

# Success Story

I have been working with two sisters for several years, they have PGO status, and unfortunately aren't able to live together due to sibling conflict that was occurring. We have been arranging sibling weekend visits consistently to ensure they maintain their relationship. Feedback from the foster parents has been that the children do not get along at sibling respite, they often fight, and the older sibling is often mean to the younger sibling. The older child also voiced her concerns with not being talked to first by the social workers when they came to the school to talk to her and her sister about what was going on at home. She felt that because she was the oldest, she should have been talked to first. The caseworker and I were worried that the older sibling blamed the younger sister for coming into care. We decided to schedule a consult with the attachment specialist to talk about these issues and what we can do to help. I sent the attachment specialist the words and pictures that had been completed to give her an idea of what happened. The attachment specialist thought that the words and pictures was well done and that we could use that to try to work through the sibling conflict and help the children understand who was responsible for them coming into care. First, she explained the responsibility pie activity and that we could do this with the children to see where they put the responsibility. After they do that, we talk about the timeline using the pictures in the words and pictures, and then do the responsibility pie again to see if there was a shift.

The caseworker and I were excited to try something new and planned out the activity that the attachment specialist walked me through. We were hopeful this would help the older child shift her blame from her younger sister and onto her parents where the responsibility really belongs. We were also planning on doing this with the younger sister even though it was only recommended for the older one. We were worried that the younger sister may blame herself for coming into care because she was the one that told the safe people what was going on.

We went to complete the activity with the older sister in her home. First, we were honest with her that we had never done something like this before and that that it's okay if she doesn't want to work through this with us. Luckily, she was as excited as we were to try something new. Through this process she realized that they never would have come into care if her sister didn't tell someone what was happening.

We were very proud of her for realizing that without the bad stuff happening at home, her younger sister wouldn't have had to talk to someone about it. The feedback from her was incredible, she said that it makes so much more sense to her now, and that the workers should do this with all kids. She said that she wouldn't be the person that she is today if she stayed with her mom and dad. She said that she would still be really angry and mean if her sister didn't tell someone what was happening. The self reflection that this activity brought forward for her was very rewarding to watch and we are hopeful this will be a first step towards the siblings having a stronger relationship.

I am proud my team for stepping outside of our comfort zone and trying something new to help the children we work with. We often don't have time to do this kind of work with children and focus on what's necessary, but this showed me that it's so important to talk to the children we work with regularly and try new things to help them process what's happened. Even though these children had a words and pictures in place already, they were still confused about who was responsible and the timeline of events. I think the big movement for older sister was talking about what would have happened if her sister didn't talk to the safe people and she said that the bad stuff would have kept happening. The big moment for the younger sister was her hearing that her older sister did this same thing, and she doesn't think that it's the younger sisters fault. We weren't prepared to ask many of the questions we did, but we tired to be curious and ask them questions to help draw out reflection during the activity. The thing I am most proud of is that we were thinking critically and using our knowledge of the children to help guide them through this process and asked them questions during the activity to help them think through these things and reflect on what has happened in their lives.

## Since 1975

**Trust, Empathy, Commitment, Respect, and Genuineness are the values on which McMan establishes relationships with clients, employees and the community we serve.**

**Trust:** McMan honours individuals by providing a confidential and consistent approach to relationships.

**Empathy:** McMan connects with each individual in order to understand their unique situation.

**Commitment:** McMan is focused, engaged and dedicated to each individual we support.

**Respect:** McMan acknowledges and considers each individual's situation, thoughts and values.

**Genuineness:** McMan embraces honesty, sincerity and remains judgement-free when working with individuals.

## 2020/2021 Regional Board of Directors

(at March 31, 2021)

### Members:

- Allison Nestorvich
- Chad Evans
- Dave Minhas
- Dyane Zalasky
- Lorrie Sparks
- Paige O'Dwyer

## Our Founders

- Norah Cantin (nee McNamara)
- John Meston
- Jim Allers
- Rick Newcombe

**We could not have done it without you.**

McMan Youth, Family and Community Services wishes to express its sincere appreciation to the individuals and organizations who have contributed to and supported the Association.

