

EXPANDING HOPE

kindred | terra^ocentre

Young Parent Support Workers:

Chrissy Kleinsasser with Kindred

Andrea Christiansen with the Terra Centre



LAND ACKNOWLEDGEMENT

Please join us in acknowledging the land we reside on

PURPOSE AND INTENTION

- Environmental scan was completed across Alberta.
- Results found an identified need for supports and services for young families throughout the province.
- The Expanding Hope Project is a new initiative delivered through a partnership between Terra Centre (Edmonton) and Kindred (Calgary) funded by the Ministry of Children and Family Services. Expanding Hope focuses on two streams of service across Alberta.



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TWO STREAMS OF SERVICE

First Stream:
Supporting Young
Families



Second Stream:
Partnership and
Capacity Building

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Supporting Young Families

- Supporting young families and their children particularly in areas of the province where there may be limited access to specialized services

Partnership and Capacity Building

- In partnership with family resource networks and community partners, providing training and capacity building for professionals who support young parents

DIRECT CLIENT WORK- WHO WE SERVE

Parents 21 and under

People supporting the
young parents (eg:
grandparents, foster
parents, siblings,
Aunts/Uncles)

Children aged 0 -6

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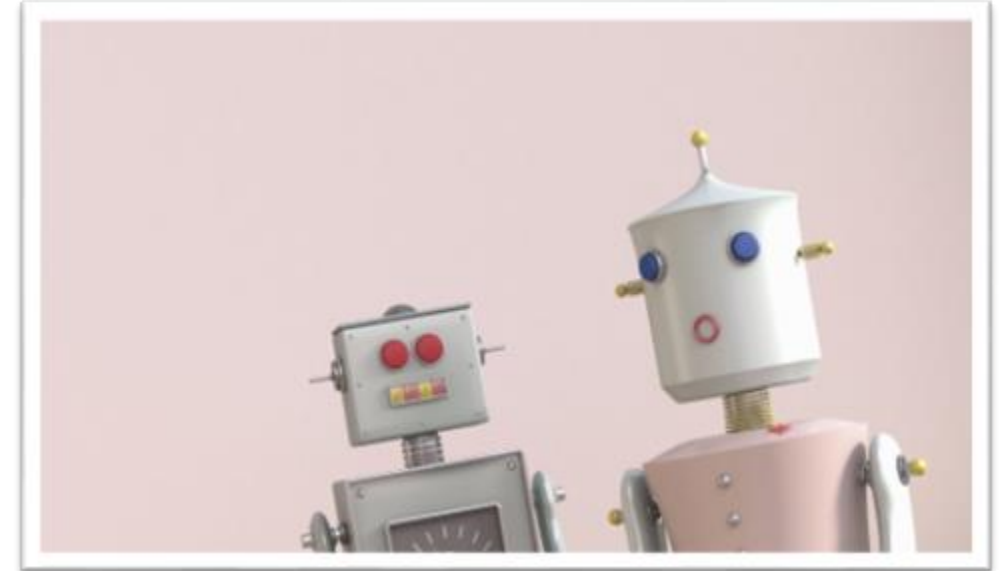
DIRECT CLIENT WORK- WHAT WE DO

Facilitating Groups

- Presented virtually
- Covering topics such as: life skills, parenting and Circle of Security

One on One Support Services

- Virtual or hybrid model (geographic dependent)
- No costs associated with program
- Case management
- Connecting to community
- Support with positive parenting and child development, attachment, ASQ, DSP, basic needs, building natural and professional supports, life skills and personal wellbeing.



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WORKING WITH FRNS AND SERVICE PROVIDERS

Based on environmental scan with FRNs, these are the areas they wanted to learn about:

- Supporting teen fathers
- Indigenous parenting practices
- How to support pregnant/parenting teens
- Stigma and barriers faced by teens
- Adolescent development
- Trauma-informed practice with teens
- Teen care-giver/ infant attachment



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WORKING WITH FRNS AND SERVICE PROVIDERS

- Helping to build capacity with service providers while supporting young families in their community
- Lunch and learns
- Consultation
- Training volunteers on working with young parents
- Attend interagency meetings



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WORKING WITH FRNS AND SERVICE PROVIDERS

- Providing workshops/educational opportunities to build skills and mobilize knowledge
- Offering professional development resources
- Facilitate communities of practice
- Collaborate with FRN's to facilitate knowledge sharing
- Present, share knowledge, and seek out opportunities for collaboration



