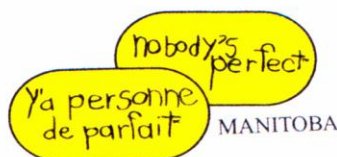


Annual Report

2007-2008

April 1, 2007 - March 31, 2008

Nobody's Perfect Manitoba



Prepared by
Carmen Paterson-Payne
Provincial Coordinator



Your Community Health Resource
Ressource communautaire en santé

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Highlights of 2007-2008

- **Provincial Coordinator:** A new Coordinator was hired in August 2007. Mailing address was changed to St. Boniface Youville and a new working office was established in the Winnipeg Regional Health Authority Building on Osborne Street in Winnipeg.
- **Parent Series:** Eight different Regions of Manitoba reported delivering a total of 46 Nobody's Perfect parent series. In all, 313 parents were reported having participated. There was an increase of 13 % of parents under 21 years of age attending a group.
- **Facilitator Training:** Twenty-eight individuals from various agencies across Manitoba completed the 4-day Nobody's Perfect Facilitator Training.
- **Professional Development for Facilitators:** The first of a Brown Bag Lunch PD series was held in April for facilitators. Two more lunch meetings are planned for 2008.
- **National Training:** Nobody's Perfect Manitoba will host a "Train the Trainer" session in the fall of 2008.
- **Needs Assessment of Nobody's Perfect Parent Resources:** Facilitators from across Canada participated in an email survey regarding the parent kits. This project was funded by the Public Health Agency of Canada.
- **National Evaluation of Nobody's Perfect:** Manitoba continued to partner in the 3-year evaluation project, from 2006-2008, to assess the effectiveness of Nobody's Perfect.

Parent Program Statistics

Program Delivery

Nobody's Perfect Facilitators reported* a total of 46 parent series delivered in Manitoba during 2007-2008. There were 35 in a group setting and 12 given on an individual basis. In all there were 306 sessions for a total of 550 hours of facilitation. The following table indicates the number and type of series that were delivered in each region of Manitoba (see page 14 for a map of the Regional Health Authorities of Manitoba).

Region of Manitoba	# of series in a group	# of sessions in total	# of series 1:1	# of sessions in total
Assiniboine	4	28	0	-
Brandon	3	15	1	12
Burntwood	0	-	0	-
Central	5	30	4	20
Churchill	0	-	0	-
Interlake	2	16	0	-
North Eastman	2	15	1	1
Norman	1	6	0	-
South Eastman	0	-	0	-
Parkland	2	8	0	-
Winnipeg	16	112	6	43
Total *	35	230	11	76



Region of Winnipeg	# of series
Assiniboine South	0
Downtown	8
Fort Garry	0
Inkster	0
Point Douglas	4
River East	3
River Heights	4
St. Boniface	4
St. James-Assiniboia	0
St. Vital	0
Seven Oaks	0
Transcona	0
Total *	21

Average # of sessions in each series	
Group	6.6 sessions
Individual	6.9 sessions

(See page 15 for a map of community areas of the WRHA)

*** Note**

Some 2007-2008 data may be missing from the transition of Provincial Office location and contact numbers.

Organizations that delivered Nobody's Perfect in 2007-2008

Fifty Five facilitators invested their time and resources by delivering Nobody's Perfect to their community's parents. The following agencies have reported series between April 2007 and March 2008.

Organization	Town/City	# of sessions
Andrews Street Family Centre	Winnipeg	3
Archwood School Family Centre	Winnipeg	1
Assiniboine Regional Health Authority	Rivers/Wawanesa	3
Brandon Regional Health Authority	Brandon	1
Crisis Pregnancy Centre	Winnipeg	4
Childcare – Family Network	Langruth	1
Child and Family All Nations Coordinated Response Network	Winnipeg	1
Dauphin Friendship Centre	Dauphin	2
Eastman Child and Family Services	Lac du Bonnet	1
Elsbeth Reid Family Resource Centre	Brandon	1
Elmwood Community Resource Centre and Area Association	Winnipeg	2
Glenboro Health Unit	Glenboro	1
Growing Together, A Healthy Baby Program	Winnipeg	1
Killarney Health Unit	Killarney	1
In a Good Way Family Resource Centre	Brandon	1
Lake Manitoba Health Centre	Vogar	2
Lavallee School Family Place	Winnipeg	1
Macdonald Healthy Child	Starbuck	1
Metis Child and Family Community Services Agency	Winnipeg	1
Network 4 Change	Beausejour	1
North Eastman Health Association	Pinawa	1
Southeast Resource Centre	Winnipeg	1
Taking Charge! Taking Care!	Winnipeg	3
Teenage Parents Program- Nelson McIntyre Collegiate	Winnipeg	1
The Pas Sweetgrass Headstart Centre	The Pas	1
Villa Rosa	Winnipeg	1
Wings of Power	Pine Falls	1
Young Parents Centre	Portage La Prairie	9
Winnipeg Regional Health Authority – ACCESS Centre River East	Winnipeg	2