**Together, we are making a difference in our community.**

[www.mcmancentral.ca](http://www.mcmancentral.ca)

CHARITABLE REGISTRATION #119035947RR0001



# 2020- 2021

## McMan Central Region Annual Report



## Our Mission

**To support and encourage individuals and families to reach their full potential as members of their community.**

## Testimonial

Writer received a call from the Camrose food bank. Writer had given her a McMan business card a while ago. The food bank used to give all the food to the school programs to help with the breakfast club. With Covid -19 the schools are not operating. Writer received a call asking if the writer would like extra food for her clients. The only rule was the clients cannot come to the food bank to pick it up. She asked the writer to come and pick up and drop off for each client. Writer thanked her for allowing the writer to pick up the food for her clients. Writer now goes every Monday as they are overloaded with food because of the weekend. The clients are very happy as they are really struggling financially, and they are paying their bills but struggling with putting food on their tables, so this is a huge help. Writer has gone to the food bank and helped them with filling the shelves when they get deliveries. They are so happy for the extra help to carry items in and help organize them. Writer does food drop-off for clients as needed while remaining with the COVID-19 restrictions.

## Clients Served

People with Disabilities	685
Children and Youth	1632
Families	865
Parents/ Caregivers	945



## Making a difference

### Program Success Story

This writer has worked with a family for 5 years, from in home support to visitations. Both parents struggle with addictions issues. This writer was able to advocate for a Thanksgiving dinner and birthday celebration during COVID. This included the prep of the meal by this writer so no cross contamination could occur. This writer successfully advocated for a driver to bring the children to Wetaskiwin, as most visits occur in Rocky Mountain House.

This writer set up activities for the children and mother. They painted jewelry/picture boxes to give to their mom and she to them. They also had games set up and a dessert mom had chosen. The dinner was received with gratitude and one of the children was heard saying “this is the best visit ever!”. This writer was happy to be able to celebrate Mom’s birthday and make it as “normal” as possible during a pandemic. Mom was grateful and her heart was full.

## Highlights from the year included:

The Outreach Worker has worked with this one family for the last year. The child is 10 years old and there has been an ongoing custody battle throughout the time of being involved in the FASD Outreach Program. This has made making any kind of a routine for the child next to impossible, with disruption happening constantly, poor behaviors developing and the safety of the other children in the family being a concern. With the last court appearance both parties agreed to more structured terms with a mutual pick up and drop off point set to help alleviate animosity between parties and make this adjustment more positive for the child. The child has been involved in this process, with less contact happening, and mom will now text and ask if the child will agree to a phone call prior to mom calling. These steps have given the child more control in him being able to make decisions on contact with mom. The child has had many supports and services at school, in the community and at home, and has participated in counselling. The child has since become less violent at home, is making progress at school, and has been able to identify behaviors when they occur, beginning the process of self-regulation. These have been positive outcomes for the child and the family. The next court date will be in September and the family hopes this will give time to set into better routines and more consistency for the child and family.

Central Region opened six Family Resource Networks over this last year. With the addition of Family Resource Networks and expansion of existing programs we moved six program locations throughout the region to larger space for service delivery. As well, several Grants received by Central Region throughout the year ensured targeted and isolated communities were supported through the ongoing pandemic crisis.

We were able to continue to offer Family Group Conferencing (FGC) in all three of our CSD sites again this year, despite the pandemic, staff adapted this service quickly to offer it virtually. Our FGC/FSE/Kinship position also became full-time this year due to the increased need of these services, which speaks highly of the work being done.

FRN staff participated in several Provincial gatherings to enhance programming, engagement of stakeholders and networking with others. These included: attendance at ALIGN- hosted FRN Gatherings; AHVNA Committees; FRN Engagement Sessions by the Ministry; the Chair of the ALIGN FRN Task Group; and staff representation on the newly formed FRN Provincial Steering Committee.

- 100% of respondents in our Stakeholder Survey believe that clients are treated with respect by McMan staff
- 83% of clients said that their McMan worker helped them connect to other people and resources in their community.
- 95% of staff are satisfied with their job
- 91% of staff receive useful and constructive feedback
- 100% of staff feel proud to say the work for McMan

*Our success is the community’s success. With the ongoing support of our funders, donors, partners, Board and volunteers, McMan Youth, Family and Community Services Association is ready for the challenges and achievements ahead in 2021/22.*