

PREVENTION

MATTERS

CONFERENCE | 2019

CONNECTING AND COLLABORATING
*Learning from One Another for Healthy Child
Development and Well-Being*

OCTOBER 2-4, 2019
TCU PLACE
35 - 22nd Street East
Saskatoon, SK

saskatchewan
preventioninstitute
our goal is **healthy** children

PROGRAM AT A GLANCE

Wednesday, October 2, 2019	
9:30 a.m. - 10:15 a.m.	Registration, Display Set-Up, Refreshments
10:15 a.m. - 10:30 a.m.	Welcome Remarks (Salon A, B, and C)
10:30 a.m. - 12:00 p.m.	Keynote (Salon A, B, and C) Jessica Moyer: Framing to Enhance Public Understanding: Strategies for Communication About Healthy Childhood Development Ken Lamoureux: Changing the Conversation: Reframing FASD in Manitoba
12:00 p.m. - 1:00 p.m.	Lunch
1:00 p.m. - 2:30 p.m.	Session 1A: (Gallery A) Dr. Angela Bowen, Dr. Holly Graham, Carrie Pratt, and Janice Osecap: Engaging Community and Families to Promote Culturally Safe Care for Indigenous Mothers in Saskatchewan Brooke Graham: The Role of Doulas in Healthcare Session 1B: (Gallery B) Dave Shanks: Youth Who Thrive Dawn Kellington: Hear our Voices: A Conversation About Youth, Mental Health, and Creative Expression Session 1C: (Gallery C) Dr. Alexandra King: Indigenous Wellness as Prevention Dr. Maryam Mehtar: Paediatric School-Based Health: A Community Based Alternate Model of Care Session 1D: (Gallery D) Dr. Marcella Ogenchuk: Exploring Pediatric Oral Health In and With One Indigenous Community Dr. Keith Da Silva: Oral Health, General Health, and Overall Well-being – Why Prevention Matters Session 1E: (Salon A) Joan Johnson and Dr. James Irvine: Changing the Story about Alcohol Tracy Carlson, Rae Napper, Tricia Lucyshyn, and Camryn Corrigan: Sober House Project
2:30 p.m. - 3:00 p.m.	Break and Refreshments
3:00 p.m. - 5:00 p.m.	Keynote Presentation (Salon A, B, and C) Erin Beckwell: Knowledge Exchange for Healthy Families and Communities – An Interactive Event
Thursday, October 3, 2019	
8:00 a.m. - 8:45 a.m.	Continental Breakfast
8:45 a.m. - 10:30 a.m.	Session 2A: (Gallery A) Veronica Hawley and Erin Hewitt: Baby's Best Start Prenatal Program Audrey Boyer: Standardizing Prenatal Education Megan Clark: My Saskatchewan Pregnancy – A Prenatal App Session 2B: (Gallery B) Crystal Storey, Liza Dahl, and Jhalene Groth: TTYL: Helping Youth Put the WE in Wellness Maria Soonias Ali and Donna Banach: Promoting Youth Engagement: Techniques, Goals, and Challenges Session 2C: (Gallery C) Barbara Compton and Gord Moker: The Community Safety Education Strategy: Sustaining a Path to Cultural Transformation Cara Zukewich: Child Injury Prevention Programming and Action Guide Session 2D: (Salon A) Dr. Hortense Nsoh Tabien: Vaccination and Immunization: What You Need to Know Dr. Jasmine Hasselback and Dr. Hortense Nsoh Tabien: Improving the Child Health Clinic Experience Dr. Kali Gartner and Dr. Cassie Pancyr: Caring for Women* Who Use Substances in Pregnancy and Their Infants: Recognizing the Structural and Socioeconomic Factors That Impact Women* and Families and Interventions to Improve Mother-Infant Outcomes (<i>*We recognize that not all people who are pregnant identify as women and the importance of using the preferred pronouns of our clients</i>)

