



Rosalie Hall Young Parent Resource Centre

Me, My Baby Our World Parenting Group

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Learning Objectives

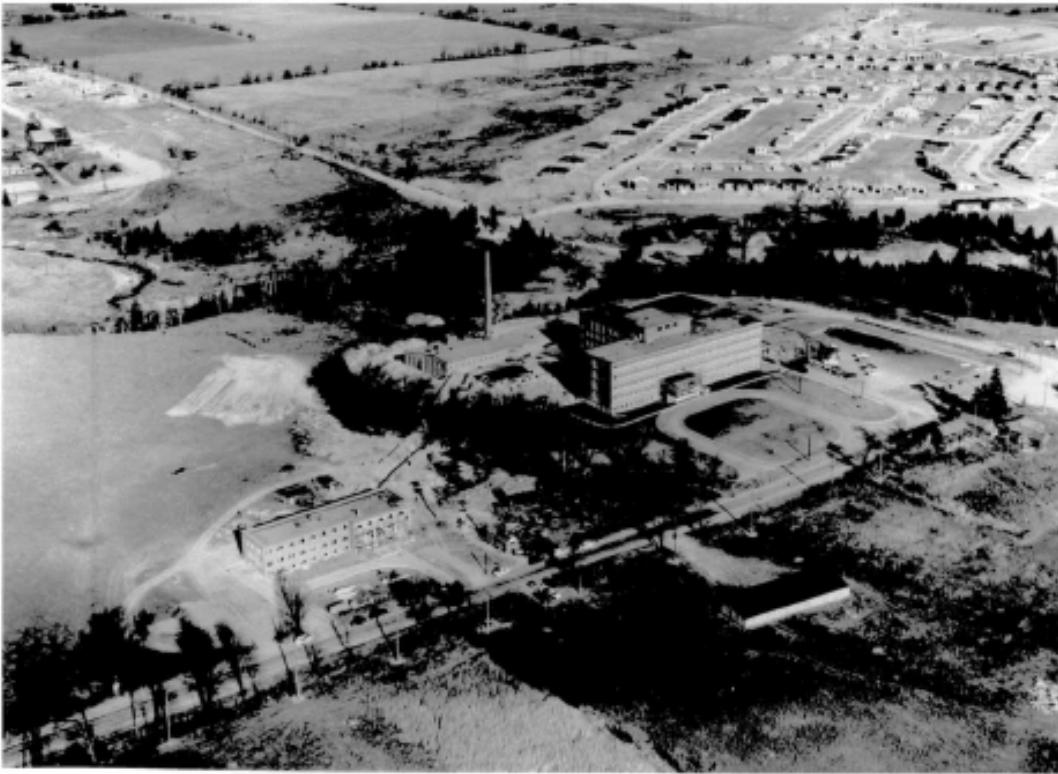
Highlight Rosalie Hall's services and the population of parents "at risk" that we serve which led to the development of this group intervention

Outline The Me My Baby Our World parenting program-including content and strategies used to engage the young parents

Challenges



Our Heritage



- Founded by Misericordia Sisters
- Providing services in Toronto since 1914
- In Scarborough since 1956
- Built Scarborough General Hospital



Our Mission

Rosalie Hall, with compassion and respect, assists young parents in need and their children to realize their potential through the provision of a wide range of community, residential, educational and child development services.



Our Services

- Outreach and support
- Community counselling
- Parenting and support groups
- Section 23 care and treatment classrooms
- Residential prenatal and high-risk postnatal program
- Parent-Infant attachment, assessment and support



Families We Serve

- More than 50% of young parents served by Young Parent Resource Centres (YPRC's) are involved with child welfare agencies
- The rates of reported childhood maltreatment in pregnant adolescents enrolled in YPRC's - 89% emotional abuse, 85% physical abuse and 49% sexual abuse (Vaillancourt, Madigan, Benoit, McKibbon, Crawford & Coolbear 2007)
- 59% of adolescent mothers meet criteria for depression (Coletta, 1983)
- Face multiple risk factors which include poverty, educational interruption, lack of adequate housing and diminished social supports



Families We Serve cont...