Note: Some organizations collaborate together to deliver Nobody's Perfect with co-facilitators

Parent Participation

Throughout Manitoba, a total of 313 parents benefited from participating in Nobody's Perfect during 2007-2008. The majority participated in a group setting while eleven were done individually in the parents' home.

Region	# of group participants	# of 1:1 participants	Total # of participants
Assiniboine	20	-	20
Brandon	16	1	17
Central	37	4	41
Interlake	20	-	20
North Eastman	18	1	19
Norman	5	-	5
Parkland	9	-	9
Winnipeg	174	8	182
Totals	299	14	313

Participant Profile

Participant information is gathered from facilitators as well as from participants. Facilitators complete a Program Monitoring form after each series. Parents participating in Nobody's Perfect are asked to complete a Participant Information form. This form is voluntary and in no way can it reveal their identity. The following information reflects the data gathered from the forms received.

Gender

Female participants 90 % Male participants 10 %

The following data demonstrates the percentage of participants who met the criteria for the intended parent population.

Age

30 % of parents who participated in Nobody's Perfect were 21 years of age or less

Single Parents

60 % of parents who participated in Nobody's Perfect are raising their child/children on their own

Employment

70 % of participants were not gainfully employed
(This category includes: stay-at-home parents by choice, students and unemployed parents seeking employment.)

Income

71 % of participants reported an annual family income of \$20,000 or less

Income Assistance

60 % of participants reported receiving Income Assistance

Education

48 % of participants had not obtained their high school diploma

Isolation

48 %* of parents, according to facilitators, who participated in Nobody's Perfect, was experiencing isolation.

Ethnic Background

70 % self identified as Aboriginal, Métis, or other visible ethnic background

***Note:** This percentage is believed to be underestimated since it only captures social, cultural and geographic isolation. Situational isolation (see below) is captured through other statistics.

- Isolation refers to a situation in which a parent has demonstrated social, geographic, cultural and/or situational circumstances that restrict or prevent access to other sources of support and information.
- Social isolation refers to having few social supports, i.e. a limited network of family/friends. Geographic isolation refers to being apart from others in a community due to cultural/ethnic differences.
- Situational isolation refers to any other circumstance that limits access to support and/or information, such as single parenthood, young age, low educational attainment, low reading skills, and low income relative to the community.

Feedback from Parents

After completing Nobody's Perfect, parents are asked to provide some feedback about their experience. The following are some excerpts taken from the Parent Evaluation Form:

What do you see, do or think about differently after coming to Nobody's Perfect?

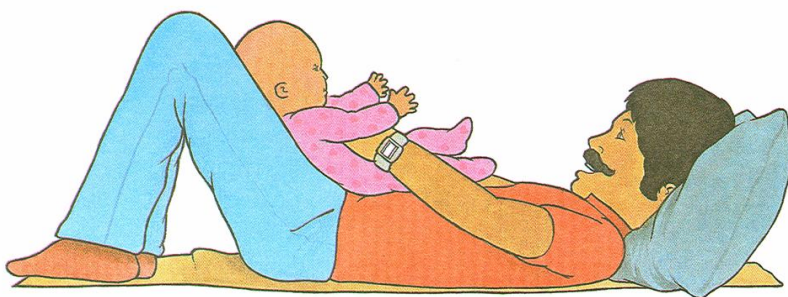
- *"I think differently after coming to Nobody's Perfect. It has taught me things on what to watch out for when a child gets hurt"*
- *"I'm more aware of how my 3 year old thinks"*
- *"I feel better, everyone has issues and problems"*
- *"I really need to respect a quiet person. They need to be heard too."*
- *"I can see that parenting can be more enjoyable with the helpful tips"*
- *"I think I can build a better relationship with my kids"*
- *"my children listen a lot better"*
- *"I feel I can relate more to my kids feelings and now know how to deal with their behaviors"*
- *"to be more open with my children"*
- *"I see myself to have more self esteem"*
- *"how to take a step back and not let the small things consume me"*
- *"I'm not a bad mom"*

What new things did you learn?

