



2015

19th Annual
BCAPOPOP
Conference &
Annual General
Meeting

October 27 - 29

*Embracing Diversity and
Celebrating Inclusion*



Leadership, support and advocacy for pregnancy outreach programs throughout British Columbia

General Information

Hotel

Radisson Hotel Vancouver Airport

8181 Cambie Road
Richmond BC V6X 3X9

<http://www.radisson.com/richmond-hotel-bc-v6x3x9/bcvanair>

Parking

Complimentary parking for all overnight guests and attendees.
Use parking lot at the front of the hotel or Level 2, 3 or 5 (Blue Zone only on Level 5) in the President Plaza Parkade. Please DO NOT park in the Red Zone on Level 5 or at the T&T Supermarket or Yaohan Shopping Centre.

Level 2 & 3 will have 2 hour and 3 hour parking limits posted; please ignore these limits as the Radisson will not be monitoring the parking lot during the conference days and all day parking is permitted in the above mentioned places.

Transit

- Aberdeen Station, Canada Line
- Airport shuttle available

Reservations

Call the hotel and book a room for the British Columbia Association of Pregnancy Outreach Programs Conference and reference: BC PREGNANCY OUTREACH PROGRAM.

Conference rate: \$119/night + applicable taxes

Rooms will be held at our special conference rate until September 26th. All guestrooms are fully renovated and include complimentary wireless high-speed Internet access, LCD flat panel TV, sleep number bed, coffee maker, security safe, iron & ironing board.

To make your reservation

Call 604.276.8181 or visit <http://radisson.com/BCAPOP2015>

Registration Information:

For questions about registration, please contact Jennie Hoffman at 604-251-1225, ext 225 or jennie@froghollow.bc.ca

Target Audience

Anyone interested in Maternal/Child Health within the context of marginalized and vulnerable families:

- Outreach Counsellors
- Registered Dietitians
- Doulas
- Policy Makers
- Educators
- Family Support Workers
- Social Workers
- Midwives
- Indigenous Organizations
- Psychologists
- Registered Nurses
- Addictions Counsellors
- Physicians
- Students

Please note: Conference presentations are intended for a mature audience. In order to protect children from exposure to potentially sensitive content and to respect the experience of conference delegates, children over 6 months of age should not attend the conference. Please contact conference planners to discuss options.

Support



First Nations Health Authority is recognized for their financial support in planning this event.



Frog Hollow Neighbourhood House is recognized for their assistance in planning this event

Schedule

Day 1: Tuesday, October 27, 2015

Time	Event	Topic	Speaker
8:00am – 9:00am	Registration & Breakfast		
9:00am - 9:15am	Welcome & Elder Opening		
9:15am – 10:45am	Keynote	FASD: Normalizing Discomfort and Creating Comfort	Diane Malbin
10:45am – 11:00am	Nutrition Break		
11:00am – 12:30pm	Keynote	FASD: Normalizing Discomfort and Creating Comfort	Diane Malbin
12:30pm – 1:30pm	Lunch		
1:30pm – 3:00pm	Plenary Session	Cultural Safety	Jessica Ball
3:00pm – 3:15pm	Nutrition Break		
3:15pm – 4:30pm	Plenary Session	Cultural Safety	Jessica Ball

Day 2: Wednesday, October 28, 2015

Time	Event	Topic	Speaker
8:00am - 9:00am	Breakfast		
9:00am – 10:30am	Plenary Session	Facilitated Networking	Shannon Wall Bixby
10:30am – 10:45am	Nutrition Break		
10:45am – 11:45am	Plenary Session	Facilitated Networking	Shannon Wall Bixby
11:45am – 12:15pm	Lunch		
12:15pm – 1:15pm	AGM		

