

**Pillar Meeting - Families are Strong, Stable and Connected (FSSC)
February 22, 2016 – Pathstone Mental Health**

Attendees: Lorrey Arial Bonilla, Tracy Belcastro, Jeff Biletski, Amy Brunning, Donna Dalgleish, Tammy Dolinski, Carolyn Fish, Celine Grandbois, Tiffany Grant, Doreen Hill, Katherine Martin, Susan Robbins, Karina Armstrong (recorder)

Regrets: Angela Alderson, Sandra Noel, Stephanie Tukonic

ITEM	DISCUSSION	ACTION
Welcome and Review of Minutes	<ul style="list-style-type: none"> - January 25, 2016 meeting minutes were reviewed and approved without change. - Dr. Catherine Hands from Brock University will be joining the FSSC table after D. Harwood sent an open invitation to Brock University Faculty. The chairs ask that if anyone believes there should be a member from another organization to please bring it forward to them. 	
StoryWalk® Project Planning	<ul style="list-style-type: none"> - The table reviewed the StoryWalk Brainstorming Chart for update. The table added an Evaluation category which will be filled in as the work plan is developed, and the objectives were further refined. See Updated Chart Here. - The table discussed that other Pillars may be willing to help support and leverage the StoryWalk expansion plans. The StoryWalk concept was presented at the Niagara Emergent Literacy Consortium by D. Dalgleish and L. Shtern. The table discussed including reflective questions to prompt dialogical reading and to provoke thinking outside of the story, family engagement, and making more connections with nature rather than Parent Knowledge and Engagement Study (PKES) messages. The table added this theme under Signage Development in the StoryWalk Brainstorming Chart. 	J. Biletski will connect with Sandy Dupuis about refining Key Measures
Triple P Promotion Strategy Discussion	<ul style="list-style-type: none"> - J. Biletski gave an overview of the Triple P program. He explained that it is an evidence-based parenting program that provides parenting strategies in a positive fashion. When Triple P was initiated in Niagara, community members were trained in the Triple P program, and Niagara Region Public Health is currently managing the resource part of it. The free courses are 8 week sessions for parents of children ages 2-12 years, parents of teens, and there are other seminars and offerings addressing parenting topics. There is now an opportunity for an independent online course that can be completed with practitioner support, at a cost of \$75. Feedback for this online course has been positive, with evidence that parents are seeing change with this intervention. - J. Biletski stated that, while training in Triple P is not currently being offered, Niagara Region Public Health may look to grants or other agencies to fund more training in the future. They are working on offering Triple P in French for the francophone community as well. J. Biletski opened the table up to discussion for a collective strategy to bring more awareness of Triple P to the Niagara community as it is underused. Most people in Niagara do not know about the program. Newer members to this sector also may not be as aware of Triple P, and perhaps there is an opportunity there to increase use. - The table discussed that the main issue may be the commitment to so many weeks for parents of busy families. Some parents may need the more intensive program, however some parents may benefit from a 2 weekend 	