- Multiple trauma and losses, symptoms consistent with PTSD
- 75% unresolved trauma/mourning which has a strong link to disorganized infant-caregiver attachment which has been described as one of the strongest childhood predictors of severe socio-emotional adjustment (Madigan, McKibbin, Vailancourt, Benoit, 2007)
- 77% of high risk populations show disorganization (van IJzendoorn, Schuengel & Bakermans-Kranenburg, 1999)
- 59% adolescent mother/infant dyads disorganized (Madigan, Moran & Pederson, 2006)

History, Development and Research



- A group intervention was designed by Dr. Ruth Stirtzinger with the objective of “testing the effectiveness of an adolescent parenting course in changing adolescent depression and negative parenting attributions” (Stirtzinger, 2000).
- The research study was conducted between 1997-1999 at the agency with Rosalie Hall staff, as co-facilitators.



Research cont...

Adolescent parents and their children comprise a high risk group that have...

- Inaccurate perceptions and unrealistic expectations of their child's development (Coley & Chase-Lansdale, 1998)
- A tendency to apply negative attributions to their child's actions and perceive them as more difficult than they actually are (Coley et al., 1998; Ruff, 1990; Trad, 1995)



Research cont...

Compared with adult mothers, adolescent parents may be...

- Less verbal, less sensitive and less responsive with their children (Cult, Applebaum, Osofsky & Levy, 1988; Hann, Osofsky, Barnard & Leonard, 1994; Roosa, Fitzgerald & Carson, 1982)
- Less soothing and calming to their child (Ruff, 1990)
- At greater risk for emotional and behaviour problems (Baranowski et al 1990)
- More restrictive and punitive, less patient (Trad, 1995)



Research Group Model

- 10 weeks, 1½ hour sessions
- Video, live observation of children, Arts and Craft component
- Focused on relationship with their child and the parent they wish to be
- Using interactive engagement with the parents as curious observers
- Reflection of how they were parented and how that influences their parenting

Research Design

Participants 14-20 years of age:

- 10 control (arts and crafts group)
- 10 intervention
- All had scores of 16 or above on BDI

Measures used:

- Beck Depression Inventory (Beck et al 1978)
- Parent Attribution Test (Bugental et al, 1988),
- Parents Attributions for Misdeeds (Dix et al., 1986)



Research Outcomes

Treatment group showed...

- A significant decrease in depressive symptoms – no significant difference in control group
- A greater decrease in negative attributions and associated emotions than control group - control group slightly increased



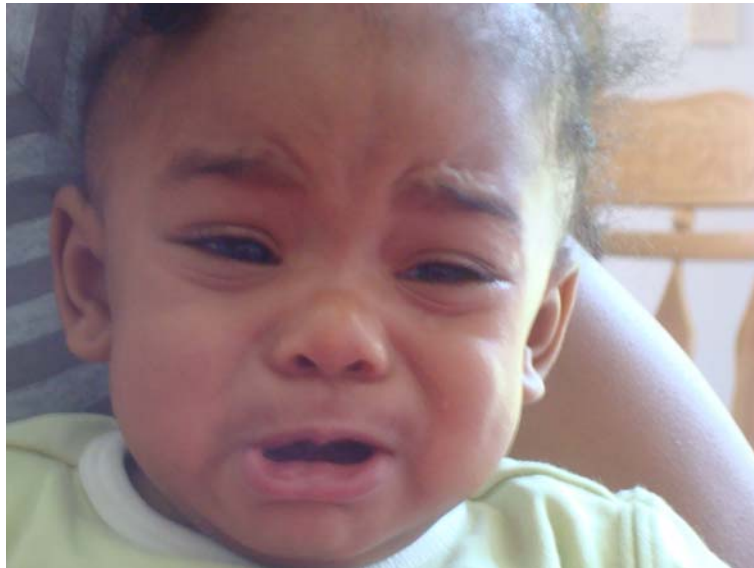


Moving Forward

- Attachment
- Infant Mental Health Certificate Program
(IMP/York University)
- Modified Interaction Guidance (Benoit)
- Cognitive Behaviour Therapy (TAPE/Dr. Eileena Denisoff)
- Watch Wait and Wonder (Lojkasek)
- Pathways to Competence (Landy)
- Reaching In Reaching Out (Pearson, Kordich –Hall, 2006)

