

MEETING MINUTES
December 7, 2018, 9:30 a.m.–noon
Edelbrock Centre

Attendance: Lori-Jane Del Medico, Michi Motomura, Susan Wynes, Lara MacQuarrie, Gina Marion, Jane Hall, Laura La Rocca, Andrea Roberts

Guests: Lisa Taylor, Jen Kirkham

Regrets: Jennifer Moore, Pamela Martindale (retired), Liz Robson (mat leave), Sue Steer, Darla Fraser, Karine Barrass, Sherry Abdel-Messih, Jenny Marino, Laurie Rooney, Bridget Fewtrell, Sylvie Gravelle, Sharon Doherty, Sue Steer, Rita Isley

Chairperson:
Lori Jane Del Medico

Minutes:
Laura LaRocca

Item	Discussion	Action	Person Responsible
Welcome			
Agenda and Minutes	Approved		
Treasurer's Report	<i>Deferred to the next meeting.</i>		
Moving on Mental Health / Special Needs Strategy	<i>Deferred to the next meeting.</i>		
Ministry of Children, Community and Social Services	<i>Deferred to the next meeting.</i>		
Ministry of Education Update	<i>Deferred to the next meeting.</i>		
Ensuring School Success	<p><i>Jenny—update provided by email.</i></p> <ul style="list-style-type: none"> • Latest development is that Brenda Kenyon and Jenny both spoke to DCAFS staff about attendance protocols and supports in schools (including new positions hired in both boards). 		

**Mental Health,
Substance Misuse
and Addiction
Prevention
(MHSMAP) Action
Group**

Michi—updates provided by email.

Stress Lessons Pilot Program and Evaluation

Background

The MHSMAP Action Group is overseeing the implementation and evaluation of the Stress Lessons pilot program that aims to help Grade 7 students understand and manage stress in their lives. The program was developed by the Psychology Foundation of Canada and is called “From Stressed Out to Chilled Out”. The program consists of seven in-class lessons that link to existing curriculum and is delivered by teachers as part of everyday classroom activities. Students will learn self-awareness, coping strategies, responsible decision-making, social awareness and relationship skills. You can learn more about the program at <https://psychologyfoundation.org>.

What has happened so far?

- We received ethics approval from UGDSB and WDG Public Health for the pilot program and evaluation
- We recruited six Grade 7 teachers from three schools (Centennial Hylands, Parkinson Centennial, Princess Margaret) to implement the Stress Lessons curriculum in their classes
- The Psychology Foundation of Canada delivered Stress Lessons training in October to the teachers who are implementing the program
- We administered baseline surveys to the Grade 7 students at each of the three schools who will be receiving the Stress Lessons program
- The baseline surveys are measuring three main things: perceived stress, coping strategies, and responsible decision-making

Next steps

- Two of the three schools will be implementing the Stress Lessons curriculum over the next 3 months (the 3rd school will be delaying their implementation of the program until Feb. in order to have a comparison group)
- In early February 2019, we will re-administer the same student surveys to all students who did the baseline survey after Stress Lessons has been implemented in 2 of the 3 schools
- In the Spring 2019, we will be conducting focus groups with the teachers who implemented Stress Lessons

<p>Parental Support and Developmental Awareness (PSDA) Action Group</p>	<p><i>Michi—updates provided by email</i></p> <p>Implementation and Evaluation of The Dufferin Basics</p> <p>Background</p> <p>The PSDA action group is leading the implementation and evaluation of The Dufferin Basics. The Basics are five evidence-based parenting principles that encompass much of what experts find is important to promote child development and foster school readiness: 1) Maximize Love, Manage Stress; 2) Talk, Sing and Point; 3) Count, Group and Compare; 4) Explore through Movement and Play; and 5) Read and Discuss Stories. Each principle is captured in a series of online videos and resources aimed at parents or caregivers of children ages zero to three (https://dufferin.thebasics.org).</p> <p>What has happened so far?</p> <ul style="list-style-type: none"> • An online survey was administered to parents/caregivers of children ages 0 to 3, to find out how much parents in Dufferin knew about the parenting principles of The Basics. <ul style="list-style-type: none"> ○ Overall, parents had a good baseline knowledge of the parenting concepts that are covered in The Basics ○ A summary report of the parent survey findings is being prepared and will be available by the end of December 2018 • Three focus groups were conducted to assess parent reactions to one of The Basics' videos <ul style="list-style-type: none"> ○ Overall, reactions were highly positive to the video ○ The most common comments were that the video was simple and easy to understand • Staff presentations of The Basics were given to WDG Public Health Nurses (Healthy Babies, Healthy Children, prenatal, breastfeeding clinic) and DCAFS <p>What are the next steps?</p> <ul style="list-style-type: none"> • EarlyON Centers will begin integration of The Dufferin Basics into their programming in January 2019 • We will be following up with WDG public health and DCAFS with any support they need for implementation of The Basics for 2019 		
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DUFFERIN COALITION FOR KIDS

