



ALBERTA CENTRE FOR  
**CHILD, FAMILY  
& COMMUNITY**  
RESEARCH

**kōri gik**

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## Spring 2015 Funding Opportunities

Applications due by April 15th 2015

The Centre funds policy-relevant applied research that has the potential to improve the wellbeing of Alberta's children, their families and communities; we are specifically interested in research that looks at outcomes for children and/or youth. We offer a variety of funding opportunities to get your research going and keep it going for both trainees and independent investigators.

### Seed Grants

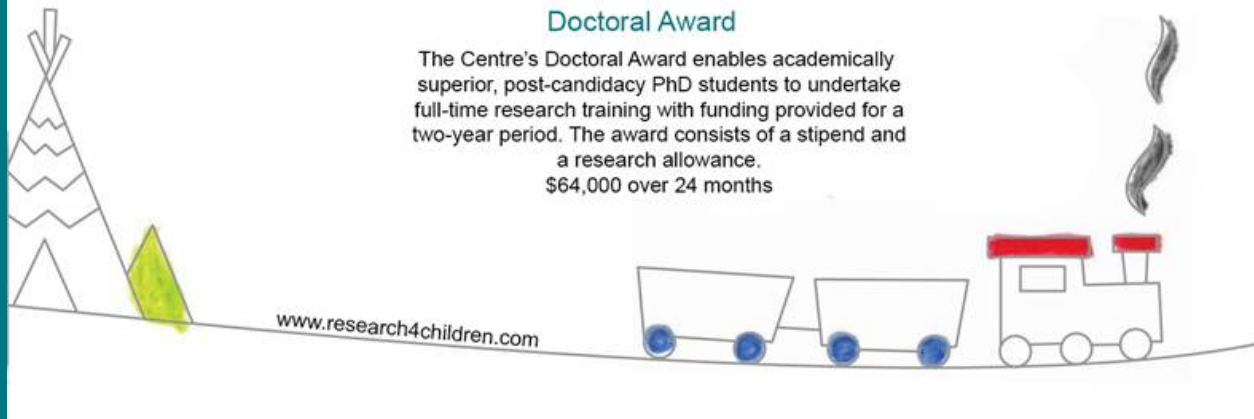
Seed Grants are intended to support the planning and development of a potential research project in topic areas relevant to The Centre. Seed Grants enable The Centre to invest in the beginning stages of future research, thereby facilitating the generation of new knowledge and evidence in these areas.  
\$10,000 over 12 months

### Grants

The Grant Funding competition provides funding for research teams to answer policy-relevant research questions in the areas of child, family and community research.  
\$40,000 over 12 months

### Doctoral Award

The Centre's Doctoral Award enables academically superior, post-candidacy PhD students to undertake full-time research training with funding provided for a two-year period. The award consists of a stipend and a research allowance.  
\$64,000 over 24 months



[Click here to access details on Centre funding opportunities.](#)



**signature**

As a whole, this series features free, 90-minute sessions along with knowledge and support for children and youth experiencing mental health challenges

The series is targeted towards:

- Human Services front-Line Staff (from Community Agencies, CFS, DFNAs, FASD, FSCD, Parent Link Centres)
- Parents and Caregivers (including Foster Parents, Kinship Care Givers, Adoptive Parents and Family Members)

Upcoming sessions include:

**Concurrent Disorders Treatment in Edmonton for Children, Youth, and their Families** - EDMONTON, March 10, 2015 with Dr. Bina Nair, Child and Adolescent Psychiatrist, Child and Adolescent Services Association

**Overview of Session**

This session will help participants identify the cause and risk factors for concurrent disorders and how these impact adolescents and their families; understand assessment and treatment of concurrent disorders in adolescents and specifically here in Alberta; and understand what recovery looks like in this population.

**Connected or Disconnected: When media and social media affect adolescent mental health** - CALGARY - April 14, 2015 with Dr. Kelly Dean Schwartz, University of Calgary

**Overview of Session**

There is hardly a topic that creates more angst and confusion for parents and professionals than the role of social media in adolescents' development. This session will explore the pervasiveness of social media in the lives of adolescents, discuss how social media is changing the way youth relate to their social world, and review the literature on the positive and negative effects of social media on adolescent mental health.