10:30 a.m. - 11:00 a.m.	Break and Refreshments
11:00 a.m. - 12:15 p.m.	Keynote (Salon A, B, and C) Dr. Noni MacDonald: Optimizing Vaccine Uptake – Addressing Vaccine Hesitancy
12:15 p.m. - 1:15 p.m.	Lunch
1:15 p.m. - 2:45 p.m.	Keynote and Panel Discussion (Salon A, B, and C) Dr. Valerie Tarasuk: Food Insecurity in Canada: The Case for Evidence-Based Policy Dr. Valerie Tarasuk, Dr. Cassandra Opikokew Wajuntah, and Dr. Mahli Brindamour: Food Insecurity: Multiple Perspectives to Understand the Issue
2:45 p.m. - 3:00 p.m.	Break and Refreshments
3:00 p.m. - 4:30 p.m.	Session 3A: (Gallery A) Gina Alexander: A Community Safety and Well-Being Framework for Saskatchewan Lee Hinton: Increasing our Capacity to Support the Healthy Development of Young Children in Saskatchewan: Zero to Three Fellowship
	Session 3B: (Gallery B) Kavitha Ramachandran, Dr. Louise Humbert, and Dr. Amanda Froehlich Chow: Healthy Start/Départ Santé for Families (HSFF): A Collaborative, Multi-stakeholders Initiative to Support Families in Making Healthy Changes Natalie Houser, Dr. Louise Humbert, and Dr. Marta Erlandson: Physical Literacy Enriched Communities: Baseline Results of a Home, School, and Community Approach to Improving Physical Literacy
	Session 3C: (Gallery C) Dr. Melissa Mirosh: Contraception for Adolescents Natalya Mason, Dallas Tetarenko, and Kristyn White: Tell it Like It Is: Sexual Education for Individuals with Developmental Disabilities Dr. Johnmark Opondo and Janice Seebach: Let's Talk Syphilis – Mom and Baby
	Session 3D: (Salon A) Shelley Spurr, Jill Bally, Carol Bullin, and Erick McNair: Seeking to Improve Outcomes for Adolescents of Diverse Ethnicities Living with Undiagnosed Prediabetes and Type 2 Diabetes in Saskatchewan Sara Langley and Cassie McVay: Canada's Food Guide – What's All the Hype About?
Friday, October 4, 2019	
7:45 a.m. - 8:30 a.m.	Continental Breakfast
8:30 a.m. - 10:00 a.m.	Session 4A: (Gallery A) Tanis Shanks and Connie Herman: Knowledge Exchange in Action Through Facilitation
	Session 4B: (Gallery B) Anita Ogurlu: Caught Between Two Worlds: Newcomer Youth Overcome Challenges to Embrace Life!
	Session 4C: (Gallery C) Erin Beckwell: Use It or Lose It: Mobilizing Knowledge to Improve Health
	Session 4D: (Gallery D) Bev Drew: Supporting Young Children with FASD in Aboriginal Head Start Centres: Teachings from the Canadian FASD Mentoring Project
	Session 4E: (Salon A) Moses Gordon, John Carriere, and Cheyanne Desnomie: Building Research Relationships with Indigenous Communities
10:00 a.m. - 10:20 a.m.	Break and Refreshments
10:20 a.m. - 10:30 a.m.	Closing Remarks
10:30 a.m. - 12:00 p.m.	Keynote (Salon A, B, C) Dr. Madhav Sarda: Childhood Anxiety: Worried About Worrying

The conference will benefit community-based professionals, service providers, and healthcare providers who work with children, families, and communities. This includes Support Workers, Home Visitors, Maternal Child Health Workers, Parent Mentors, Social Workers, Educators, Early Childcare Workers, Mental Health and Addictions Counsellors, Youth Workers, Adult Allies, Nurses (Public Health, Primary Care, and Practitioner), Midwives, Family Physicians, Pediatricians, Obstetricians, Medical Health Officers, and others.

Accreditation

Nurses and other Healthcare Professionals: Participation in this conference may be included as part of the continuing education and competence programs established by individual professional associations.

Addiction Counsellors: This program has been accredited by the Canadian Addiction Counsellors Certification Federation for up to 14.5 Continuing Education Units.

The general stream of this conference is not certified by the College of Family Physicians of Canada.

The general stream of this conference is not certified by the Royal College of Physicians and Surgeons of Canada.

IMPORTANT INFORMATION

Registration: Attendees and speakers will receive a name tag, program, and conference package. Assistance is available at the registration desk throughout the conference.

Speakers, Sessions, and Workshops: Bios and session descriptions are available at:
<http://www.skprevention.ca/prevention-matters-2019/>.

Evaluation Forms: Your feedback is important. It allows organizers to review all aspects of the conference and helps plan future events. A link to the evaluation form will be emailed to you.

Certificates of Participation and Certificates of Accreditation: Certificates are available upon request.

Displays: Display booths will be open throughout the conference.

Parking and Hotels: Information on parking and hotels can be found on our website at
<http://www.skprevention.ca/prevention-matters-2019/>.

Scent-Free Environment: Scented products can cause allergic reactions and respiratory distress. Conference participants are encouraged not to wear or use any scented products while attending the conference. Thank you!

Breastfeeding Friendly Environment: You are welcome to breastfeed anywhere during the conference and we have provided several comfortable spaces for breastfeeding participants. If you prefer a private space, please ask our staff at the reception area.

Photography: By attending this conference there is a possibility that you may be photographed. Photos from the conference may be used in Annual Reports, advertising, or other resources created by the Saskatchewan Prevention Institute.

Speakers, Sessions, and Workshops: Bios and session descriptions are available at:
<http://www.skprevention.ca/prevention-matters-2019/>.

Social Media: Please feel free to participate in online discussions regarding the conference and use the hashtag **#preventionmatters** to find other online attendees and posts.

