Caregiver Sessions

Children, Youth & Families Addiction and Mental Health Edmonton Zone

Prepared by the CYFAMH Education Team
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Caregiver Session Focus

• To increase caregivers’ knowledge around commonly occurring addiction & Mental health challenges,
• provided caregivers, school staff and community members with incredible opportunities to increase their awareness of the addiction & mental health challenges that children and adolescents may experience.

3 R’s: Reduce stigma, Receive Information, and Reflect on Strategies.
The Why?

• Providing parents and caregivers with evidence-based and informed presentations, emphasizing practical strategies and resources, that:
  – Build capacity to understand and address mental health & addiction issues
  – Enable responses that are supportive of their child’s psychological needs
• Increasing collaboration and supporting continued engagement between teachers/school staff and parents
The Results Are In!

Attendance of Caregiver Sessions per Topic in 2015-2016
Caregiver Session Evaluations for 2015-2016

- Content of this session: 665 Very Helpful, 1 Helpful, 0 Not Helpful
- Way information was Presented: 755 Very Helpful, 461 Helpful, 0 Not Helpful
- Materials Used: 653 Very Helpful, 561 Helpful, 2 Not Helpful
Teen Feedback Summaries for 2015-2016

The information was:
- Very Helpful/True: 83
- Helpful/True: 69
- Somewhat Helpful/True: 53
- Not Very Helpful/True: 51

The way the information was presented was:
- Very Helpful/True: 48
- Helpful/True: 13
- Somewhat Helpful/True: 14
- Not Very Helpful/True: 5

I learned something new today:
- Very Helpful/True: 39
- Helpful/True: 18
- Somewhat Helpful/True: 0
- Not Very Helpful/True: 0
Current Presentations: Caregiver

- Technology and the Teenage Brain
- Breaking the Cycle of Anxiety: A Step by Step Approach
- Supporting Self-Regulation in Elementary School Children
- Social Skills: The Building Blocks of Success
- Test Anxiety: Strategies for Success
- Caring for yourself so you can Care for your Children
- Keeping Scattered Kids on Track: Supporting Children and Adolescents with ADHD
- More than Just a bad Day: Understanding and Supporting Students with Depression and Self-Injury
- Substance Awareness for Parents and Teens
- Parenting Strategies that Promote Positive Mental Health and Builds Resiliency in Elementary School Children
- Promoting Success in Learning by Increasing Executive Functioning Skills
Comments from Participants!

- “I’m taking this information back to my school”
- “Great to get some background information and practical ideas that can be used to help children both at home & school”
- “It was amazing learning to improve our parenting knowledge”
- “The best part of the session was the classroom strategies that can be used immediately!”
For more information

please contact the CYF Education Team at:

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