**Prevention, Intervention and Postvention of Suicide** - RED DEER, May 5, 2015 with Dr. Michael Trew, Chief Addiction and Mental Health Officer, Alberta Health

**Overview of Session**

Death by suicide and serious suicide attempts are uncommon from a population perspective, but one of the constant concerns for addiction and mental health practitioners. The basics of suicide statistics, as well as consideration of universal prevention, early intervention and postvention (dealing with the aftermath of a death by suicide) will be reviewed. Special attention will be focused on youth.

**Helping Children Recover from Eating Disorders** - June 9, 2015 - EDMONTON - with Sue Huff, Eating Disorder Support Network of Alberta (EDSNA).

**Overview of Session**

Sue Huff, Vice President of the Eating Disorder Support Network of Alberta and author of "The Book of Hope", will speak about the journey for parents as they help their child recover from an eating disorder. Topics to be covered include: resources, supports, understanding eating disorders, promoting resiliency of the caregivers, advocating for your child, reducing shame and/or stigma, and educating others about your child's illness. This session will provide insight about-- and for-- those who are closest to an adolescent with an eating disorder: the parents.

This series is available via live webcast where it can be accessed from any laptop, computer, Smartphone or iPad with high speed internet and in-person in various cities. Click below for details.

**[Click here for more details and to register.](#)**

**There is no fee to attend.**

The first nine sessions focused on early brain development and environmental impacts in the early years and can be viewed by [clicking here](#).



Creating Rural Connections

ARND SHAR

May 26-27, 2015  
Executive Royal Inn, Leduc Alberta

ARDN is hosting the Creating Rural Connections 2015 (CRC 2015) conference. This event will focus on issues surrounding rural homelessness and its relevance to Albertans, and provide opportunities for participants and presenters to learn, network, share expertise, and collaborate on innovative approaches that contribute to the quality of life in rural Alberta. We believe that exploring and addressing the challenges facing Alberta's rural homeless and those at risk of becoming homeless is an important step toward developing a better understanding

of homelessness in rural Alberta communities and enhancing the quality of life of all rural Albertans.

Call for presentations are now being accepted. [Click here for the application.](#) Application Deadline: March 23, 2015 at Noon. This is also available on the [ARDN website](#).

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Let's Talk About It

Let's Talk About It

## New research on Jordan's Principle

A new report, *Without denial, delay or disruption: Ensuring First Nations children's access to equitable services through Jordan's Principle*, highlights the ongoing inequity faced by First Nations children in Canada who need health and social services. The report was released by researchers from McGill University, the University of Manitoba and the University of Michigan, in collaboration with representatives from the Assembly of First Nations, the Canadian Paediatric Society and UNICEF Canada.

Jordan's Principle is a child first principle intended to ensure that First Nations children don't experience denials, delays, or disruptions of services ordinarily available to other children due to jurisdictional disputes. It is named in honour of Jordan River Anderson, a young boy from Norway House Cree Nation in Manitoba, who encountered tragic delays in services due to governmental jurisdictional disputes that denied him an opportunity to live outside of a hospital setting before his death in 2005. Jordan's Principle states that in cases involving jurisdictional disputes, the government or government department first approached should pay for and provide services that would ordinarily be available to other children in Canada; the dispute over payment for services can be settled afterwards.

- [Read the full report](#)
- [Read a summary and background information to the report](#)
- Join the conversation on twitter with [@infoCWRP](#) #JordansPrinciple

Visit [www.fncaringsociety.com](http://www.fncaringsociety.com) to learn more and to support Jordan's Principle

## Ontario study finds kinship placements generally more stable and more likely to lead to reunification than non-kin placements

Reviewed by Julia Busch

This study examines the difference in stability between kinship and non-kin placements by comparing cases from one child welfare organization, Family and Child Services (FACS), in Waterloo, Ontario. Data are utilized from primary placements that began between January 1, 2008 and December 31, 2010, for children placed under the care of FACS. A total of 852 cases were compared of children who had been removed from their birth parents' care due to experienced harm or risk of experiencing harm or abuse, and who had experienced at least one family primary placement. In this study "family" placement refers to foster, kin care, or kin service primary placement.

