

# A Summary Report of Prevention Programs and Services across Aboriginal Child Welfare Agencies in Ontario

December 2015



Association of  
Native Child and  
Family Services  
Agencies of Ontario

## Acknowledgements

The Association of Native Child and Family Services Agencies of Ontario would like to thank the Ontario Ministry of Children and Youth Services for its support. Special thanks to those who contributed to this guide:

Anishinaabe Abinoojii Family Services, Kenora

*Dennis Petiquan*

Dilico Anishinabek Family Care, Thunder Bay

*Tina Bobinski*

Kina Gbezhgomi Child and Family Services, Wikwemikong

*Maureen Trudeau*

Kunuwanimano Child and Family Services, Timmins

*Marianne Fortier*

Mnaasged Child and Family Services Corp., Muncey

*Elfreda Ireland*

Native Child and Family Services Agency of Toronto

*Kenn Richard*

Nog-da-win-da-min Family and Community Services, Sault Ste. Marie

*Karen Kennedy*

Payukotayno James and Hudson Bay Family Services, Moosonee

*Jessie Spoon*

Ogwadeni: deo, Ohsweken

*Arliss Skye, Larry Longboat*

Weechi-it-te-win Family Services Inc., Fort Frances

*Leona McGinnis*

The opinions expressed are those of the author(s) and do not reflect those of the Ministry of Child and Youth Services.



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page ii

## Table of Contents

Purpose of this Guide.....	1
Introduction .....	1
Methodology.....	2
Prevention Programs and Services .....	2
How They Are Defined .....	2
Best and Promising Practices.....	2
Three Levels of Prevention Activities .....	3
Overview of Prevention Programs and Services.....	5
Aboriginal Agencies and their Prevention Focus .....	5
Programs Offered by Aboriginal Agencies in Ontario .....	5
Prevention Programs and Services .....	6
Anishinaabe Abinoojii Family Services.....	6
Dilico Anishinabek Family Care .....	10
Kina Gbezhgomi Child and Family Services .....	17
Kunuwanimano Child and Family Services .....	28
Mnaasged Child and Family Services Corp. ....	32
Native Child and Family Services Agency of Toronto .....	36
Nog-da-win-da-min Family and Community Services .....	45
Payukotayno James and Hudson Bay Family Services.....	50
Ogwadeni: deo .....	54
Weechi-it-te-win Family Services Inc. ....	57
Appendix A – All Preventions Programs at a Glance.....	61
Anishinaabe Abinoojii Family Services.....	62
Dilico Anishinabek Family Care .....	62
Kina Gbezhgomi Child and Family Services .....	63
Kunuwanimano Child and Family Services .....	64
Mnaasged Child and Family Services Corp. ....	64
Native Child and Family Services Agency of Toronto .....	65
Nog-da-win-da-min Family and Community Services .....	66
Payukotayno James and Hudson Bay Family Services.....	66
Ogwadeni: deo .....	66
Weechi-it-te-win Family Services Inc. ....	67



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page iii

## Purpose of this Guide

The Association of Native Child and Family Services Agencies of Ontario (ANCFSAO) has been funded under the Ontario Ministry of Child and Youth Services' Aboriginal Child and Youth Strategy to develop a reference guide highlighting the best or promising approaches to prevention programming and services offered by Aboriginal child welfare agencies. This reference guide will be used to support Aboriginal leaders and Ministry staff in the future development of the strategy.

The guide presents information on the prevention programs and services used by agencies to support children and their families through culturally-designed or adapted programs aimed at keeping families together or reuniting them. Prevention programming is a critical part of the work Aboriginal agencies complete in order to help repair families and their children from the effects of residential schools, the 60s Scoop and the resulting loss of their ancestral family traditions.

## Introduction

ANCFSAO is a community-based Aboriginal organization mandated to build a better life for all Aboriginal children through research and advocacy. ANCFSAO has 10 members, six of which are provincially designated as Children's Aid Societies. The six "mandated" agencies are:

- Anishinaabe Abinoojii Family Services, Kenora
- Dilico Anishinabek Family Care, Thunder Bay
- Kina Gbezhgomi Child and Family Services, Wikwemikong
- Kunuwanimano Child and Family Services, Timmins
- Native Child and Family Services Agency of Toronto
- Weechi-it-te-win Family Services Inc., Fort Frances

Four other agencies are "pre-mandated" and mainly provide prevention programs and services:

- Mnaasged Child and Family Services Corp., Muncey
- Dnaagdawenmag Binnoojiiyag Child and Family Services, Hiawatha First Nation (does not offer prevention programs)
- Nog-da-win-da-min Family and Community Services, Sault Ste. Marie
- O Gwadeni:deo, Ohsweken

There are three other Aboriginal child welfare agencies or departments in Ontario, which are not members of ANCFSAO:

- Akwasasne Child and Family Services, St. Regis (not included)
- Payukotayno James and Hudson Bay Family Services, Moosonee (mandated)
- Tikinagan Child and Family Services, Thunder Bay (not included)





## Methodology

Three data collection methods were used to gather data for this guide. A web-based environmental scan was undertaken in order to gather information on prevention programming. This information was found in program listings and descriptions, annual reports, budgets and news releases. In addition, semi-structured interviews were conducted with relevant personnel from nine of the ten ANCFSAO agencies (one of which did not offer prevention programs) and two of the four non-member agencies. Finally, following these interviews additional reports and other information were sent as a supplement, where needed.

To summarize, all information provided in this guide has been extracted from the three data sources.

- Website information including program listings, annual report, budgets and news releases
- Qualitative interview data
- Reports, brochures, work plans, operating documents provided by the agencies

## Prevention Programs and Services

### *How They Are Defined*

The Aboriginal child welfare organizations interviewed for this guide provide prevention programs and services. Prevention-based programs are defined as:<sup>1</sup>

- community programs and services which promote healthy families and communities for families at risk of becoming involved with the child welfare system, and
- services to families involved with child welfare to provide them with support, advocacy and referral services, in order to reunite the family.

### *Best and Promising Practices*

Prevention programs and activities are considered key to keeping children in their own homes, with their families and in their communities. According to several child welfare professionals interviewed for this guide, a best and promising practice incorporates three fundamental elements and varies from one community to another:

- programs and activities are community-based;
- programs are run by the community for the community; and
- programs use culture as a best practice in all that they do.

---

<sup>1</sup> A definition of prevention programs was located on a member agency website and used in conversation with interviewees. Interviewees informally confirmed the legitimacy of this definition.



Agencies generally offer three levels of prevention programs and services: primary, secondary and tertiary, and operate with a fundamental belief in family preservation.

### **Three Levels of Prevention Activities**

Prevention activities seek to reduce or deter the incidences of child maltreatment and to promote healthy families and healthy communities. The prevention framework is strongly influenced by public health. Within this framework, there are primary, secondary, and tertiary prevention activities.<sup>2</sup>

#### **Primary**

Primary prevention activities are directed at the general population and attempt to stop maltreatment before it occurs. These activities are positive for the whole community and are geared to build a happy, healthy community. All members of the community have access to and may benefit from these services. Primary prevention activities with a universal focus seek to raise the awareness of the general public, service providers, and decision-makers around the scope and problems associated with child maltreatment. Universal approaches to primary prevention might include:

- public service announcements that encourage positive parenting;
- public awareness campaigns that provide information on how and where to report suspected child abuse and neglect;
- parent education programs and support groups that focus on children; development, age-appropriate expectations, and the roles and responsibilities of parenting; and
- family support and family strengthening programs that enhance the ability of families to access existing services, and resources to support positive interactions among family members.

#### **Secondary**

Secondary prevention activities with a high-risk focus are targeted to families that have one or more risk factors associated with child maltreatment, such as minimal life skills, family violence, poverty, parental substance abuse, young parental age, parental mental health concerns, and parental or child disabilities. Programs may target services to communities or neighbourhoods that have a high incidence of any or all of these risk factors. Approaches to prevention programs that focus on high-risk populations might include:

- Parent education programs located in high schools, focusing on teen parents, or those within substance abuse treatment programs for mothers and families with young children;

---

<sup>2</sup> *Staying at Home, Examining the Implications of Least Disruptive Measures in First Nations Child and Family Service Agencies; First Nations Child and Family Caring Society of Canada, Corbin Shangreau, Cindy Blackstock, March 2004. [http://www.fncfcs.com/sites/default/files/docs/Staying\\_at\\_Home.pdf](http://www.fncfcs.com/sites/default/files/docs/Staying_at_Home.pdf)*



- Parent support groups that help parents deal with their everyday stresses and meet the challenges and responsibilities of parenting;
- Home visiting programs that provide support and assistance to expecting and new mothers in their homes;
- Respite care for families that have children with special needs; and
- Family resource centres that offer information and referral services to families living in low-income neighbourhoods.

### **Tertiary**

Tertiary prevention activities focus on families and children where maltreatment has already occurred and they are already involved with the Children's Aid system. These activities seek to reduce the negative consequences of the maltreatment and prevent its recurrence and may include services such as:

- Referrals to counselling services;
- Home visits;
- Intensive family preservation services with trained mental health counsellors that are available to families 24 hours per day for a short period of time (e.g., six to eight weeks);
- Parent mentor programs with stable, non-abusive families acting as "role models" and providing support to families in crisis;
- Parent support groups that help parents transform negative practices and beliefs into positive parenting behaviours and attitudes; and
- Mental health services for children and families affected by maltreatment to improve family communication and functioning.<sup>3</sup>

---

<sup>3</sup> ibid



# Overview of Prevention Programs and Services

## ***Aboriginal Agencies and their Prevention Focus***

Prevention is the backbone of Aboriginal child welfare. Aboriginal child welfare agencies were established across Ontario beginning in the 1980s, to keep First Nations children in their own families and communities instead of having them taken out of their care by mainstream Children's Aid Societies.

Six ANCFSAO agencies are mandated child and family services agencies under the Ontario's Child and Family Services Act. Four other ANCFSAO agencies are in the process of becoming mandated agencies. In addition, there are three Aboriginal agencies who are not members of ANCFSAO. All of these agencies are located on reserves throughout Ontario except for the Native Child and Family Services Agency of Toronto, which is the first Aboriginal children's aid agency located off reserve.

The focus on prevention has inspired many Aboriginal agencies to adopt a "family preservation model" where all activities and programs are centred on helping families stay together, deal effectively with their problems and become healthy.

## ***Programs Offered by Aboriginal Agencies in Ontario***

Many agencies run programs developed for mainstream populations that have been adapted to reflect Aboriginal culture and values and address specific issues in their own communities. These are often developed by governments, organizations and consulting firms. These include: *Triple P Parenting*; *Nurturing Parenting*; *Super Kids, Super Dads*; *SNAP* (Stop Now and Plan); *Roots of Empathy*; *Nobody's Perfect Program*; and several others.

Several agencies use programs developed by consulting firms that specialize in programming for Aboriginal communities and families, such as Redpath Consulting's *Addictions Treatment Program* and the *Traditional Parenting Program* developed by Mahkesis Consulting in Saskatchewan.

Agencies also use programs that have been developed locally for their own communities such as *Project George*, a land-based program for youth, developed in response to a suicide crisis in northern Ontario. *Walking the Path* is another program created by an Ojibway OPP officer to teach self-esteem to both Aboriginal and non-Aboriginal students in Ontario schools. As well, *Mino Madzwin Youth Justice Program* is a prevention program for youth from 12 to 18 years old, who are involved with the law or at risk of becoming involved with the law. This program addresses anger management, substance abuse, family and community relationships, and social skills.

As well as running programs, agencies host many events as part of their prevention activities, including drop-in services and workshops. These events promote the community, history and culture; teach life skills; and offer help and support in parenting children of all ages as well as youth experiencing addictions and youth at risk.





## Prevention Programs and Services

This section profiles each of the agencies, describes their approach to prevention programming and services, and presents the programs and services they offer. This information is based on the data that was available at the time of this report.

### *Anishinaabe Abinoojii Family Services*

Kenora

[www.aafs.ca](http://www.aafs.ca)

#### Agency Overview

Anishinaabe Abinoojii Family Services is a mandated agency under the Ontario Child and Family Services Act. It is the "parent" organization that provides child welfare and prevention services to 14 First Nations in the northern part of the Treaty 3 area through service agreements with communities for day-to-day services. It has been a mandated agency since 1991.

#### Population It Serves

Prevention services are provided by the agency to 14 communities: Wauzhushk Onigum Nation, Migisi Sahgaigan First Nation, Northwest Angle #37 First Nation, Northwest Angle #33 First Nation, Iskatewizaagegaan #39 Independent Nation, Shoal Lake #40 First Nation, Wabauskang First Nation, Wabigoon Lake Ojibway Nation, Obashkaandagaang Ojibway Nation, Whitefish Bay First Nation, Wabaseemoong (Whitedog) First Nation, Grassy Narrows First Nation, Lac Seul First Nation (Kejick Bay, Frenchmen's Head and Whitefish Bay) and Ochiichagwe' Babigo' Ining Ojibway Nation. Services are provided to all community members who are on reserve.

#### Approach to Prevention

The agency's programs and activities are community-based, run by the community for the community and use culture as the foundation in all that they do. Its mission is to heal and strengthen families using a bicultural approach that both respects Anishinaabe heritage and honours their values, customs and traditions, and also uses formal contemporary clinical interventions. The agency operates under a "Family Services Preservation" model that focuses services on families and their children, providing individualized services in their own homes.

#### Prevention Programs and Services

The agency provides programming under the framework of three levels of prevention; primary, secondary and tertiary. Prevention services are usually voluntary with referrals accepted and supported from various sources such as Healthy Babies/Healthy Children, community health workers, youth programs, Health Canada, schools, doctors, the National Native Alcohol and Drug Abuse Program, and a Health Canada program largely controlled by First Nations communities and organizations.



Anishinaabe Abinoojii Family Services is an agency that focuses on family preservation. Programs and services are based on five program themes and also address administration needs. The five themes are:

- **Healthy family and community interaction** - seasonal and holiday events, recreational and sports activities, social activities, out-of-community activities, family fun day, family wellness week, and community kitchens.
- **Spiritual, cultural and traditional activities** - regalia-making, sweat lodge ceremonies, powwows, traditional and/or spiritual or religious counselling, teaching youth how to fillet fish, prepare wild meat and cook wild rice, and family camps and retreats that focus on local culture and history.
- **Family support** - advocacy, referral and resource co-ordination, life skills, counseling and support, family support such as help with transportation and moving.
- **Education and awareness** - workshops and education sessions on families, traditional parenting, family violence, budgeting, addictions, grief and loss, youth meetings, residential school survivors revisited, and youth outings such as fishing and camping trips.
- **Wiisokesiwin: Support and Response** - community kitchen run once a month, family emergency assistance, community/client needs, family needs, baby needs, family support resources such as support for parenting, addictions, completing forms, OPP, Treaty 3 Police.



