principles, which ensures that all work is carried out with respect and in a non-judgmental manner. This presentation will: provide a brief overview of the Prevention Institute's work in the area of FASD; describe basic prenatal development; provide information about alcohol use and its effects on the developing fetus; describe primary and secondary disabilities associated with FASD; briefly discuss terminology and diagnosis; and the use of motivational interviewing techniques as a means of working with women who may be drinking during pregnancy.

2:30 p.m. – 3:00 p.m. **Refreshment Break**

3:00 p.m. – 4:30 p.m. **Concurrent Sessions 5A – 5F**

5A: *Neurosequential Model of Therapeutics*
Speaker: Bruce Perry, Senior Fellow, Child Trauma Academy

Description: This session is aimed at clinicians who work with children who have experienced challenges, including trauma and disrupted attachment, and their families. An overview of the Neurosequential Model of Therapeutics (NMT) will be provided. NMT is a developmentally-informed, biologically-respectful approach to working with at-risk children, based on the latest understanding of neuroscience. Clinicians will learn about a way to organize the child's history and current functioning to optimally inform the therapeutic process.

5B: *30-30-30, A Saskatchewan Solution to Increasing Physical Activity for Children and Youth*
Speaker: Cathie Kryzanowski, General Manager, Saskatchewan in Motion, Regina, SK

Description: Children and youth require a minimum of 60 minutes of moderate to vigorous physical activity every day to achieve optimal growth and development. Yet, less than 15% of Saskatchewan young citizens are achieving the minimum standards. Saskatchewan in Motion is a provincial movement of individuals who are working together to increase physical activity opportunities for our children and youth. This workshop will discuss the physical activity levels of Saskatchewan children and youth, present the 30-30-30 solution, and discuss the role of health promotion in moving this solution forward.

5C: *Family Law Initiative: Changing Practices and Policies for Infants and Toddlers Involved with Child Welfare*

Speaker: Chaya Kulkarni, Executive Director, Infant Mental Health Program, Hospital for Sick Children, Toronto, ON

Description: The Family Law Initiative is a project of Infant Mental Health Promotion (IMHP) at the Hospital for Sick Children. This project focused on merging the recent research on early childhood development with the practices and policies used by child welfare agencies and family courts in Canada specific to the unique needs of infants and toddlers. Without a doubt, those children under the age of three who are involved in the child welfare system are the most vulnerable in our society. This presentation highlights the findings of a recent national survey that explored the practices of child welfare agencies and the policies and practices used to meet the needs of infants and toddlers in their care. The consequences of emotional and physical abuse and neglect will be explored. Presenters will share modules that are under development for child welfare workers, family lawyers and family court judges. Presenters will also discuss how changes in practices and policies in our child welfare system and family court can support positive change in outcomes for a vulnerable group of young children.

5D: *Creating a Smoke-Free Environment for Your Children*

Speaker: Louise Choquette, Health Promotion Consultant, Best Start Resource Centre, ON

Description: Over the past two years, the Best Start Resource Centre received funding from Health Canada to create a training program for service providers on the subject of smoke-free environments. The final product is a video and facilitator's guide for service providers as well as complementary materials. Training sessions have been delivered to offer service providers tips and strategies for using these videos and encouraging discussion to support smoking cessation and/or reduction. The presentation will describe the process used to ensure a harm reduction message was conveyed in the program. The video and accompanying material will also be introduced during this workshop.

5E: *Oral Health Status of Saskatchewan Children 2008-09 and Best Practices for the Prevention of Early Childhood Caries (ECC)*

Speakers: Ashley White, Dental Health Educator, Prairie North Health Region
Vinay Pilly, Oral Health Researcher, Saskatchewan Prevention Institute and University of Saskatchewan

Description: Early childhood caries are preventable. By using an integrated interdisciplinary approach beginning prenatally and continuing in the post natal period through to adolescence, oral health can be improved. Maternal oral health maintenance is crucial during pregnancy as this can potentially affect the birth and health of her unborn child. Based on the 2008-2009 screening results, school children with the highest dental caries risk status lived in rural, Hutterite, non-fluoridated and northern communities.