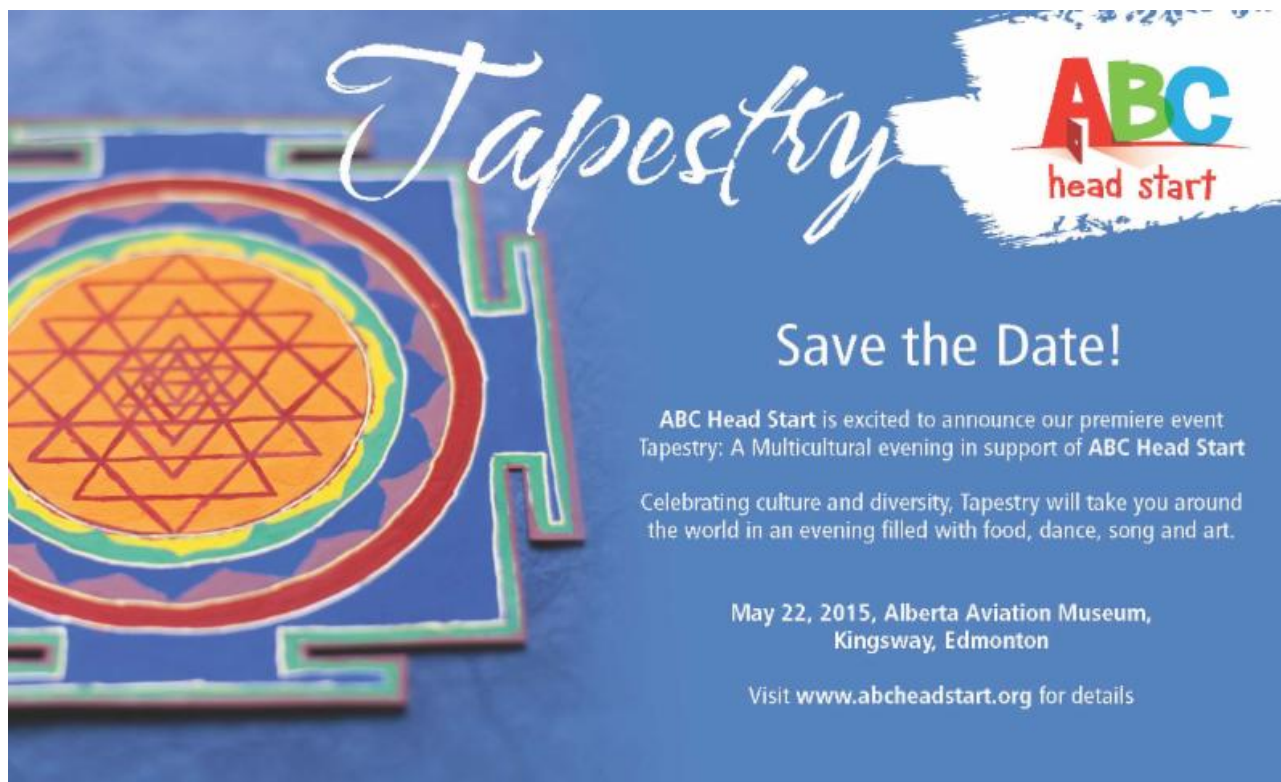
Key findings highlight that kin placements were more stable than non-kin placements, with the difference being most notable in the first month, where foster placements were four times more likely to end than kinship placements. The authors discuss two confounding variables that might influence/bias this difference in stability: (1) age of children; and (2) type of maltreatment instigating child's placement in care. Both potential biases were examined and determined to not influence stability of the placement.



Concerns regarding stability as the measure of placement success were addressed by examining the type of placement end. Placement termination, whether through kinship or foster care, can occur for different reasons. While foster placements had a much greater likelihood to end during the study period, they were substantially less likely to lead to family reunification. Kin placements were much more likely to continue than non-kin placements, and were also more likely to end in successful discharge to parents (a "successful" discharge was when a child who had not been taken back into out-of-home care again within the study period). Kinship placements were also significantly less likely to end with the child moving to another out-of-home placement.

**[Click here](#) to view Canadian Research in Brief archive.**

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*Understanding how discrimination, stigma, and social exclusion are barriers to healthy relationships*

The purpose of this brief is to contribute to a much-needed discussion on a primary prevention approach to domestic violence within Alberta's LGBTQ community. This means stopping violence before it occurs. This brief - and the report upon which it is based - highlights how discrimination, stigma, and social exclusion at all levels of

society can negatively impact the daily lives of LGBTQ people and damage their intimate partner relationships. Recommendations are focused on change at the provincial level.

[Click here to read the full brief.](#)

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**Stop**

**Stop**

Guest speakers include: Dr. Susan Boyd (University of Victoria), Dr. Ron Abrahams (Medical Director of Perinatal Addictions at BC Women's Hospital as well as Consultant Physician at the Sheway Program Vancouver), and Sara Ainsworth (National Advocates for Pregnant Women).