LINKEDIN: [skpreventioninstitute](#)

FACEBOOK: [SaskatchewanPreventionInstitute](#)

TWITTER: [@SKPrevention1](#)

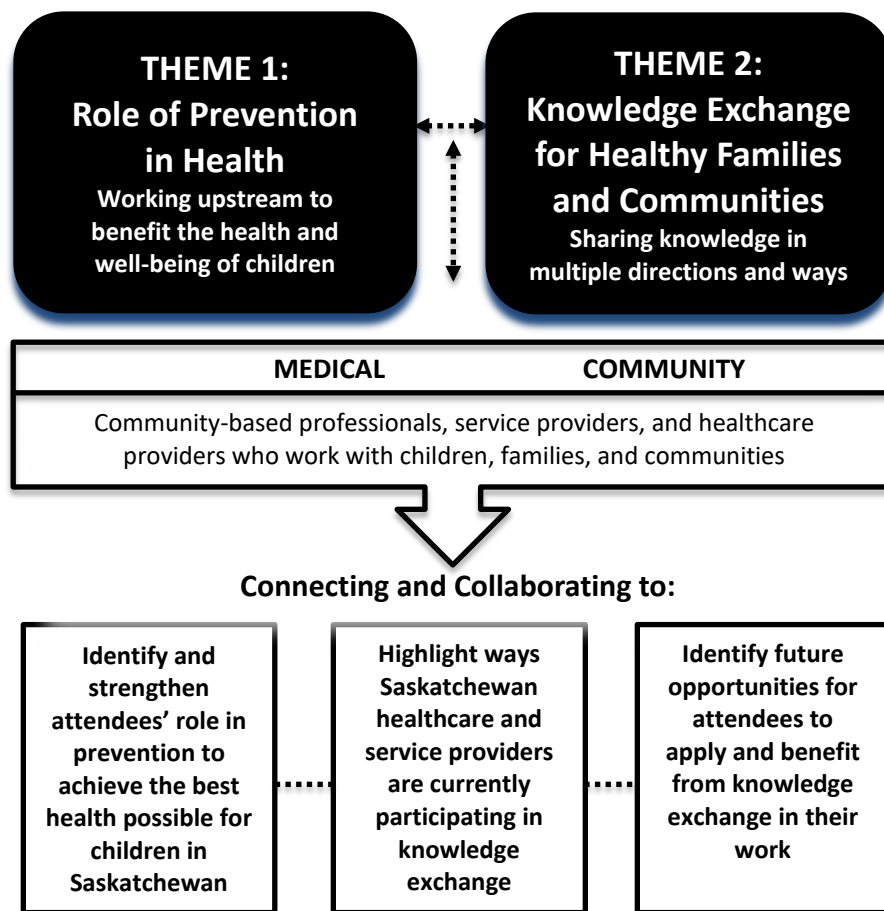
YOUTUBE: [PreventionInstitute1](#)

WIFI: **Network:** SKPrevention

Password: Prevention2019

Prevention Matters 2019 is held on Treaty 6 Territory and the Homeland of the Métis.

Prevention Matters 2019: Connecting and Collaborating
Learning from One Another for Healthy Child Development and Well-being



PURPOSE: *Prevention Matters 2019* will focus on building **connections** and **collaborations** across disciplines and across the province, to **learn from one another** to address **healthy child development and well-being**. The conference will highlight the **role of prevention in health** and how **knowledge exchange** (sharing knowledge in multiple directions and ways) is the foundation to addressing needs and improving health.

THEME 1: ROLE OF PREVENTION IN HEALTH

Prevention Matters aims to help healthcare and service providers identify and strengthen their role in prevention to achieve the best health possible for children in Saskatchewan.

An overarching priority of the Prevention Institute is to highlight the essential **role of prevention in the health and well-being of children**. All children have the right to the best health possible throughout their development. Working upstream has a positive impact on the health and well-being of children, families, and communities. The Prevention Institute's role is to share evidence-based and promising practice programs, services, and resources to support those who work in **communities** and those who provide **medical** care (healthcare).

THEME 2: KNOWLEDGE EXCHANGE

Prevention Matters aims to highlight ways Saskatchewan healthcare and service providers are currently participating in knowledge exchange and to help attendees identify future opportunities to apply and benefit from knowledge exchange in their work.

Knowledge exchange is a foundation of the Prevention Institute's work. For us, knowledge exchange is a process of sharing knowledge in multiple directions and ways. Knowledge includes evidence-based information from research and promising practices, as well as the lived experiences, values, and capacities that exist within communities and individuals. All members in the exchange process should learn and benefit from each other's knowledge. While the primary purpose of the Prevention Institute is to share evidence-based knowledge, we recognize that to do this effectively we need to learn from the knowledge and experience of healthcare and service providers, and the families and communities they work with.

Partners in Prevention

- Government of Saskatchewan • SaskAbilities • Community-at-Large
- The Kinsmen Telemiracle Foundation • University of Saskatchewan