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

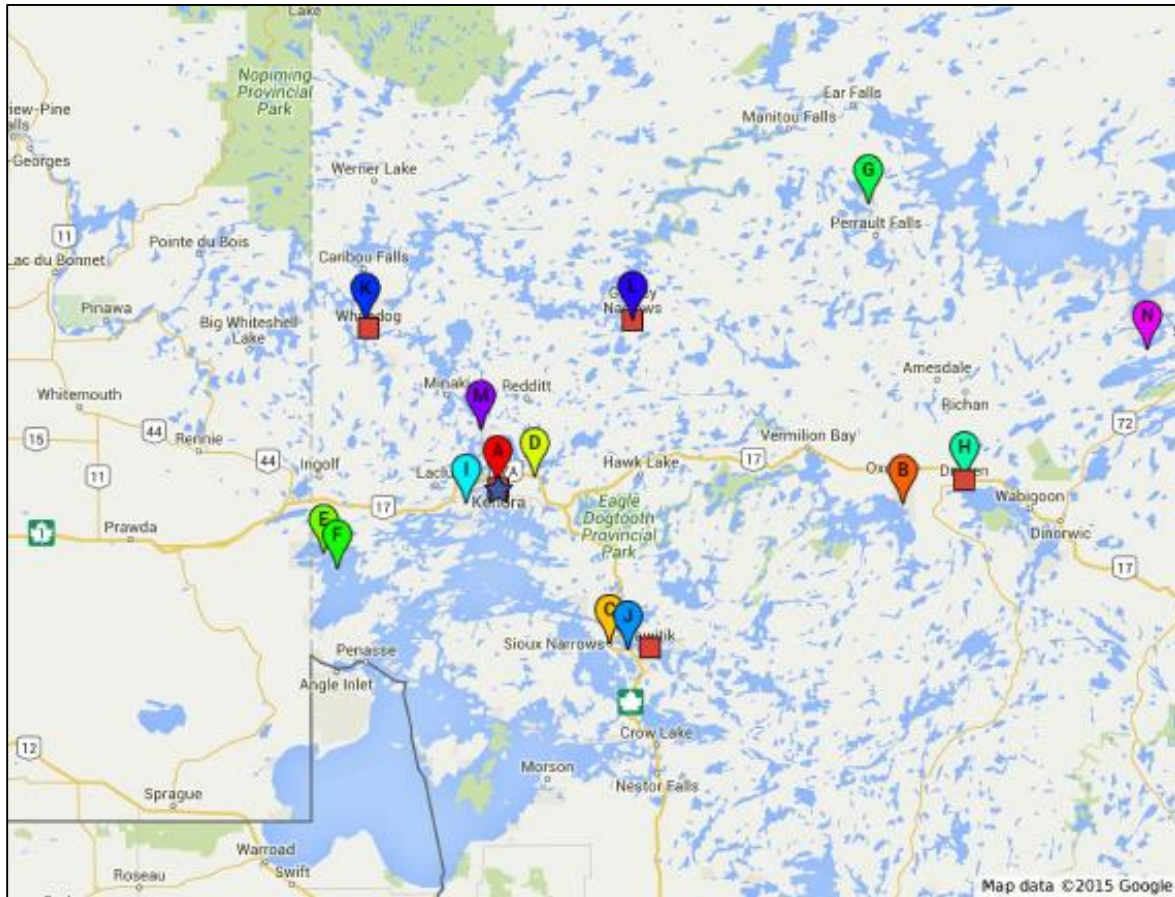
**Prevention Programs**

**Page 7**

## Anishinaabe Abinoojii Family Services - At a Glance

### Office Locations

- Dryden
- Asubpeeschoseewagong Netum Anishinabek
- Naotkamegwanning First Nation
- Wabaseemoong Independant Nation
- Children's Mental Health
- Kenora
- Finance and Administration ★



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 8

**Communities Served**

- A. Wauzhushk Onigum Nation
- B. Migisi Sahgaigan First Nation
- C. Northwest Angle #37 First Nation
- D. Northwest Angle #33 First Nation
- E. Iskatewizaagegaan #39 Independent Nation
- F. Shoal Lake #40 First Nation
- G. Wabauskang First Nation
- H. Wabigoon Lake Ojibway Nation
- I. Obashkaandagaang Ojibway Nation
- J. Whitefish Bay First Nation
- K. Wabaseemoong (Whitedog) First Nation
- L. Grassy Narrows First Nation
- M. Ochiichagwe’Babigo’Ining Ojibway Nation
- N. Lac Seul First Nation (Kejick Bay, Frenchmen's Head and Whitefish Bay)

<b>Program / Activity</b>	<b>Primary</b>	<b>Secondary</b>	<b>Tertiary</b>
<b>Healthy Family and Community interaction Activities</b>	X		
<b>Spiritual, Cultural and Traditional Activities</b>	X		
<b>Family Support Activities</b>		X	X
<b>Education and Awareness Activities</b>		X	X
<b>Wiisokesiwin: Support and Response to Family/Client Needs</b>		X	X



## ***Dilico Anishinabek Family Care***

Thunder Bay

[www.dilico.com](http://www.dilico.com)

### **Agency Overview**

Dilico Anishinabek Family Care (“Dilico”) was incorporated in 1986 to develop and implement a child welfare system to strengthen, maintain and support Anishinabek children and families. By 1994, Dilico’s service delivery structure was decentralized and five District Offices were established in Nipigon, Longlac, Whitesand First Nation, Marathon and Fort William First Nation. In 1995, it was designated under the Ontario Child and Family Services Act as a Native Children’s Aid Society. Dilico also offers a wide range of mental health and health services to the population it services.

### **Population It Serves**

The agency serves 13 affiliated First Nations and their membership within the District of Thunder Bay and a portion of the District of Algoma. Services are provided to all community members on and off reserve. The 13 First Nations include: Animbiigoo Zaagi’igan Anishinaabek, Biinjitiwaabik Zaaging Anishinaabek (Rocky Bay), Bingwi Neyaashi Anishinaabek (Sandpoint), Fort William, Ginoogaming, Kiashke Zaaging Anishinaabek (Gull Bay), Long Lake #58, Michipicoten, Pays Plat, Pic Mober, Pic River, Red Rock (Lake Helen) and Whitesand.

### **Approach to Prevention**

Dilico does receive a small amount of provincial prevention dollars to provide prevention programs to its 13 affiliated First Nations. In addition to this small amount it integrates prevention programs and services into its health and mental health services. Dilico works closely with partners across the region to provide an integrated service model across many subject areas and a large territory. It is closely aligned with the Anishinabek system of beliefs, spiritual beliefs, kinship ties, economic ties, community and social relations.

### **Prevention Programs and Services**

#### ***Family Support Worker Program***

Family Support Workers are employed by each First Nation and provide an array of prevention and advocacy support to community members and families. Each community customizes their use of the Family Support Worker to meet the needs of their First Nation.

Some of the services they provide are:

- Liaison between child protection workers and families
- Attends home visits with child protection workers
- Receives all consultations for families involved with child welfare
- Is the band representative for First Nations with all court proceedings





- Provides updates to Chief and Council
- Collaborates with child protection services ensuring cultural appropriateness is adhered to, i.e., customary care practices, etc.
- Attends child protection training and possesses relevant child protection knowledge
- Liaisons with First Nation protocols

### *Family Preservation Services*

**Description:** Services are available to families with children up to 18 years old who live in the service area and are experiencing serious difficulties functioning as a family unit; require support and resources with children who are experiencing difficult behaviour problems; have mental health issues; or are at risk of out-of-home placement. The program strives to keep the Anishinabek family unit “intact” by offering services before a breakdown occurs. The entire family must be willing to participate in the program to enhance the family’s strengths.

**Objective:** To provide prevention and early intervention services with the primary goal of keeping children with their family, whenever possible.

**Program Elements:** The family meets in their home with the Family Preservation Services staff to develop an individualized treatment plan with goals they can work towards. All members of the family unit are included in the treatment planning. Families build the following skills to help overcome the problems and challenges of daily life: effective parenting, behaviour management, anger management, problem-solving and communication.

### *Triple P Parenting Services*

**Description:** Triple P - Positive Parenting Program - is a parenting and family support system designed to prevent - as well as treat - behavioural and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realize their potential.

**Objective:** To equip parents with the skills and confidence they need to be self-sufficient and to be able to manage family issues without ongoing support. And while it is almost universally successful in improving behavioural problems, more than half of Triple P's 17 parenting strategies focus on developing positive relationships, attitudes and conduct.

**Program Elements:** Triple P is delivered to parents of children up to 12 years, with Teen Triple P for parents of 12 to 16 year olds. There are also specialist programs – for parents of children with a disability (Stepping Stones), for parents going through separation or divorce (Family Transitions), for parents of children who are overweight (Lifestyle), and for Indigenous parents (Indigenous). Other specialist programs are being tested or are in development.

### *Infant/Child Development Services*



**Description:** This program offers community-based child developmental and mental health services for children zero to six years old and their families. Services are provided in partnership with the client, family and other community supports to promote optimal physical, mental, emotional, social and spiritual health and development of the children and families.

**Objective:** To promote physical, cognitive, speech and language and psychosocial development in children from zero to six years of age to ensure they are achieving developmental milestones.

**Program Elements:** Infant/Child Development Services establishes a partnership with the client, client's family and/or caregiver's family and other community supports in order to minimize fragmentation of the service delivery system and work to achieve the best outcome for the client.

### *Youth Outreach Services*

Youth services assist Aboriginal and non-Aboriginal youth in at-risk neighbourhood to make healthy life choices, promote the development of skills and encourage civic participation. Youth are supported to find opportunities, solutions and resources to address their own social, behavioural, emotional, educational and employment needs. Support may be traditional, non-traditional or, if necessary, emergency services. Services occur through the Youth Outreach Worker's direct engagement with youth on the street.

### *Youth In Transition Services*

This program supports youth in their successful transition out of the child welfare system into adulthood. Youth are encouraged and supported to develop and pursue their goals, and to identify, access and navigate adult service systems relevant to their specific needs, such as housing supports, education resources, employment services and training, life skills training (e.g., financial management, household management), health and mental health services, and legal services.

### *Access Network*

The Access Network provides a single point of access to children's services and supports for families in the City of Thunder Bay and District. This includes access to culturally-centred services for Aboriginal children and their families. The network, funded by the Ministry of Children and Youth Services, reduces the barriers to voluntary children's services and programs for children's mental health, youth addiction, autism, and respite for children with physical and certain developmental needs, among others.

### *Counselling and Clinical Services*

Counselling and Clinical Services are culturally appropriate, therapeutic out-patient services to Anishinabek children and their families. Holistic services are consistent with the child's customs, values and traditions, and designed to help children and their families deal with concerns related to suicide, self-harm, social skills, trauma, attention deficit hyperactive disorder, and difficult behaviours. Services are provided as any combination of case management, assessment, individual and/or family treatment, therapeutic groups and client advocacy. Counselling Services follow evidence-based practices such as



play-based therapy, solution-focused therapy, motivational interviewing and cognitive behavioural therapy. Services are available to Anishinabek children five to 18 years old, living in Thunder Bay and their families/caregivers. Services are provided at the agency, the client's home and/or in the community.

### *Walk-In Counselling Services*

Walk-in Counselling Services offer timely access to Anishinabek culture-centred brief counselling for children, youth, and families at their moment of need. The single counselling session is designed to help individuals identify strategies used to problem solve, cope with a stressful situation, or determine which community resources could be most helpful for them. The workers assist children, adults and families dealing with mental health issues, substance abuse and the challenges of daily life.

### *Clinical Services*

Clinical Services provide children and adults with culturally supportive access to psychiatry, tele-mental health and psychology services. Specialized consultation and assessments are clinical consultations and/or diagnostic assessment services designed to provide advice or direction in the diagnosis, prognosis and/or treatment of a child or youth with identified mental health needs. Services can include direct client consultation, assessment, intervention strategies and treatment recommendations; as well as parenting and school-based strategies, clinician-to-clinician consultations, program consultation and follow up.

### *Community Mental Health and Addictions Services*

Dilico's Mental Health and Addictions Services provide culturally-centred intervention, counselling, case management and case coordination services to assist children and families to address mental health concerns, substance misuse and social and behavioural difficulties. These community-based services are offered within the client's home community and/or First Nation and include a collaborative and integrative approach with the First Nation social teams, and health, education and legal.

### *June Steeve Lendrum*

The intended client group is young mothers between the ages of 16 and 24 who are pregnant or who have a child less than six years of age. Family Preservation and other Dilico Anishinabek Family Care services are offered to families who reside at the centre. On the main communal floor, pre- and post-natal care, community kitchens, drop-in programs, workshops, parenting and life skills education are offered by partner agencies.

### *Family Health Team*

Our staff of Physicians, Nurse Practitioners, Traditional Healer(s), Social Worker, Nurses and admin staff provide primary care services in Thunder Bay and the Anemki offices. These services range from:

- Health Promotion and Education



- Illness Prevention
- Disease Diagnosis
- Management and Rehabilitation
- Physical Assessments
- Well-baby Visits
- Prenatal and Postnatal Care
- Immunizations
- Sexual Health Clinics
- Treatment and Referrals
- Chronic Disease Management
- Flu Clinics
- Walk-in Counselling
- Traditional Healing
- Foot Care Clinic

Appointment slots are made available on a daily basis to meet the needs of Child Welfare clients for Admission and Annual Medicals. Clients automatically become a patient of the FHT if they do not already have a Primary Care Provider.



