

Handle With Care





Why HWC?

It is ----

- Evidence based with evaluations indicating positive effects on participants' mental health. (flourishing)
- Self care and wellness practices improved significantly in parents and continued to improve over the life of the project.
- Parents reported more positive feelings about their lives; gained confidence in parenting practices and increased positive feelings about their relationships with their children.

Simply Put...

Handle with Care Works



It is

- accessible to any parent or caregiver
- culturally adaptable
- compatible with current strategic plans focusing on wellness, prevention and early intervention

And it

- brings hope, encourages resilience and breeds optimism in daily life.

Guiding Principle...

The program is a set of simple interactive strategies designed for parents, grandparents, educators, and other caregivers to promote *social and emotional well being* of children of all ages, every day!



The Handle With Care Program ---

- Is for anyone who cares for & works with children and youth.
- Is one that celebrates parenting and care giving.
- Recognizes the value of every parent, child, caregiver, youth worker & educator.



Self Care: Key to Program

Self care is part of every session

Meaning

Care of the Mind, Body & Spirit!



Handle With Care



Key **BUILDING BLOCKS** of children's mental health: (of anyone's mental health.)

1. Building Trust and Attachment
2. Building and Enhancing Self-Esteem
3. Expressing Emotions
4. Relationships With Other Children



Building Block 1 Ada.m4a



Building Block 2 matthew.m4a



Building Block 3 Zaneta.m4a



Building Block 4 Zoe.m4a

Embraced by different cultures



- Today, Aboriginal, Francophone and Anglophone Communities embrace Handle with Care throughout PEI.
- We are happy to report it is also expanding in communities across the Maritimes.



History

2002

HWC began in 2002 with

Collaboration between the National Office of **Canadian Mental Health Association & Hincks – Dellcrest Centre in Toronto** which produced two products:

1. “Strategies for Promoting Mental Health of Young Children in Community Based Child Care.”
2. Resource book for early childhood educators drawn from evidence based practice in promoting mental health in child care settings.



History

2004-2011

- Launched a **national training initiative-discussion** with all provinces and the Yukon territory.
- Began with **Early Childhood Educators** re best practices to support the social/emotional well-being of children in licensed care.
- Evaluated(PEI, Ontario, Manitoba and Yukon): increase in confidence, skills, relationship building, and reported parents thriving, even those with known mental health concern .

History

2012- Present



- **Branched out from Pilot Areas** to all of Canada, especially in Atlantic Canada.
- **Expanded in method**, i.e. both Group and Individual delivery, and within **type of agency**: family resource centres, early years centres, public health programs, parent support workers, preschool resource programs, mental health programs, schools, family violence prevention programs and, most recently a grandmothers group providing full time care for grandchildren.

Today...

Still learning: new research

- **Qualitative research:** pre; post & follow-up interviews
- **Innovative Practice:** dads, grandmothers,
- **Program upgraded:** based on research findings; ie self care; self regulation; activities.



Growing the Program: Process

- Provincial Advisory Group- influence policy
- **Movers & Shakers/Champions-** rooting program
- Mentoring- 1:1 & facilitator gatherings
- **Facilitator and Master Trainers in each Province**
- Social Media- keeping the conversation alive
- **Commitment to ensure sustainability**

Growing the Program:

2015-2016 Results in Atlantic Canada



PEI	Nova Scotia	Newfoundland	New Brunswick
-100 Facilitators in 2 languages	-40 Facilitators in 2 languages	-38 Facilitators	-Training Facilitators
- 180 Families + Fall Programs	- 118 Families + Fall Programs	- Fall programs expected.	-20 Families + Fall Programs
-4 Master Trainers in 2 languages	-2 Master Trainers	-Developing Master Trainers	- Developing Master Trainers
-PEI Growth, Research & Provincial Advisory Group	-ECE growth -Developing Provincial Advisory Group	-ECE growth -Developing Provincial Advisory Group	-CMHA & Aboriginal Network- working to develop

The Goal!

**Our overarching National Goal
is this.....**

HWC will be gain sustainability
and become
an integral part of the Wellness Strategy
in each province and territory.

**This is what we are working towards!
We invite you to join us in this quest.**

Comments? Questions?

Thank You!

