

*"Building the smallest democracies at the heart of society."*  
The United Nations: The International Year of the Family, 1994

Agreement# 40063171

## Positive Discipline in Everyday Parenting: A Violence Prevention Program that Starts at Home!



by Christine Ateah



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[www.savethechildren.se](http://www.savethechildren.se)

**A**s research findings on the negative effects of physical punishment have grown exponentially, so has recognition of the personhood of children. Following the United Nations' (UN) 1989 adoption of the *Convention on the Rights of the Child* (CRC), views of childhood are shifting on a global level. To date, 46 countries have abolished all physical punishment of children (Global Initiative, 2015). However, law reform alone is insufficient to shift attitudes and behaviours that have been established over generations. As countries increasingly move to abolish physical punishment, governments and civil society organizations are searching for ways to support parents in promoting children's healthy development. The *Positive Discipline in Everyday Parenting* (PDEP) program was developed as a primary prevention program to reduce physical punishment of children. This program grew out of an academic-NGO partnership between the University of Manitoba and Save the Children, an international NGO that promotes children's rights. In 2007, Save the Children in Southeast Asia commissioned a book that integrates research findings and child rights principles. **Joan**

**Durrant**, Professor in Community Health Sciences at the University of Manitoba, first wrote a book for parents that describes a model of parent-child conflict resolution based on trust, attachment, communication and validating children's perspectives that can be applied in a wide range of situations. Interest in the book prompted requests for training in the approach. A facilitator training model was developed and a facilitator's manual was produced to support trainees in their delivery of the program to parents through community agencies, schools and health centres.

Facilitators are parent educators, NGO staff, teachers, child care workers and other professionals who work

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## Why Data Counts



by Jane Ursel

**R**ecently Cheryl Fraehlich, Research Associate at RESOLVE Manitoba, was invited to speak at a workshop—sponsored by The Institute for Feminist Legal Studies at Osgoode—titled *Supporting Women Charged*. Women’s organizations in Toronto were concerned about the apparent increase in women charged with domestic violence (D.V.) offences that resulted from pro–arrest policies in D.V. cases. Participants at this workshop were interested in the data presented in a paper that Cheryl and I authored that concerned the arrest rate of women that followed pro–arrest policies in Winnipeg. In the article “Arresting women: Pro-arrest policies, debates and developments” *Journal of Family Violence*, 29 (5), we addressed the concern with “dual arrests” (both man and woman are charged) that such policies can trigger. We demonstrated that although the arrest rate of women charged with D.V. offences increased after an aggressive pro–arrest policy was introduced, this rate was dramatically reduced when police were trained to identify primary aggressors in a domestic assault incident. Cheryl came home with the observation that the workshop participants noted the value of having such data sets available for analysis.

While police, prosecutors, and correctional departments keep data, there are limited opportunities for the public to access these statistics. One clear opportunity is the excellent publication on domestic violence that comes from Statistics Canada once every three years. While this data is used extensively by practitioners, researchers, and students, it is highly aggregated and cannot answer all of the questions people in a particular community might have. These questions can best be addressed at the local level through access to local data.

In Manitoba, RESOLVE has had a uniquely positive relationship with the Department of Justice that has spanned 25 years. We have collected data on characteristics of the victim

and the accused, as well as charges and court outcomes from the files of the D.V. Unit prosecutors in Winnipeg. Because we deal with a very large data set we can maintain anonymity of the individuals and families involved. Longitudinal data allows us to identify trends and examine the before and after effects of policy changes. This data serves the needs and interests of the Manitoba Department of Justice, of prosecutors, practitioners, researchers, and family members affected by domestic violence. For example, a number of years ago Victim Services approached us to request that we analyse the child abuse data we collect. They wanted to know what the conviction rate was for cases of child sexual abuse, and what factors affected the conviction rate. They wanted to be able to provide this information to parents of an abused child so that the parents could make an informed decision. Parents wanted to do what was in the best interests of their child. Was the possibility of conviction sufficiently high to merit proceeding with a prosecution and the stress that would entail for the child (witness)? These are the types of questions that are deeply meaningful to family members and to the community—the types of questions that can only be answered locally.

