

Our Vision

Alberta is a leader in creating and mobilizing evidence to ensure the well-being of children.

Our Mission

To develop and integrate evidence to inform, identify and promote effective public policy and service delivery to improve the well-being of children, families and communities in Alberta, Canada and internationally.

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**CYDL analyzing service use of 2.1M
Albertans**



The Child and Youth Data Laboratory (CYDL) contributes to the evidence base on Alberta's children and youth by analyzing linked administrative data from Alberta's social and health ministries. This ground-breaking research approach leads to a better understanding of long-term trends and relationships, program results and policy impact across government departments. Most importantly, the studies produced in the CYDL provide evidence to better inform decision making for services and

policies that support Alberta's children, youth and families.

What is Administrative Data?

Administrative data is collected as part of the management of a ministry's services, such as payments to physicians for services, student enrollment data, classification of categories of income support recipients, type of criminal offence charge, etc. The administrative data in the CYDL's projects is anonymous and population-wide.

Experiences of Albertan Children and Youth Over Time, 2005/06 to 2010/11

The current project focuses on understanding the experiences of Alberta's children and youth as they develop. The emphasis is on service use within and across government ministries, as the service use relates to key indicators and the passing of time. Studying experiences over several years of development adds a valuable level of richness to an already ground-breaking initiative, providing detailed insight into the factors that help shape our children and youth as they develop. While this project's predecessor, Experiences of Albertan Youth 2008/09, gave us snapshots of the lives of our children and youth, the longitudinal analyses in this current project will give us videos!

The study describes the characteristics and ministry service use patterns of the population with a focus on age, sex, socio-economic status, region of residence, educational achievement, mental health, and health service use.

With great effort and support from all Alberta's partnering ministries, data from more than 20 program areas from a six-year period has been linked anonymously. The data consists of 52 million records on program service use from more than 2.1 million Albertans (0 to 30 years of age) with a total of more than 250 variables. Analysis is underway.

Child Data Centre of Alberta receiving deposits

The Centre has secured a three-year grant from an anonymous donor to further implement the Child Data Centre of Alberta (CDCA), an innovative data and research platform where research data, survey and potentially administrative data related to child and youth development, health and well-being are stored, cleaned, catalogued and managed for secondary research and policy uses.

As a first step, developmental activity is focused on the depositing of data from two large Alberta-based cohort studies, the *All our Babies* (AOB) and *Alberta Pregnancy Outcomes and Nutrition* (APrON) studies.

The comprehensive platform will include activities to increase the value of data assets deposited with the CDCA such as: metadata development, data discovery, analytic support, and knowledge mobilization.





New Centre-funded research projects

Assessing the Feasibility of an Aboriginal Community-led Health Centre in Lethbridge, Dr. Cheryl Currie

In Lethbridge, Alberta there is a community-identified need for culturally relevant treatment and prevention services, and improved continuity of care. To address these problems in other cities, a promising practice has been the introduction of a full-service Aboriginal health access centre.

These Aboriginal community-led centres provide traditional healing, primary care, cultural programs, health promotion programs, community development initiatives, and social support services. The goal of this project is to assess the feasibility of an Aboriginal Health Centre in Lethbridge by conducting a needs assessment; meeting with teams who lead Aboriginal health centres in other cities and learning from them; conducting a gap analysis to determine the technical requirements needed on a team to move forward; and, engaging the community throughout the project and at its completion to share both the process and the outcomes of this work.

Understanding Inter-generational Dependency: Examining the Intersecting Issues of Homeless Families with Complex Needs, Dr. Katrina Milaney

This project seeks to learn how women understand the complexities related to their experiences of family homelessness and violence and the influence of services and policy on their life trajectories. This study will take up multiple methods in order to examine the incidence and prevalence of inter-generational issues and systems use but also, to identify changes to service delivery and public policy to propose an effective approach. The findings will provide enough information to propose a gender appropriate model of integrated service delivery and policy alternatives to support mothers and children who are homeless in order to break long-term or repeated cycles of dependence and vulnerability.