Day 2 Schedule continues on the next page

Schedule

Day 2 Continued: Wednesday, October 28, 2015

Time	Event	Topic	Speaker
1:30pm – 3:00pm	Breakouts	<ul style="list-style-type: none">• Fabulous Facilitation• Aboriginal Pregnancy Passport• Mindfulness	<ul style="list-style-type: none">• Shannon Wall Bixby• Lucy Barney• Margaret Jones Callahan
3:00pm – 3:15pm	Nutrition Break		
3:15pm – 4:45pm	Breakouts	<ul style="list-style-type: none">• Working with Youth• Sexuality & Birth Control• Mindfulness (continued)	<ul style="list-style-type: none">• Annie Smith• Sue Clarkson• Margaret Jones Callahan

Day 3: Thursday, October 29, 2015

Time	Event	Topic	Speaker
8:00am - 9:00am	Breakfast		
9:00am - 10:00am	Regional Meetings		
10:00am - 11:30am	Plenary Session	Emotional Competency	Lee Brown
11:30am - 11:45am	Nutrition Break		
11:45am – 1:15pm	Plenary Session	Emotional Competency	Lee Brown
1:15pm - 1:30pm	Closing & Goodbye		

Keynote: FASD — Normalizing Discomfort and Creating Comfort

Does FASD cause discomfort? Yes. For many good reasons. A key informant survey found 100% of interviewees had deep discomfort talking about FASD, often preventing talking about alcohol and pregnancy with friends or clients. This session explores how this discomfort is universal — regardless of culture or level of education — identifies some of the roots of distress and its resolution. A different barrier is the ineffectiveness of good techniques which contributes to a “no solution, no problem” dynamic. We will consider how this stalemate is resolved by use of a brain-based, neurobehavioral approach. Case examples of application and improved outcomes illustrate the process.

Speaker: Diane Malbin

Ms. Malbin is Director of FASCETS whose services are based on a neurobehavioral framework informed by research and successfully tested in projects in the US, Canada and elsewhere. Her work includes clinical practice, consultation, education, and community development. Author of books and articles, she has also developed training videos and the Into Action Training of Trainers community training curricula designed to strengthen community capacity. The Oregon chapter of the National Association of Social Workers named Ms. Malbin Social Worker of the Year, 2005, and she is in the NOFAS Hall of Fame for her work in the field of FASD. She is parent of two adults with FASD.

Plenary: Ensuring Cultural Safety in Services for Indigenous Children and Families

Regardless of how culturally sensitive, attuned or informed we think we have been in our work with a child or family, the concept of cultural safety asks: How safe did the children and families who receive our services feel in their encounters with us? Did they feel respected and helped in having their culturally-based way of life, goals, and needs taken into account in the service encounter? Many pregnancy outreach workers and other professionals are uncertain about how to effectively promote a sense of cultural safety, particularly among Indigenous and other minoritized children and families who have often been poorly served. This session explores the concept and indicators of cultural safety and how we can promote a sense of cultural respect and intercultural collaboration as a foundation for optimal service outcomes. Participants will be encouraged to share challenges and experiences of success in creating conditions for families to experience cultural safety.

Speaker: Jessica Ball

Jessica Ball, MPH, PhD, is a professor in the School of Child and Youth Care at the University of Victoria, Canada. She has a PhD in clinical-development psychology and a Masters degree in Public Health, and is a specialist in cross-cultural practice to promote child and family wellness. She is best known in Canada for her inaugural work on cultural safety in services for First Nations, her research on Indigenous men’s transitions to fatherhood, and her ground-breaking work on First Nations children’s language development. She has published, taught, and lectured extensively around the world. She is known internationally for her work to promote equitable opportunities for wellness among ethnic minority and Indigenous children, and children involved in transnational migration (www.ecdip.org). Among many awards, Jessica has been acknowledged for her research and practice that has contributed to Aboriginal children’s well-being.

Plenary: Building Connections — Facilitated Networking Workshop

This session will focus on building connections and finding commonalities amongst our group. In an interactive, yet non-threatening manner, this session will start the day off on a positive note, and remind you that you aren't alone in the work that you do. We will share our stories, knowledge, wisdom and experience- and some laughter, too- as we connect with each other!