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

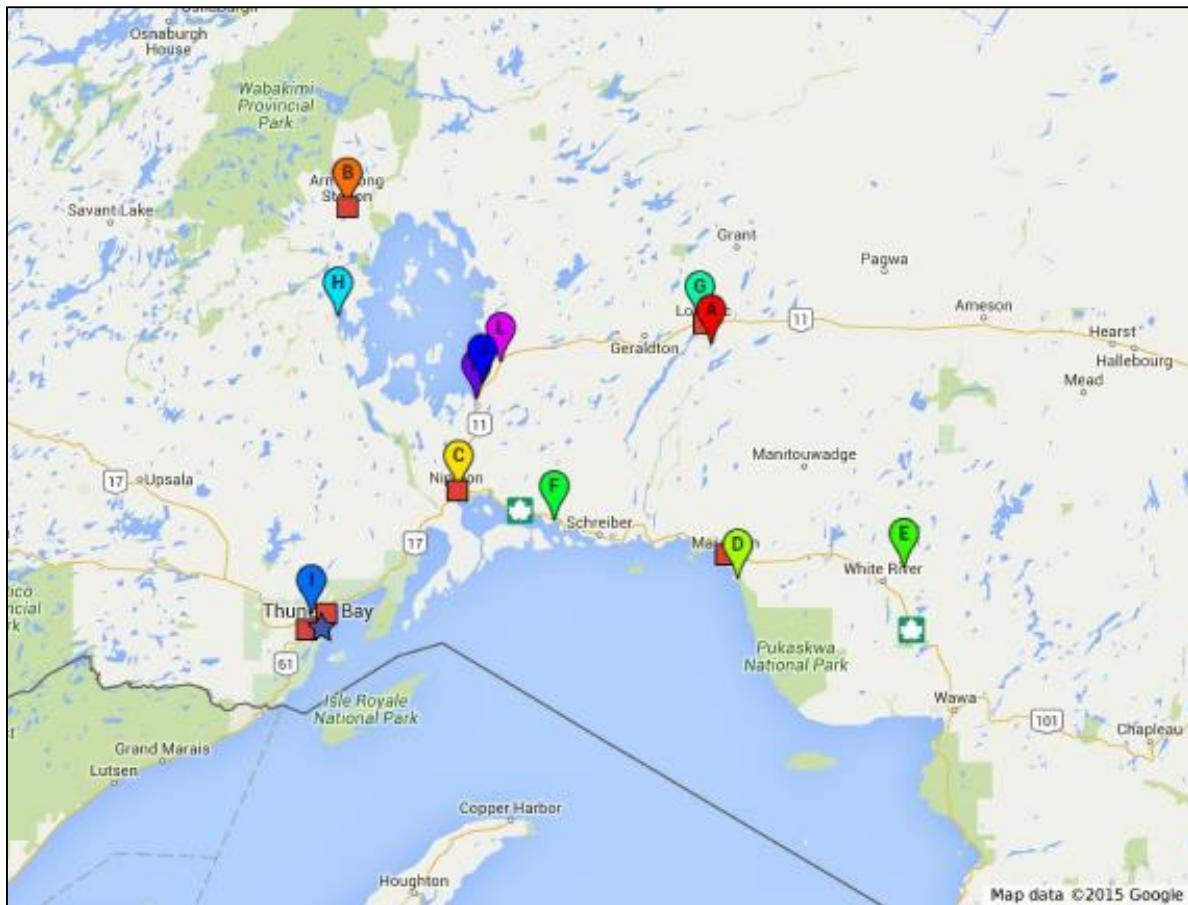
**Prevention Programs**

**Page 14**

## Dilico Anishinabek Family Care – At a Glance

### Office Locations

- Main Office & Family Health Team Clinic ★
- Heath Park Site
- Archibald Site
- Family Health Clinic
- Whitesand/Armstrong District Office
- Longlac District Office
- Nipigon District Office
- Marathon District Office
- Moberg District Office



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 15



## **Communities Served**

- A. Ginoogaming
- B. Whitesand
- C. Red Rock (Lake Helen)
- D. Biigtigong Nishnaabeg (Pic River)
- E. Pic Mobert
- F. Pawgwaasheeng (Pays Plat)
- G. Long Lake #58, Michipicoten
- H. Kiashke Zaaging Anishinaabek (Gull Bay)
- I. Fort William
- J. Bingwi Neyaashi Anishinaabek (Sandpoint)
- K. Biinjitiwaabik Zaaging Anishinaabek (Rocky Bay)
- L. Animiigoo Zaagi'igan Anishinaabek

<b>Program /Activity</b>	<b>Primary</b>	<b>Secondary</b>	<b>Tertiary</b>
<b>Family Preservation Services</b>		X	X
<b>Triple P Parenting Services</b>	X	X	X
<b>Infant/Child Development Services</b>	X	X	X
<b>Youth Outreach Services</b>		X	X
<b>Youth In Transition Services</b>		X	
<b>Access Network</b>	X	X	X
<b>Counselling and Clinical Services</b>		X	X
<b>Walk-In Counselling Services</b>		X	X
<b>Clinical Services</b>		X	X
<b>Community Mental Health and Addictions Services</b>		X	X



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 16

## ***Kina Gbezhgomi Child and Family Services***

Wikwemikong

[www.kgcfs.org](http://www.kgcfs.org)

### **Agency Overview**

Kina Gbezhgomi Child and Family Services (KGCFs) honours and supports the inherent authority of families and the community to care for their children based on unity and their traditions, values, beliefs and customs. Services ensure children are protected and stay connected with their culture, language and community while strengthening family and community relationships.

KGCFs was incorporated in 1991 to provide child and family services to its seven member communities. The agency receives its direction through a First Nations governance structure with board of directors appointed by member First Nations.

### **Population It Serves**

The agency serves seven communities, including Wikwemikong Unceded Indian Reserve, Sheguiandah First Nation, Aundeck Omni Kaning First Nation, M'Chigeeng First Nation and Sheshegwaning First Nation, on Manitoulin Island; and Zhiibaahaasing First Nation on Cockburn Island; and Whitefish River First Nation on Birch Island.

Kina Gbezhgomi Child and Family Services devolved prevention services through contribution agreements with six of the member First Nations through the United Chiefs and Councils of Mnidoo Mnising as of April 1, 2012. Kina Gbezhgomi Child and Family Services has devolved services to Wikwemikong Unceded Indian Reserve as of April 1, 2015 with the full staffing completed as of June 1, 2015. The transfer of authority to member First Nations was key in relation to the implementation of the child welfare models that consist of community-based prevention services working through a circle of care approach with child welfare services.

### **Approach to Prevention**

Prevention programs are community-based, community-developed and community-delivered. Many are delivered in collaboration with other community-based services and support programs. Prevention services are aligned with the member First Nation community needs and the community-based strategic plan and wellness strategies. KGCFs was honoured to participate in a process of development of First Nation community models that outline the full resources required at each First Nation level to prevent child abuse and neglect. At this time the agency is continuing to support the need for enhanced prevention resources required at the First Nation level.

Many prevention programs are based on best practice models including Anishinaabe programs, traditional teachings and ceremonies. Central to many prevention services are cultural teachings and ceremonies that focus on strengthening families through holistic wellbeing and wellness. Many



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 17

programs also include components of language and culture that are central to strengthening self-identity.

The First Nation prevention programs are key to the integrated community-based model of child welfare service delivery working in collaboration with child welfare in relation to family and community based planning. Prevention workers assist families to prevent child welfare involvement and ensure access to cultural and community-based services and supports. The agency has had many family circles that have demonstrated positive outcomes for children and families through incorporating elders, traditional ceremonies and traditional supports that promote family empowerment.

### **Prevention Programs and Services**

Prevention services are delivered through two programs, the Community Support Program, and the Child and Family Service (Family Support) Program.

#### **Community Support Program**

Community support services include the following general framework of support services and specific programs and services are defined at the First Nation community-based level:

- Advocacy and Referral
- Cultural Awareness
- Community Education Promoting Healthy Lifestyles
- Life Skills
- Support and Counselling Services
- Family and Parent Education

#### **Child and Family Service (Family Support) Program**

Family Support services include the following general framework of support services within the following areas:

- Individual and Family Support and Direct Services
- Assessment and Service Planning for Individual and Families
- Advocacy and Liaison Services
- Education and Skill Development and Planning
- Information and Referral Services and Planning
- Tangible Support Services and Planning
- Service Planning and Conference Involvement as it Relates to Child Welfare Matters
- Collaboration and Planning Services



## United Chiefs and Councils of Mnidoo Mnising (UCCMM) First Nations Prevention Programs

As prevention services are delivered and directed by the community, there is a variety of structured prevention-based services delivered with UCCMM First Nations.

As well, many prevention employees at the First Nation level have completed the Fetal Alcohol Spectrum Disorder program at the Anishinabek Nation. This allows prevention workers to increase the general level of awareness and knowledge of First Nation community, and foster community ownership and action around the issue. It also enhances the capacity of trained workers to deliver training and education to address the issue at a First Nation community level.

There are various parenting programs being delivered that include the following:

### *Healthy Relationships: Native Wellness Institute*

**Description:** This program is a three-day training program that certifies those who are involved in healthy relationship education programs in their communities. The Native Wellness Institute is a U.S. - based non-profit organization that offers training and other services focused on bring about positive changes to First Nations.

**Objective:** To provide certified training.

**Program Elements:** The curriculum includes the following eight areas:

1. Introduction: Healthy relationships and Native Wellness;
2. Historical Trauma, Healing and Wellness: Growing beyond multi-generational impacts of historical trauma;
3. Healthy Gender Roles: Recognizing the strengths in gender differences;
4. Healthy Conflict Resolution: Practicing health ways to resolve conflict in relationships;
5. Healthy Communication: Improving current communication skills;
6. Creating Healthy Relationships: Bringing two people closer together as a couple;
7. Healthy Sexuality: Discovering healthy intimacy; and  
Living in Balance: Creating the relationship you want.

### *Strengthening Families for the Future*

**Description:** Strengthening Families for the Future is a prevention program for families with children between the ages of seven and 11 who may be at risk for substance use problems, depression, violence, delinquency and school failure. The program is effective because it involves the whole family.

**Objective:** The goals of the program are to reduce children's or adolescents' intention to use alcohol and/or drugs and reduce other behaviour problems; and to increase children's resilience and life skills, positive and effective parenting, and family communication.

**Program Elements:** The program is presented in 14 consecutive weekly sessions that last about three hours and include a communal meal. At the beginning of each session, parents and children meet to



share a meal. This is followed by separate one-hour sessions for parents and children. Finally, the families come back together for the family session, where they practise skills they learned in their separate sessions. The sessions are fun and activity-based. The parent and child sessions are each led by the two co-facilitators. All four facilitators are present for the family session. Strengthening Families has been listed as a best practice program by Health Canada. The program was developed in 2006 by Dr. Karol Kumpfer of the University of Utah and the Centre for Addiction and Mental Health (CAMH), Toronto.

### *Common Sense Parenting of Toddlers and Preschoolers*

**Description:** Parents learn how to balance nurturing behaviours that demonstrate love and affection with the discipline all children need to learn and thrive. This program, developed by Bridget Barnes and Steven York, shows parents how discipline can be more about teaching than punishment and more positive than negative for both parent and child.

**Objective:** To show parents that discipline can be more about teaching than punishment.

**Program Elements:** The program areas included in the curriculum include:

- How to set reasonable expectations based on child's age, development and abilities;
- How to use a parent's version of "show and tell" to both prevent problems and correct misbehaviour;
- How to use praise like a compass, helping your child stay on the right path;
- How to create plans for staying calm for parent and child;
- How to use consistency, consequences, and practice to help child learn what you expect of him or her; and
- How to celebrate special rituals and everyday routines as cherished family traditions.

### *Traditional Family Parenting Program*

**Description:** The KGCFPS prevention team prior to the devolution of prevention services also developed training capacity in the Traditional Family Parenting program delivered through Mahkesis Consulting and trainer Janet Fox. This traditional parenting program is based on traditional family systems and the four cycles of life, and incorporates traditional teachings.

**Objective:** To teach parents traditional parenting skills.

**Program Elements:** Key components include:

- How ancestors raised their children:
- Importance of bonding, soft spot, moss bag, swing:
- Lateral Violence – healing from colonization: and
- Renew parenting skills using the teachings and values.





### *Second Step: A Violence Prevention Curriculum*

**Description:** Second Step is a universal prevention program designed to reduce impulsive and aggressive behaviour in children and adolescents by increasing their social competency skills. Students are taught to reduce impulsive, high-risk, and aggressive behaviours, and increase their socio-emotional competence and other protection factors.

**Objective:** To reduce aggressive behaviours and increase social competency skills.

**Program Elements:** The program is composed of three grade-specific curricula: preschool/kindergarten (Pre-K), elementary school (Grades 1-5) and middle school (Grades 6-8). The curricula are designed for teachers and other youth service providers to present in a classroom or other group setting. A parent education component, “A Family Guide to Second Step” for Pre-K through Grade 5 is also available.

The program is delivered in collaboration with one of the First Nation schools.

### *Anger Management Program*

**Description:** The program is delivered in one community and consists of structured eight to 10 sessions to assist clients in recognizing the roots of their anger, develop awareness of the negative effects of excessive anger and learn anger mastery.

**Objective:** To manage anger and understand its negative effects.

**Program Elements:** Eight to 10 sessions over a one- to two-month period. Each session is approximately 45 minutes. During the sessions clients explore what are some of the main triggers of excessive anger, and how excessive anger can be damaging to his/her relationship and other topics related to managing one’s anger effectively.

### **Other Programs:**

There are also many traditional and culturally-based teachings and ceremonies delivered at the community level with youth and their families. This includes welcoming ceremony, naming ceremony, full moon ceremony, regalia-making, moccasin and drum-making, sweat lodges and traditional teachings. Many other support groups exist for children and their families. Expressive arts groups are occurring with youth at risk. Life skills training is also occurring in relation to social and life skills in the areas of budgeting, cooking etc.

As funding is limited within all of the First Nations many prevention programs collaborate with other partner organizations and First Nation departments to cost share in the delivery of programs and services.

### **Wikwemikong Unceded Indian Reserve Prevention Program**

Wikwemikong Unceded Territory in collaboration with Kina Gbezhgomi Child and Family Services delivers prevention services to ensure children remain in their communities with healthy caregivers and to ensure they remain connected with their culture, language and traditions. Secondary prevention programs and activities are geared to individuals and specifically to parents. They are also available in



group settings to facilitate cultural/self-awareness and parenting skills. Prevention services are delivered through two programs, the Community Support Program, and the Family Support Program, based upon the community wellness work plan and the Children's Bill of Rights through two teams of family support and community support workers managed at the First Nation level. All prevention programs and services are based on culture, using traditional practices that strengthen cultural identity for children and families.

### *Community Support Program*

**Description:** This is a voluntary service and programming offered includes community-based support and prevention services for children and youth up to 18 years old, and their families. Services are focused on: advocacy and referral, cultural awareness, community education promoting healthy lifestyles, support and counselling services, and family and parent education.

**Objective:** To provide community-based support and prevention services according to community's wellness plans and its Children's Bill of Rights.

### *Family Support Program*

**Description:** Assists with educational programs for children, public relations and awareness, networking and collaborating with other service providers, life skills, budgeting, social and recreational programs, cultural and traditional teachings, healing circles, advocacy, referrals and case management for family support.