5F: *The United Nations Convention on the Rights of the Child: A Roadmap to Promoting Healthy Environments*

Speakers: Andrea Winther, Instructor, Department of Early Childhood Education, Red River College
Ashley Stewart-Tufescu, PhD Candidate, University of Manitoba
Erika Skafffeld, Master's Candidate, Department of Family Social Sciences, University of Manitoba
Joan Durrant, Child-Clinical Psychologist and Professor, Family Social Sciences, University of Manitoba

Description: The Convention on the Rights of the Child (CRC) sets out the fundamental principles that need to be implemented in order for children to grow up in healthy environments. Ratified by Canada in 1991, the CRC is a powerful tool for advocating for policies and programs that will optimize children's health and prevent adversity. Findings will be presented from a survey used to measure knowledge of, and support for, the CRC with 135 child-serving professionals in Winnipeg. In this workshop, the presenters will: explore the findings of their survey; provide information about the CRC; facilitate discussion about strategies for increasing professionals' knowledge of the CRC; and provide resources for those wanting to use it to advocate for healthy environments for children.

DAY 3: Friday, September 23, 2011

8:00 a.m. – 8:30 a.m. Continental Breakfast

8:30 a.m. – 10:00 a.m. Concurrent Sessions 6A – 6H

6A: *Infant Mortality in Saskatchewan: An Indicator of the Health of Saskatchewan Children*

Speaker: Johnmark Opondo, Medical Officer of Health, Saskatoon Health Region

Description: The rates of Infant Mortality in Saskatchewan will be presented, comparing the rates in Saskatchewan to the rest of Canada. Contributing risk factors and promising practices in the prevention of infant mortality and morbidity will be discussed. Saskatchewan programs will be highlighted.

6B: *There's No Place Like HOPE: A Medically Safe Environment for Children with Diverse Needs*

Speaker: Jacqueline Tisher, Executive Director, Hope's Home, Regina, SK

Description: Hope's Home is a non-profit, charitable organization providing daycare and respite care for medically fragile children and their siblings. The first medical daycare in Canada, Hope's Home provides an inclusive program for children age 6 weeks to 12 years in Regina. This presentation will highlight the successes of the home as well as the therapeutic models being used.

6C: *Prevention: Working with Children to Eliminate Heart Disease and Stroke in Adulthood*
Speaker: O'Lynda Lovas, Manager Primary Prevention, Heart and Stroke Foundation, Saskatoon, SK

Description: Young Canadians are entering their adult lives with more risk factors for heart disease and stroke than any previous generation. The Heart and Stroke Foundation plays a critical role in helping children to get and stay healthy, particularly through research, education and advocacy. Current target areas are nutrition and physical activity, as childhood obesity is rising at an alarming rate. As a result, we are seeing an increased number of children in our communities with "adult" health problems. This presentation provides relevant information about the Heart and Stroke Foundation of Saskatchewan and how it advocates for the health of Saskatchewan children and promotes healthy living. Participants will also learn strategies that address this concerning reality.

6D: *Brain Box Therapy*
Speaker: Karmen Krahn Schulties, Behavioural Consultant, Cognitive Disabilities Strategy of Saskatchewan

Description: Brain Box Therapy is a program that teaches children how their brain works. It is "therapeutic" in that amazing things happen when behaviour strategies are strength based. Brain Box Therapy has at its base the belief that even in the harshest birth conditions, the brain is resilient. Self-regulation happens when children learn to use the strong parts at the right time. Growth happens when children are taught to see their strong parts and satisfaction happens when children discover and embrace who they are.

6E: *Indigenous People: Working Through Trauma*
Speaker: Holly Graham-Marrs, Associate Professor, College of Nursing, University of Saskatchewan

Description: There is a growing body of research that has changed and improved current psychotherapy and interventions related to trauma and post-traumatic stress disorder (PTSD). To effectively understand and address trauma, it is essential to understand the pathophysiology of stress, trauma and PTSD; and that the impact is actually far greater on children than it is on adults. This session will address historical trauma, therapeutic relationships and goals; somatic based therapies; and a holistic approach to trauma using the Medicine Wheel when working with families who have been traumatized.

6F: *Oral Health Promotion in Infants and Young Children: How, When and Why*
Speaker: Gajanan Kulkarni, Professor, Faculty of Dentistry, University of Toronto

Description: This presentation will describe a unique model for providing comprehensive anticipatory guidance for the promotion of optimal oral health in families with young children. The presentation will demonstrate how, when and why children should be seen by dental professionals. In a workshop setting, an easy to follow routine that can be followed by dental, medical, nursing and early childhood staff will be shown. Age appropriate hygiene aids will be shared and the presenter will discuss how to transition through ages and stages.