Evolution

- Inspired by new training and motivated by expert teachers
- Passionate about sharing our awareness and understanding of the concepts
- Recognizing the need to provide an opportunity for clients to access this knowledge in a way that they see as meaningful and relevant



Me My Baby Our World Parenting Group



Evidence Building

- Beck depression inventory (BDI)
- Parent Stress Index (PSI)
- Learning Survey
- Play Video
- Client Evaluation



Purpose



To increase parents confidence and sensitive responses to their children leading to improved infant mental health outcomes



Goals

- To provide young parents with a better understanding of their relationship with their baby – and the importance of their role in that relationship
- To introduce and explore key concepts such as attachment, temperament and attunement within the parent infant dyad
- To build confidence as a parent
- To increase parents positive attributions towards their children
- To increase parental empathy and sensitivity

Interactive Engagement Model

- A collaborative discussion that encourages participants to question and challenge concepts
- This places them in the role of explorer within their relationship with their babies



Reflection



- Reflective capacity enables parents to appreciate that their babies have their own individual thoughts and feelings. In the group parents are encouraged to become sensitized to and curious about their child's inner world
- Group provides an opportunity to reflect on how they were parented and how that impacts their approach to parenting



Outline

- 12 sessions – 1.5 – 2 hours weekly
- Up to 8 moms and babies
- Children 0 to 18 months
- Childcare provided
- Each session has three components –
Music Circle, Psycho – Education,
Scrapbooking

Music Circle

Provides opportunity for...

- Parent/child interactions
- Parents to show curiosity about their children's thoughts and feelings
- Observation and picture taking
- Highlighting moments of attunement
- Practice and reinforcement of parents sensitive behaviours