Speaker: Shannon Wall Bixby

As a founder of Possibilities Training Group, Shannon Wall Bixby has been facilitating groups for over 20 years. She has a Master's degree in Adult Education from the University of Toronto, and is an instructor in the Recreation Studies program at Langara College in Vancouver. She has written two resource books, "Fabulous Facilitation", and "Power Play: Team Building Games & Initiatives for Children and Youth." At Possibilities, she has facilitated hundreds of groups of all kinds, challenging them to think creatively, compassionately, and differently. She lives by the sea in Victoria, B.C.

Breakout: Mindfulness

Working closely with birth, sickness, and death brings us into daily engagement with the fact of suffering. To face this in an on-going manner requires special skills – skills of self-care, and self-empathy, and the ability for self renewal. Mindfulness practices provide a simple and well tested skill set that can help us relate to difficult life events, and to our work with on-going warmth and humour, and compassion for ourselves and the world. In this session you will learn the basic principles of mindfulness, experience three or more mindfulness practices, discuss how these apply to daily life and to your work. Please come prepared to relax a little, and to explore.

Speaker: Margaret Jones Callahan

Margaret has taught mindfulness locally and internationally for over 25 years. She is appreciated for her clarity, warmth, humour and her ability to make mindfulness accessible for beginners and seasoned mindfulness practitioners. She leads Mindfulness Based Educational Programs, offers a Mindfulness Based Art Therapy studio group, provides consultation and supervision to professionals applying mindfulness in their work, and teaches mindfulness classes. She is the author of Sparks: an MBAT Guide for Counsellors and Educators.

Breakout: Our Sacred Journey — Aboriginal Pregnancy Passport

This breakout will explore the new resource, the Aboriginal Pregnancy Passport, provided by Perinatal Services BC. Our Sacred Journey: Aboriginal Pregnancy Passport is a culturally appropriate health promotion resource empowering women and families through their sacred journey of pregnancy. The resource incorporates First Nations/Aboriginal traditional beliefs and values as well as clinical best practices.

With the Aboriginal Pregnancy Passport, women can document their sacred traditional journey through pregnancy, birth, and baby's first few weeks. The passport provides expectant mothers with health information, resources, traditional teachings, growth charts, checklists, and a place to write down goals, thoughts, ideas, and dreams for their babies.

Speaker: Lucy Barney

Lucy Barney's own life experience as a First Nation woman, mother and traditional dancer brings enormous commitment, dedication, and creativity to her work. Her voice as a leader is crucial. She is a model of strong, innovative leadership in the Aboriginal community. Lucy completed her Master's of Science in Nursing at the University of British Columbia while working full time at Chee Mamuk. Lucy was awarded the UBC School of Nursing Alumni Award of Distinction 2015 for her work in Aboriginal nursing. Lucy was awarded an ACCOLAIDS Award for Innovative programming, May 2006. Langara College presented their Outstanding Alumni Award for community service to Lucy in 2007. Lucy, the staff of the Perinatal Services BC and the Tripartite First Nation Maternal-Child Committee are currently working on strategies to assist existing programs and to develop programs on maternal-child health that will allow Aboriginal people access to culturally appropriate services.

Breakout: Fabulous Facilitation (back by popular demand)

This workshop is designed for people who facilitate groups of all kinds. Fabulous Facilitation is a hands-on workshop that is packed with innovative ice breakers, group games and team energizers to freshen up your repertoire! Interactive and dynamic, this workshop explores how to keep your program participants engaged and involved in your workshops.

This workshop covers:

- Icebreakers and get-to-know-you games to welcome and warm groups up in a non-threatening manner that takes all cultures and backgrounds into account.
- Team energizers and group games to spice things up and keep everyone on their toes.
- Fast and fun ways to separate people into groups.
- Tips and tools on how to make the "fundamentals" (i.e.: the boring stuff!) more fun
- Discussions on how to engage participants (and tear them away from their phones), as well as tips on ways to involve participants who are introverted, uninterested, or uncomfortable in group situations.