Examining the Impact of Music Education and Afterschool Programming for Under-served Students: Piloting Tools, Measures, and Processes, Dr. Laurie Schnirer, Dr. Holly Stack-Cutler, Ms. Alyssa Paterson

Although many studies have examined the cognitive impacts of music learning, there is a scarcity of research on understanding the impact of music instruction on social and emotional skills for children in general, and for under-served students, their families and community, in particular. As a preliminary step in developing a program of research on tracking the long-term outcomes of engagement in an intensive socially-focused music education program for under-served students, their families and community, in this pilot study the team will pilot tools, measures, and processes suitable for longitudinal tracking of student, family, and community outcomes; and, build collaborative, multidisciplinary partnerships with community and university partners, funders, and policy and decision makers. The team will administer psycho-educational measures with 60 students (grades 2-5), conduct focus groups with parents/caregivers (~30), classroom teachers (~10), and volunteers (~10), and interview teaching artists (~10). The outcome of this pilot will be to submit a high-quality grant proposal to secure funding to conduct a cohort longitudinal research study.

Findings from Centre-funded research projects

The Health and Well-Being of Children and Families of Temporary Foreign Workers : A Pilot Stakeholder Consultation, Dr. Bukola Salami

Access the [Final Summary](#)

Evaluating the effectiveness of neuromuscular training in decreasing the risk of sport and recreational injuries and improving healthy outcomes in junior high school students, Dr. Carolyn Emery and Dr. Brent Hagel

Access the [Lay Summary](#)
Access the [Executive Summary](#)
Access the [Full Report](#)

Working with and engaging marginalized youth and families to make positive changes, Dr. Yoshitaka Iwasaki

Access the [Lay Summary](#)
Access the [Executive Summary](#)
Access the [Scientific Report](#)

Understanding depression among pregnant Aboriginal women: a constructivist grounded theory study in the city of Calgary,
Dr. Wilfreda Thurston

Access the [Lay Summary](#)
Access the [Executive Summary](#)
Access the [Full Report](#)

Conceptualization of Antenatal Anxiety: A Synthesis Review and Meta-analysis,
Dr. Hamideh Bayrampour, and Dr. Suzanne Tough

Access the [Lay Summary](#)
Access the [Executive Summary](#)

Early Transition Award ~ **Conducting CBR with Vulnerable Populations: An examination of considerations, challenges and best practices**, Dr. Holly Stack-Cutler

Access the [Lay Summary](#)
Access the [Executive Summary](#)

Dose-Response Relationships between Physical Activity, Sedentary Behaviour, and Neurocognitive Development among Children of the Early Years, Valerie

Access the [Final Report](#)



Centre nears completion of its strategic outcomes for 2015/16

The project *Experiences of Albertan Children and Youth Over Time, 2005/06 to 2010/11* will produce new knowledge that will be disseminated widely and embedded within the knowledge management strategy of Alberta's child-serving ministries.

Alberta researchers will soon be depositing their data into The Centre's Research Repository and new projects will be initiated using that same data.

The Centre's model for capacity building will be articulated and embedded in all large-scale initiatives undertaken and supported by The Centre.

The Centre's Research Impact Assessment matrix will be tested and implemented.

The Centre's Evaluation Quality Assurance Framework will be designed and used to guide assessment of all evaluation projects submitted to and managed by The Centre.

Edmonton Homelessness Research Symposium: Mobilizing Data and Research for Action on Homelessness

February 17, 2016



The Research Symposium is open to a broad base of practitioners, service providers, community stakeholders, policy-makers, and researchers. Participants can attend the morning, afternoon or full day in person or through webcast from a laptop, computer, smartphone or tablet.

Morning Session (8:30 to noon): *Using Data to Shape Efforts to End Homelessness*

Agencies will present data they collect and how these datasets can be accessed to conduct research that helps to end homelessness.