- *"positive parenting in all aspects"*
- *"I learned that I can do things with my kids"*
- *"How to interact more to avoid arguments. Parenting is not easy, but there's so much reward!"*
- *"how to handle stress and not to spank your children"*
- *"how to prevent injuries and deal with aggressive behavior"*
- *"How to keep going out with the children, even though it's hard. It's important"*
- *"Everyone has problems, not just me – it's normal"*
- *"how to talk, how to listen, how to explain"*
- *"how to discipline and how to communicate with my kids"*
- *"learning about nutrition"*
- *"I enjoyed this program greatly. I feel my children and myself will benefit long term"*
- *"patience and praise"*
- *"you don't need to spank to deal with your child"*
- *"how to make play dough"*

What would you tell a friend about Nobody's Perfect?

- *"They should go. They'll have a new outlook, and feel better"*
- *"it's a good program to go to"*
- *"I highly recommend it"*
- *"definitely attend so that you realize you are not alone"*
- *"it helps you understand your children"*
- *"its' a good group to go to for support"*
- *"The program is very informative and that no one is perfect. I would encourage anyone to go"*
- *"That it's good for you. It helps you learn how to feel more confident about yourself"*
- *"every parent should take it"*
- *"good place to get to know other people"*



"I learned I can be a good parent! Nobody's Perfect is a great way to connect with other moms/parents in the community. I never felt judged or shy. The sessions were informative and it was helpful to hear how other people parent. Nice to hear that I'm doing some things right!"

Resources

Website

Manitoba is the only province with its own Nobody's Perfect website. Items that are regularly updated include a current list of upcoming Nobody's Perfect groups taking place across the province, the list of agencies with trained facilitators, program forms, program resources, and of course training dates.

Newsletter

Three provincial newsletters (spring, fall & winter) were printed and distributed to all facilitators and trainers. A new format was introduced which included the addition of an Activity Page for facilitators. This page is to be added to the Activities and Resources booklet that was developed in March 2007.

Distribution of Resources

Regional Health Authorities of Manitoba (RHAM) is responsible for storage and distribution of resources. RHAM has contracted Materials Distribution Agency (MDA) to implement this task. Resources are only available to active facilitators and they are provided free of charge. There is never a cost for parents to participate in Nobody's Perfect. MDA sends monthly reports to the coordinator who monitors the supply of resources in stock and places new orders as needed. There are several resources for Nobody's Perfect, the main one being the Parent Kit, which includes the 5 booklets. In 2007-08, MDA distributed 481 parent kits across Manitoba.

Email Group List

Facilitators were asked to forward their email address to the Provincial Office in order to create a group listing. Information is shared by the Coordinator to this group. This information includes notice of upcoming Professional Development opportunities, summaries of the Brown Bag PD sessions, announcements from Healthy Child Manitoba, etc.

Facilitator Training

Two 4-day training sessions took place, which added 28 new facilitators to the province.

Date	Location	# of participants
October 1,2,3,4 2007	Winnipeg	14
March 3,4,5,6 2008	Brandon	14
		28

There are currently over 219 active facilitators in Manitoba who are sponsored by over 100 community agencies.



Professional Development for Facilitators

Nine facilitators from Winnipeg attended the first Brown Bag Luncheon PD session in April 2007. The topic of this session was "Adapting NP to meet the needs of your parents".

Heather Leeman spoke to a table full of facilitators and trainers at the session. She recently had completed a NP group series in the Female Correction Facility in Portage. Having run a very successful session there, she wanted to share her program with others. The main message was, *parents are parents*, no matter if they have children in their care or not. From her experience, she learned that very little was needed to be adapted from her regular program at the resource centre to the one in the jail. Parents took what they wanted from each of the sessions.

A detailed summary of this session was shared with all facilitators via email, and will be in the next newsletter.