Speaker: Shannon Wall Bixby

As a founder of Possibilities Training Group, Shannon Wall Bixby has been facilitating groups for over 20 years. She has a Master's degree in Adult Education from the University of Toronto, and is an instructor in the Recreation Studies program at Langara College in Vancouver. She has written two resource books, "Fabulous Facilitation", and "Power Play: Team Building Games & Initiatives for Children and Youth." At Possibilities, she has facilitated hundreds of groups of all kinds, challenging them to think creatively, compassionately, and differently. She lives by the sea in Victoria, B.C.

Breakout: Sexuality and Birth Control after Childbirth

When working with postpartum women, many caregivers are comfortable discussing physical and emotional changes that arise, but how comfortable are we with questions regarding sexuality, birth control, libido, and sex after baby? This workshop will help provide you with the skills to address these topics when questions arise. We will look into birth control options that are safe during breastfeeding, discuss physical and emotional changes that may affect a client's sexual response, and suggest strategies to help support a couple's relationship. We will also review facts and myths around sexual health during the perinatal period.

Speaker: Sue Clarkson

Sue graduated in 1992 from Ryerson University in Toronto, and literally left the next day to travel for a year, before settling in BC. Together with a team of motivated volunteers, Sue spearheaded the Sexual Health Task Force in Whistler, BC, which ultimately resulted in the Whistler Opt Clinic. In 1999, Sue volunteered in Nepal providing maternal/infant care and HIV prevention education to the local Nepali people, a trip that significantly impacted her life. She returned to Canada and moved to Fernie BC, where she continued her career as a Sexual Health Educator and RN Supervisor with Opt, a Childbirth Educator, and an RN with the Healthy Pregnancy Outreach Program. She has received CRNBC Certification in STI Management and Contraceptive Management. Sue is passionate about women's health and empowering clients with relative, age-appropriate education and resources. In her spare time, she is busy raising two active boys, skiing, biking, running and playing the ukulele.

Breakout: Working with Youth

The workshop will include:

- A profile of youth in BC (aged 12-19)
- Consider which youth are most at risk for early pregnancy involvement
- Discuss protective factors and their role in the lives of pregnant and parenting teens
- Share youth's perspectives on what supports them to access services and to have healthy and supportive relationships with service providers and health care professionals
- Discuss effective strategies to engage youth

Speaker: Annie Smith

Annie Smith is the Executive Director of the McCreary Centre Society, a non-profit organization committed to improving the health of BC youth through community based research, evaluation and youth participation projects. Annie began her career as a psychiatric nurse before moving on to work with youth in conflict with the law, homeless youth and youth with developmental disabilities and mental health challenges. Annie holds a master's degree from Harvard and has been the Executive Director of McCreary Centre Society since June of 2006.

Regional Meetings

Take the opportunity to meet with other staff that work in your region. Discover effective techniques, brainstorm creative solutions and network to increase your capacity. Use this time to find out what other programs in your region are doing well, share challenges and even identify ways to collaborate with one another.

Emotional Competency

The workshop was oriented to the regaining of emotional competencies and skills necessary to become competent people in mature and peaceful relationships. The importance of emotional competency in relation to personal, family and community health was discussed with an emphasis on recent scientific exploration of emotion, feeling and health. In addition, the workshop reviews traditional elder's teachings of heart knowledge as essential to a holistic orientation to emotional competency.

Emotional Intelligence was explored in relation to the creation of emotional competency and emotional skill: which is the ability to choose the emotional states that provide optimum support to achieve success and health in life. The workshop explored six principles of emotional competency that can develop emotional maturity in relation to parenting and relationship skills. The six principles discussed were:

1. Awareness and identification of emotions.
2. Emotional communication and the development of an emotional vocabulary.
3. Emotions and their relation to healthy identity and value integrity,
4. Emotional feedback and the importance of reflection, interpretation and appraisal skills.
5. The development of emotional skills.
6. The importance of emotional health.

