



Imagine That! 2019 Learning Event Summary Report

Building Resilience in
Children, Youth and
Ourselves

November 6, 2019

Mount Royal University

Event Summary

The sixth annual Imagine That! learning event was hosted by Calgary and Area Regional Collaborative Service Delivery's Learning Partnerships Committee on Wednesday, November 6, 2019 at Mount Royal University's Ross Glen Hall.

The focus of this year's event was on building resiliency in children and youth and featured keynote speaker Dr. Deborah MacNamara along with a guest appearance from VIVO play ambassadors in the afternoon.

The morning session, Building and Supporting Resilience, focused on cultivating the roots of resilience which have lasting effects on children's and youth's capacity to ensure adversity and overcome anxiety.

The afternoon Helping Children and Youth Thrive session explored the developmental road map to maturity along with the four essential experiences necessary for the unfolding of human potential.

The afternoon also included a 'loose parts' free play session called Mad Gap which was led by Play Ambassadors Serena Moar and Hailey Pewtress from the VIVO Play Project and which provided participants with practical, low cost, creative ways to incorporate resiliency building play as they support and work with children and youth at home, at school and in the community.

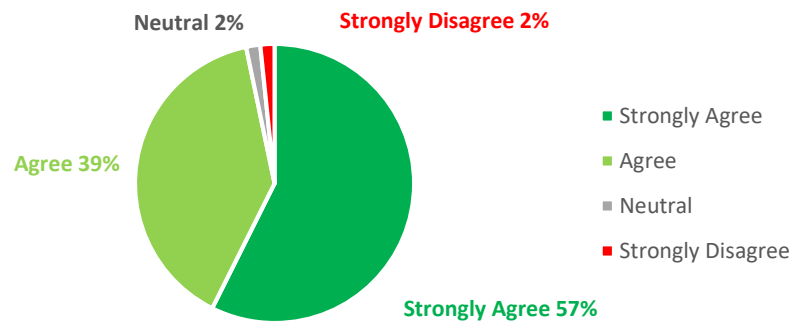
Dr. MacNamara closed the day with a reminder of the importance of play, rest, soft hearts and fostering the right relationships.

Response Rate

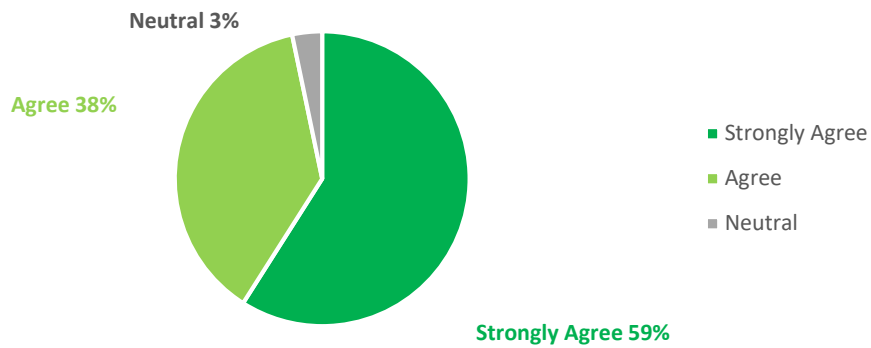
The Response Rate for the internal email survey was **63/219** or **29 %**. This is below standard parameters for online surveys with internal partners.

Overall

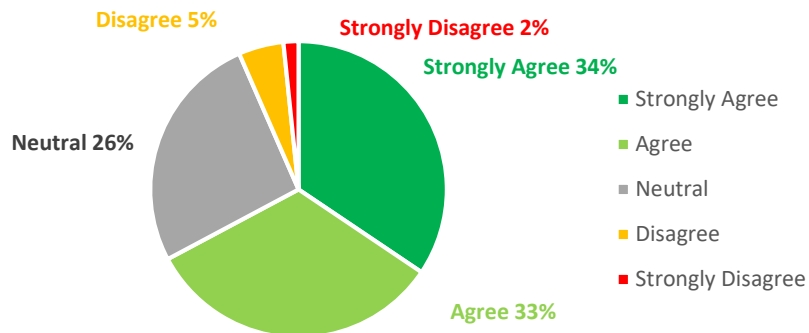
96 % of respondents **felt engaged with the information presented** and **2 %** disagreed



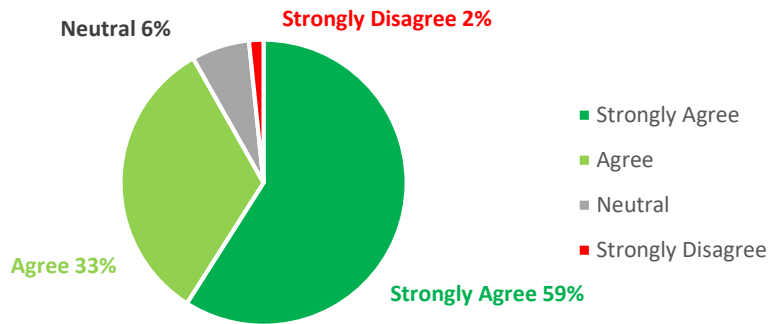
97 % of respondents **felt the information presented was relevant**