6G: *On Track: Supporting Healthy Brain Development through Early Identification and Community Intervention*

Speaker: Hiltrud Dawson, Health Promotion Consultant, Health Nexus, Toronto, ON

Description: Healthy early brain development can be assessed by observing the child and his development within domains of development. This workshop will assist service providers to use a newly developed online reference guide to support healthy brain development in all children, identify risks and delays in development, and promote early intervention through local services when needed. Through case scenarios from the participants, the online guide will be used to make this workshop applicable to participants' practice and experiences.

6H: *Youth Action for Prevention: Engaging Youth in the Primary Prevention of Fetal Alcohol Spectrum Disorder (FASD)*

Speakers: Joseph Rogal, YAP Program Coordinator, Saskatchewan Prevention Institute
Stacey McHenry, FASD Program Coordinator, Saskatchewan Prevention Institute

Description: The Saskatchewan Prevention Institute is a not-for-profit organization dedicated to preventing disabilities in children, one of which is FASD. Because sexual activity and drinking alcohol are commonly initiated during adolescence, it is crucial to target youth (age 14-24) in FASD prevention. Consequently, the goal of the Youth Action for Prevention (YAP) project is to increase Saskatchewan youth's knowledge about Alcohol Use and Related Harms (ARHs) (e.g., risky sexual behaviours, violence, FASD). Using the Prevention Institute's YAP project as an example, the presentation will: describe the development of a youth-based FASD awareness project, including strategies/challenges; demonstrate effective use of youth engagement; and provide insight into how to successfully structure youth events. The session will end by showcasing the results/products of two of YAP's most exciting and innovative projects.

10:00 a.m. – 10:30 a.m. Refreshment Break

10:30 a.m. – 11:45 a.m. Keynote Speaker
The Power of Play: Active Healthy Children and Communities

Speaker: Silken Laumann, Olympian, Inspirational Speaker and Author

Silken Laumann is now one of Canada's most inspirational leaders, a highly recognizable and beloved Canadian athlete. Her career includes being a member of the National Rowing Team, a Summer Olympian, and world champion. She has many civic and corporate awards for athletics. Through her determination and perseverance Silken made an unbelievable comeback after injury. Silken is a confident, dynamic inspirational speaker who is known for her commitment to children. She was the recipient of the 2003 National Child Day Award from the Canadian Institute of Child Health. In September 2004, she established The Silken Laumann Active Kid's Movement, a national charity dedicated to increasing physical activity in children. Silken has partnered with many organizations, including Good Life Kids Foundation (GLKF) to ensure that physical activity and healthy eating become a part of every Canadian child's daily living. She is on the international board for Right to Play (a program dedicated to reintroducing play into the lives of children in refugee camps). Silken is the best-selling author of *Child's Play*, a book about rediscovering the joy of play in our families. She has also written articles for the Globe and Mail, Today's Parent, Parents Canada, Chatelaine, Canadian Health and Lifestyle magazines. She is a mother of two.

Description: Silken connects with audiences on a personal level as she takes her listeners on the journey of a lifetime. She shares her courageous story, reaches out and connects with people. Silken builds on her own remarkable experiences and leaves you with a strong feeling of empowerment and possibility. Silken advocates for children and keeps pushing to be the best she can be. She is educated in the field of excellence; most importantly through the way she lives her life in sport and after sport. Silken is inspiring and has a disarming sense of humour. She is passionate about Active Kids and inspiring families and those who support families to provide an active, engaging environment for children. From Silken's perspective there is a definite link between active healthy kids and active healthy communities. Her goal is to inspire grown up role models who have the greatest impact in a child's life.

11:45 a.m. – 12:00 p.m. Closing Remarks

REGISTRATION

Please complete the attached form to register for the conference. The registration form is a fillable document. To complete the form, type in the grey fields or click on the appropriate check box.

ACCOMODATION

Please contact the Radisson Hotel and quote the conference name "Saskatchewan Prevention Institute" to ensure the participant rates. Participant rates are available until August 21st and range in price from \$164 - \$184. Limited rooms are available.

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