"Recruiting Parents" will be the next Brown Bag Session in June 2008.

Plans are being made for another full day PD session in the spring of 2009, and Manitoba will host a Nobody's Perfect Train the Trainer Session for facilitators across Canada in October 2008.

Facilitator Awards

Five agencies and their facilitators have merited an award for exemplary service in Nobody's Perfect for 2007-2008.

Highest total # of hours of facilitation with parents in a group

Heather Leeman

- 1 Young Parents Resource Centre
Portage La Prairie

Ron Knol

- 2 Andrews Street Family Centre
Winnipeg

Highest total # of parents who participated in Nobody's Perfect

Lynne Parker

Young Parents Resource Centre
Portage La Prairie

Facilitator who delivered a group soon after training

Joanne Mason

All Nations Coordinated Response
Network (ANCR)
Winnipeg

Highest total # hours of Nobody's Perfect in a 1:1 session

Lisa-Beth Bittner

Elmwood Community Resource Centre
and Area Association
Winnipeg

Nobody's Perfect Steering Committee

Six Steering Committee Meetings were held in 2007 - 2008 on April 27, June 13, September 24, November 27, February 19, 2008 and April 7th. Main agenda items were: Provincial Coordinator resignation and hiring of new one, Triple P Positive Parenting initiative from Healthy Child Manitoba, the national evaluation project, professional development for facilitators and facilitator training.

Nobody's Perfect Steering Committee Members 2007-2008

Linda Cantelon	Aurora Family Therapy Centre
Liz Carlson	Taking Charge! Taking Care!
Joanne Couture	The Family Centre
Kirby Fults	Public Health Agency of Canada
Kerri Sharples	YMCA-YWCA of Winnipeg
Traci Wright	Heritage Park Children's Programs
Brooke Penner	Parent
Rebecca Martin	AFM
Carmen Paterson-Payne	Teenage Parents Program, Louis Riel School Division (until June 07)
Leanne Cadieux	Winnipeg Regional Health Authority (as of September 07)

Nobody's Perfect Manitoba

Provincial Office

In May of 2007, long term Provincial Coordinator Leanne Cadieux resigned from the position. Ainsleigh Marcinyshyn was hired for the interim by Youville Executive Director, Sylvia Oosterveen. Carmen Paterson-Payne was hired in August 2007 for the permanent position.

The working office of NP Manitoba was moved to the Winnipeg Regional Health Authority Building on 210 Osborne North, Winnipeg. Mailing address was changed to Youville Centre, St. Boniface 33 Marion St. Winnipeg. Phone and fax numbers remained the same. (However, with the transition of Coordinators and offices, the fax line was temporarily out of service. Some data from facilitators sent over the summer may have been lost)

Nobody's Perfect Canada

National Meetings

National telephone conference meetings between the national office and provincial/territorial coordinators took place on: May 9/07, Oct 10/07, Jan 30/08, April 16/08. Main agenda items were: reporting of provincial/territorial activities, the national evaluation and national training standards, the needs assessment of the NP Parent booklets and establishing a NP national database.

Needs Assessment of Nobody's Perfect Parent Booklets

This year, the Public Health Agency of Canada (PHAC) conducted a needs assessment to find out what the people who deliver the program thought needed to be changed, updated and enhanced in the resource kits.

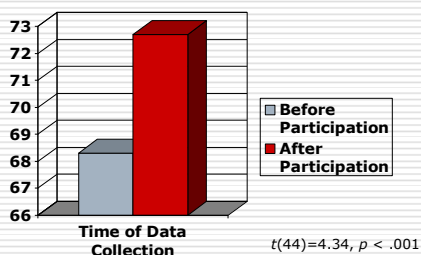
Information from facilitators across Canada was collected through a questionnaire via email. It asked for their input on the content, the look and other aspects of the program booklets. Results are pending for fall 2008.