Structured programs delivered within Wikwemikong Unceded Indian Reserve include as follows:

### *Parenting Programs*

**Description:** The following four programs are designed for ages and circumstances. They have been developed by Active Parenting Publishers, a U.S. company that specializes in video-based parenting classes.

#### *1,2,3,4 Parents! A Program for Parents of Young Children*

- This program is a video and discussion program for parents of children one to four years of age and addresses basic parenting skills. It is considered for the new parent.
- The program is divided into three 90-minute sessions and is recommended for groups of 10 to 20 parents.
- The program reviews ages and stages of development, bonding, activities, how to use non-violent discipline skills, choices and consequences, power of encouragement and caring for the caregiver.



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

**Page 22**

### *Active Parenting Now: A Program for Teaching Parents of Children Ages 5 to 12*

- Six sessions of a comprehensive parenting education course.
- Active Parenting Now helps teach parents how to raise responsible, cooperative children who are prepared to meet the challenges of the teen years.
- Using this program, parents will be assisted with skill development to assist them in developing cooperation, responsibility and self-esteem in their children.
- Parents will learn positive, non-violent discipline techniques so they can avoid power struggles.

### *Active Parenting for Stepfamilies: A Program for Parents and Stepparents*

- Six sessions that include video-based discussion programs to help couples work together to raise children in the challenging stepfamily environment. The program also teaches how to use powerful communication and negotiation skills to strengthen marriage and family. Designed both for parents and stepparents, Active Parenting for Stepfamilies is also useful for foster parents, adoptive parents, single parents and others affected by loss and change. A shorter version of the program is also available and can be delivered through a “lunch and learn” format.

### *Active Parenting of Teens: Families in Action*

- This program uses a family systems approach in which families attend sessions and learn skills.
- Each of the sessions includes time during which parents and youth meet in separate groups and time during which all family members meet together.
- The program is offered in six weekly two-hour sessions. Typical groups consist of five to 12 families.
- Sessions use videos, group discussion, and role plays plus high-energy activities for the teens.
- Two leaders are needed, one for the parent portion and one for the teen portion, with on one of the two leaders also leading the parents and teens combined.
- Modules address parent-child communication, positive behaviour management, interpersonal relationships for adolescents, ways for families to have fun together, enhancement of the adolescent’s self-esteem, and factors that promote school success.
- Youth are taught about the negative social and physical effects of substance use, they learn general life skills and social resistance skills, and they are provided opportunities to practice these skills. Parents are taught skills to help reinforce their teen’s skill training.
- During the portion of each session involving the youth and parents together, they participate in a family enrichment activity and receive a homework assignment to complete before the next session

All parenting programs are enriched with cultural content relative to the traditional parenting skills and knowledge in relation to the community of Wikwemikong and parents learn about the impacts of colonization on family systems.



### *Monthly Events and Activities*

Monthly activities and events include crafts, sports, guest speakers and the provision of a snack. It focuses on character-building and enhancing self-esteem. Often, it includes an outing with the programs i.e. Strawberry-picking, school shopping, and picnics.

**Car Seat Clinic:** Educational sessions are given by a trained child seat technician who explains which restraint is appropriate, how to correctly install a child seat and how to position a child in the seat.

**Good Food Box:** Good Food Boxes are affordable boxes of fresh produce that can be purchased once a month. The community worked together with Wikwemikong Health Centre and Sudbury's program for the first year in 2013. Now the program runs directly out of Little Current, and promotes healthy eating, cooking and gardening skills for at-risk families.

**Traditional Elders and Healing Services:** Traditional teachers, helpers and traditional healers are consulted by individual or community request.

**Service of Remembrance:** A service is held every year on June 21<sup>st</sup> to remember band members who have passed away within the past year and a half. This service helps community members with their healing process. Candles are lit and band members participate with readings in the service.

**Family Activities:** These activities are intended for families to promote healthy choices and life skills, with the fundamentals of food preparation in community kitchen sessions. The sessions educate families on meal planning and encourage family communication and health activities.

### *Family Support Program*

**Description:** Provides intensive and direct services to children and their families in the form of supportive counseling services to help prevent the need for child welfare interventions and support families involved with child welfare services through the community model framework. Workers encourage the use of support systems that exist in the community by providing advocacy and essential services that will prevent and reduce the necessity for protection services.

**Objective:** To assist with problem-solving while empowering families to make healthy choices. The primary goal is to help prevent child welfare interventions.

**Program Elements:** The program offers intensive and direct services for children and families to support and prevent child welfare matters. Early intervention services seek to prevent specific events from occurring by providing supports earlier and being responsive to needs. Early intervention provides individual and integrated supports/services to assist the development of spiritual, mental, emotional, and social needs and provide educational information to children and families through resources and referral services.



## *Grief and Recovery Method Outreach Program - The Grief Recovery Method*

### *The Action Program for Moving Beyond Death, Divorce, and Other Losses*

The Wikwemikong Certified Grief Recovery Specialist is certified to use four formats of grief recovery including: 1) Eight-week Grief Recovery Method: Support Groups; 2) Seven Session Grief Recovery Method: One-on-one programs; 3) Six-week Grief Recovery Method: Helping Children with Loss Groups and 4) the new Six-Week Grief Recovery Method: Pet Loss Support Groups.

The six-week program currently being delivered addresses grief and addresses myths about grief. The program assists participants in recognizing and processing grief and loss. Grief is one of the most powerful yet one of the most neglected emotions to process.

**Healing and Support Groups:** Special support programs are for individuals and families going through difficult times. These include addictions counselling, individual and family counseling, case management, and advocacy group programs such as healthy parenting practices and referrals to other programs and resources.

**Language and Cultural Programs:** These include the community seasonal events which include hand-drumming, Full Moon ceremonies, Elders, sweat lodge ceremonies, medicine walks and Anishnawbemowin language activities and integration of language into all traditional events and activities.



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

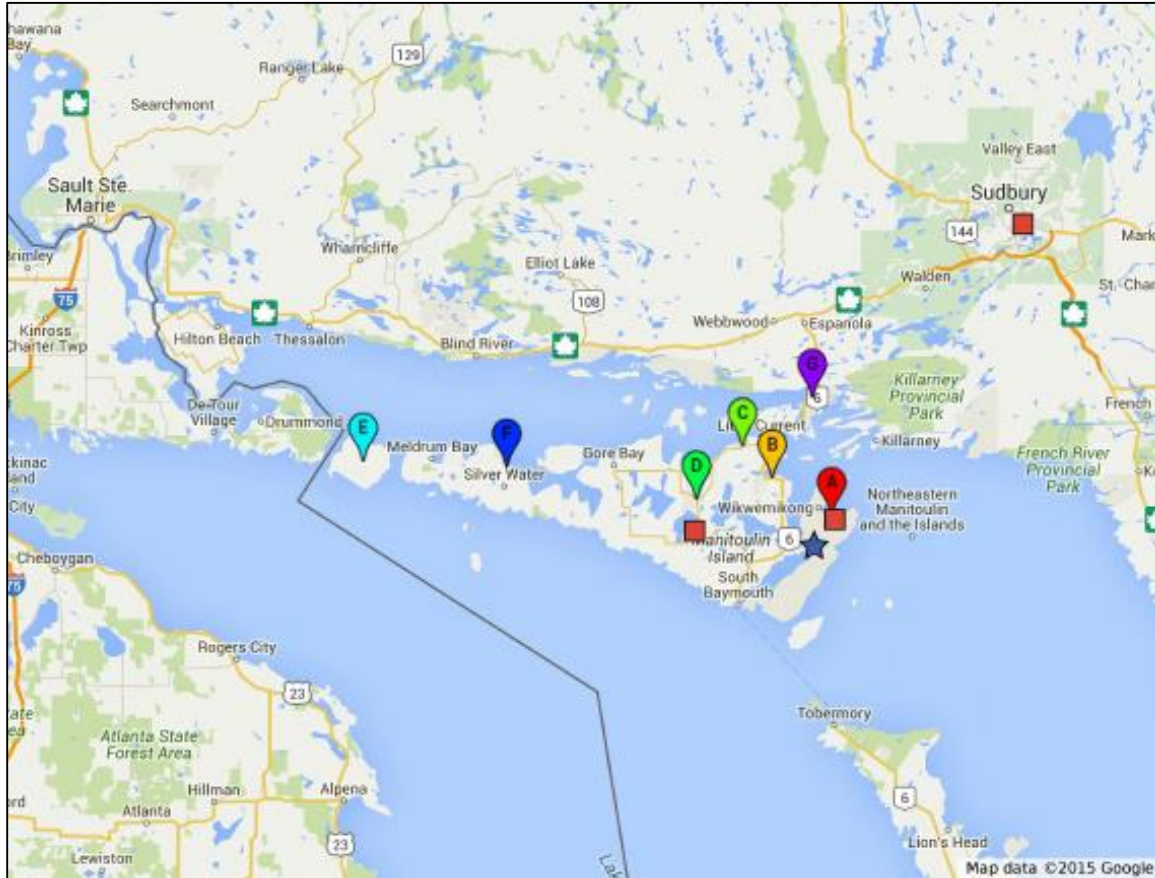
Page 25



## Kina Gbezhgomi Child and Family Services – At a Glance

### Office Locations

- Main Office ★
- Satellite Office
- Foster Care Department
- Newgate Office



### Communities Served

- A. Wikwemikong Unceded Indian Reserve
- B. Sheguiandah First Nation
- C. Aundeck Omni Kaning First Nation
- D. M'Chigeeng First Nation
- E. Zhiibaahaasing First Nation on Cockburn Island
- F. Sheshegwaning First Nation, on Manitoulin Island
- G. Whitefish River First Nation on Birch Island



<b>Program /Activity</b>	<b>Primary</b>	<b>Secondary</b>	<b>Tertiary</b>
<b>Community Support Program</b>	X	X	
<b>Child and Family Service (Family Support) Program</b>	X	X	X
<b>United Chiefs and Councils of Mnidoo Mnising (UCCMM) First Nations Prevention Programs</b>			
<i>Healthy Relationships: Native Wellness Institute</i>	X		
<i>Strengthening Families for the Future</i>	X	X	
<i>Common Sense Parenting of Toddlers and Preschoolers</i>	X		
<i>Traditional Family Parenting</i>	X		
<i>Second Step: A Violence Prevention Curriculum</i>	X		
<i>Anger Management Program</i>	X		
<i>Other Traditional Programs</i>	X		
<b>Wikwemikong Unceded Indian Reserve Prevention Programs</b>			
<i>Community Support Program</i>	X		
<i>Family Support Program</i>	X	X	
<i>Parenting Programs (Active Parenting Publishers)</i>	X		
<i>Monthly Events and Activities</i>	X		
<i>Family Support Program – Healthy Choices</i>		X	X
<i>Grief and Recovery Method Outreach Program - The Grief Recovery Method</i>		X	X
<i>The Action Program for Moving Beyond Death, Divorce, and Other Losses</i>			



## ***Kunuwanimano Child and Family Services***

Timmins

[www.kunuwanimano.com](http://www.kunuwanimano.com)

### **Agency Overview**

Kunuwanimano Child and Family Services Agency was incorporated as a child and a family services non-profit organization in 1989. On May 1, 2015 it became a mandated agency.

### **Population It Serves**

The agency provides services in 11 First Nations communities in northeastern Ontario, including Beaverhouse First Nation, Brunswick House First Nation, Chapleau Cree First Nation, Chapleau Ojibwe First Nation, Constance Lake First Nation, Hornepayne Native Community, Matachewan First Nation, Mattagami First Nation, Taykwa Tagamou (New Post First Nation) and Wahgoshig First Nation. Members of the 11<sup>th</sup> community, Missanabie Cree First Nation, live in Sault Ste. Marie. Services are provided to all community members on and off reserve.

### **Approach to Prevention**

Kunuwanimano develops and delivers programs at the community level in accordance with the culture and traditions of each First Nation. Programs take into consideration the best interests and well-being of the child as well as the uniqueness of each First Nation.

### **Prevention Programs and Services**

#### ***Traditional Family Parenting Program***

**Description:** The program, developed by Mahkesis Consulting of Onion Lake Cree Nation, Saskatchewan, focuses on bringing back the parenting skills of Aboriginal ancestors. It promotes pride in the richness of native teachings, languages, customs and traditions. The program is based on the belief that First Nations people have always known that when children are raised holistically, they are able to make positive choices.

**Objective:** To revive and take pride in the traditional parenting skills of ancestors, leading to healthy families and communities.

**Program Elements:** Workshops teach traditional family systems to community program facilitators and others. Topics covered include:

- How our Ancestors raised their children
- Importance of bonding, soft spot, moss bag, swing
- Lateral violence – healing from colonization
- Renewing parenting skills using the teachings and values of Aboriginal ancestors



## *Walking the Path*

**Description:** Walking the Path was developed by George Couchie, a retired Ojibway OPP officer who in 2013 received the Governor General’s Order of Merit of the Police Forces for “conspicuous merit and exceptional service by members and employees of Canadian police forces whose contributions extend beyond protection of the community.” The program teaches students the history, traditions, beliefs and cultures of Aboriginal peoples. Lessons include youth empowerment strategies, promoting self-esteem and respect for others. The program was revised to meet curriculum standards by a teacher in Sturgeon Falls in 2007 and has since been accepted as a course at all Catholic schools in Ontario.