Sponsors



FULL CONFERENCE PROGRAM

DAY 1: Wednesday, October 2, 2019

9:30 a.m. - 10:15 a.m.	Registration, Display Set-Up, Refreshments (Lobby)
10:15 a.m. - 10:30 a.m.	Welcome and Greeting (Salon A, B, and C)
10:30 a.m. - 12:00 p.m.	Keynote (Salon A, B, and C) Jessica Moyer <i>Framing to Enhance Public Understanding: Strategies for Communicating About Healthy Childhood Development</i> Ken Lamoureux <i>Changing the Conversation: Reframing FASD in Manitoba</i>
12:00 p.m. - 1:00 p.m.	Lunch
1:00 p.m. - 2:30 p.m.	Session 1A (Gallery A) Dr. Angela Bowen, Dr. Holly Graham, Carrie Pratt, and Janice Osecap <i>Engaging Community and Families to Promote Culturally Safe Care for Indigenous Mothers in Saskatchewan</i> Brooke Graham <i>The Role of Doulas in Healthcare</i>
1:00 p.m. - 2:30 p.m.	Session 1B (Gallery B) Dave Shanks <i>Youth Who Thrive</i> Dawn Kellington <i>Hear our Voices: A Conversation About Youth, Mental Health, and Creative Expression</i>
1:00 p.m. - 2:30 p.m.	Session 1C (Gallery C) Dr. Alexandra King <i>Indigenous Wellness as Prevention</i> Dr. Maryam Mehtar <i>Paediatric School-Based Health: A Community Based Alternate Model of Care</i>
1:00 p.m. - 2:30 p.m.	Session 1D (Gallery D) Dr. Marcella Ogenchuk <i>Exploring Pediatric Oral Health in and With One Indigenous Community</i> Dr. Keith Da Silva <i>Oral Health, General Health, and Overall Well-being – Why Prevention Matters</i>

- 1:00 p.m. - 2:30 p.m. **Session 1E (Salon A)**
Joan Johnson and Dr. James Irvine
Changing the Story About Alcohol
- Tracy Carlson, Rae Napper, Tricia Lucyshyn, and Camryn Corrigan
Sober House Project
- 2:30 p.m. - 3:00 p.m. **Break and Refreshments**
- 3:00 p.m. - 5:00 p.m. **Keynote Presentation (Salon A, B, and C)**
Erin Beckwell
Knowledge Exchange for Healthy Families and Communities – An Interactive Event

DAY 2: Thursday, October 3, 2019

- 8:00 a.m. - 8:45 a.m. **Continental Breakfast**
- 8:45 a.m. - 10:30 a.m. **Session 2A (Gallery A)**
Veronica Hawley and Erin Hewitt
Baby's Best Start Prenatal Program
- Audrey Boyer
Standardizing Prenatal Education
- Megan Clark
My Saskatchewan Pregnancy – A Prenatal App
- 8:45 a.m. - 10:30 a.m. **Session 2B (Gallery B)**
Crystal Storey, Liza Dahl, and Jhalene Groth
TTYL: Helping Youth Put the WE in Wellness
- Maria Soonias Ali and Donna Banach
Promoting Youth Engagement: Techniques, Goals, and Challenges
- 8:45 a.m. - 10:30 a.m. **Session 2C (Gallery C)**
Barbara Compton and Gord Moker
The Community Safety Education Strategy: Sustaining a Path to Cultural Transformation
- Cara Zukewich
Child Injury Prevention Programming and Action Guide
- 8:45 a.m. - 10:30 a.m. **Session 2D (Salon A)**
Dr. Hortense Nsoh Tabien
Vaccination and Immunization: What You Need to Know

Dr. Jasmine Hasselback and Dr. Hortense Nsoh Tabien

Improving the Child Health Clinic Experience

Dr. Kali Gartner and Dr. Cassie Pancyr

Caring for Women* Who Use Substances in Pregnancy and Their Infants:

Recognizing the Structural and Socioeconomic Factors That Impact Women* and Families and Interventions to Improve Mother-Infant Outcomes

**We recognize that not all people who are pregnant identify as women and the importance of using the preferred pronouns of our clients*

10:30 a.m. - 11:00 a.m.

Break and Refreshments

11:00 a.m. - 12:15 p.m.

Keynote (Salon A, B, and C)

Dr. Noni MacDonald

Optimizing Vaccine Uptake – Addressing Vaccine Hesitancy

12:15 p.m. - 1:15 p.m.

Lunch

1:15 p.m. - 2:45 p.m.

Keynote (Salon A, B, and C)

Dr. Valerie Tarasuk

Food Insecurity in Canada: The Case for Evidence-Based Policy

Panel Discussion (Salon A, B, and C)

Dr. Valerie Tarasuk, Dr. Cassandra Opikokew Wajuntah, and Dr. Mahli Brindamour

Food Insecurity: Multiple Perspectives to Understand the Issue

2:45 p.m. - 3:00 p.m.

Break and Refreshments

3:00 p.m. - 4:30 p.m.

Session 3A (Gallery A)

Gina Alexander

A Community Safety and Well-Being Framework for Saskatchewan

Lee Hinton

Increasing our Capacity to Support the Healthy Development of Young Children in Saskatchewan Zero to Three Fellowship

3:00 p.m. - 4:30 p.m.

Session 3B (Gallery B)

Kavitha Ramachandran, Dr. Louise Humbert, and Dr. Amanda Froehlich Chow

Healthy Start/Départ Santé for Families (HSFF): A Collaborative, Multi-stakeholders Initiative to Support Families in Making Healthy Changes

Natalie Houser, Dr. Louise Humbert, and Dr. Marta Erlandson

Physical Literacy Enriched Communities: Baseline Results of a Home, School, and Community Approach to Improving Physical Literacy

- 3:00 p.m. - 4:30 p.m. **Session 3C (Gallery C)**
 Dr. Melissa Mirosh
Contraception for Adolescents
- Natalya Mason, Dallas Tetarenko, and Kristyn White
Tell It Like It Is: Sexual Education for Individuals with Developmental Disabilities
- Dr. Johnmark Opondo and Janice Seebach
Let's Talk Syphilis – Mom and Baby
- 3:00 p.m. - 4:30 p.m. **Session 3D (Salon A)**
 Shelley Spurr, Jill Bally, Carol Bullin, and Erick McNair
Seeking to Improve Outcomes for Adolescents of Diverse Ethnicities Living with Undiagnosed Prediabetes and Type 2 Diabetes in Saskatchewan
- Sara Langley and Cassie McVay
Canada's Food Guide – What's All the Hype About?