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TRAVELING TOGETHER

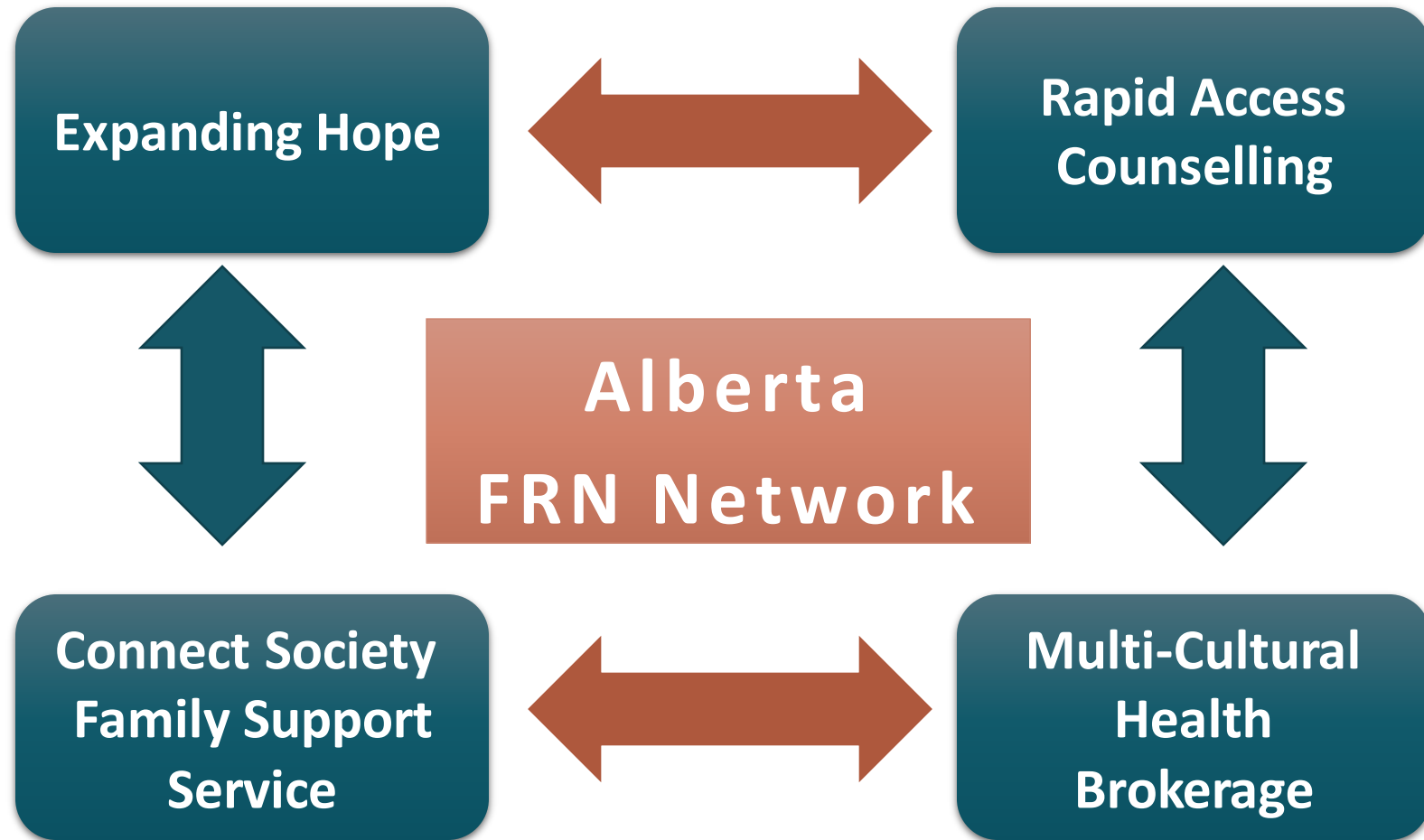
- A major part of our program is connecting directly in person with communities, service providers, community members and learning more about the community.
- To truly understand a community, we need to see and hear about the barriers, successes and future plans.
- Technology has provided us the opportunity to connect so much more conveniently but does not capture the essence of connection made in person.



"The need for connection and community is primal, as fundamental as our need for air, water, and food." Dean Ornish



FRN RESOURCE BANK



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WHAT MAKES THIS WORK UNIQUE?