National Evaluation

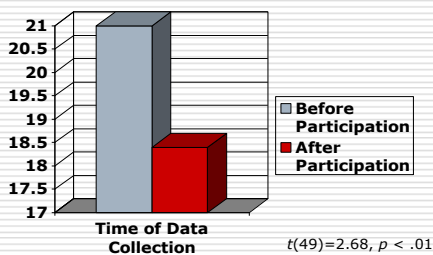
The following information presents a preliminary sample analyses comparing pre and post data for participants who have participated in the National Evaluation Project funded through Family Resource Program of Canada. (FRP) (2006 – 2008). The final report will be completed by the head researcher and will be presented at National Meeting in Montreal in August of 2008. The preliminary data suggest that the participation in a Nobody's Perfect program:

- Increases parents' knowledge of community resources and how to access them
- Increases parents' social support network/system
- Increases parents' confidence in their parenting
- Increases the use of nurturing kinds of parenting behaviors
- Decreases the use of negative kinds of parenting behaviors (anger and punitive discipline)
- Does not significantly change the numbers of parenting stressors that parents experience, but after participating in the program, there is a "trend" for parents to report that the "stressors" are not as much of a problem for them suggesting better stress management

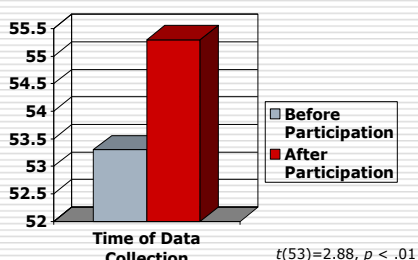
Parent's Reports of their Confidence in Their Parenting



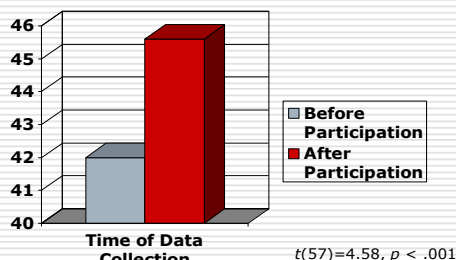
Parent's Use of Negative Parenting Practices (Anger and Punitive Discipline)



Parent's Use of Nurturing Parenting Behaviors with their Children



Parent's Report of the Social Support Available to Them



Funding for Nobody's Perfect Manitoba

Main funding for 2007-2008 was provided by Healthy Child Manitoba. A percentage of funds were received through a small facilitator training fee. There is no cost for parents to participate in Nobody's Perfect.

Appendix A

Program Description: Nobody's Perfect

Nobody's Perfect is a bilingual education and support program for parents of children from birth to age five. Its Mission Statement is as follows:

Nobody's Perfect is a community-based program designed to support the development of healthy children by increasing the confidence, skills, knowledge and support of and for parents. It is part of a health promotion approach aimed at supporting the diverse needs of parents and young children, particularly those with limited access to resources.

Nobody's Perfect was designed to meet the needs of low-income, single, young, socially, culturally or geographically isolated parents, or parents with limited formal education. The Nobody's Perfect Program aims to give these parents access to accurate, up-to-date information on their children's health, safety, development and behaviour and to increase their confidence in their own ability to be a good parent.

The overall goal of Nobody's Perfect is to improve parents' capabilities to maintain and promote the health of their 0-5 year old children using a primary prevention approach based on the premise that, by the time children are five years of age, they have learned most of the health values, attitudes and behaviour they will carry throughout life.

The Nobody's Perfect Program delivery is flexible. The program is based on principles of adult education and the specific content of each session depends on the needs and interests of the participating parents. A complete program usually takes five or six weeks, but can be longer. Nobody's Perfect can be implemented in parent groups, on a one-to-one basis, or both. Trained facilitators offer the program. To become a facilitator, one must complete 4-day training.