This session will be of use to:

- Researchers looking for new and extensive data sets
- Researchers interested in homelessness issues
- Civil servants whose departments serve homeless populations, especially those looking to collaborate with other departments and agencies
- Homeless-serving agencies looking to share or combine data

Afternoon Session (1 - 4:30 pm): *Using Community-Engaged Research to Drive System Change*

Moderated panel discussion will explore approaches to assure community-engaged research drives system changes to ending homelessness. Panelists will include researchers, frontline workers, and individuals with lived or living experience of homelessness.

This session will be of use to:

- Frontline workers from community agencies who serve individuals experiencing or at-risk of homelessness
- Researchers interested in homelessness issues
- Policy and decision makers

Registration closes February 10, 2016. [Click here](#) for event details and registration.

This event is hosted by Homeward Trust and sponsored by The Alberta Centre for Child Family and Community Research.



Supporting Every Student Learning Series launched

Managed by The Centre, this new series supports Bill 10 and creating the environments necessary for students to feel safe and secure and able to learn (and complete high school).

With funding provided by Alberta Education, the series focuses on topics related to evidence-based strategies in supporting all students at being successful.

The series will also address the outcomes of the cross-ministry work of Human Services, Health, and Education to build system capacity for learning environments that are welcoming, caring, respectful, and safe and collaborative systems.

Sessions include conversation guides so teams can discuss how the evidence and perspectives provided can be applied to their school environments. Within each topic area are three to four 15-minute, stand-alone talks that provide the evidence on the topic and the perspectives of the districts, boards and schools.

[Click here to access the completed sessions and their conversation guides.](#)

Brain Development

with Dr. Nicole Sherren, Scientific Director, Palix Foundation

- How to Build a Brain: The effect of early experiences on lifelong learning and health
- The Biology of Early Adversity: The effect of early experiences on lifelong learning and health
- Outcomes Associated With Early Adversity: The effect of early experiences on lifelong learning and health

Effects of Bullying on Children

with Dr. Tracy Vaillancourt

- Examining links between bullying and mental health and examining their temporal sequence
- Explaining heterogeneity in mental health outcomes
- Explaining why bullying hurts so much
- Discussing what can be done to reduce bullying

Supporting Refugee Students

with Roxanne Felix-Mah, Kathleen Jensen and Christine Oliver

- Session 1 - Understanding Refugee Populations: Key Considerations for Educational Environments
- Session 2 - Creating welcoming and caring environments for refugee students and their families
- Session 3 - Practical Ideas for Helping Refugee Students Integrate into the School Setting

Future Session Topics

- Trauma Informed Practice
- Collaboration
- Whole School Approach
- Restorative Practices
- Interpreting Data

Tools to support ending cyberbullying

A systematic review was conducted on the use of social media and its association with pediatric mental health by Lisa Hartling and Mandi Newton. Based on the literature that was available, two reviews were undertaken; one on the impact of cyberbullying and one on how youth who self-harm use social media.

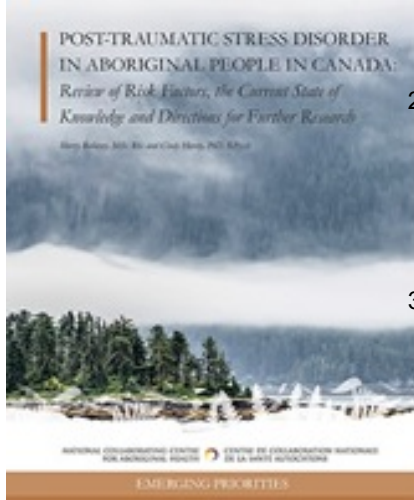
Knowledge mobilization tools for the public and service providers were developed to disseminate the findings from the first project focusing on cyberbullying. These include infographics and sample tweets. The Centre encourages its stakeholders to use these tools in their work to end cyberbullying.



National Collaborating Centre on Aboriginal Health produces mental health series

As part of a mental health series produced by the National Collaborating Centre on Aboriginal Health (NCCAH), authors Sherry Bellamy and Cindy Hardy explore post-traumatic stress disorder (PTSD), anxiety and depression among Aboriginal peoples in Canada.