- Adolescent brain development
- Fostering a sense of community
- Opportunity to create family identity
- 'Adolescent sailboat' (supports and services)
- Collective experience and understanding

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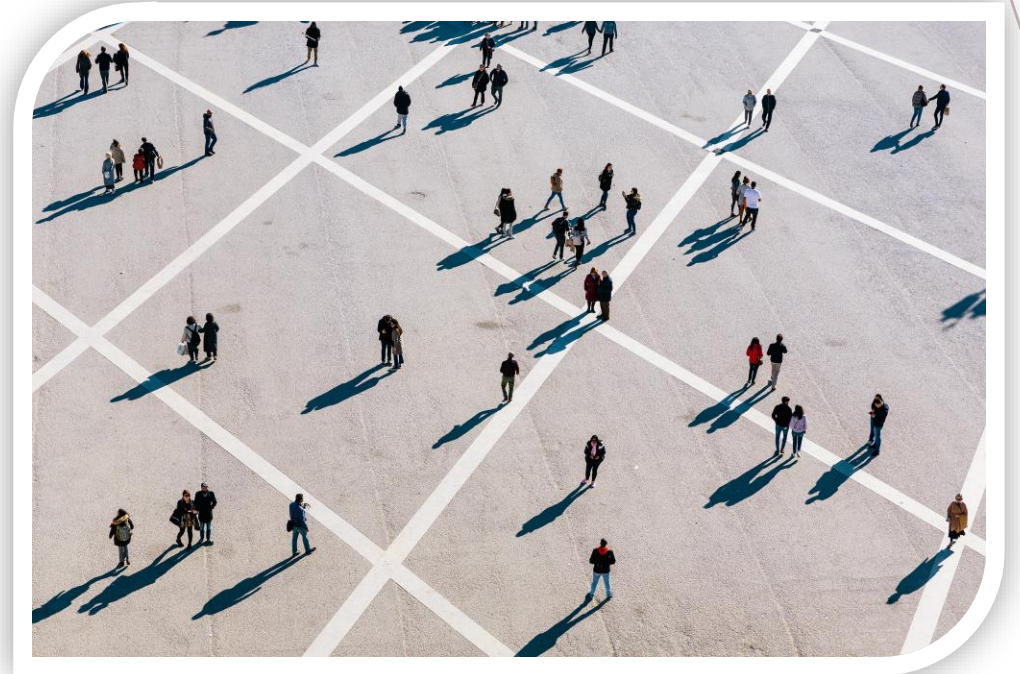
ADOLESCENT BRAIN DEVELOPMENT

- Complexity and wonder of the adolescent brain
- Thresholders
- Flipping your lid
- Paper tigers



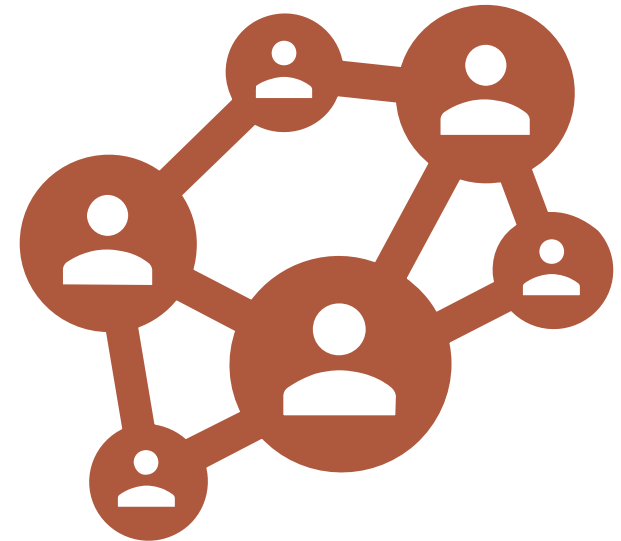
FOSTERING A SENSE OF COMMUNITY

- Sense of understanding
- Feelings of belonging
- Ability to 'give back'
- Ownership to community



OPPORTUNITY TO CREATE FAMILY IDENTITY

- Values and beliefs
- Traditions
- Cycle breaking
- Hopefulness



COLLECTIVE EXPERIENCE AND UNDERSTANDING

- Collaboration of two long standing agencies
- Diverse programming
- Documented insight and understanding
- Views and experiences