The workshop focused on the elements of a healthy emotional identity including: 1. A healthy body awareness: feeling good about our physical presence; 2. Self-concept: feeling good about being intelligent; 3. Self-Image: feeling good about our mirror image; 4. Self-esteem; feeling good about how we feel; 5. Self-determination: feeling good about what we can become in life in relation to our unique gift and identity. The workshop included a discussion of the principles of healthy emotional communication and being responsible for one's own emotional choices. A number of emotional skills were discussed with pointers on how to integrate and develop emotional skill in everyday life.

Speaker: Lee Brown

Lee Brown is the former Director of the Institute of Aboriginal Health in the College of Health Disciplines and the Indigenous Doctoral Program in the Department of Educational Studies at The University of British Columbia where he wrote his Doctoral Thesis entitled: Making the Classroom a Healthy Place: The Develop of Affective Competency in Aboriginal Pedagogy. He is the Co-author of The Sacred Tree, an educational curriculum based in Aboriginal values and epistemology. Lee has also contributed to the Round Lake Native Healing Centre in Vernon, BC during the last Thirty years in a number of capacities including clinical supervisor and currently as a cultural resource to the centre. He has been the keynote speaker at over one hundred Aboriginal conferences. He has been an invited to share his knowledge of culture and healing in over five hundred indigenous communities in North America.

Registration

Event Registration

Register early, as space is limited. PLEASE NOTE: If your program has more than one person attending, a registration form and payment is required for each attendee.

Name	Phone Number
Program Name	Email
Address	Coordinator's Name

Dietary Needs/Restrictions: _____

Does your program have a BCAPOP Membership for 2015-2016? Yes No

BCAPOP Membership Number: _____

Conference Pricing: Please indicate your registration choice

Early Bird Before July 15
Regular Registration July 15 – Sept. 26
*Late Registration..... Sept. 27 – Oct. 13

	Early	Regular	Late*
Full Voting Members	\$300	\$325	\$350
Associate Members	-	\$400	\$425
Non-Members	-	\$525	\$550
1 day only (Tuesday)	-	\$175	\$200
1 day only (Wednesday)	-	\$175	\$200
1 day only (Thursday)	-	\$175	\$200
Total Payment:	\$		

Registration continued on next page

• BCAPOP Full Voting Membership is \$225/year and available at bcapop.ca

Refund and Cancellation Policy

Refunds will be made (less a \$50 processing fee) if notice is received by October 1, 2015. No refunds will be granted for withdrawal after October 2, 2015. The Conference Committee reserves the right to cancel or make changes to the program if registration is insufficient.

Registration

Workshop Registration

Some workshops fill up quickly. To ensure you get the selection you prefer, please register early. If the workshop you select is full, you will automatically be registered in another workshop.

Your Name _____

Wednesday, October 28, 2015

Breakout Options:

Choose either:

1:30pm - 4:45pm

Breakout: Mindfulness (3 hours – can only attend this one breakout)

OR pick 1 of the following in each time slot:

1:30pm – 3pm

Breakout: Fabulous Facilitation

Breakout: Aboriginal Pregnancy Passport

3:15pm – 4:45pm

Breakout: Working with Youth

Breakout: Options for Birth Control

Payment

Payment must be received with registration. Cheques are payable to BCAPEP. Please register by one of the methods below.

For questions about registration, please contact Jennie Hoffman at 604-251-1225, ext 225 or jennie@froghollow.bc.ca

Please ensure all forms of payment clearly identify the individual(s) being paid for. For example: cheque memo line or paypal note/comments include first and last names of attendee(s).

1 Email, Mail or Fax Registration

Please download this PDF, save under a new name and input your information. Then submit by email, mail* or fax* with form and payment.

BCAPEP Conference Committee **Phone:** 604.251.1225 | **Fax:** 604.254.3764
2131 Renfrew Street, Vancouver, BC registration@bcapop.ca
V5M 4M5

* Mail and fax submissions only require the last 2 registration pages to be submitted.

2 Online Registration

bcapop.ca

Payment for online registrations can be made via PayPal or by sending a cheque to the address on the left.