**Objectives:** The program has several objectives:

- To build self-esteem by teaching Aboriginal culture both inside and outside of the classroom
- To introduce teachings by Aboriginal Elders to support program and classroom goals
- To heal communities from the effects of trauma, abuse and racism
- To combat stereotypes, racism, prejudice and biases
- To involve parents, Elders, family and community in planned educational initiatives
- To provide teachers, social workers and police officers with an understanding of Aboriginal history, traditions, beliefs and cultures
- To provide students with Elders, teachers and police officers as positive role models trained to deliver the “Walking the Path” curriculum
- To support and develop academic skills

**Program Elements:** There are 10 learning modules focused on:

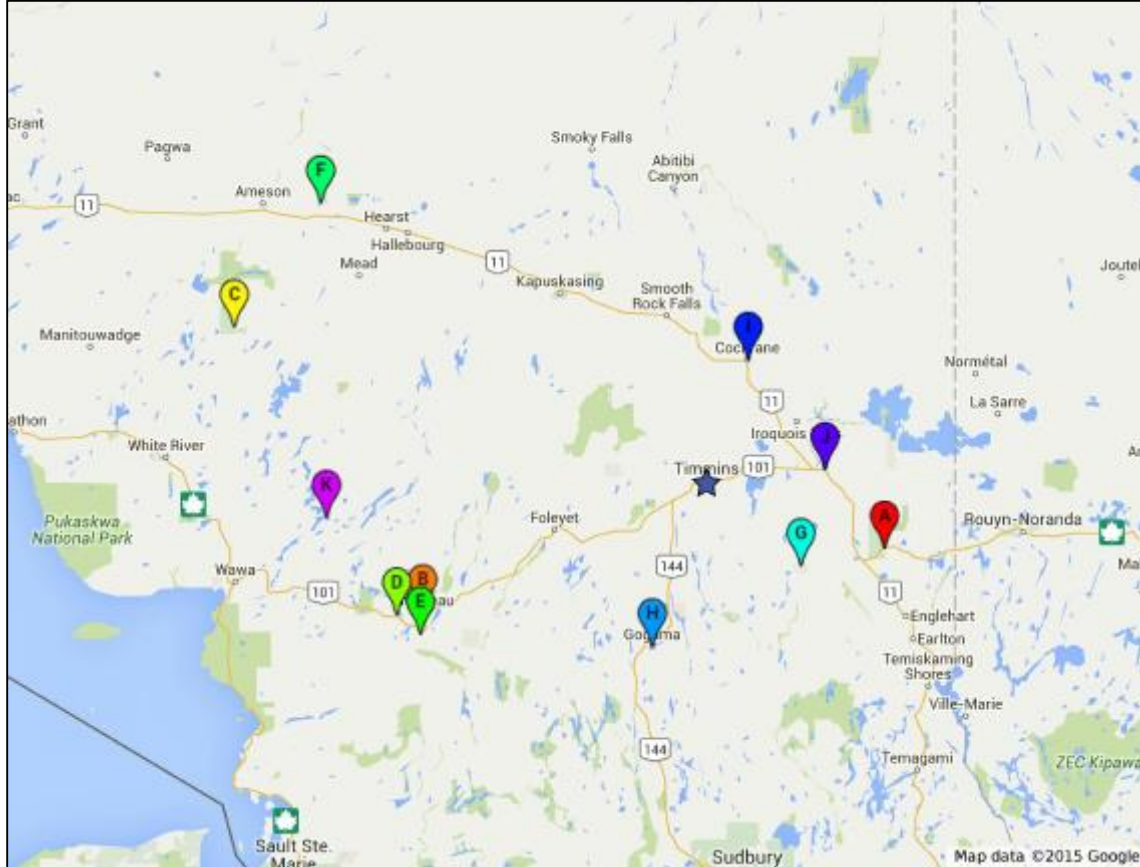
- Cultural and Medicine Wheel teachings
- History of Aboriginal people
- Finding our strengths
- Painting the mask
- Healing circle
- Self-esteem and community awareness
- Creating a safe and structured learning environment for the healthy development of both Aboriginal and non-Aboriginal youth



## Kunuwanimano Child and Family Services - At a Glance

### Office Locations

■ Timmins/Main Office ★



### Communities Served

- A. Beaverhouse First Nation
- B. Brunswick House First Nation
- C. Hornepayne Native Community
- D. Chapleau Cree First Nation
- E. Chapleau Ojibwe First Nation
- F. Constance Lake First Nation
- G. Matachewan First Nation
- H. Mattagami First Nation
- I. Taykwa Tagamou (New Post First Nation)
- J. Wahgoshig First Nation
- K. Missanabie Cree First Nation



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 30



Program /Activity	Primary	Secondary	Tertiary
Traditional Family Parenting Program	X	X	
Walking the Path	X	X	



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 31

## ***Mnaasged Child and Family Services Corp.***

Muncey

[www.mnaasged.ca](http://www.mnaasged.ca)

### **Agency Overview**

Mnaasged is a family services agency that was established in the 1980s to deliver child prevention programs on local First Nations offering family support, child and youth programming and counselling and advocacy for families at risk.

### **Population It Serves**

Mnaasged Child and Family serves seven First Nations: Chippewas of the Thames, Aamjiwnaang, Caldwell, Delaware Nation, Chippewas of Kettle and Stoney Point, Munsee-Delaware, and Oneida Nation of the Thames. Services are provided to all community members on and off reserve.

### **Approach to Prevention**

Mnaasged bases its programs and services on indigenous cultures, clan systems and customs of care. The agency offers counselling, advocacy, group-focused programs, one-on-one services, family support and youth programs.

### **Prevention Programs and Services**

#### ***Mnaasged Parenting Program***

**Description:** The program is based on many years of research in the area of parent education. Teachings are based on successful skills and strategies on how to improve the relationship between parents and children. These programs are also available to all caregivers of children. Programs are taught in groups or on a one-to-one basis. Each class is reinforced with a video presentation and class discussion. Parents receive a workbook to keep and, once the sessions are completed, receive a certificate of completion.

**Objective:** To improve the relationship between parents and their children.

**Program Elements:** There are three components based on the age of children.

#### **Parenting Your One- to Four-Year-Old**

- Three sessions (two hours, once a week)
- Discipline your child without violence
- How to deal with tantrums
- Build a positive bond with your child
- Care for your child at different ages and stages



### Active Parenting Now

- Three sessions (two hours once a week)
- Parenting of children aged five to 12 years old
- How to build courage and character in your child
- Why children misbehave and how to redirect them
- Three styles of parenting . . . and why only one of them works!
- Natural and logical communication techniques

### Active Parenting of Teens

- Six sessions (two hours once a week)
- Build courage and self-esteem in your teen
- Turn discouragement into encouragement
- Redirecting your teen's behaviour
- Problem-prevention talks
- Drugs, sexuality and violence: establish guidelines
- Building communication skills

### *Triple P - Positive Parenting Program*

**Description:** Triple P - Positive Parenting Program - is a parenting and family support system designed to prevent - as well as treat - behavioural and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realize their potential.

**Objective:** To equip parents with the skills and confidence they need to be self-sufficient and to be able to manage family issues without ongoing support. While it is almost universally successful in improving behavioural problems, more than half of Triple P's 17 parenting strategies focus on developing positive relationships, attitudes and conduct.

**Program Elements:** Triple P is delivered to parents of children up to 12 years, with Teen Triple P for parents of 12 to 16 year olds. There are also specialist programs – for parents of children with a disability (Stepping Stones), for parents going through separation or divorce (Family Transitions), for parents of children who are overweight (Lifestyle), and for Indigenous parents (Indigenous). Other specialist programs are being tested or are in development.

### *Addictions Treatment Program*

**Description:** This intensive treatment program, developed by Whitepath Consulting of Peterborough, uses emotional and social competency skills to deal with addictions.



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 33

**Objective:** To successfully deal with all manner of addictions, including alcohol, drugs, gambling, over-eating and shoplifting.

**Program Elements:** The program of five modules teaches participants how to take control of their addiction, recognize patterns of behaviour and put a support network in place to handle stress and to control impulses.

### **Mnaasged Child and Family Services Corp.- At a Glance**

#### **Office Locations**

■ Mnaasged Administration Office ★



#### **Communities Served**

- A. Chippewas of the Thames
- B. Aamjiwnaang
- C. Caldwell
- D. Delaware Nation
- E. Chippewas of Kettle and Stoney Point
- F. Munsee-Delaware
- G. Oneida Nation of the Thames



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Program /Activity	Primary	Secondary	Tertiary
Mnaasged Parenting Program		X	
Triple P - Positive Parenting Program	X	X	
Addictions Treatment Program			X



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 35



## ***Native Child and Family Services Agency of Toronto***

Toronto

[www.nativechild.org](http://www.nativechild.org)

### **Agency Overview**

Native Child and Family Services of Toronto is a multi-service, Aboriginal Children's Aid Society under the Ontario Child and Family Services Act. It began in 1988 and now has nine locations including a downtown central administration office, a satellite office in Scarborough called the Scarborough Child and Family Life Centre, four transition houses, and a summer camp at a provincial park that it has leased for the past 15 years. It also runs two daycare centres.

### **Population It Serves**

The Aboriginal population of Toronto is estimated at 60,000 adults and children. Of these, approximately 45,000 are status Indians; the others are Métis, non-status and Inuit. Most clients are self-referred single parents with young children. Many are currently involved with child and family well-being welfare services, some with children in care and working towards their return. Most clients are poor and isolated, without support in an environment deemed insensitive and inaccessible to Native people.

### **Approach to Prevention**

The agency is focused on children within their developmental stages, and promotes child and family well-being, not child welfare. A large part of the agency's operation centres on prevention-based programs that provide support services to all family members. It runs a wide range of programs from the largest Aboriginal Head Start program in Canada, to summer residential and day camps for children and youth, an Ontario Early Years Centre, an addictions team and youth outreach services including transitional housing.

### **Prevention Programs and Services**

#### ***Aboriginal Head Start Program and Childcare Centres***

**Description:** The Aboriginal Head Start Program is a sponsored pre-school program focused on school readiness for children two to six years old with Aboriginal ancestry. It is the largest Aboriginal head start program in Canada. The program encourages development through play, curiosity and creativity. It is based on an appreciation for the teachings that bind North American Aboriginal people together, with a focus on cultural awareness, values, languages, nutrition, music and crafts. The program is available at four locations in the Toronto area.

**Objective:** To prepare children with an Aboriginal background for school using early child development strategies designed and controlled by Aboriginal people.



**Program Elements:** Key components of the program:

- Promote understanding of, respect for, participation in and responsiveness to the culture and language of Aboriginal children, families and communities
- Foster a desire for lifelong learning, focuses on early childhood development, and helps children acquire school readiness skills
- Support the family in assuring that children receive regular preventive health care and professional attention to health problems
- Use a balanced approach to meet children's nutritional needs by using Aboriginal Food Guides and Canada's Food Guide
- Respect local traditions and customs
- Encourage parents' healthy eating habits
- Provide opportunities for children to develop social and emotional skills consistent with Aboriginal core values
- Acknowledge parents and guardians as the primary teachers and caregivers of children
- Ensure parents and guardians play a key role in the planning, development, operation and evaluation of the program through a council of parents and caregivers
- Support extended families - elders and traditional people - in teaching and caring for children.

**Aboriginal Early Years Centre**

The Aboriginal Early Years Centre provides parent/child interactive activities, cultural teachings, Aboriginal languages teaching, early learning and literacy, information and referrals for parents with young children within the Aboriginal community. The centre is a place for parents, caregivers and their children to have fun and make new friends, while learning and growing together. The centre strives to provide for a life of quality, well-being, caring and healing for families in the community. Children up to the age of six and their parents or caregivers take part in programs and activities together, free of charge.

Programs and services include several components as follows:

**Pre- and Post-Natal Nutrition Program:** Pre- and post-natal education and support for pregnant women and their families with children up to six months of age. The program also includes pre- and post-natal groups, traditional ceremonies and a community kitchen.

**Home Support:** Support and parenting skills to new mothers and links to community services.

**Monthly Cultural Events:** A morning event for the whole family that includes cultural teachings and storytelling of the moon. Toronto Public Health attends and provides access to a nutritionist who shares information on peer nutrition. A feast is provided at noon.

**Parent Education and Support:** The goal is to increase knowledge of childhood development, discipline strategies and self-care. This program is delivered through groups, workshops and seminars as these



methods help parents to get to know other parents who may be experiencing the same struggles, challenges or accomplishments. Parent/child support groups allow parents, with their children, to build on parent-child relationships, increase their social network and improve children's skills development.

**Clinical Services:** This clinical unit strives to provide families and children with the necessary support services and advocacy required to assist and empower them in achieving a healthy quality of life. A client and family-centred plan is developed based on a holistic path to healing and recovery, including preventative and healing services for children, women and men using a combination of traditional cultural approaches to health and healing and contemporary counselling techniques.

### *Children's Mental Health Services – Mooka'am*

**Description:** Preventative and healing services for children, women and men use a combination of traditional cultural approaches to health and healing, along with contemporary counselling techniques to help families and individuals become holistically healthy.

**Objective:** To deal with the effects of trauma and build self-esteem.

**Program Elements:** Services are provided in individual, family and group settings, and include children's mental health assessments and treatment (for children up to six years of age and six years and older); transitional support for women in domestic violence situations, family work, men's healing and women's healing. Several group programs described below are part of these services.

### *Group Programs for Parents, Children and Youth*

**Strengthening Families Group Program** is a program for families with children aged seven to 11, aimed at reducing the intention of adults and youth to use alcohol and drugs. The program increases children's resilience and life skills and teaches positive and effective parenting as well as family communication.

**Here to Help** is a program for children ages 4 to 16 and women whose lives have been impacted by domestic violence. The program incorporates traditional culture and spirituality. The group setting provides a safe and supportive environment for mothers and children to talk about the violence they have experienced, and helps families process their emotions together. The program helps women and their children understand they are not alone. The program was developed by the Child Development Institute, an accredited children's mental health agency in Toronto.

**SNAP (Stop Now and Plan)** was developed more than 25 years ago to keep children and youth in school and out of trouble. It is now recognized as a model for teaching behaviourally troubled children and their parents effective emotion-regulation, self-control and problem-solving skills. The 12-week program is taught within the framework of the Medicine Wheel and traditional native teachings. The program is used under licence and was adapted with permission from the Child Development Institute.



### *Groups for Parents/Caregivers*

In these group sessions, parents are taught effective parenting skills to assist them in raising children with challenging behavioural problems. They also learn about the self-control and problem solving skills being taught to their children in other programs. The children's programs use a cognitive behaviour approach that helps children control compulsive behaviour, think about the consequences of their behaviour, and develop appropriate social skills.

**Positive Parenting - A Native Parenting Approach** is an eight-week program that draws on traditional knowledge and parenting techniques, including storytelling, the cradleboard, lessons of Mother Nature, harmony in child-rearing, and traditional behaviour management. Childcare is available for children up to age six.

**Beyond the Basics** is a 10-session court-mandated parenting group. Participants must attend at least seven sessions to receive a certificate. In a relaxed, accepting environment, participants share information, strategies and challenges, and at the same time learn new approaches to becoming effective parents.

**Mothers in Mind** is a group program for mothers who have experienced abuse or other trauma (e.g. childhood abuse, sexual assault, war) and have children under the age of four. The program focuses on the needs of mothers who find that these hurtful experiences are making parenting difficult. The 10-week mother-child group helps mothers learn ways to manage stress and challenging emotions, foster healthy self-esteem, and respond to their children in a sensitive, supportive and effective manner. It is run in partnership with the Child Development Institute.