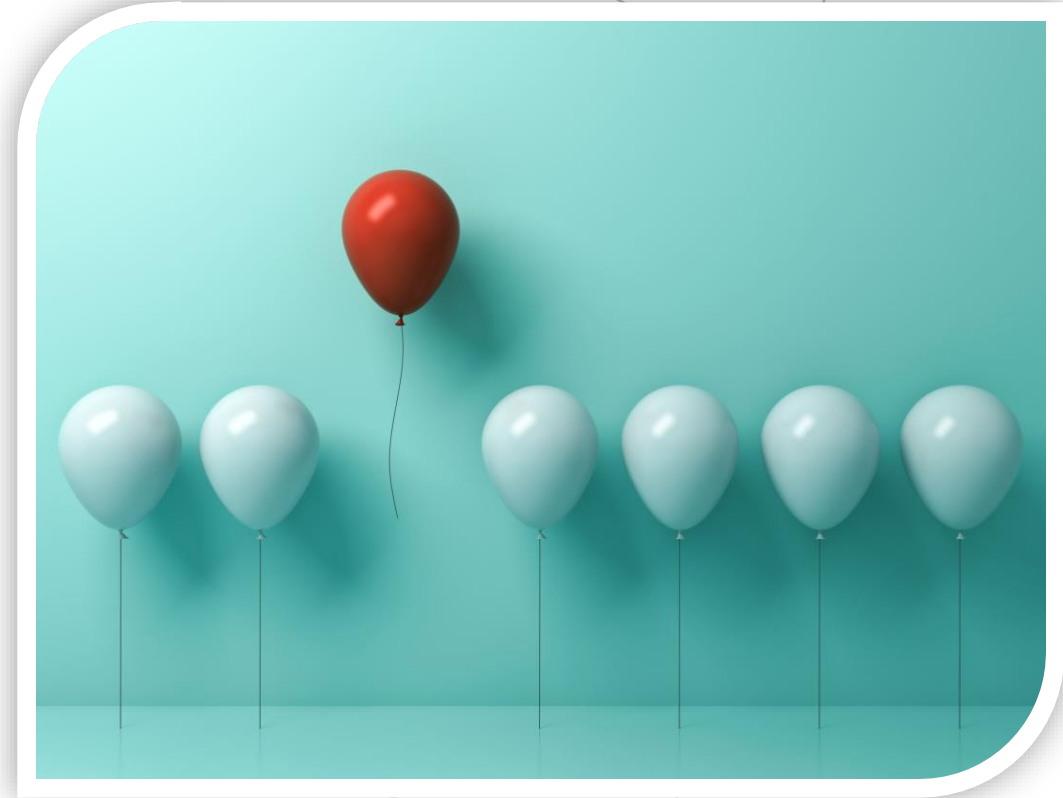
THE JOURNEY OF ADOLESCENCE

- Adolescence can be like wading through uncertain and unknown waters, alone for the first time.
- Weather, equipment, guides, maps, and so much more change the journey.



THE PURPOSE AND REASON

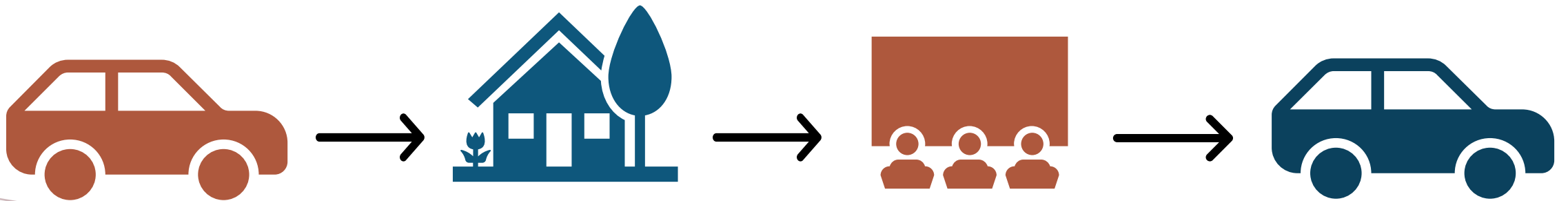
- This work is important for many reasons, but the biggest reason is because people believe in the potential of young parents.
- We know that they have a place within our community
- We have the exciting job as practitioners to be there alongside them



EXPANDING HOPE IN 2023

2023 was an exciting year for Expanding Hope, as we began to travel to rural communities across Alberta.

Total kilometers driven: **10,444.5 kms**



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REFERRAL PROCESS

Community Referral

- Contact us for a referral form at:
- Expanding.Hope@kindred.ca

Client Self-Referral

- Clients can refer themselves directly:
- Expanding.Hope@kindred.ca

Direct Contact

- **Chrissy Kleinsasser (403-607-0463)**
- **Andrea Christiansen (780-995-1523)**

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DISCUSSION

1. Are there specific thoughts/feelings that stood out when talking about working with teen parents?
2. How might this be relevant to your community?
3. Are there things from this presentation that you would like to learn more about?





CONTACT US

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