

Family and Dynamic System

Families form complex social systems

Each family member affects others and their relationships

Significant changes create imbalance or disequilibrium

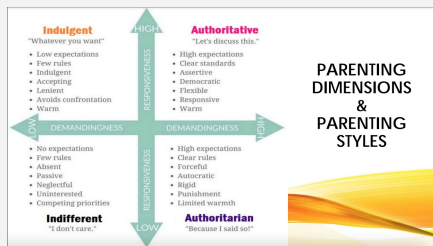
Breakdown of old patterns and new patterns emerge

Even minor events can have major consequences

Extended families can play a role, particularly in cultural minority and single-parent families

Some adolescents create and identify with "chosen" families

Parenting Dimension & Style



ETHNIC AND CULTURAL DIFFERENCES IN PARENTING

Ethnic minority parents have a tendency to stress obedience

Some demonstrate harsh discipline with little or no explanations

Recently a fifth parenting style has been identified

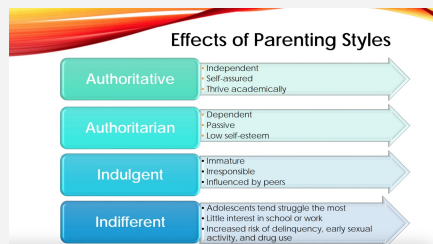
Traditional parenting: strict authority and warmth, Most common parenting style outside of North America and Europe •

Stress role of customs and traditions for guiding behaviour • Prioritize an individual's obligation to community rather than individual needs

ETHNIC AND CULTURAL DIFFERENCES IN PARENTING (cont)

Positive effects of authoritative parenting have also been found in adolescents who identify as ethnic minorities

Effects of Parenting Styles



Our Programs & Supports

Our Programs & Supports

- Family Visitation Program
- After School and Mentoring Programs
- Individual, Family and Drop-in Support
- Wingash: Indigenous Youth Mentoring Program
- Fresh Start: Youth Diversion Program
- Texting Support Line
- Early Years Program
- Caregiver Support Group
- GIRLS Support Program
- Virtual Arts Program
- Virtual Education Program
- Seasonal self-care packages
- Back to School and Holiday Drive
- Meal Response Program

Challenges of Visiting Incarcerated Parents

Prison Design and Protocol

- Traumatic security procedures
- Unsuitable meeting conditions
- Lack of physical contact during visit
- Lack of privacy
- Negative attitudes of staff
- Physical appearance of parent
- Emotional reaction of parent
- Experience separation anxiety after visit
- Increased aggression and anxiety following visits

Protective Factors Youth with Incarcerated Parents

- Awareness of parent's incarceration
- Attachment security with caregivers and incarcerated parents
- Consistent contact with incarcerated parents
- Access to peer support and community resources
- Opportunities for mentorship and academic support

Impact of Maternal & Paternal Incarceration

- Mothers in prison are more likely to:
 - ☐ Be the custodial parent prior to incarceration
 - ☐ Have serious mental health issues
 - ☐ Be socially and economically disadvantaged compared to fathers in prison
- Maternal incarceration more often results in changes in caretakers and residences
- Children of women in prison are more likely placed in foster care
- Some suggest maternal incarceration has a higher risk for internalizing symptoms whereas, paternal incarceration has a higher risk for delinquent behaviours.
- Gender specific effects have also been found

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Sibling Abuse

Sibling abuse is the most common form of domestic violence

Researchers suggest it may be the greatest unrecognized form of abuse that affects children and adolescents

Physical abuse has been the most common reported form

Experiencing sibling abuse has been associated with an increased risk of:

- Clinical anxiety
- Clinical depression
- Self-harm behaviours

Behavioural Genetics Research in Families

Types of genotype-environment correlations (GECs)

Passive: parents create environments associated with their traits which are similar to their child's traits

Evocative: child's traits evoke particular responses in others

Active: child seeks settings that align with their traits

Behavioural genetics focuses examining the influence of genes and environment by studying families

- Twin studies and adoptive studies
- Assess effects of nature and nurture
- Impact of shared and nonshared environmental influences

Autonomy in Families

Emotional	Behavioural
Development of internal sources of emotional strength and security	Ability to make one's own decisions
No longer as dependent on parents for comfort and reassurance	Take responsibility for consequences
Able to see that parents have own needs	Everyday actions and larger decisions

Autonomy – ability to act independent and a willingness to take responsibility for one's actions