DAY 3: Friday, October 4, 2019

- 7:45 a.m. - 8:30 a.m. **Continental Breakfast**
- 8:30 a.m. - 10:00 a.m. **Session 4A (Gallery A)**
 Tanis Shanks and Connie Herman
Knowledge Exchange in Action Through Facilitation
- 8:30 a.m. - 10:00 a.m. **Session 4B (Gallery B)**
 Anita Ogurlu
Caught Between Two Worlds: Newcomer Youth Overcome Challenges to Embrace Life!
- 8:30 a.m. - 10:00 a.m. **Session 4C (Gallery C)**
 Erin Beckwell
Use It or Lose It: Mobilizing Knowledge to Improve Health
- 8:30 a.m. - 10:00 a.m. **Session 4D (Gallery D)**
 Bev Drew
Supporting Young Children with FASD in Aboriginal Head Start Centres: Teachings from the Canadian FASD Mentoring Project
- 8:30 a.m. - 10:00 a.m. **Session 4E (Salon A)**
 Moses Gordon, John Carriere, and Cheyanne Desnomie
Building Research Relationships with Indigenous Communities
- 10:00 a.m. - 10:20 a.m. **Break and Refreshments**

10:20 a.m. - 10:30 a.m.

Closing Remarks

10:30 a.m. - 12:00 p.m.

Keynote

Dr. Madhav Sarda

Childhood Anxiety: Worried About Worrying

Session/Name: _____

Speaker: _____

NOTES

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Saskatchewan Prevention Institute Staff and Contact Information

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PROGRAMS		
Child Injury and Child Passenger Safety		
Cara Zukewich, Child Injury Prevention Program Coordinator	czukewich@skprevention.ca	306-651-4316
Travis Holeha, Child Traffic Safety Program Coordinator	tholeha@skprevention.ca	306-651-4313
Fetal Alcohol Spectrum Disorder Prevention		
Donna Banach, Northern Youth Action for Prevention (YAP) Program Coordinator	dbanach@skprevention.ca	306-425-4615
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Vacant, Perinatal and Infant Health Program Coordinator		306-651-4317
Sexual and Reproductive Health		
Jackie Eaton, Sexual and Reproductive Health Program Coordinator	jeaton@skprevention.ca	306-651-4308
Parenting		
Connie Herman, Nobody's Perfect Parenting Program Coordinator	cherman@skprevention.ca	306-651-4309
Tanis Shanks, Community Action Program for Children Training and Education Coordinator	tshanks@skprevention.ca	306-651-4320

Upcoming Training Opportunities

provided by the Saskatchewan Prevention Institute

Early Childhood Mental Health Webinar Series				
All webinars will be run through Adobe Connect. You will need headphones or a speaker. The url to access all webinars is the same: https://meet90195942.adobeconnect.com/ecmh/				
Date	Time	Cost	Description	Presenter
October 17, 2019	1:30 p.m. – 3:00 p.m. (CST)	Free	2 Gen Approaches to Family Health	Natasha Byars, <i>Zero to Three Fellowship, Southwest Human Development</i>
November 21, 2019	1:30 p.m. – 3:00 p.m. (CST)	Free	Early Childhood Mental Health and Medically Fragile Infants	Jennifer Herman, <i>Clinical Psychologist and Assistant Faculty Member, St. Jude Children's Research Hospital</i>
January 16, 2020	1:30 p.m. – 3:00 p.m. (CST)	Free	Healthy Immigrant Children	Virginia Lane, <i>College of Nutrition and Pharmacology, University of Saskatchewan</i>
Mothers' Mental Health Toolkit				
https://skprevention.ca/professional-dev/mothers-mental-health-toolkit-online-training/				
Date	Time	Cost	Description	Presenter
December 5, 12, 19, 2019	1:00 p.m. – 3:00 p.m. (CST)	\$45.00/ person	Mothers' Mental Health Toolkit (<i>Includes materials and certificate</i>)	Lee Hinton, <i>Program Manager – Saskatchewan Prevention Institute</i>



Child Passenger Safety Technician Training

Many of the injuries and deaths to children in vehicle collisions are preventable. This is where you can help. Become a Children's Restraint System Technician as part of your job or community organization. The course is FREE of charge, and will give you the skills you need to become a valuable resource to caregivers. The three-day Technician Training will give you the following skills:

- Give caregivers education to properly use and install their car seats
- Provide information to parents
- Provide information within your community

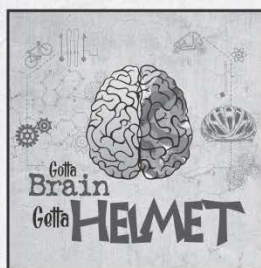
Please contact info@skprevention.ca for more information.