This data counts because it can inform policy, improve interventions, and affect families caught in the destructive dynamic of family violence. Over the years we have been able to demonstrate—with hard numbers—the need for more prosecutors, an expansion of treatment programs, the efficacy of particular policies and the impact of legislative change. This partnership between the University (RESOLVE) and the Manitoba Department of Justice has served our community well over the years. There would be great benefit for other provincial departments of justice to explore a similar relationship with their local universities. ☘

## Manitoba Update



by Jane Ursel

**R**ESOLVE Manitoba is pleased to announce our 2015 Carolynne Boivin bursary recipients.

Due to the generous donation from **Carolynne and Dan Boivin**, we can grant three awards this year. Our Ph.D. Award recipient is **Miriam Gonzalez**, who is evaluating the effects of Level 2 Positive Parenting Program (Triple P) on parental use of physical punishment and other parental responses. Findings from this study will provide important information for practitioners and will contribute to the literature on family violence.



*Miriam Gonzalez*

Our Masters recipient is **Jacob Simoens**. Jacob will assess the efficacy of the Salvation Army's diversion program, Choose 2 Change, for persons arrested for domestic violence offenses. The specialized Crown attorneys in Winnipeg's Domestic Violence Unit select a limited number of low risk offenders who are on remand until they complete the treatment program. If the accused persons attend, participate, and complete the program they will have their charges stayed.



*Jacob Simoens*

Jacob's findings will be of great value to practitioners and will also contribute to a growing literature on the efficacy of men's treatment programs.

*Boivin Bursary recipients...continued on Page 7*

### Introducing Our Steering Committee Members

#### **JOAN DURRANT**

by Christine Ateah



*Joan Durrant*

**Dr. Joan Durrant**, Professor of Community Health Sciences, University of Manitoba, has dedicated her professional, and much of her personal, life to protecting children from physical and emotional punishment while in the care of their parents or other caregivers. Over the past 25 years she has set out to change the beliefs that underlie 'everyday' violence against children around the world. Her approach to the issue is one of education and support. She educates parents, policy makers, politicians, and professionals about how children develop and the types of guidance that help children learn and understand. Joan has received international recognition for her leadership in this area. Based on her years of research, in partnership with a global NGO (Save the Children), she developed the **Positive Discipline in Everyday Parenting** program highlighted in this month's newsletter. She also co-authored the **Joint Statement on Physical**

**Punishment of Children and Youth**, which brought the issue to the attention of professional organizations across Canada; more than 500 have endorsed it to date. In recognition of her work on the Joint Statement, Joan was awarded the Ted Freeman Award for Innovation in Education by the Ontario Hospital Association. Other awards that Joan has received include the Children's Rights Supporter Award, Canadian Coalition for Children's Rights (2014); Human Rights Commitment Award, Manitoba Human Rights Commission (2013); Health Promotion and Innovation Award of Excellence, Canadian Institute of Child Health (2012); Queen Elizabeth II Diamond Jubilee Medal, Government of Canada (2012); "Humanitarian of the Year Award" Canadian Red Cross, Manitoba Chapter (2011); YWCA Woman of Distinction Award, Education and Mentorship Category (2011); and Ian Logan Memorial Award for Leadership in Child Abuse Prevention, Manitoba Provincial Advisory Committee on Child Abuse (2010). ❧

## Saskatchewan Update

*Diane Delaney: RESOLVE Saskatchewan Award Winner*



*by Diane Delaney and Ann Bishop*

**D**iane Delaney recently left RESOLVE Saskatchewan after serving as community representative to RESOLVE's Regional Council and the Partnership Board. During her tenure on the RESOLVE Saskatchewan Steering Committee she was Provincial Coordinator of the Provincial Association of Transition Houses and Services of Saskatchewan (PATHS). Her time at PATHS offered many opportunities for her to address the social problems that women who have experienced violence face. She is not only an excellent resource for community services, but has traveled to rural and northern communities, and represents Saskatchewan as she travels. As a result, Diane is very familiar with the issues that women in these communities face. She has facilitated the creation of spaces for a public voice for the shelter movement in Saskatchewan, and has provided leadership through training for shelter workers on such topics as the history and impact of colonization, risk assessment, and legal advocacy.

