

## Mothers and families in Saint John supported by IODE Grant

SAINT JOHN, February 13, 2019 – High-risk families with young children in Saint John will soon have access to necessary, innovative help, thanks in generous part to \$25,000 from the 2019 IODE 100<sup>th</sup> Anniversary Grant Program. The Grant was awarded to the Saint John Regional Hospital Foundation on behalf of New Brunswick Social Pediatrics to launch the *Strengthening Families Program*. This will build upon the recently launched *Parent-Child Assistance Program* (PCAP) by providing another layer of focused intervention that teaches parents innovative and effective parenting strategies and provides an opportunity to children to play and learn new skills. Families can then come together to share a meal and practice what they have learned.

IODE Canada President Bonnie Rees and IODE 100th Anniversary Grant Program Chairman Carole Yorke announced the winning program at the New Brunswick meeting.

The very first Provincial Chapter was established in our province in 1900 to assist soldiers and their families.

The 13<sup>th</sup> of February is Founder's Day for IODE.

"From providing books for newborns to assist with parent bonding in our *Born to Read Program* to supporting seniors, to dispersing scholarships and assisting students and teachers in our schools, IODE continues to evolve and engage our community," says IODE New Brunswick President Donna Cole. "Our IODE New Brunswick Centennial Project supported the Child and Adolescent Psychiatric Unit and grew to support *Roots of Empathy*, a parenting program for children that is also an effective anti-bullying tool. *The Parent-Child Assistance Program* promises to also change lives; not only for the women taking part but other families who will benefit from its findings and success."

"We are thrilled to have the support and enthusiasm that comes from IODE members," says Dr. Sarah Gander, clinical lead of the *Strengthening Families Program* and PCAP.

"This program is about creating a foundation of caring and education, exactly what the IODE represents. We thank them wholeheartedly for seeing the same potential in this program that we see."

The *Strengthening Families Program* is a 14-week program that has been implemented worldwide targeting high-risk families struggling with addiction. The emphasis on the whole family is a key element of the program, and it is tailored to the needs of vulnerable populations and by providing meals, childcare, and transportation.

The *Parent-Child Assistance Program* offers non-judgmental, holistic support to help mothers overcome alcohol and substance-use disorders, decrease the number of drug and alcohol-exposed babies and to build healthier futures for these families. *The Parent-Child Assistance Program* is an important element of the New Brunswick Social Pediatrics Research Program which is made possible through generous donations to the Saint John Regional Hospital Foundation. PCAP is one of eight projects of the Government of New Brunswick's Social Innovation Fund managed by Living SJ.

For more information on these programs, please contact Sarah Campbell, Research Manager of NB Social Pediatrics at 506-648-7890 or [Sarah.Campbell@HorizonNB.ca](mailto:Sarah.Campbell@HorizonNB.ca)



**Standing:** Sarah Campbell, Research Manager, New Brunswick Social Pediatrics Research Program; Stephanie Fox, Vice President, Saint John Regional Hospital Foundation; Kate Flood, Research Coordinator, New Brunswick Social Pediatrics Research Program; Donna Cole, President, IODE New Brunswick  
**Seated:** Bonnie Rees, President, IODE Caanda; Dr. Sarah Gander, Clinical Lead, Parent-Child Assistance Program and Strengthening Families Program