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Although the vast majority of injuries are predictable and preventable, deaths and hospitalizations due to injury continue to occur at high rates. Between 2004 and 2013, there were on average 68 injury-related deaths of Saskatchewan children and youth under the age of 20 each year. For every Saskatchewan child who died due to injury, approximately 24 children were hospitalized. The goal of this topic area is to raise awareness of injury risks and best practices to reduce the number of injury-related deaths and decrease the risk of life-altering injury.

Check out the "Safety" section of our website to see the many child injury prevention resources at:
<https://skprevention.ca/safety/#resources>.

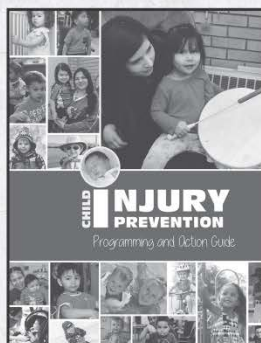
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Gotta Brain Gotta Helmet

Resource # 4-220

This booklet provides safety information about helmet use for a variety of activities. It also includes the story of a young boy's experience of a head injury.



Child Injury Prevention Programming and Action Guide

Resource # 4-008

This guide provides information about the importance of injury prevention, why children are more at risk of injury, and how to develop and implement an injury prevention strategy. This resource was developed for community-based programs to use in their work with families to prevent child injury, but it will be of interest to anyone who works with caregivers and children.

CELEBRATE **National
Child Day**

on November 20 and
throughout the year!

Every child
has the **right ...**

- to physical, emotional, social, and spiritual health and development
- to rest and relaxation
- to healthy and nutritious food
- to parents who love them and protect them from violence
- to play

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My Curious Brain



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Resource #5-505
Category: Child Development

My Curious Brain is a fun, interactive, and educational book for parents and caregivers to teach their kids about how the brain works. When parents and caregivers have a greater understanding of how the brain works, they will better understand how to support their child and promote healthy brain development. With a greater awareness of how the brain works and with supportive caregivers, children can develop self-regulation skills and strategies to help them effectively deal with stress.

For more information, visit:
<https://skprevention.ca/resource-catalogue/child-development/my-curious-brain/>

Healthy Parenting

A program for parents
and caregivers of
children birth to age five.

www.healthyparenting.ca

Some topics include: Immunizations,
Child Development, Child Safety,
Nutrition, and Play.

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**Are you teaching about reproductive health
and pregnancy? Are you having a new baby?
Do you have any questions about pregnancy?**

YOUR **PREGNANCY** MONTH♦BY♦MONTH

provides online, plain language, evidence-based information on a
variety of topics for each month of pregnancy.

Some topics included are: fetal development, nutrition and physical
activity during pregnancy, and medical tests.

Your Pregnancy Month-By-Month was developed for pregnant women
and is also an excellent resource for teachers as it allows students to learn
about pregnancy. It is recommended that teachers review the resource
before sharing with their students.

www.skprevention.ca/your-pregnancy-month-by-month/

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COMING SOON!

My Saskatchewan Pregnancy is a **FREE PRENATAL APP**

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USE THIS APP TO:

- See daily pregnancy tips
- Track your health
- View videos
- Find services/programming
- Save journal entries and photos
- Personalize a to-do list
- Link to SK healthcare providers



FREE UPDATED APP



KIS-SK

KEEP IT SAFE SASKATCHEWAN

Download this **FREE**
smartphone app to
help you make healthy
choices and informed
decisions about your
sexual health.



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Saskatchewan

Early Childhood Mental Health

Provincial Network



The Saskatchewan Early Childhood Mental Health Provincial Network provides an opportunity for professionals interested and/or working in the area of early childhood mental health to network, share information about current services, collaborate, and keep up-to-date with current research.

Interested in joining the network?

Please contact Lee Hinton at
lhinton@skprevention.ca

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Motivational Interviewing (MI)
is a conversation between a
service provider and a client
or patient. The goal of this
respectful conversation is to
help clients consider change
to improve their health
or well-being.



If you are interested in participating in an MI training, call Bev Drew at 306-651-4307 or email her at: bdrew@skprevention.ca.

Bev Drew, FASD Prevention Coordinator and a member of the Motivational Interviewing Network of Trainers (MINT), provides training in MI to service providers across Saskatchewan.

How have you supported alcohol-free pregnancies?
Have you changed your drinking to support a
pregnant partner or friend?

DID YOU KNOW THAT:

Fetal Alcohol Spectrum Disorder (FASD) can happen
in ANY community or group where alcohol is used?

Up to 50% of pregnancies are unplanned and alcohol
is often used until a pregnancy is confirmed?

Up to 4% of Canadians have FASD?

We're CHANGING the conversation from
SHAME and BLAME to ...

SUPPORT and CARE.

FASD

LET'S CHANGE THE conversation

saskatchewan
preventioninstitute
our goal is healthy children

To book a presentation, order resources, or learn more,
contact: info@skprevention.ca or call 306-651-4300.