1. The first paper entitled Post-Traumatic Stress Disorder in Aboriginal People in Canada: Review of Risk Factors, the Current State of Knowledge and Directions for Further Research, indicates that Aboriginal people in Canada are more likely than non-



Aboriginal people to experience traumatic events in their lifetimes including historical, collective and individual trauma.

2. The second paper, *Anxiety Disorders and Aboriginal Peoples in Canada: The Current State of Knowledge and Directions for Future Research*, reviews the limited but relevant literature on anxiety and Aboriginal peoples in Canada. The paper concludes with a listing of resources for Aboriginal peoples seeking help for and/or information about anxiety.
3. The third paper, *Understanding Depression in Aboriginal Communities and Families*, provides a brief outline of symptoms of depression, followed by a discussion of depression across cultures and the known prevalence of depression among Aboriginal peoples in Canada.

All three papers in this series call for more research in a number of areas related to mental health and Aboriginal peoples. The following areas are identified as in need of further investigation:

- the prevalence, stressors, risk factors, and health implications of PTSD, anxiety and depression;
- the cultural factors that foster resilience in Aboriginal communities; and
- the opportunities for interventions that honour Aboriginal holistic values and traditions, promote resilience, heal families and communities, improve collective health and well-being, and reduce environmental factors that perpetuate trauma within communities.

SAVE THE DATE
National Mentoring Symposium 2016
Mentoring: Catching Fire
November 2 - 4 Rimrock Resort,
 Banff, Alberta

Registration opens
March 1, 2016

Thank you to our generous sponsors who
 have made this event possible.

www.nmseven.com

Go to <http://nmseven.com> for up-to-date information.



Save the date ~ Alberta Early Years Conference is October 3-4, 2016

The information from neuroscience is informing and changing our practices in profound ways. As we continue to learn about brain development, how do parents, professionals and policy makers sift through all this information and discern what really matters in

early childhood?

How do we then take this knowledge and make informed decisions about our practices and policies? How as a community can we support each other to make the changes that really matter for our children? In this two-day conference, what really matters for the young children in our lives will be explored.

Research Watch

Over-representation of Aboriginal children in out-of-home care: Effects of agency-level variables

Data from the Canadian Incidence Study of Reported Child Abuse and Neglect (CIS) have shown that Aboriginal children are over-represented in out-of-home care; this study examines the effects of agency-level variables on the over-representation. A consistent predictor found in earlier studies has been the proportion of investigations at an agency involving Aboriginal children; this study is a further exploration of the relationship, using previously unavailable organizational variables from CIS-2008.

To read the full article, please visit the [Research Watch archive](#).



Prairie Child Welfare Consortium: Save the date ~ October 26-28, 2016

Imagining Child Welfare in the Spirit of Reconciliation: This symposium, hosted in Winnipeg, Manitoba, will feature promising practices in service delivery, program development and policy making to effectively support vulnerable children, families and communities. The consortium is also seeking proposals. The deadline for submissions is April 30.

[Learn more](#)

CHANGE IN DATE!



Brain Development and The Significance of Trauma

NEW DATE is March 16, 2016 – 9 am - 11:30 am
WAS February 10, 2016

You and your team are encouraged to participate together in person (Edmonton) or via live webcast (anywhere).
\$50 per person. Group discounts are available.

With presenter Katie Statman-Weil, participants will learn about the frequency of traumatic events in early childhood and how these traumas influence brain development, attachment patterns, and school success. Discussion will focus on practical skills to use to best support children who have experienced trauma.



Alberta
Government

Thank you to our generous
sponsors who have made
this event possible.

www.albertaearlyyears.ca



Go to <http://albertaearlyyears.com/learning-series> for up-to-date information.



48th Banff International Conference on Behavioural Science

Challenges and Emerging Opportunities

March 20 to 23, 2016 Banff, Alberta, Canada

[Click here for more information.](#)

To register, please visit <http://webman1.psych.ubc.ca/banffconf/>
Early bird deadline is February 19, 2016



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