**Women's Empowerment Circle** is for women who may have been exposed to violence or who lack self-esteem. The circles are a safe opportunity to be with other women who have experienced or are experiencing various forms of abuse in their relationships. Participants explore the impact of their relationships, help each other on their healing paths, and work towards becoming self-supporting. Tradition and mainstream approaches include ceremonies and teachings that honour womanhood. Childcare, transportation and dinner are provided.

**Journey of the Peaceful Warrior** is a group program using Aboriginal teachings about responsibility for self-change and healing

**PAR – Partner Assault Response** is a court-ordered educational/therapeutic program for men who have assaulted their partners

### *Scarborough Child and Family Life Centre*

The centre offers a wide variety of programs for Aboriginal people in Scarborough. Programs are based on the Medicine Wheel, incorporating a balance of all four elements: spiritual, psychological, emotional and physical. They have a focus on community capacity building, empowerment and self-determination. They provide leadership, educational and employment opportunities for youth and adults.



### **Programs for Children and Youth**

- Sports programs, including judo, swimming, boxing, volleyball, basketball
- Dance programs including the Thunderbirds Dance Group and traditional dance
- Arts and drama
- Homework Club (after school program)
- Summer camp
- Girls' Groups (ages eight to 11 and 12 to 15)
- Young Warriors' Club
- Youth Group

### **Programs for Adults/Parents**

- General Education Diploma
- Community
- Kitchen
- Early Years
- Volunteer program
- Education and training programs
- Food Help
- Women's wellness (YMCA)
- Men's group
- Seniors' tea

**Family Activities:** These activities include family recreational swim and craft nights.

**Cultural Programs:** These include hand-drumming, Full Moon ceremonies, sessions with elders, sweat lodge ceremonies, visiting Elders, and lessons in the Ojibway language.

**Healing and Support Programs:** Special support programs for individuals and families going through difficult times including addictions counselling, individual and family counseling, case management, and advocacy group programs such as Strengthening Families (see above) and referrals to other resources.

**Community Activities** include:

- Weekly newflash
- Large community forums
- Drum socials
- Community barbecues
- Arts, drama and dance performances
- Community Council



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 40



## *Native Youth Resource Centre*

The Native Youth Resource Centre is a multi-service program that offers a variety of services and programs to Aboriginal youth between the ages of 12 and 24 using a holistic approach to wellness. The Medicine Wheel philosophy is used to contextualize service delivery with spiritual, physical, mental and emotional aspects of being.

### **Social / Recreation Program**

Aboriginal youth have the opportunity to join the youth council, support groups and team sports. These also include accessing fitness facilities and taking part in summer/winter leadership camps and outdoor trips.

### **Cultural Program**

Youth can visit with Elders, learn the Anishnaabe language participate in teaching circles and other ceremonies and take part in dancing and various cultural trips.

### **Youth Skills Training**

Training is designed to provide General Equivalency Diploma (GED) preparation and increase the skills base of Aboriginal youth to enter the workforce and/or begin post-secondary program and apprenticeship training.

### **Youth Education**

The program provides computers, General Equivalency Diploma (GED) online instruction, and a qualified instructor to provide opportunities for Aboriginal youth to prepare for the GED exam. The education counsellor provides career counselling, and explores post-secondary and apprenticeship programs with Aboriginal youth.

### **Street Outreach Services**

With other agencies, workers conduct street outreach to at-risk Aboriginal youth on the street. Services include meals, counselling, information, and referral. Youth are also given access to the Internet and telephone services.

### **Health Promotion**

Workshops are offered to address health topics such as nutrition, smoking cessation, diabetes, and the use of sacred medicines and traditional ceremonies to attain wellness.

### **Referrals and Advocacy**

Youth workers provide assistance to Aboriginal youth to replace identification and help them access affordable housing, donated furniture, health, medical and mental health and other services.

### **Youth Justice**

Youth workers provide case management and support for at-risk Aboriginal youth.



## **7th Generation Image Makers Art and Mural Program**

Since 1995 the agency has operated a youth arts centre creating opportunities ranging from arts exposure to professional arts training. Seventh generation is an art and mural program for Aboriginal youth. Mentors and Elders provide quality and accessible art programming in a culturally supportive and safe environment. There are drop-in art hours, workshops and also specific programming for at-risk youth in care and in Scarborough.

### *Transitional Houses*

**The Native Women's Transitional House** is a program for single women (16 to 24 years) and children (newborn to six years) who need a safe and supportive environment. Residents may stay at the house for up to 18 months while making the transition into independent living and stable housing. Rent is based on family size and is geared to the Ontario Works living allowance. The program provides on-site support to women striving to improve the quality of their life.

Women staying at the house are required to participate in programs such as education, job training, life skills and parenting skills. They must demonstrate initiative in meeting self-directed goals. Residents share and contribute to the maintenance of the community kitchen, dining area and various common rooms. There are two houses: a first-stage, 10-bed transitional house; and a second stage six-unit house.

**The Native Men's Transition Houses** offer residency to single Native male youth aged 16 to 24 who are homeless or under-housed. The houses provide opportunity and encouragement for residents to return to work/school/programs and provide a wide range of onsite support services to meet the needs of the young men. There are two houses: a first stage 12-bed transitional house with monthly cultural programming; and a six-unit second stage transitional house where residents are required to pay rent and can stay for 18 months.



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 42

## Native Child and Family Services Agency of Toronto – At a Glance

### Office Locations

- Central Office - The Centre for Native Child and Family Well Being ★
- Kiiwednong Head Start
- Shaawnong Head Start
- Waabanong Head Start
- Dundas Kinder Enrichment Program
- Early Years Centre
- Scarborough Child and Family Life Centre
- Native Learning Centre
- Clinical Services
- Native Youth Resource Centre (NYRC)



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 43

<b>Program /Activity</b>	<b>Primary</b>	<b>Secondary</b>	<b>Tertiary</b>
<b>Aboriginal Head Start Program and Childcare Centres</b>	X		
<b>Aboriginal Early Years Centre</b>	X	X	
<b>Children’s Mental Health Services – Mooka’am</b>	X	X	X
<b>Group Programs for Parents, Children and Youth</b> (several programs including Strengthening Families Group Program, Here to Help, SNAP -Stop Now and Plan)	X	X	X
<b>Groups for Parents/Caregivers</b> (several programs including Positive Parenting, Beyond the Basics, Mothers in Mind, Women’s Empowerment Circle, Journey of the Peaceful Warrior, Partner Assault Response)	X	X	X
<b>Scarborough Child and Family Life Centre</b> (range of programs for children and youth, adults/parents, family activities, healing and support programs)	X	X	X
<b>Native Youth Resource Centre</b> (multi-service resource centre with wide range of programs and support)	X	X	X
<b>Transitional Houses</b> (housing and support programs for men and women)		X	X



## ***Nog-da-win-da-min Family and Community Services***

Sault Ste. Marie

[www.nog.ca](http://www.nog.ca)

### **Agency Overview**

Nog-Da-Win-Da-Min Family and Community Services is an Anishinabek child welfare prevention service agency that works in collaboration with seven First Nations ensuring culturally appropriate services for children, youth and families.

### **Population It Serves**

Services and programs are offered to youth and families who are members of seven First Nations communities, including Batchewana First Nation, Garden River First Nation, Mississauga First Nation, Sagamok Anishnawbek First Nation, Serpent River First Nation, Thessalon First Nation and Atikameksheng Anishnawbek. Services are provided to all community members on and off reserve.

### **Approach to Prevention**

Nog-Da-Win-Da-Min's programs and activities are community-based, and run by the community for the community. Each member First Nation community receives prevention funds to provide primary and secondary prevention services for their respective First Nation. Services are provided to children, youth and families under Anishnawbek Family Preservation Program.

Over the past year the agency developed a Cultural Services Policies and Procedures Manual, called Naadmaagejik Kidwak that was approved by the agency's Board of Directors. The Cultural Services Manual is a resource tool for agency workers to assist with referrals and requests for cultural services. The Cultural Services Manual identifies core cultural competencies, operationalizes Naadmaagejik activities and includes objectives and function of the Youth Cultural Camp.

### **Prevention Programs and Services**

#### ***Anishnawbek Family Preservation Program***

**Description:** The program offers intensive in-home support based on the traditional belief that it is best for children to grow up within their own families and communities. In families where there is child maltreatment, skilled professionals assist families to learn more appropriate ways to raise their children through a series of programs and activities.

**Objective:** To empower families to manage their own family dynamics. One goal is to provide culturally appropriate information to help participants achieve healthy, balanced relationships and interactions in communities. Another goal is to promote self-sufficiency and reduce the need for further child protection and/or family breakdowns by increasing parenting skills, life skills and coping abilities.





**Program Elements:** The program includes many components, as follows:

**Traditional Triple P Parenting:** Triple P Parenting is an internationally recognized program (Positive Parenting Program) that supports parents to coach their children's development from a positive and healthy perspective. All of this is accomplished using a flexible approach with parents deciding which strategies fit with their family and work effectively with their own children. The traditional approach means that community values and approaches are incorporated into program elements.

**Nobody's Perfect Parenting Program:** The program is for young, single, socially or geographically isolated parents, parents who have low incomes or parents with limited formal education, with children up to age five. This group program facilitates parents to meet other parents, share questions, concerns and ideas, learn about child development, safety, health and behaviour and discuss real-life parenting situations. The program also helps parents work together with the support of a trained facilitator and discover positive ways of parenting. Participation is voluntary and free of charge. The program was developed by Health Canada in conjunction with the Departments of Health of New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. It was introduced nationally in 1987. It is currently supported by the Public Health Agency of Canada.<sup>4</sup>

The Family Preservation Program also includes the Mino Madzwin Youth Justice Program (described below), and support in learning and developing the skills to assist, improve and maintain healthy, balanced and positive family and community relationships.

#### *Mino Madzwin Youth Justice Program*

**Description:** This program is for youth from 12 to 18 years old who are involved with the law or at risk of becoming involved with the law. It addresses anger management, substance abuse, family and community relationships, and pro-social skills. The program is considered a preventative tool because it is used as a way to stop youth from getting into further trouble. As well, program participation can lead to dismissal of charges.

**Objective:** To prevent youth from getting into further trouble with the law.

**Program Elements:** Youth who complete the Mino Madzwin Youth Program receive a certificate verifying that they have successfully completed the program. The Mino Madzwin Youth Program Worker prepares a report for the court system identifying the youth participants who have completed the program. As a result of the Mino Madzwin Youth Program a majority of cases and charges for participants are dismissed.

**Cultural Services:** The Cultural Coordinator provides education and training to agency staff, alternative care providers, children in alternative care, member communities and external partners. This training is focused on cultural values, beliefs and traditions, such as sacred items and bundles, rites of passage,

---

<sup>4</sup> <http://www.phac-aspc.gc.ca/hp>



roles and responsibilities of men and women, naming ceremonies, welcoming ceremonies and pipe ceremonies.

### *Community Support Services*

Each member First Nation community receives prevention funds to provide primary and secondary prevention services for their respective First Nation. Services are provided to children, youth and families. Some of the prevention programs offered this year include family violence workshops, the Triple P Program (Positive Parenting Program), the 1, 2, 3 Magic program, a regalia-making program, youth suicide workshops, social gatherings with Elders and children, a traditional cooking program, children's programs, youth groups, a healthy relationships program, a rites of passage program and annual events.



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

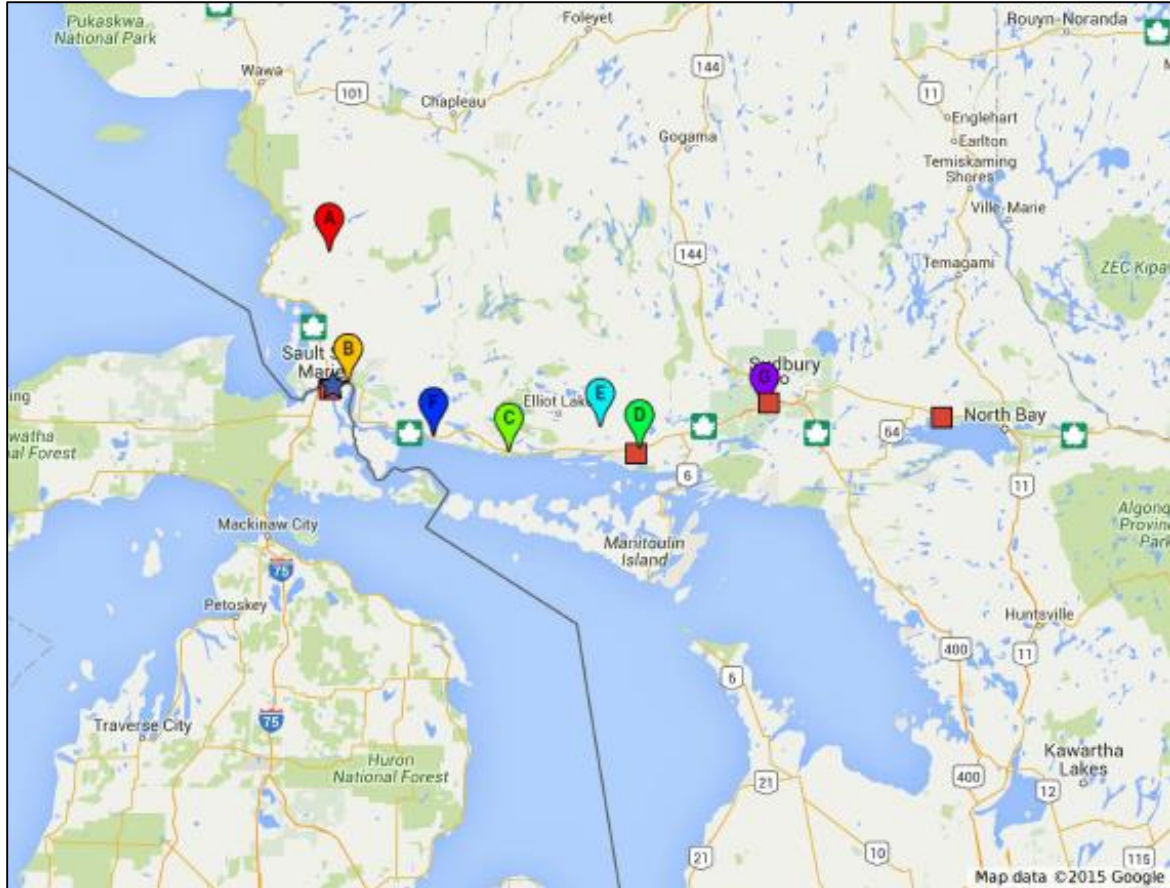
**Prevention Programs**

**Page 47**

## Nog-da-win-da-min Family and Community Services – At a Glance

### Office Locations

- Nog-Da-Win-Da-Min Head Office ★
- Garden River First Nation
- Serpent River First Nation
- Sagamok Anishnawbek
- Atikameksheng Anishnawbek (Whitefish Lake First Nation)



### Communities Served

- A. Batchewana First Nation
- B. Garden River First Nation
- C. Mississauga First Nation
- D. Sagamok Anishnawbek First Nation
- E. Serpent River First Nation
- F. Thessalon First Nation
- G. Atikameksheng Anishnawbek



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 48

<b>Program /Activity</b>	<b>Primary</b>	<b>Secondary</b>	<b>Tertiary</b>
<b>Anishinawbek Family Preservation Program</b>	X	X	X
<b>Traditional Triple P Parenting Program</b>	X		
<b>Healthy Relationships</b>	X		
<b>Anger Management</b>	X		
<b>Mino Madzwin Youth Justice Program</b>		X	X
<b>Community Support Services</b>	X		
<b>Youth in Transition Program</b>		X	X



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 49

## ***Payukotayno James and Hudson Bay Family Services***

Moosonee

[www.payukotayno.ca](http://www.payukotayno.ca)

### **Agency Overview**

Payukotayno James and Hudson Bay Family Services was established in 1984 and designated in April 1987. It has a mandate to protect children from all forms of maltreatment and provide residential care for children who need it.