**YOUTH ACTION
FOR PREVENTION**

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YOUTH-LED HEALTH COMMUNITY GRANTS PROGRAM

Two areas of focus at the Prevention Institute of importance to youth are the prevention of alcohol-related harms (including the prevention of FASD) and promotion of sexual health. The Saskatchewan Prevention Institute believes that youth aged 14-24 must be included in primary prevention efforts in order to reach our goal. The Prevention Institute is pleased to offer to Saskatchewan communities a Youth-led Health Community Grants Program focused on preventing alcohol-related harms and/or promoting sexual health education.

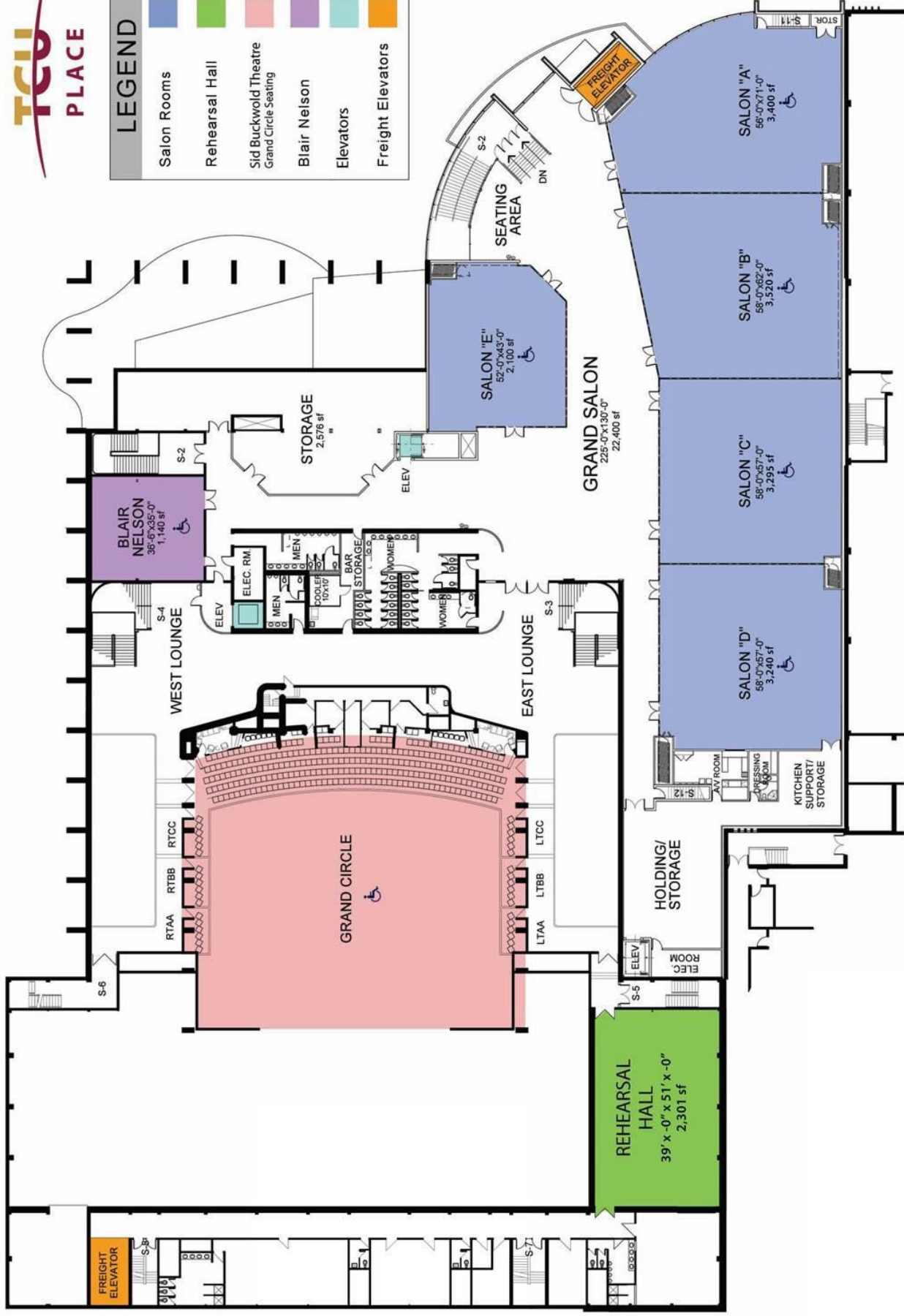
Grants are available two times a year. The first deadline is May 31.
The second deadline is November 15.