Through her experience in various capacities in shelters in Ontario, Diane secured employment as Executive Director of SOFIA House—a Regina second-stage shelter—shortly after her arrival in Saskatchewan in 1999. She moved from that position to become Manager of the Isabel Johnson Shelter in Regina, and at the same time managed the Big Sisters program. In January 2005, she began her tenure as the Coordinator of PATHS, a job that she held for the next ten years. This time was also a period when she became involved with RESOLVE.

Diane told us that those ten years felt like the most intensely productive of her career, where she could use her past experience and education. She has a keen desire to understand the many and varied social issues that keep women from leading lives free from violence. This curiosity—combined with a desire for change—resulted in a significant contribution to community-based research in the areas of income security,

affordable housing, prostitution, gender and sexual identity issues in sheltering, the needs of immigrant women, and social work intervention strategies in sheltering. Diane's work went beyond research, and provided the necessary data for successful advocacy efforts on behalf of women who experience violence. Active in the anti-poverty movement, she provided leadership when the retrenchment of income supports for poor people in Saskatchewan was imminent. Her social activism in housing issues resulted in an abatement of the conversion of affordable housing into condominiums. Diane was involved in the international discourse on sheltering, including providing input into a United Nations document on sheltering practices. Nationally, Diane was a member of the founding board and executive of the Canadian Network of Women's Shelters and Transition Houses.

Toward the end of her tenure at PATHS, she produced an

in depth and unique analysis of the root causes of violence made possible through a grant from the Prairieaction Foundation. She continues to work on this project, enhancing her research and presenting at international conferences. As well, she continues in her capacity as community lead and co-principal investigator on a SSHRC/CURA project entitled *Rural and Northern Community Response to Intimate Partner Violence*, which examines the needs of women who have experienced violence in rural and isolated areas.

Diane resigned from PATHS and the RESOLVE Saskatchewan Steering Committee in Fall 2015, and now lives in Manitoba where she joined her husband, who moved to Winnipeg for a position at the University of Manitoba. Her depth of knowledge, insight, and commitment to helping women and children in difficult circumstances is second to none. We are fortunate we have been able to continue our relationship with Diane through the SSHRC/CURA project. ❧



*Diane Delaney*

## Alberta Update

### Alberta Council of Women's Shelters Second-Stage Shelter Project: Transitioning from Domestic Violence to Stability, PART 2



by Jordana Linder

Original report prepared by Jan Reimer, Executive Director, Alberta Council of Women's Shelters

**W**ith sixteen of its member organizations, the Alberta Council of Women's Shelters engaged in a Second-stage Shelter Project to collectively develop strategies to promote common understanding of and support for second-stage shelters in Alberta.

#### DATA ANALYSIS HIGHLIGHTS

Between August 2013, and June 2014, eleven organizations gathered information about women and children who resided in Alberta Second-stage Shelters. Over a period of 11 months shelters recorded a total of 354 admissions, which represents 349 individual women and 571 child admissions.

#### Characteristics of Women and Children in Second-Stage Shelters

- Cultural background and immigration status of women in second-stage shelters reflects the background of women in urban emergency women's shelters in Alberta, where the proportion of the Aboriginal population is lower and the proportion of the immigrant population is higher.
- The average age of women in second-stage shelters is the same as that of women in Alberta emergency women's shelters, with the majority of women falling in the 25 to 40 age bracket.
- Over 80% of the women were admitted to the shelter with children (292 out of 354). This is higher than about two-thirds of women with children in emergency shelters.
- Women who access second-stage shelters may experience more challenges with their financial or employment situation than women in emergency shelters.
- About half of the women in second-stage shelter for whom this information was available had either mental or physical health concerns or addictions or a combination of those concerns.

#### Abuse History

- Seventy seven percent of women identified at least one type of abuse that they experienced immediately prior to their admission to the shelter.



- Women in second-stage shelters are more likely to experience physical abuse than women in emergency shelters.
- Almost a third of the children either witnessed the abuse of their mother or experienced abuse or neglect themselves.
- Women in second-stage shelters are at higher risk for femicide than women in emergency shelters.