ITEM	DISCUSSION	ACTION
	<p>program as time can be a barrier to course completion. Program evaluations have shown that it is hard for parents to commit to 6 in-class sessions. The online pilot from the last 6 months showed about 90 participants, and from pre- and post-evaluations, it is clear they are getting the support they need. The online course meets their life circumstances, but that face-to-face element is missing. J. Biletski will bring evaluation data to the next FSSC meeting for discussion.</p> <ul style="list-style-type: none"> - The table discussed the barrier of stigma associated with participating in Triple P, and how the relationships with providers can influence a parent’s decision to try the program. For instance, families may feel more comfortable joining if nurses and other community partners they personally know are directly involved as facilitators. Otherwise, there may be the stigma that only bad parents are those who participate in Triple P. It was discussed that word-of-mouth may be the best marketing strategy to encourage parent participation, through organizing events like a weekly school session which could lead to that verbal encouragement between parents to join. The table also discussed providing an incentive for completing the program to encourage completing the program. - J. Biletski inquired as to whether the table has an interest in supporting the development of a Niagara Parenting Strategy to help providers meet the needs of parents in the Region. FSSC will continue discussing Triple P and determine how a Niagara Parenting Strategy would align with it. The NCPC Research Group could assist in an environmental scan prior to designing a Niagara Parenting Strategy. Student involvement would also add value to this task. It was suggested that a student of Dr. Madeline Law could be recruited to conduct work as a research project in public health. - It was suggested that a quarterly update of Triple P class schedules would allow other community partners to help promote sign-ups and maintain attendance levels, therefore reducing attrition through the year by limiting registration to a certain time ahead of each class. <p>Next Steps for Discussion:</p> <ul style="list-style-type: none"> - Determine how a Niagara Parenting Strategy would align with Triple P - Conduct an environmental scan to determine community needs for a Niagara Parenting Strategy, researching best practices that other areas have adopted. 	<p>J. Biletski will bring evaluation data to a future FSSC meeting for discussion.</p> <p>Further discussions to take place regarding completing an environmental scan prior to designing a Niagara Parenting Strategy</p>
Niagara Fathering Network	<ul style="list-style-type: none"> - The Niagara Fathering Network (NFN) had its first meeting a couple months ago. J. Biletski will share NFN meeting minutes to the FSSC table and any updates the Pillar would benefit from knowing. FSSC members are welcome to sit at the NFN table if any are interested. 	
Infant Mental Health	<ul style="list-style-type: none"> - T. Belcastro stated that in the fall, 18 community agencies sat with Chaya Kulkarni from Infant Mental Health Promotion at Toronto Sick Kids Hospital in a collaborative approach to embed the science of Infant Mental Health and enhancing Infant Mental Health services in Niagara. Once the Community Report was completed, the Niagara Infant Health Committee developed a goal tracker which helps the committee to focus on completing Short and Long Term for Opportunities for Organizational Policies and Practices. Knowledge Building for Professionals was one 	

ITEM	DISCUSSION	ACTION
	<p>task. FSSC Committee discussed holding training on the influences on child development, including risk and protective factors. Strive Niagara and ECCDC will look to mobilize this.</p> <ul style="list-style-type: none"> - J. Biletski offered to share a helpful video of a lecture on “Early Experiences Elevate Education” by Dr. Dipesh Navsaria as it ties these issues together. Click Here to Watch. - C. Fish also offered to share a helpful video on “First Impressions: Exposure to Violence and a Childs Developing Brain.” Click Here to Watch. - The Pillar will continue to discuss strategy in future meetings. 	
Round Table Sharing of Upcoming Events for Parents, Service Providers	<ul style="list-style-type: none"> - The March 21st meeting will be moved to March 14th - On March 15th, D. Dalgleish will present StoryWalk to the Club of Niagara Falls. - Next meeting will involve finalizing the StoryWalk planning in preparation of writing a grant proposal. - The April meeting will be devoted to prioritizing parking lot items and current projects so the table has a clear path to guide our upcoming discussions and activities. 	
Parking Lot	<ul style="list-style-type: none"> - Children See, Children Learn - Family Charter Next Steps - Parent Knowledge Surveys Key Messages 	
FUTURE MEETINGS	<p>All meeting, unless otherwise noted, are from 2:00pm to 4:00pm in Pathstone Mental Health’s Community Room</p> <p>Monday March 14, 2016 Monday April 25, 2016</p> <p>Monday May 30, 2016 Monday June 27, 2016</p>	

StoryWalk Expansion Strategic Project Planning

- Linkages to NCPC Vision**
- Keeping children safe, healthy, learning, and supporting their families
 - Increase face-time, decrease screen-time
 - Positive interactions, connect
 - Minimal engagement with each other leads to disconnection
 - Introducing families to community resources and information
 - Connecting children and families to the community

- Linkages to FSSC Vision**
- Supported by their community which can honour diversity

Objectives	Key Measures
1. To provide opportunities for families and children to build strong and nurturing relationships with one another.	Number of opportunities Testimonials / snap shot surveys – demographics / intergenerational
2. To provide opportunities for families and children to engage in physical activity together outdoors within naturalistic environments.	Number of outdoor /naturalistic experiences Testimonials / snap shot surveys
3. To increase families and children’s awareness and connection to Niagara’s early learning programs	Number of opportunities Testimonials / snap shot surveys
4. To increase families and children’s early literacy skills.	Number of opportunities Number of books / dialogic reading cues Testimonials / snap shot surveys