The event will take place on June 1, 2015 at the Coast Edmonton Plaza Hotel and also include a presentation from the HER Pregnancy program, and a panel discussion that includes experiential women.

Registration (includes lunch):  
\$100.00 (if not attending the Alberta Harm Reduction conference)

[Click here to register.](#)

\$50.00 (if attending the Alberta Harm Reduction Conference June 2 and 3)

[Click here for more information on the Alberta Harm Reduction Conference](#)

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## Alberta's True Awards Mental Health and Addiction

Tell us about the mental health and addiction leaders in your community

People across Alberta are finding inspiring ways to address the mental health and addiction challenges faced by individuals and society as a whole. Help us celebrate their accomplishments.

The Lieutenant Governor's Circle on Mental Health and Addiction welcomes nominations for its 2015 True Awards. The awards honour successful efforts to reduce stigma, encourage recovery and strengthen programs and services.

"Leadership in mental health and addiction comes in many forms, from the innovators who are developing effective new approaches, to caring citizens who are working to breaking down stigma, to the compassionate and caring front line workers who serve their fellow Albertans. We want to hear their stories." His Honour, Col. (Ret'd) the Honourable Donald S. Ethell, Lieutenant Governor of Alberta

Anyone can submit a nomination for a True Award. The nomination deadline is Monday, March 31. The five award categories recognize individuals with lived experience, program and service providers, and leaders and innovators from the public, not-for-profit and private sectors. Organizations that do not specialize in mental health and addictions but have developed an internal or external program that speaks to the issue may also be nominated.

Nomination forms, program details and information about past recipients are at [www.lgcircle.ca](http://www.lgcircle.ca). All nominees will receive a certificate of appreciation. Those selected for a True Award will receive their award from the Lieutenant Governor of Alberta at a ceremony in September.

[Click here to access the nomination form.](#)





## Child Development Mapping Initiative

In 2009, the Government of Alberta launched the [Early Child Development \(ECD\) Mapping Initiative](#) as part of a five-year plan to gather information on the development of kindergarten-aged children in Alberta. The purpose of the initiative, led by the Ministry of Education, was to study children's developmental progress by the end of the formative first five years and to learn more about the environmental factors that may be influencing their development. As a large body of scientific research shows, children's early experiences are "biologically embedded" in their rapidly developing brain and nervous systems and have lifelong consequences on learning, health, productivity and well-being.

To ensure that young children have the supports and opportunities they need to thrive and do well, it helps to know how they are doing and how the environments in which they are being raised are affecting their development both positively or negatively. Having this kind of research data provides evidence for sound policy and decision-making. A number of pilot studies of early development have been conducted in Alberta in the past, but these were limited in size and scope. The ECD Mapping Initiative was the first population-based study of preschool children to encompass the whole province.

The [Early Development Instrument \(EDI\)](#), created by the Offord Centre for Child Studies at McMaster University in Hamilton, Ontario and used by other provinces in Canada, was selected as the tool to measure early development. The EDI was collected by school authorities under the supervision of Alberta Education. The analysis, other data collection and community engagement was contracted out to the Community-University Partnership for the Study of Children, Youth and Families (CUP), based at the University of Alberta. CUP built a team and in the summer of 2009, the Early Child Development Mapping Project (ECMap) began its research and community-engagement work. Community-based research, which fully engages community members, was a central aspect of the study. As with most community based research, the study used mixed methods to gather and analyze both quantitative and qualitative data.

Over the five-year period 2009 to 2014, ECMap completed the following functions:

- analyzed EDI data on more than 70,000 kindergarten-aged children at the provincial and community level, \* calculated EDI baseline results for Alberta,
- mobilized 100 early childhood development (ECD) community coalitions in Alberta,
- analyzed socio-economic status (SES) data for communities and Alberta as a whole, \* assisted coalitions in collecting information on their community resources,
- created provincial and community maps displaying EDI results and information on socio-economic status and community resources,
- studied the impact of socio-economic factors and community resources on early development, and
- built the capacity of communities to tap into local knowledge and expertise to share, interpret and respond to the data.

[This final report](#) summarizes the key findings and recommendations that have emerged from the ECMap Project. It draws on the detailed analysis described in three reports, which will all be available in the fall of 2014:

- How are our young children doing? Community profiles of early childhood development in Alberta,
- How are our young children doing? A provincial analysis of early childhood development in Alberta, and
- How are our young children doing? Children with special needs in Alberta.