Psycho-Education



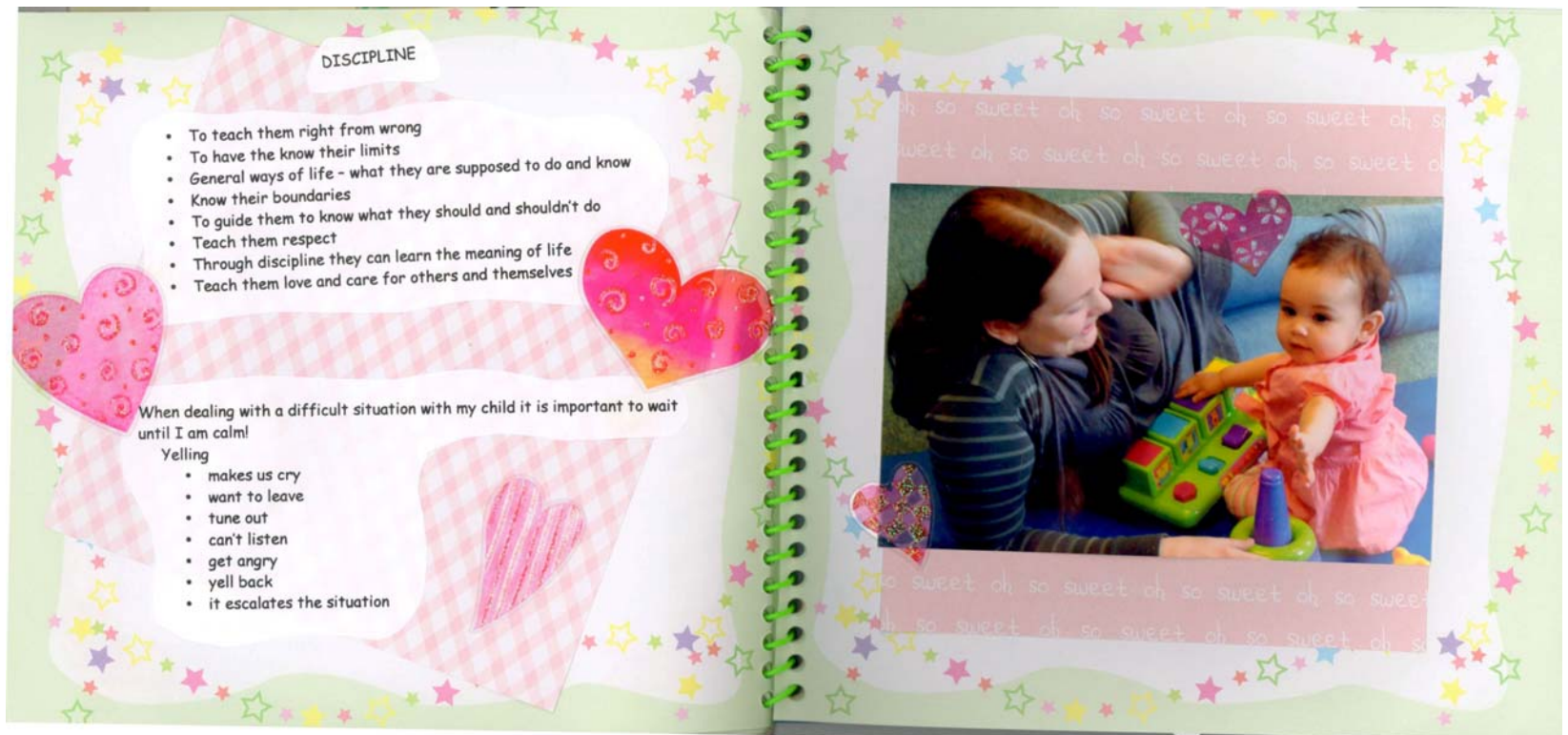
- Active, power-based role for participants through discussion, stories and feedback
- Experiential modules i.e. goop, questionnaires, child observation
- Interactive Play Video

Scrapbooking



- Makes group fun
- Reinforces the ideas and theories presented
- Individualizes material and concepts for each participant
- Creates a keepsake
- Provides a tool for future reference

Scrapbook





Group Sessions

- **Session 1 – Introduction**
- **Session 2 – Reflections on Parenting**
- **Session 3 – The Role of a Parent**
- **Session 4 – Attachment**
- **Session 5 – Attachment/Self Esteem**
- **Session 6 – Observing Children**



Group Sessions

- **Session 7 – The Importance of Play**
- **Session 8 – Temperament**
- **Session 9 – Play videos/Child Development**
- **Session 10 – Discipline**
- **Session 11 – Your Journey as a Parent**
- **Session 12 – Wrap up/Celebration**



What We Have Observed

MMBOW Builds therapeutic alliance therefore:

- Participants who have been in group are more open to other interventions that are offered at Rosalie Hall
- Clients feel more comfortable accessing support from agency staff
- Clients have more trust and confidence to ask questions about child development and other aspects of parenting
- Increased positive interaction in dyads

A Moment of Attunement





In their Own Words...

- “I now understand that my baby cries for many reasons and when I pay attention to him I can understand what he needs and give it to him by responding appropriately.”
- “I learned that saying “no” needs to be followed with an explanation and my child’s feelings need to be recognized.”
- “Nobody could walk out of here without learning something.”



What the Clients Say

- 100% of MMBOW participants reported:
- Enhanced confidence as a parent
 - A better understanding of their child's emotional, social and physical needs
 - Increased understanding of their child's behaviours



Challenges



- Research: data, choosing measures, interpreting the data, long term commitment
- Fluctuating Resources - financial and personnel
- Child care
- Manual: continuous fine tuning and responding to various needs of the group, dedicated time and resources

Questions