- Circulation of Kits**
- Who is requesting kits? The public? Organizations?
 - Who gets access to borrow, who would want to borrow them?
 - Schools, OEYC, FSP, parks-n-rec, YMCAs, service clubs, churches, libraries, child care centres
 - any of these could lead the new StoryWalk location and negotiate for the signs to be put up
 - There should be one central location
 - Any fee for request?
 - Consider returns, vandalism, other costs
 - Delivery Company donation
 - Should membership be necessary for circulation?
 - There’s almost a guarantee parts will go missing, extra copies will be needed
 - Schedule Development would be needed to loans
 - Coordinate through libraries (use their currier system), pick up and drop off at libraries
 - Point person needed to provide list of supplies and set-up guide, tips and tools for setting up kits
 - Concern if need a point person at the libraries, we would be dependent on no turn-over in staff
 - ECCDC could hold onto them as an organization instead of a specific person
 - Back up funds? Inter-library loans?
 - Educational piece for borrowing
 - Contact from Ottawa group for insight on sharing kits
 - Hybrid idea (Boston and Ottawa models) of hosting a couple and lend them out

- Signage Development**
- Contact high schools to build wooden signs (class project)
 - Need to test different signage methods, prototypes
 - “What is a StoryWalk?”... “How to do it”.... for people who don’t know what it is
 - Promote Parent Direct, survey to provide feedback?
 - Incorporate Pillar key message goals for families (a parenting tip or message with each page, or activity, something to add to the pages even though we can’t alter the pages of the book)
 - Create dialogical cues under story pages (e.g. what else can you see?)

- Fund Development**
- Contact other service clubs regarding funding, local business and golf courses
 - Donation box at the end of StoryWalk locations
 - Private sector, Coles, Chapters, etc.
 - Can count under Healthy Kids Community Challenge for each municipality
 - Extra funds lost/damaged kits will be needed
 - Sponsor a kit/page
 - Amy Brunning has offered to assist with a grant proposal through Heartland Forest

- Marketing**
- Nature Passports with outdoor “missions”, post online registration on Parent Direct website
 - How to market events where vulnerable families feel comfortable to attend?
 - Hold an event with free food to launch new locations
 - Family Day event next year

Evaluation

- Site Selection Criteria**
- Would we like a system at sites for statistics collection?
 - Free and accessible for all
 - Outdoor accessibility for wheelchairs, strollers
 - Fort Erie Sugar Bowl pathways
 - High traffic areas (many visitors, busy parks)
 - On a bus route or other accessible transportation nearby
 - Someone also suggested having a StoryWalk inspired ad inside busses
 - Put it out, “call for proposals” challenge
 - Whisky Run golf course
 - School Playgrounds
 - Bus trips
 - Rotating Pop-Ups for short-term locations
 - Locations fit for spooky, nighttime StoryWalks for older kids

- Key Target Groups**
- Children ages 0-12 and their families
 - Vulnerable sector
 - Early learning and child care sector (playgrounds)
 - YMCA
 - French community
 - Working families
 - Hope centre? Community Cares, ROFC? COPE
 - Native Population
 - Schools, playgrounds
 - Big Brothers, Big Sisters

- Book Selection Criteria**
- Look at book selection from RCEYNLA
 - A mandatory requirement could be that all books must do with nature in some way
 - Seasonally themed stories
 - Books that win the literary award
 - Books that appeal to variety of ages
 - Book props or costumes to be used along the way
 - Books need to be large size trim (large pages since we can’t enlarge them ourselves)
 - Books should be good and fun, not message books
 - Books should fit the environment
 - Number of pages and amount of text per page should be considered
 - Incorporate a game or scavenger hunt with drawings with crayons at each posted page
 - Beautiful illustrations and large print
 - Diversity of books
 - Aboriginal themes
 - French community
 - Fun books

- Project Parking Lot:**
- Including FSSC Pillar Key Messages as Objectives