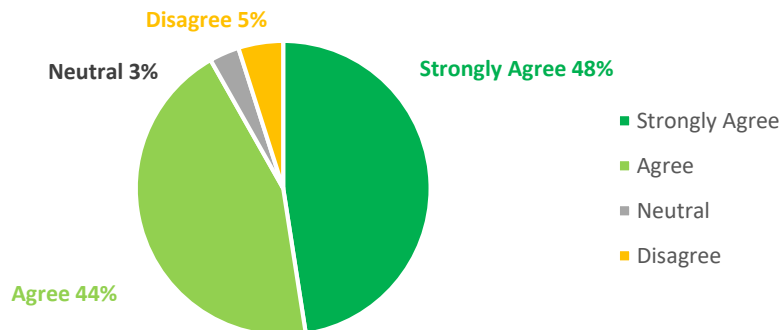
67 % of respondents **took the opportunity to network** with other parents and professionals and **7 %** did not



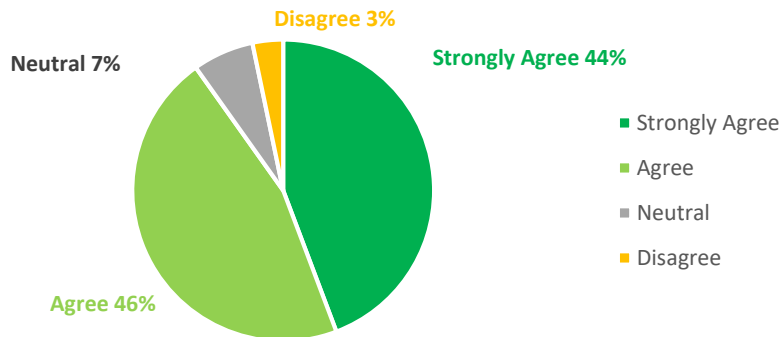
92 % of respondents felt they **learned more about how adults play a key role in cultivating the roots of resilience that have lasting effects on children's and youth's capacity to ensure adversity and overcome anxiety** and **2 %** disagreed



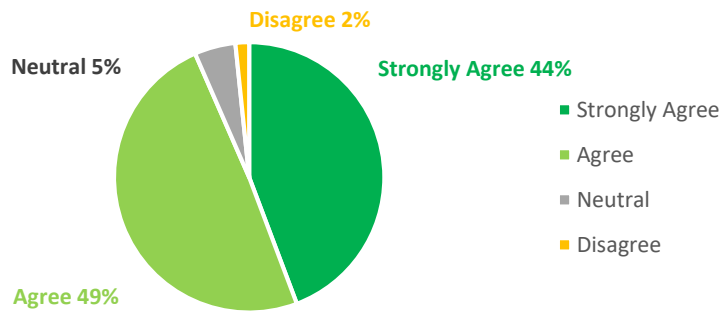
92 % of respondents felt they **learned about what we need to work on to ensure that children and youth will flourish** and **5%** disagreed



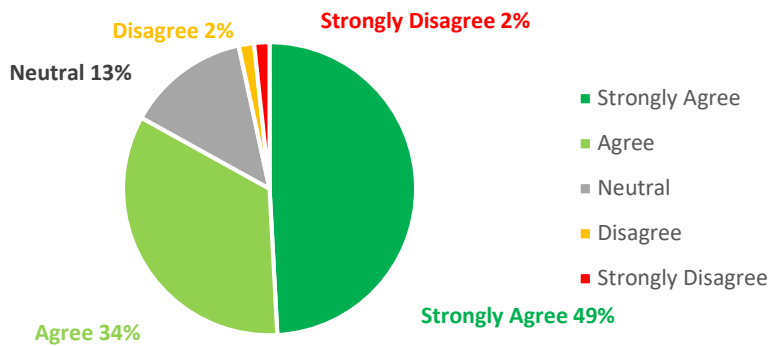
90 % of respondents felt they learned about the developmental road map to maturity for parents and professionals who want more than just strategies for handling problem behavior and 3 % disagreed



93 % of respondents felt they learned about the four essential experiences necessary for the unfolding of human potential and 2 % disagreed



83 % of respondents felt they gained new perspectives on working with children, youth, and families and 4 % disagreed



New Insights

New insights identified as a result of this learning session about children and youth included the importance of relationships, how children shut down their feelings, that frustration leads to futility and sadness leads to resilience, that at the root of misbehaviour is an emotional problem, and that children need a way to communicate their feelings and to watch for body language.