#### Services and Service Linkages

- On average the women stayed in second-stage shelters for about 6 months.
- The second-stage shelter services appear to be more varied than those in emergency shelters, including such services as programming for children, financial support, housing support and health services.
- Upon conclusion of their stay in the second-stage shelters almost 70% of the received referrals to various community services.
- By comparison to emergency shelters second-stage shelter referrals are more likely to include housing and less likely to include referrals to other shelters.

#### Situation at Shelter Discharge

- Over the course of nine months second-stage shelters recorded 334 admissions and 224 discharges.
- At the time of discharge about half of the women were going to live on their own—with or without their children (49%). Others were going to live with their family or friends (19%), or return to the abuser (5%). The remaining women were either unsure or their living situation at discharge was not specified.
- By comparison, in an Alberta Council of Women's Shelter study, over half of the women in emergency shelters returned to the abusive partner—42% of them because of lack of affordable housing and 45% because of the lack of money.

This study provided an initial opportunity to aggregate shelter data, and continued data collection is needed to improve data collection accuracy and completeness. Regular and expanded reporting and analysis will be used to support future program development efforts and shelter advocacy efforts on behalf of women. ❧

*Positive Discipline...* continued from Page 1

directly with families. They deliver the program in eight two-hour sessions, plus a follow-up session, typically with groups of ten to 17 parents. PDEP is now being implemented in at least 30 countries, with five Master Trainers responsible for ongoing development of the parent and facilitator training programs. PDEP was designed as a universal primary violence prevention program. The approach teaches and builds relationships that can be applied in any family, although some families may need additional support. A standard program is appropriate for parents who are comfortable reading and writing English. Delivery adaptations have been developed for newcomers and parents with low literacy. Parents are provided with a framework to problem solve, which can be applied in a wide range of 'everyday' conflicts. The framework was designed to help parents move from external control strategies (e.g. physical punishment, time-out, removal of privileges) to mentorship and conflict resolution. Designed to capture the fundamental principles of caregiving that promote developmental health throughout childhood and adolescence, the PDEP framework consists of five components:

- 1) *focusing on long-term goals;*
- 2) *creating a learning environment in which children feel physically and emotionally safe ("warmth");*
- 3) *clearly communicating the information children need in order to learn ("structure");*
- 4) *understanding children's perspectives across the developmental trajectory; and*
- 5) *approaching discipline as problem-solving rather than punishment.*

The program takes parents through these components in sequence, with each building on the previous ones.

A series of interactive exercises helps parents understand the rationale for the approach, gain insight into their children's thinking, and generate constructive non-violent solutions on their own. Four of the eight sessions take parents through the typical developmental pathway, from birth to adolescence, with a focus on developmental changes across the age span, such as attachment, mastery motivation, and drive for autonomy. Brain development is emphasized to help parents understand the impact of stress and aggression, and how their own emotional regulation can facilitate the growth of self-regulation in their children.

PDEP also helps parents understand fundamental principles of children's rights, including the right to explain

their perspectives and to have them heard. One of its primary aims is to help parents understand children's perspectives in everyday conflicts, and gradually become comfortable with listening to their children rather than reacting with power assertion. PDEP aims to reorient parents from relationships with their children that are based on power and control to relationships based on cooperation, reciprocity and mutual respect. Early in the program, parents work in small groups on exercises aimed to normalize parenting stress, parent-child conflict, and stress-based reactions. As the program proceeds, parents continue to engage in small group activities designed to re-frame children's behaviour from 'bad' to 'developmentally normative' and to help parents recognize their own strengths and capacities. Eventually parents brainstorm problem-solving responses to conflict using the PDEP framework.

Pre- and post-program questionnaires are completed at the parent program and facilitator training levels. Findings from a sample of 321 parents who participated in the program in 14 sites across Canada were published in *The Canadian Journal of Community Mental Health* (Durrant et al., 2014). They indicate that PDEP has promise as a violence prevention program. For example, following their participation, 82% of parents believed that they could now solve most of their parenting challenges; 84% believed that PDEP will help them use less physical punishment; and more than 90% believed more strongly that parents should not use physical punishment, and that PDEP will help them control their anger, understand their children's feelings and build stronger relationships with their children. A systematic, multi-method impact assessment is planned over the next five years with methodology appropriate to prevention-focused, community-based programming.