### **Population It Serves**

Payukotayno serves about 13,000 Aboriginal and non-Aboriginal people on and off reserve in the eastern portion of Nishnawbe Aski Nation along the James and Hudson Bay coast. The area includes five First Nations - Moose Cree First Nation, Fort Albany First Nation, Kashechewan First Nation, Attawapiskat First Nation, Peawanuck First Nation - and the town of Moosonee.

### **Approach to Prevention**

The agency offers a range of prevention programs building on family strength, with an emphasis on mental health services. Culturally-based prevention programs and activities are delivered by individual First Nations.

### **Prevention Program and Services**

#### ***Early Years Mental Health Initiative***

**Description:** A voluntary program for young children who are or may become at risk of requiring extensive mental health services later in life as a result of biological (genetic) or environmental factors. These factors may include parenting, parent-child interactions, poverty, domestic violence, parental mental health, substance abuse, among others. This program caters to children up to the age of six who are identified through school, childcare agencies, community support workers and families.

**Objective:** To create a family environment that supports healthy early childhood development.

**Program Elements:** Services focus on child development (achieving developmental milestones, socialization, and readiness to learn skills), and parenting skills and development. The program provides counselling and support for parents who are concerned about various aspects of their child's development or behaviour by:

- assisting parents in identifying and dealing with their own traumas and concerns which may affect their parenting and their ability to create a nurturing home environment;
- referring children and parents to services that support healthy childhood development, and a healthy environment.



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 50



## Project George

**Description:** The program brings under-privileged and/or at-risk youth into “the bush” to help them to connect with the land and Cree traditions, to learn life skills, to build sense of community and to prevent youth-suicide. With the support of many donors and volunteers, Project George has been able to include more than 200 youth in this program since 2009. While the emphasis is on having fun, Project George leaders make it clear they are willing to talk about the grief and trauma over suicide rates in the community. Youth learn they are not alone, that there are alternatives to despair and that life is worth living. Since Project George began the number of youth suicides in the community has steadily dropped. Project George is open to any youth who wishes to learn about Cree culture and traditions, but works primarily with youth who have been affected by poverty, family breakdown and the suicide trauma.

**Objective:** To help youth connect with the land and their Cree traditions in an effort to prevent suicides.

**Program Elements:** Field trips are run all year long, either on weekends or a week at a time during the summer.

## safeTALK

**Description:** A half-day alertness workshop teaches participants to recognize and engage with persons who might be having thoughts of suicide and to connect them with community resources. Anyone over the age of 15 can take the training. safeTALK-trained helpers are an important part of suicide-safer communities, as they work with intervention resources to identify and avert suicide risks. The “safe” of safeTALK stands for “suicide alertness for everyone” and “TALK” stands for “Tell, Ask, Listen, and KeepSafe.” SafeTALK was developed by *Living Works Education* to complement longer suicide intervention training. The program, developed in Australia and Canada, fills the gap between short suicide awareness sessions and longer suicide intervention skills training.

**Objectives:** To build a community safe from suicides.

**Program Elements:** Workshop trains participants to:

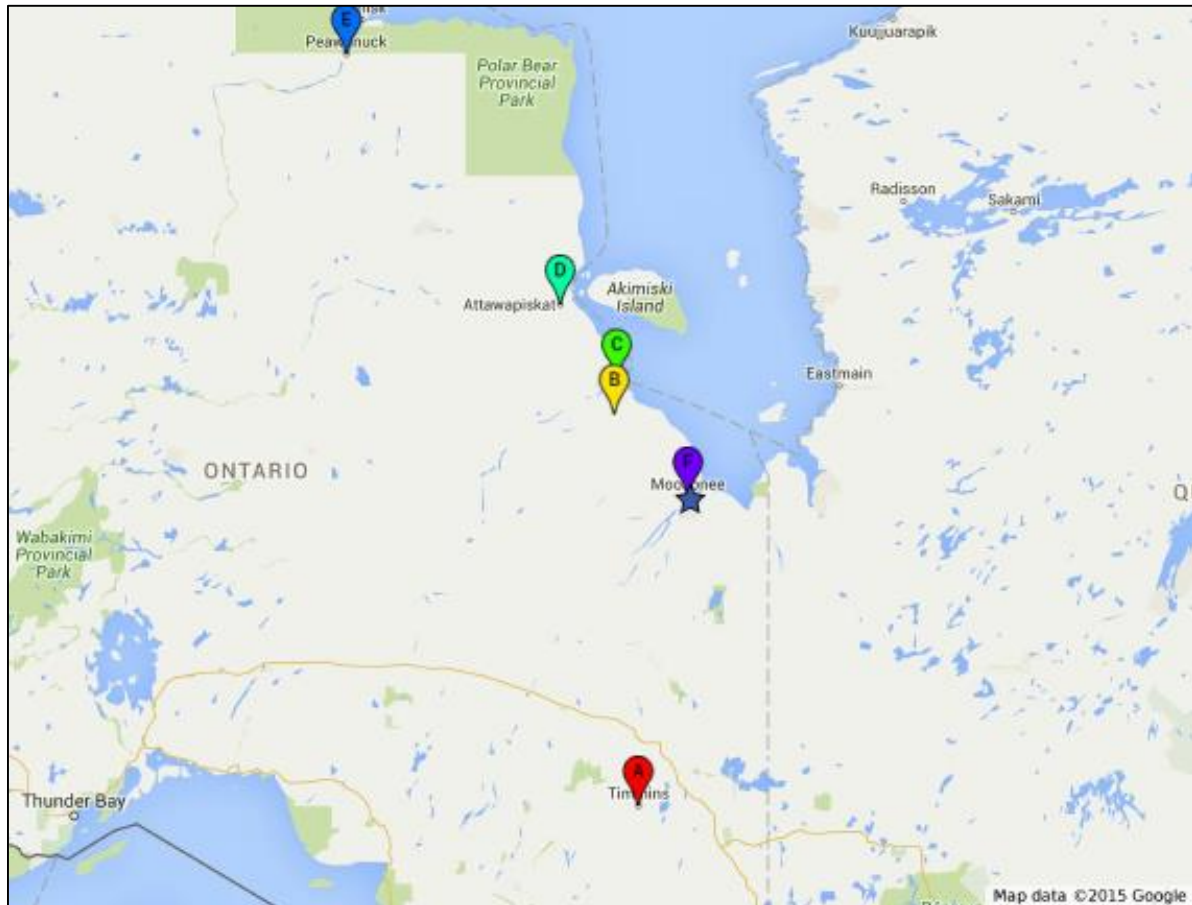
- Challenge attitudes that inhibit open talk about suicide.
- Recognize a person who might be having suicidal thoughts.
- Engage them in direct and open talk about suicide.
- Listen to the person’s feelings about suicide to show that they are taken seriously.
- Move quickly to connect potentially suicidal people with those trained in suicide intervention



## Payukotayno James and Hudson Bay Family Services – At a Glance

### Office Locations

- Payukotayno Administrative Office ★



### Communities Served

- A. Moose Cree First Nation
- B. Fort Albany First Nation
- C. Kashechewan First Nation
- D. Attawapiskat First Nation
- E. Peawanuck First Nation
- F. Moosonee



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 52

Program /Activity	Primary	Secondary	Tertiary
Early Years Mental Health Initiative	X		
Project George	X		
safeTALK		X	



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 53

## ***Ogwadeni: deo***

Ohsweken

[www.sixnations.ca](http://www.sixnations.ca)

### **Agency Overview**

Six Nations of the Grand River Child and Family Services is a native Child Welfare Prevention Program and part of the Six Nations Social Services Department.

### **Population It Serves**

Six Nations is the largest First Nations community in Canada with a population of 13,000 living on reserve and some 12,000 members off reserve. Services are provided to children up to 18 years of age and their families who are residents of Six Nations and members residing off reserve for less than one year.

### **Approach to Prevention**

Six Nations offers many prevention programs and activities for children, youth and adults that are designed to support and strengthen the individual, families and the community.

### **Prevention Programs and Services**

#### *Service Co-ordination Role*

The Service Coordination Unit is the unit in which people have the first initial contact for counselling services. The unit assists community members with identifying goals and gathers information – this is also called Intake.

- To provide intake, assessment and referral to internal or other external services based on the identified needs of the client.
- To provide presentations to agencies as requested, explaining our roles and processes.
- Band representatives actively participate in all relevant legal proceedings, case conferences, plan of care meetings, and residential placement meetings involving Six Nations children or eligible children.
- To ensure a culturally appropriate placement where possible, when it is necessary for children to enter foster or adoptive care.

#### *Crisis Services*

- To provide immediate response to individual, family or school-based crisis as requested.
- To provide follow up as required to clients, community members or community agencies.



### *Behavioural Consultant*

- Provide behavioural-based services and interventions to community children and families that encourage children's positive mental health.
- Provide program information and education to existing agencies and the community as requested.
- Meet with appropriate resources to determine appropriate intervention. Conduct functional behavioural assessments and collaboratively develop intervention plans to be implemented at home and school.

### *Family Support Program*

- Coordinate Cultural Awareness Workshops throughout the fiscal year, a maximum of four. Increases knowledge, enhances awareness and reaffirms values based on respect, recognition and responsibility.
- Act as a resource to community education or skills development workshops as requested by the community or community agencies.
- Co-ordinate the community's Tragic Events Response Team. To provide information and act as a resource as requested by the schools and community agencies. Provide debriefing and support groups or individual debriefing sessions.

### *Aboriginal Mental Worker Program*

- To provide initial response to individuals and families in crisis/intense situations in a flexible and responsive manner.
- Assist in assessing the need for emergency medical/psychiatric services.
- Assist in the development, delivery, organization and evaluation of community information and support sessions and workshops.
- To facilitate the A.S.I.S.T and safeTALK training. To educate and enhance skills to intervene with a person at the risk of suicide.

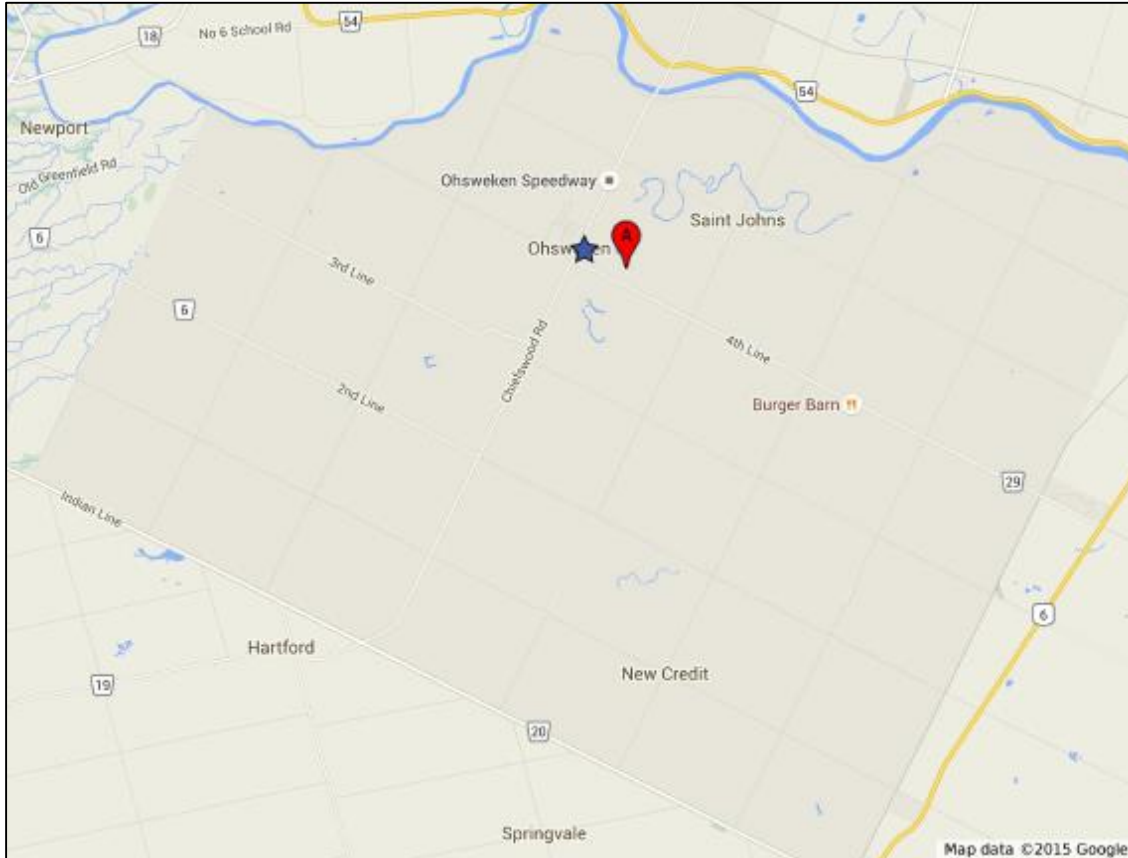




## Ogwadeni: deo- At a Glance

### Office Locations

- Six Nations of the Grand River Child and Family Services ★



### Communities Served

A. Six Nations of the Grand River

Program /Activity	Primary	Secondary	Tertiary
Crisis Services			X
Behavioural Support		X	X
Family Support Program	X	X	X
Aboriginal Mental Health Worker Program		X	X



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 56

## **Weechi-it-te-win Family Services Inc.**

Fort Frances

[www.weechi.ca](http://www.weechi.ca)

### **Agency Overview**

Weechi-it-te-win Family Services delivers prevention services to communities in the southern part of the Treaty 3 area. The agency was created in 1985 as an Indian alternative to the mainstream child welfare system. From a service perspective, Weechi-it-te-win advocates for a child welfare system that places a greater emphasis on family preservation, community healing and the revitalizing of traditional laws, structures and practices.