Research information had to be broken down and reported by geographic areas to provide insights into how children are doing in different parts of the province and how the environments in which they are being raised are affecting their development. Data was analyzed and reported at the community level in accordance with the study's community-based focus. Community boundaries had to be established first, however. This was a particular challenge in Alberta where there are no common administrative boundaries that encompass the entire province. School districts, health zones, federal and provincial constituencies, municipalities and regional bodies overseeing the operation of programs and services at the local level (Family and Community Support Services, for example) all have their own sets of administrative boundaries.

To create boundaries that would be meaningful to the people actually living and working in communities, community members and groups were asked for their input into determining the boundaries for their community's geographic area.

Some of the following questions were considered during this process:

- What are the natural geographic dividers that separate your community from other ones nearby (e.g. highways, rivers, county lines)?
- Where do people go to access programs, services and supports? \* From how far away do people come to access the resources in your community?
- How do others define your community?

Through this process, 100 communities, or early childhood development (ECD) communities as they are known, were identified and mapped, covering the entire land area of Alberta. Many communities - 63 out of 100 - were also subdivided into sub-communities by the community members to reflect the diversity of their populations. Reporting results at the sub-community level made it possible to capture the variations that exist within communities. A total of 300 sub-communities were identified across Alberta. ([Click here for an interactive version of the community map.](#))

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### Creating Inside Out Classrooms

May 7 at The Lethbridge Lodge. Evening Presentation 7 - 9 pm. \$5 at the door (doors open at 6 pm).

In this presentation, Dr. Goldstein will specifically focus on intelligence as a shapeable concept driven by abilities that can be developed through experience. Also, discuss the critical role of executive function in helping children efficiently acquire and demonstrate their knowledge. Lastly, will specifically focus on what parents can do to help

children develop intellectual abilities and good executive function.

### **Intelligence, Executive Function and Resilience: Shaping the Forces that Define Our Lives**

May 8 at The Lethbridge Lodge. Workshop 9 am -4 pm. \$110 pre-register (doors open at 8 am).

In this presentation, Dr. Goldstein will focus on three essential forces that shape human development and adult life: intelligence, executive function and resilience. In each area he will discuss science and history, current conceptualizations and the essentials of these three phenomena, beginning with the process of educating and preparing children for adulthood as well as discussing the role these factors play in adult life. He will focus specifically on what clinicians and educators can and must do to instill belief, fuel the fire and passion within individuals, enhance focus and develop effective executive function.

[Pre-registration is required. Click here to register.](#)

Sam Goldstein, Ph.D. is an Assistant Clinical Instructor at the University of Utah, School of Medicine and on staff at the University Neuropsychiatric Institute. He is the Clinical Director of the Neurology Learning and Behavior Center.

#### **Who should attend?**

Educators, Early Educators, School Resource Officers, Academics, Parents, Caregivers, Guardians, Youth Workers, Policy Makers, Addictions & Mental Health, Health Care, Therapists, Social Workers and Counselors

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We live in a world with 300 exabytes (300 billion billion) of information, an amount that is rapidly expanding to ever greater amounts from this already tremendous level. And yet the processing capacity of the conscious mind is a mere 120 bits per second. This presents a challenge to not only our processing capacity, but also our decision-making ability:

"Neuroscientists have discovered that unproductivity and loss of drive can result from decision overload. Although most of us have no problem ranking the importance of decisions if asked to do so, our brains don't automatically do this. ... The mere situation of facing ... many [small] decisions in daily life creates neural fatigue, leaving no energy for the important decisions. Recent research shows that people who were asked to make a series of meaningless decisions ... showed poorer impulse control and lack of judgment about subsequent decisions. It's as though our brains are configured to make a certain number of decisions per day and once we reach that limit, we can't make any more, regardless of how important they are. One of the most useful findings in recent neuroscience could be summed up as: The decision-making network in our brain doesn't prioritize.

"Today, we are confronted with an unprecedented amount of information, and each of us generates more information than ever before in human history. ... Information scientists have quantified all this: In 2011, Americans took in five times as much information every day as they did in 1986 -- the equivalent of 175 newspapers. During our leisure time, not counting work, each of us processes 34 gigabytes or 100,000 words every day. The world's 21,274 television stations produce 85,000 hours of original programming every day as we watch an average of 5 hours of television each day, the equivalent of 20 gigabytes of audio-video images. That's not counting YouTube, which uploads 6,000 hours of video every hour. And computer gaming? It consumes more bytes than all other media put together, including DVDs, TV, books, magazines, and the Internet.