Takeaways

Many example of “one thing” participants took away from this year’s event were provided including the importance of playing and eating together, the importance of tears, immunizing for stressful experiences through play, playing it out, to remember that children should not work for our love, they should rest in it, and that this is hard work but you will find your way.

Mad Gap (Vivo Play Project) Activity

In response to the statement, "What did you think about the Mad Gap activity and what might you incorporate into your work with children and youth" respondents told us they either loved (or felt uncomfortable with) the activity, however many participants indicated plans to incorporate ‘loose parts’ play into their work with children and youth. Specific recommendations that came up included having smaller groups and incorporating a trauma informed lens when using this activity.

Topics, Speakers and Themes for Future Learning Events

Recommended speakers included Gabor Mate, Bruce Perry, and faculty from the Neufeld Institute. Most of the suggested topics support the mental health and wellbeing of children and youth and included Adverse Childhood Events, Compassion Fatigue, Executive Functioning, Motivational Interviewing, SOGIE, Suicide, Supporting High Functioning along with non-typical Children and Youth, Trauma, and working with behaviours specific to First Nation Children and Youth when dealing with traumatic events of grief, loss, identity, suicide etc.

Other Feedback

When asked, “what else would you like us to know” many participants told us they felt the day was well organized and acknowledged the work of the planning committee. The venue was well liked with comfortable seating, good sight lines, and ample parking, however we received some feedback that parking was too expensive along with a recommendation that organizers provide directions for additional washrooms including a gender-neutral option. Food proved popular but it was noted that the boxed lunches produced a lot of unnecessary waste which didn’t support the paperless approach of this year’s event.

Audience (by sector)

219 participants including 8 parents, 129 unique position titles, and representing over 42 organizations attended this year's cross sector learning event. 42 cancellations were processed this year prior to the event and there were 37 no-shows on event day.

Children's Services

Calgary Region Children's Services

Community and Social Services

Calgary Region Community and Social Services

Community

Calgary Foothills Primary Care Network

Calgary Fetal Alcohol Network

Children's Link

Cerebral Palsy Kids and Families

CUPS

Early Learning Child Care

Enviros

McMann Calgary

Kids Development Services

Prevail Psychology

Early Childhood Intervention Services

Private Practice Psychologist

Touchstone

Vivo Play Project

YWCA

Education

Calgary Board of Education

Calgary Catholic School Division

Foothills School Division

Education *continued*

FrancoSud

Independent Schools (ISAC)

Almadina Charter Academy

Foothills Academy

Foundations for the Future Charter Academy

Hull Services (partnership with CBE)

Providence

Renfrew Educational Services

Society for Treatment of Autism

Palliser Regional Schools

Rocky View Schools

Stoney Education Authority

Tsuut'ina Education

University of Calgary

University of Ottawa

Health

Alberta Health Services

Community Outreach of Pediatrics and Psychiatry in Education (COPE)

CONeX

RCSD

Bow River RCSD

Calgary and Area RCSD

Central East Collaborative RCSD

Budget

The overall cost for the event was \$16,506.38 (\$2,500 prepaid from Year 6 + \$14,006.38 from Year 7).

Imagine That 2019 Final Budget	
Speaker Gifts	40.00
Elder tobacco and honorarium	127.72
Door prize Books (donated by Dr. MacNamara)	0.00
Parking Presenters (only cost for play ambassadors)	34.00
pens	109.50
Honorarium Keynote presenter (includes GST)	2,625.00
Travel Expenses Keynote (hotel, flights, taxi)	550.93
Venue Rental	\$2,500
Catering including GST and 18% service fees	\$10,519.23
Total Event Costs	\$16,506.38
100% venue prepayment from Year 6 (2018- 2019)	- \$2,500.00
Net Cost from Year 7 (2019 – 2020)	\$14,006.38

Remaining Learning Event Budget for Year 7 (2019/2020) is \$10,993.62.

The Calgary and Area RCSD Leadership Team is invited to come forward with recommendations around how to allocate these remaining dollars toward supporting cross sector learning needs of the partnership.

Recommendations

Based on feedback from participants and experience gained planning and hosting the 2019 event, the committee recommends:

- Continue to choose engaging speakers who deliver content customized to Calgary and Area, and who provide practical, relevant takeaways for participants as well as helping move forward the work of Calgary and Area RCSD
- Continue to actively incorporate feedback from participants when planning future cross-sector Learning Events such as Imagine That!
- Incorporate environmentally friendly choices for event e.g. e-booklet, catering with minimal waste.
- Include hard copy evaluation sheets at the conference in addition to the e-survey sent post event to increase overall response rate from participants.