



Why Connect? Why Connect?

Developed uniquely for parents & caregivers of youth based on research examining:

- ✓ Attachment
- ✓ Child & Adolescent Development, Mental Health & Social Well-Being
- ✓ Parenting & Family Functioning
- ✓ Prevention & Intervention Research
- ✓ Parents' Feedback
- ✓ Evaluation of Short and Long-Term Effectiveness

IS CONNECT EFFECTIVE?

We really listen to parents and have used their feedback to shape the Connect Program. Ongoing evaluation is a key component of the program and is integrated into leadership training and program delivery. To date, research findings show that Connect has promising outcomes, both short and long term, including reductions in behavior problems, caregiver stress, and improvements in youth social functioning and parenting satisfaction.

For more information on training & program delivery contact:

Connect

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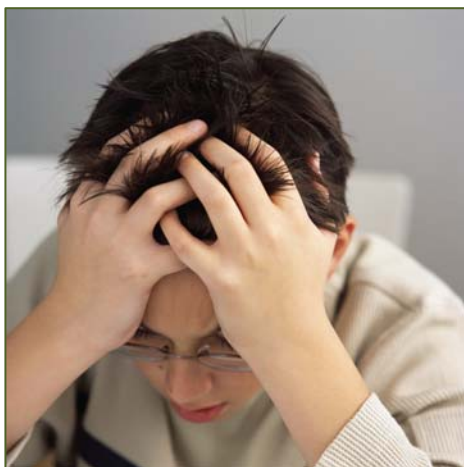
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Connect Connect

An Attachment Based Program to Support Parents & Caregivers



The Connect Program is a Community-University Partnership between researchers at Simon Fraser University, the Maples Adolescent Treatment Centre and the BC Ministry for Children and Family Development.



YOUTH MENTAL HEALTH - THE FACTS

At any given time, one in seven children in British Columbia experience severe problems with mental health – problems that impact their success at home, at school and in their community. Severe conduct problems are the third most prevalent condition among children and youth in British Columbia. While prevention is always best, it is sometimes either unavailable or ineffective. Several excellent programs exist for young children, but few address the problems of older children and adolescents. Connect was developed based on research to fill this gap.



WHAT IS CONNECT?

Connect is a manualized, 10-session program designed to reduce risk for aggressive and antisocial behavior in pre-teens and adolescents. The program integrates techniques used across a range of intervention modalities with a focus on strengthening relationships between caregivers and teens. In particular, Connect focuses on the building blocks of attachment security and healthy relationships.

WHO DELIVERS CONNECT?

Connect is delivered by mental health professionals who have completed standardized training and supervision leading to certification. Careful attention is paid to ensuring program adherence and the development of skills to effectively support caregivers.

WHAT COMMUNITIES TELL US -

"It's really a wonderful program and we're receiving great feedback from teachers & parents..."

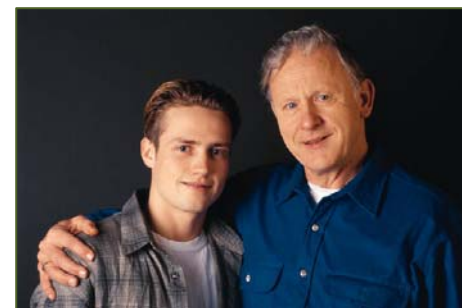
WHAT PARENTS TELL US -

"The role-plays showed me how to handle different conflicts. Changes in the relationship are slow but well worth it, and the growth is incredible".

"They made me feel very positive and my confidence in myself as a parent has increased tenfold".

PARENTS & CAREGIVERS LEARN TO:

- ✓ Identify relationship & developmental issues related to problem behavior & conflict.
- ✓ Step-back & consider parenting choices that maintain emotional availability even in situations of conflict.
- ✓ Understand & manage their own emotional reactions to conflict with their teen.
- ✓ Use basic parenting skills to support their relationship with their teen while setting limits.



SESSION HIGHLIGHTS

Each session begins with the discussion of an attachment principle that helps parents better understand their child's development, behavior and emotional functioning. Role-plays and other exercises are used to help parents reflect on their experiences and choices in parenting. Sessions are structured and goal focused, yet supportive and respectful.