<p>PSDA Funding Request</p>	<p><i>Michi</i></p> <ul style="list-style-type: none"> • Dufferin Basics videos are not currently closed-captioned. This would cost \$500 USD (approx. \$664 CDN) and would allow use in waiting rooms, etc., where volume is a concern. • We are running low on books. 250 additional books (125 infant and 125 toddler) would cost \$670. • Total funding request is for \$1334 • This request is pending review by the PSDA meeting on December 13. 	<p>Approved pending review by PSDA action group.</p> <p>Funding request is attached with the minutes.</p>	
<p>Professional Development Opportunity</p>	<p><i>Lisa Taylor</i></p> <ul style="list-style-type: none"> • There has been an explosion of students with behavioural issues related to self-regulation, resulting from extreme, excessive stress. • Dr. Stuart Shankar says “There is no bad kid.” • Behaviour is communication. • Systemically, we have viewed behaviour as “good” or “bad,” and we want to change that lens. • In Dufferin County, the reframing piece is big. There was a self-reg symposium last year. Dufferin has been part of a research project: If you teach educators in the science of reframing, will that change how they teach, and thus change the trajectory to change children’s lives? • The County of Dufferin is bringing in Susan Hopkins, who works closely with Dr. Stuart Shankar at the Mehrit Centre, on Thursday April 4, 2019. Two sessions 2 to 4 and 7 to 9. 	<p>What Is Self-Reg video: https://www.youtube.com/watch?v=hOIV_kNYAYA</p> <p>Save the Date: Thursday, April 4, 2019 Two sessions: 2:00–4:00 p.m. 7:00–9:00 p.m.</p>	
<p>DuCK Website Relaunch</p>	<p><i>Jane / Laura</i></p> <ul style="list-style-type: none"> • After the successful redesign of the MyDufferin site, the Communications Committee turned our attention to the main DuCK website. We surveyed the DuCK membership to see if they used the website and how, what features they liked, and what they didn’t. • The Communications Committee—mainly Anna Vanderlaan—worked on a redesign that would meet DuCK’s needs. It is now live. 	<p>Presentation is included in the minutes.</p> <p>Please review and share the website and let us know if you have any suggestions for changes or additions:</p> <p>https://www.dufferincoalitionforkids.ca/</p>	

<p>Results of County of Dufferin Caregiver and Service Provider Survey</p>	<p><i>Jen Kirkham</i></p> <ul style="list-style-type: none"> • What ideas do you have for potential areas of focus for EarlyON Centres over the next 5 years. • Province now requires a 5-year plan from municipal service managers. The County has done them for some time. • Year 1 focus of transition to EarlyON Centres. Addressed some areas prior to year 1. Parents are not allowed to leave site under EarlyON and the other area was prenatal. Programs started after birth, and now they are partnering with other agencies. Working on Program Statement. Why are we here? What is our purpose in the community. They looked critically at all the bits and pieces of what they did historically and comparing to the program statement. Modernizing as they go. • Survey has not closed yet. Statistics are as of yesterday (December 6). 	<p>Presentation is included with the minutes.</p>	
<p>2019 Meeting Dates</p>	<p style="text-align: center;">2019 meeting dates:</p> <p style="text-align: center;">Thursday February 7 9:30 am–11:30 am Thursday April 4 9:30 am–11:30 am Thursday June 6 9:30 am–11:30 am Thursday September 5 9:30 am–11:30 am Thursday November 7 9:30 am–11:30 am</p> <p style="text-align: center;">Edelbrock Centre 30 Centre Street, Orangeville</p>		