### **Population It Serves**

The agency serves 10 First Nations including Big Grassy First Nation, Big Island First Nation, Couchiching First Nation, Lac La Croix First Nation, Naicatchewenin First Nation, Nigigoonsiminikaaning First Nation, Rainy River First Nation, Onigaming First Nation, Seine River First Nation and Mitaanjigamiing First Nation. Services are provided to all community members on and off reserve.

### **Approach to Prevention**

Weechi-it-te-win has developed a Family Preservation Program through which it delivers its prevention programming. This is a community-based, family-oriented counselling program through which the agency provides a wide range of culturally appropriate healing services “to remedy, prevent and arrest further social, emotional or behavioural difficulties experienced within the context of families of the 10 First Nations.”

Programs are delivered directly at the First Nation level through Community Care Programs established in each of the 10 First Nations.

Family preservation services grew out of a recognition that children need a safe and stable family and that separating children from their families is traumatic, often leaving lasting negative effects. Family preservation services are designed to keep children safe and prevent unnecessary removal by helping families cope with stress and obtain needed services.

### **Prevention Programs and Services**

#### ***Family Preservation Program***

**Description:** The Family Preservation Program defines the Weechi-it-te-win’s vision for its people which is to preserve Native culture and identity among their people in order to:

- strengthen and maintain Native families, and through them their communities; and
- ensure the growth, support and development of all children, Native families and communities.



Weechi-it-te-win Family Services has collaborated with the 10 First Nations in creating a community-based, family-oriented counselling program. The counselling program provides earlier identification and treatment of problems. This improves the chances for positive growth and development. Community-based family counsellors and healers are more attuned to the needs and problems of the community, and are in a stronger position to assist in the development of workshops to raise community awareness of substance abuse, family violence and other problems experienced by families.

Family Preservation workers provide services to First Nations children and their families within the 10 communities. Services are provided in-home and out-of-home, and are designed to help First Nations families stay together. There is one Family Preservation Clinician per community who works quickly and directly with families in crisis. The Family Preservation Clinician is responsible for the assessment of family functioning and the provision of brief clinical counselling services to children, adolescents and other family members, including the family as a unit.

**Objective:** To preserve and protect family units, and communities.

**Program Elements:** The Family Preservation Clinician in combination with the Community Team work together to improve the lives of families who have multiple needs and live together in the same home. There is an emphasis on “family voice and choice” based on the family identifying people they consider to be helpers in their lives. This “wrap-around” supports the family to meet their goals.

Each Family Preservation Worker has a caseload of no more than four families. The Worker forms a partnership with the family, coaches the family, advocates for the family, and is a positive role model for parents.

The Family Preservation Clinician provides immediate crisis intervention and stabilization for families with a child or children at imminent risk of harm.

Services include crisis intervention, case management, parenting skills training, child development education, assessment of the safety of the children, and counselling for such issues as domestic violence, drug/alcohol abuse, mental illness, underdeveloped coping skills, relationship problems, poor communication skills and reconnection to Aboriginal ancestry.



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

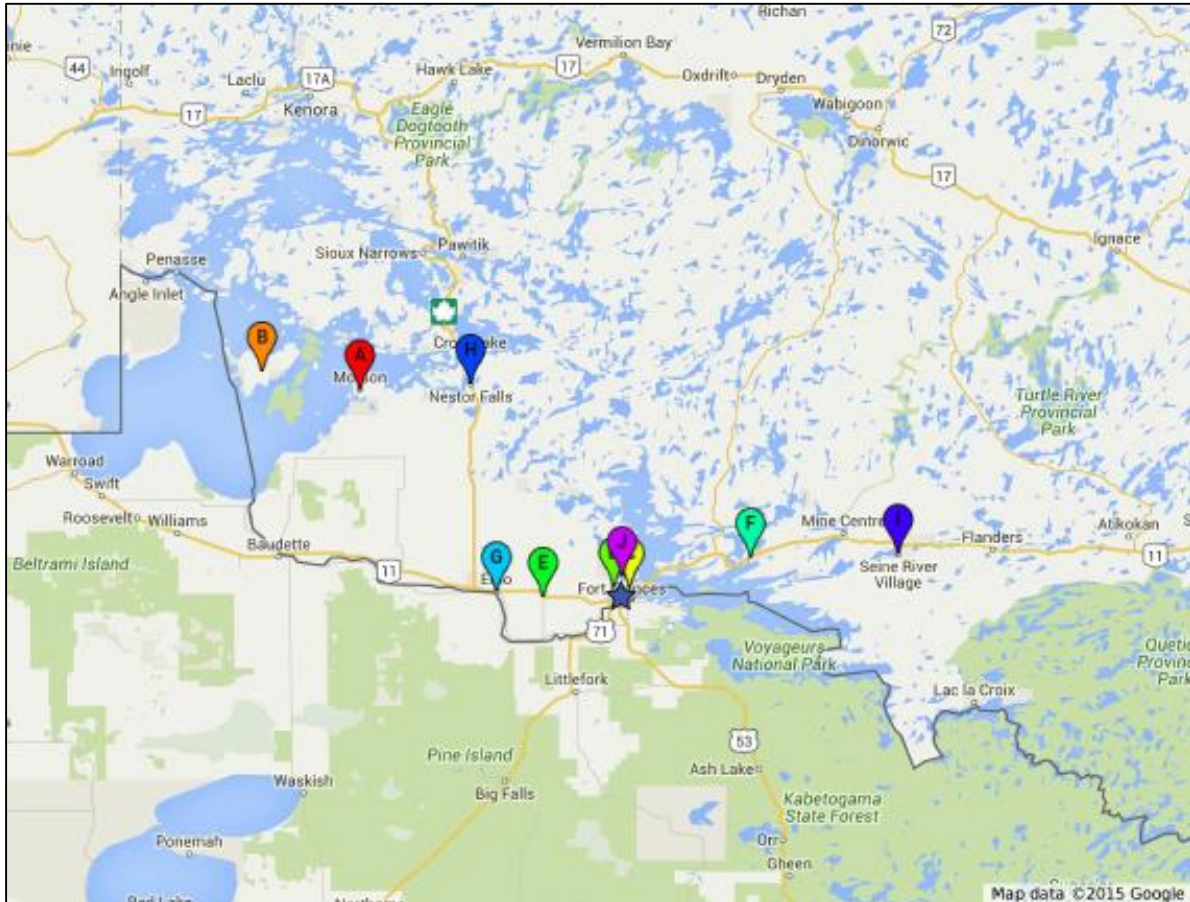
**Prevention Programs**

**Page 58**

## Weechi-it-te-win Family Services Inc. – At a Glance

### Office Locations

■ Weechi-it-te-win Family Services ★



### Communities Served

- A. Big Grassy First Nation
- B. Big Island First Nation
- C. Couchiching First Nation
- D. Lac La Croix First Nation
- E. Naicatchewenin First Nation
- F. Nigigoonsiminikaaning First Nation
- G. Rainy River First Nation
- H. Onigaming First Nation
- I. Seine River First Nation
- J. Mitaanjigamiing First Nation



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 59

<b>Program /Activity</b>	<b>Primary</b>	<b>Secondary</b>	<b>Tertiary</b>
<b>Family Preservation Program</b>		X	X
<b>Community Based Family Counsellors (10)</b>	X	X	X
<b>Community Based Family Service Workers (10)</b>		X	X
<b>Tele-mental Health Coordinator</b>		X	
<b>Clinical Services Coordinator/Crisis Response Lead</b>	X	X	
<b>Youth in Transition Program</b>		X	X
<b>Children's Mental Health 0-18</b>	X	X	X
<b>WFS Family Counselling Unit (2)</b>		X	X
<b>Ganawendaasowin Youth Services</b> (Assessment Program and 90 day Treatment Program)		X	X



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 60



## Appendix A – All Preventions Programs at a Glance



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 61

**TABLE 1: Program and Activities by Level of Service**

<b><i>Anishinaabe Abinoojii Family Services</i></b>			
<b>Program / Activity</b>	<b>Primary</b>	<b>Secondary</b>	<b>Tertiary</b>
<b>Healthy Family and Community interaction Activities</b>	X		
<b>Spiritual, Cultural and Traditional Activities</b>	X		
<b>Family Support Activities</b>		X	X
<b>Education and Awareness Activities</b>		X	X
<b>Wiisokesiwin: Support and Response to Family/Client Needs</b>		X	X
<b><i>Dilico Anishinabek Family Care</i></b>			
<b>Program /Activity</b>	<b>Primary</b>	<b>Secondary</b>	<b>Tertiary</b>
<b>Family Preservation Services</b>		X	X
<b>Triple P Parenting Services</b>	X	X	
<b>Infant/Child Development Services</b>	X	X	
<b>Youth Outreach Services</b>		X	X
<b>Youth In Transition Services</b>		X	
<b>Access Network</b>	X		
<b>Counselling and Clinical Services</b>			X
<b>Walk-In Counselling Services</b>			X



Clinical Services			X
Community Mental Health and Addictions Services			X
<b><i>Kina Gbezhgomi Child and Family Services</i></b>			
<b>Program /Activity</b>	<b>Primary</b>	<b>Secondary</b>	<b>Tertiary</b>
Community Support Program	X	X	
Child and Family Service (Family Support) Program	X	X	X
<b>United Chiefs and Councils of Mnidoo Mnising (UCCMM) First Nations Prevention Programs</b>			
<i>Healthy Relationships: Native Wellness Institute</i>	X		
<i>Strengthening Families for the Future</i>	X	X	
<i>Common Sense Parenting of Toddlers and Preschoolers</i>	X		
<i>Traditional Family Parenting</i>	X		
<i>Second Step: A Violence Prevention Curriculum</i>	X		
<i>Anger Management Program</i>	X		
<i>Other Traditional Programs</i>	X		
<b>Wikwemikong Unceded Indian Reserve Prevention Programs</b>			
<i>Community Support Program</i>	X		



<i>Family Support Program</i>	X	X	
<i>Parenting Programs (Active Parenting Publishers)</i>	X		
<i>Monthly Events and Activities</i>	X		
<i>Family Support Program – Healthy Choices</i>		X	X
<i>Grief and Recovery Method Outreach Program - The Grief Recovery Method</i> <i>The Action Program for Moving Beyond Death, Divorce, and Other Losses</i>		X	X
<b><i>Kunuwanimano Child and Family Services</i></b>			
<b>Program /Activity</b>	<b>Primary</b>	<b>Secondary</b>	<b>Tertiary</b>
<i>Traditional Family Parenting Program</i>	X	X	
<i>Walking the Path</i>	X	X	
<b><i>Mnaasged Child and Family Services Corp.</i></b>			
<b>Program /Activity</b>	<b>Primary</b>	<b>Secondary</b>	<b>Tertiary</b>
<i>Mnaasged Parenting Program</i>		X	
<i>Triple P - Positive Parenting Program</i>	X	X	
<i>Addictions Treatment Program</i>			X



## Native Child and Family Services Agency of Toronto

Program /Activity	Primary	Secondary	Tertiary
<b>Aboriginal Head Start Program and Childcare Centres</b>	X		
<b>Aboriginal Early Years Centre</b>	X	X	
<b>Children’s Mental Health Services – Mooka’am</b>	X	X	X
<b>Group Programs for Parents, Children and Youth</b> <i>(several programs including Strengthening Families Group Program, Here to Help, SNAP -Stop Now and Plan)</i>	X	X	X
<b>Groups for Parents/Caregivers</b> <i>(several programs including Positive Parenting, Beyond the Basics, Mothers in Mind, Women’s Empowerment Circle, Journey of the Peaceful Warrior, Partner Assault Response)</i>	X	X	X
<b>Scarborough Child and Family Life Centre</b> <i>(range of programs for children and youth, adults/parents, family activities, healing and support programs)</i>	X	X	X
<b>Native Youth Resource Centre</b> <i>(multi-service resource centre with wide range of programs and support)</i>	X	X	X
<b>Transitional Houses</b> <i>(housing and support programs for men and women)</i>		X	X





### ***Nog-da-win-da-min Family and Community Services***

<b>Program /Activity</b>	<b>Primary</b>	<b>Secondary</b>	<b>Tertiary</b>
<b><i>Anishinawbek Family Preservation Program</i></b>	X	X	X
<b><i>Mino Madzwin Youth Justice Program</i></b>		X	X
<b><i>Community Support Services</i></b>	X		

### ***Payukotayno James and Hudson Bay Family Services***

<b>Program /Activity</b>	<b>Primary</b>	<b>Secondary</b>	<b>Tertiary</b>
<b><i>Early Years Mental Health Initiative</i></b>	X		
<b><i>Project George</i></b>	X		
<b><i>safeTALK</i></b>		X	

### ***Ogwadeni: deo***

<b>Program /Activity</b>	<b>Primary</b>	<b>Secondary</b>	<b>Tertiary</b>
<b><i>Crisis Services</i></b>			X
<b><i>Behavioural Support</i></b>		X	X
<b><i>Family Support Program</i></b>	X	X	X
<b><i>Aboriginal Mental Health Worker Program</i></b>		X	X



## ***Weechi-it-te-win Family Services Inc.***

<b>Program /Activity</b>	<b>Primary</b>	<b>Secondary</b>	<b>Tertiary</b>
<b><i>Family Preservation Program</i></b>		X	X
<b><i>Community Based Family Counsellors (10)</i></b>	X	X	X
<b><i>Community Based Family Service Workers (10)</i></b>		X	X
<b><i>Tele-mental Health Coordinator</i></b>		X	
<b><i>Clinical Services Coordinator/Crisis Response Lead</i></b>	X	X	
<b><i>Youth in Transition Program</i></b>		X	X
<b><i>Children's Mental Health 0-18</i></b>	X	X	X
<b><i>WFS Family Counselling Unit (2)</i></b>		X	X
<b><i>Ganawendaasowin Youth Services (Assessment Program and 90-day Treatment Program)</i></b>		X	X



**ANCFSAO**

Association of Native Child  
and Family Services Agencies  
of Ontario

**Prevention Programs**

Page 67