Information about the program is available on the PDEP website at [www.PositiveDisciplineEveryDay.com](http://www.PositiveDisciplineEveryDay.com), and on the website of the program's Canadian partner, the Canadian Association of Family Resource Programs (FRP Canada) at [www.frp.ca](http://www.frp.ca). The Parent Book and a four-page primer on the program can be downloaded for free at either of these sites. ❁

## Announcements, Conferences and Events



*Boivin Bursary recipients...continued from Page 3*



*Nicole Leeson*

Our Boivin Bursary Honours student recipient is **Nicole Leeson**. Nicole has been working at RESOLVE on a number of projects for the last two years, in addition to working as a volunteer at the Klinik Community Health Centre Sexual Assault Crisis Program. Nicole's honours' thesis will draw on Manitoba data from the Rural and Northern study, led by Mary Hampton in Saskatchewan.

RESOLVE would like to congratulate the 2015 recipients. We are so pleased to have a bursary available to support the next generation of researchers and practitioners committed to ending violence and abuse. ☘



**October 22 - 23, 2015 - Research Day 2015: Intimate Partner Violence: Engaging Beyond the Survivor**, in Regina, Saskatchewan. Sponsored by the Prairieaction Foundation, RESOLVE is a triprovincial research network seeking solutions to violence and abuse.

Inspired by our healing wheel, conference topics may include physical, mental, spiritual, and/or emotional healing; abuse prevention programs; abuse in communities and families; community-based program implementation and evaluation; institutional healing (human rights conventions, civil/constitutional). If you have any questions or comments, please contact the conference facilitator, **Ann Bishop**, at **306-337-2511** or e-mail [ann.bishop@uregina.ca](mailto:ann.bishop@uregina.ca) and she will be pleased to help you. If you know of

anyone who might be interested in presenting at or attending this conference, please pass along this information.

**October 14 - 17, 2015 - 34th Annual Research and Treatment Conference** in Montréal, Québec. Sponsored by the Association for the Treatment of Sexual Abusers. This conference will offer symposia, workshop presentations, poster sessions, discussion groups, and advanced clinics relating to issues in victim and perpetrator research and treatment. All sessions, with the exception of posters, have been approved for Continuing Education credits. Clinics are designed to provide participants with extensive training and skills enhancement. For more information refer to [www.atsa.com/conference](http://www.atsa.com/conference).

**November 9 - 10, 2015 - 15th Annual Family Violence Conference** in Edmonton, Alberta. Sponsored by the 2015 Diverse Voices Family Violence planning committee. This conference considers the impact of Family Violence across generations and cultures. Some of the topics speakers will address includes community response; self-care; ethno cultural, etc. For more information refer to [www.diverse-voices.com](http://www.diverse-voices.com).

**October 1 - 31, 2015 - Women's History Month in Canada.** This is an opportunity for Canadians to educate themselves about women's and girls' valuable contributions to our country's history—and to the quality of our lives in the 21st century. For more information refer to [www.swc-cfc.gc.ca/commemoration/whm-mhf/index-eng.html](http://www.swc-cfc.gc.ca/commemoration/whm-mhf/index-eng.html).

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**Prairieaction**  
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*We're finding solutions to protect women and children from violence and abuse!*

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## Prairieaction Foundation (PAF) Call for Letters of Intent

Prairieaction Foundation is calling for Letters of Intent (LOI) to conduct research that support solutions to violence and abuse. This focus of the Community, Action, Research & Education (CARE) grant program furthers Prairieaction Foundation's goal to support community-based research into solutions to violence and abuse. The Program funds qualifying charitable organizations for research projects that identify potential strategies, models and methods to ultimately eliminate the issues and impact of family violence and abuse. At Prairieaction Foundation, we believe that results-oriented research can reduce or prevent violence and abuse in our communities by telling us how effective laws and policies, well-designed programs and well resourced community responses can make a difference in the lives of families and in our community.

If your organization or institution is interested in applying for a CARE Grant, or for more information, please visit our website [www.prairieaction.ca](http://www.prairieaction.ca). ☞

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*~ Dr. Jane Ursel ~  
Director (RESOLVE)*

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