For more information visit:
<https://skprevention.ca/alcohol/youth-action-for-prevention/>

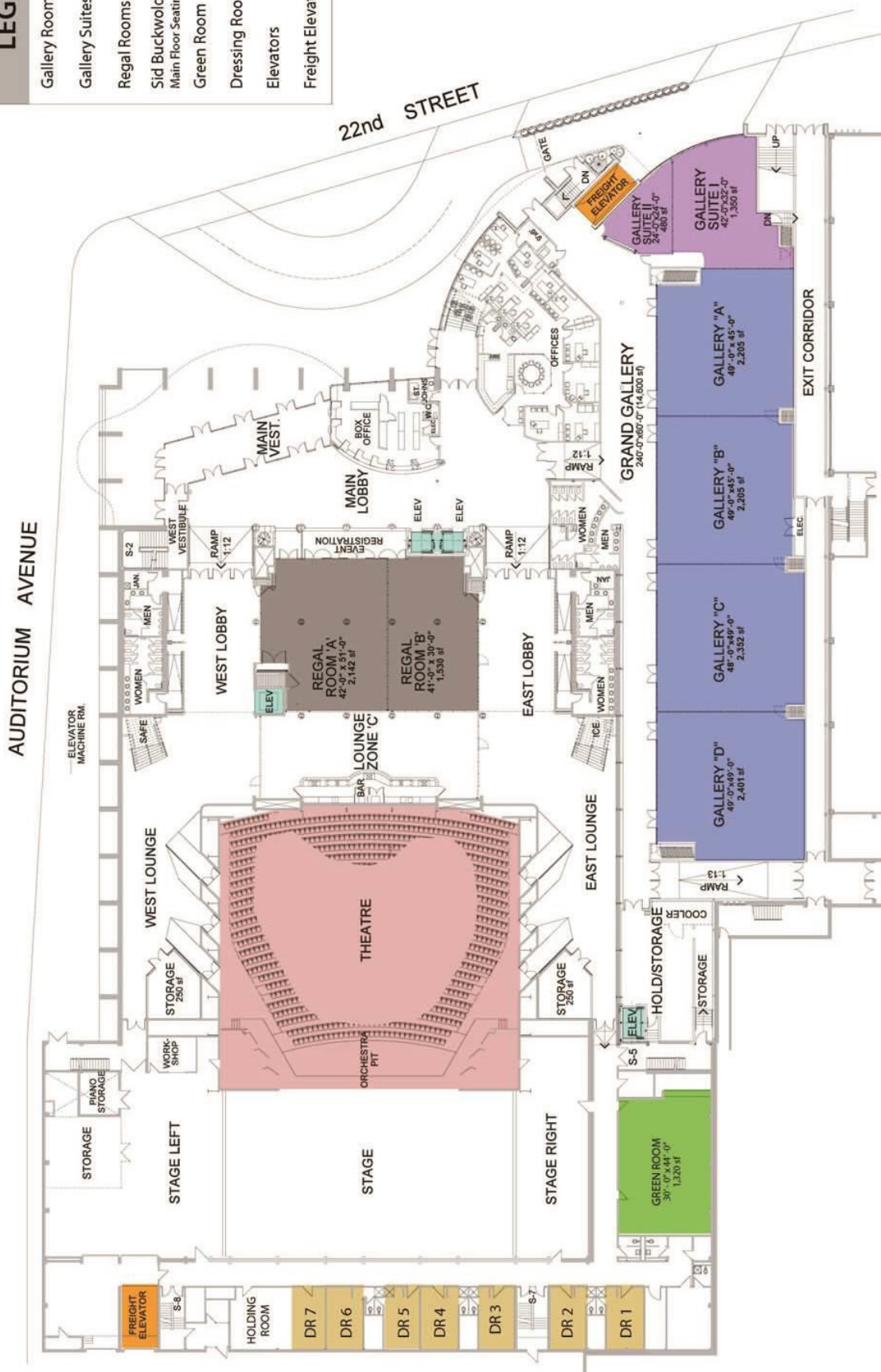
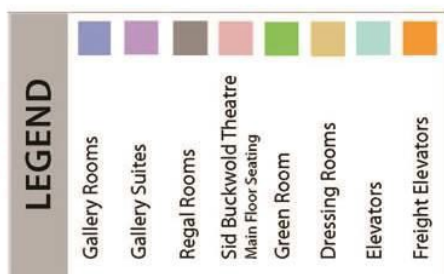
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LEGEND

- Salon Rooms
- Rehearsal Hall
- Sid Buckwold Theatre Grand Circle Seating
- Blair Nelson
- Elevators
- Freight Elevators



UPPER FLOOR LEVEL: Salon ABCDE, Grand Circle, Rehearsal Hall and Blair Nelson Room





Our goal is healthy children

Our mission is to reduce the occurrence of disabling conditions in children.

The Saskatchewan Prevention Institute is a non-profit organization, founded in 1980. We focus on **primary prevention methods** to achieve our mission. We raise awareness by providing training, information, and resources based on current best evidence.

What is Primary Prevention?

Primary prevention aims to prevent disabling conditions from occurring by eliminating or modifying risk factors that can occur before or during pregnancy or after birth. It is important to recognize that not all disabling conditions are preventable. Primary prevention can be legislated, as well as addressed through health promotion, education, programming, and other practices.

Examples of Primary Prevention:

- Legislation that requires folic acid be added to all white flour, enriched pasta, and cornmeal products sold in Canada helps to prevent children from being born with neural tube defects.
- Testing for and treating sexually transmitted infections (STIs) helps to prevent transmission of STIs to a fetus.
- Supporting families to avoid alcohol during pregnancy helps prevent Fetal Alcohol Spectrum Disorder (FASD).

For more information, visit:
www.skprevention.ca

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