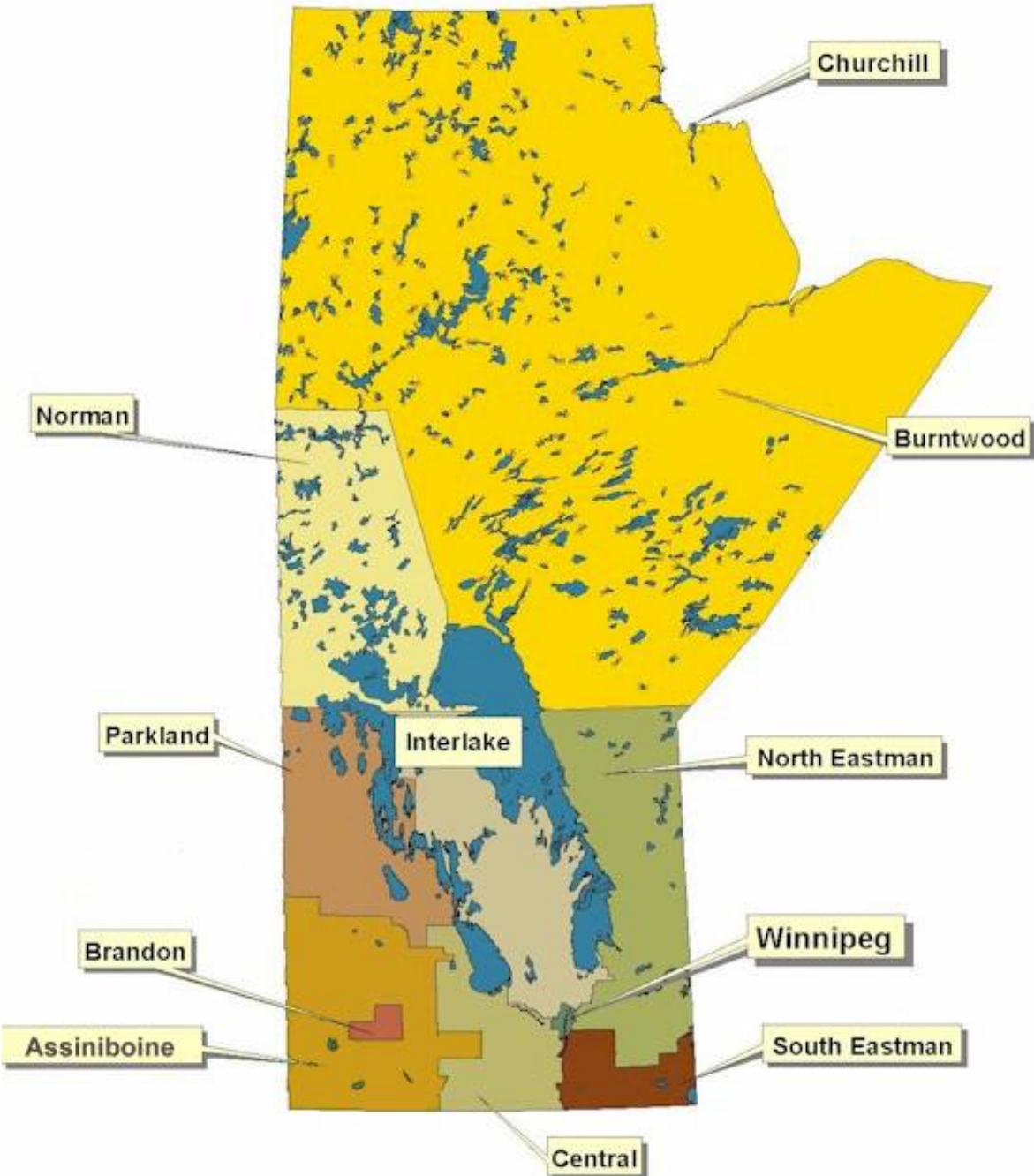
The foundation of all aspects of the Nobody's Perfect Program is its learner-centred approach. It is based on respect for the parents' love of their children, for their desire to be good parents and for their strength in facing life's challenges.

Nobody's Perfect was developed jointly in the early 1980s by the Atlantic Office of the Health Promotion Directorate of Health and Welfare Canada and the Departments of Health of New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland and Labrador. It is currently offered all across Canada. In Manitoba, this program has operated since 1988.

Provincial coordination of Nobody's Perfect is the responsibility of a part-time coordinator with support and guidance from a Steering Committee. Youville Clinic Inc. administers the provincial office. The Winnipeg Development Agreement provided funding for provincial coordination from 1998-2001. Healthy Child Manitoba has become the major funder for provincial coordination as of 2001.

Appendix B

Map of Manitoba Regional Health Authorities



Appendix C

Map of the
Winnipeg Regional
Health Authority
Community Areas (n=12)



Provincial Office for Nobody's Perfect Manitoba

Youville Centre
33 Marion Street
Winnipeg, Manitoba R2H 0S8
Tel: (204) 231-3208
Fax: (204) 231-8213
E-mail: info@nobodysperfect.ca
www.nobodysperfect.ca
www.youville.ca