"Just trying to keep our own media and electronic files organized can be overwhelming. Each of us has the

equivalent of over half a million books stored on our computers, not to mention all the information stored in our cell phones or in the magnetic stripe on the back of our credit cards. We have created a world with 300 exabytes (300,000,000,000,000,000,000,000 pieces) of human-made information. If each of those pieces of information were written on a 3 x 5 index card and then spread out side by side, just one person's share -- your share of this information -- would cover every square inch of Massachusetts and Connecticut combined.

"Our brains do have the ability to process the information we take in, but at a cost: We can have trouble separating the trivial from the important, and all this information processing makes us tired. Neurons are living cells with a metabolism; they need oxygen and glucose to survive and when they've been working hard, we experience fatigue. Every status update you read on Facebook, every tweet or text message you get from a friend, is competing for resources in your brain with important things like whether to put your savings in stocks or bonds, where you left your passport, or how best to reconcile with a close friend you just had an argument with.

"The processing capacity of the conscious mind has been estimated at 120 bits per second. That bandwidth, or window, is the speed limit for the traffic of information we can pay conscious attention to at anyone time. While a great deal occurs below the threshold of our awareness, and this has an impact on how we feel and what our life is going to be like, in order for something to become encoded as part of your experience, you need to have paid conscious attention to it.

"What does this bandwidth restriction -- this information speed limit mean in terms of our interactions with others? In order to understand one person speaking to us, we need to process 60 bits of information per second. With a processing limit of 120 bits per second, this means you can barely understand two people talking to you at the same time. Under most circumstances, you will not be able to understand three people talking at the same time. We're surrounded on this planet by billions of other humans, but we can understand only two at a time at the most! It's no wonder that the world is filled with so much misunderstanding. With such attentional restrictions, it's clear why many of us feel overwhelmed by managing some of the most basic aspects of life."

Taken from *The Organized Mind: Thinking Straight in the Age of Information Overload*

Author: Daniel J. Levitin

Publisher: Penguin Group

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~~Calgary's~~ **Calgary's**  
~~to Fight~~ **to Fight** ~~to Fight~~ **to Fight**

This update re-asserts Calgary's commitment to the original vision of ending homelessness and aims to



reinvalidate our collective efforts and co-ownership of the Plan. It sets out a course of action that is both bold and achievable. The Plan lays out the roles and accountabilities we all have as stakeholders for this community effort to be successful: no one of us can do this on our own.

This update of the Plan is the result of over 24 months of consultation in community and represents the culmination of input from about 1,000 individuals across sectors and walks of life, including those with lived experience with homelessness, front line workers, academic, agency, government and private sector leaders, as well as members of the public at large.

Overall, the community's input highlighted the progress made since 2008 to build an effective system of care focused on ending homelessness that places people first. Yet, gaps remain and work still needs to be done in order to achieve our vision.

[Click here to access Calgary's Updated Plan to End Homelessness: People First in Housing First](#)

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Scientists in Alberta recognize that understanding early factors influencing children's health can profoundly change lives and society. That's why they have created what could be a world-leading child and maternal health resource:

- to help identify and mitigate mental and physical health risks occurring prenatally and throughout childhood.
- to provide insight into effective prevention and treatment.

Armed with unparalleled biological and environmental data collected from thousands of Alberta families—mothers, fathers and children followed from before birth to age three—researchers are hoping to continue building this invaluable longitudinal information to encompass a twenty year span. This long-term view takes into account that while important and complex problems may originate as early as in utero, many are detected only once children enter school or even puberty.

**Community support is urgently required for the next important phase of the project that would enable the study of children as they transition into elementary school.**

[Click here to read the full story.](#)

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By Amanda Noble, Raising the Roof

A new report, *Beyond Housing First: A Holistic Response to Family Homelessness in Canada*, is part of Raising the Roof's national Child and Family Homelessness Initiative and speaks to Housing First as a means of early intervention for families experiencing homelessness. However, while Housing First has been identified as a successful and effective approach in assisting those currently experiencing homelessness, this report aims to hold a parallel discussion of what it would mean to genuinely prevent homelessness from occurring, and how we can ensure that the systems and structures are put in place so that workers are better able to assist Housing First participants.

Research included interviews with both Housing First participants and workers from across the country. The in-depth analysis presented in this report identifies the most common barriers and challenges faced by these two groups, and provides insight for long-term solutions.

[Click here to read the full report.](#)

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