Control in Families

Psychological	Behavioural
Attempt at controlling adolescents by manipulating thoughts, feelings and attachment	Rules, restrictions, and limits parents place on their adolescent's activities
Intrusive form of control	Focus on guiding and controlling behaviour
E.g., inducing guilt and withdrawing love as form of punishment	Uses structure and tracking to monitor behaviour
Linked to anxiety and depression	Linked to less delinquency, drug, and alcohol use

Feedback Loops in Families

Families are constantly adapting, changing, or responding to situations

- Daily events
- Long-term developmental challenges and changes

Families tend to strive for a sense of balance

Feedback loops is used to describe the patterns of interaction and communication

They either cause change or maintain patterns in families – both positively and negatively

Communication, responses, and interactions are adaptive and impacted by other family member's behaviours



Positive/Negative Feedback Loop

Increase or decrease of behaviour in one family member results in a change of response in another family member in the same direction

Each family member's response tends to amplify the other members' response

Creates a continuous loop

Changes stability in family system

Can facilitate changes towards growth or dissolution

Negative Feedback Loop

- Change in behaviour in one family member results in a change in another family member's response in the opposite direction
- Maintains stability, balance, and consistency in the family system while minimizing change

Role of Siblings in Adolescence

Siblings as models, teachers, partners, critics

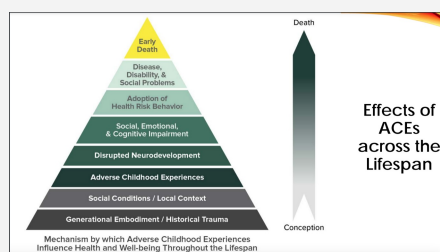
• Complementary roles- Older and younger siblings

Reciprocal roles- Mutual and equal support

Deidentification- Defining oneself as different from siblings

Sibling collusion- Coalitions that promote deviance

Effects of ACEs across the Lifespan



Collaborative Approach to Building Resilience



KIP Canada's Approaches to Support

1. Anti-Opressive
 2. Trauma-Informed
 3. Strengths-Based Approach
 4. Youth-Centred
- ▲ Youth Advisory Committee

Benefits of Visiting Incarcerated Parents

- Allows parents and children to maintain their existing relationship
- Provides an opportunity for children to express emotions
 - Allows parents to work out their feelings about separation and loss and help children work out their issues
 - Allows for children to see that their parent is alive
 - Reduces fears about prison conditions
 - Reduces children's feelings of abandonment
 - Associated with lowered recidivism rates

Risk Factors

Risk Factors		
Individual	Familial	Community
<ul style="list-style-type: none"> ▶ Low self-esteem ▶ Need for recognition & belonging ▶ Poor school performance ▶ Pre-teen exposure to stress 	<ul style="list-style-type: none"> ▶ Parent/sibling criminality ▶ Unstable family income ▶ Family mobility ▶ Anti-social parents ▶ Failure to provide basic care/necessities 	<ul style="list-style-type: none"> ▶ Crime in area ▶ High concentration of poverty ▶ Availability of drugs & firearms ▶ Poverty ▶ Few or no positive role models ▶ Presence of youth gangs

Youth & Young Adults

Experience anger at parent and anger at system

- Isolation and stigma
- Feel ashamed, sad, loss, loneliness, guilt
- Avoidance and denial
- Early emancipation and role reversal
- Practical and emotional caretaking
- Rationalize parental behaviour as necessary
- Use of maladaptive coping strategies (e.g., drug use)
- Negative impact on academic performance

DIVERSE FAMILY DYNAMICS

• Lone-parent families

Foster and Adoptive families

Multi-generational families

Transnational and military families

Remarriage and Stepfamilies

Dual-earner families

Same-gender families

Impact of Pre-Trial & Trial

- Changes to daily routines
- Management of explanation for parent's absence
 - Slow court procedures often result in prolonged parental deprivation without resolution
 - Children worry about well-being of parent and outcome of trial
 - Financial pressures due to loss of jobs and legal fees
 - Difficulty maintaining contact

Emotional Impact

Every child and situation are unique, many children report experiencing these emotions following parental incarceration:

- Sadness
- Fear
- Angry
- Anxiety
- Rejected
- Abandoned
- Relief
- Shame and guilt

Short Term Impact: Arrest Phase

1 in 5 children are present at time of arrest

Over 50% of children who witness arrest are under 7 years old

Children often experience post-traumatic stress and its common co-occurring symptoms (Phillips & Zhao, 2010)

- Nightmares and flashbacks
- Sleep disturbances
- Developmental regression
- Depression

Experiences of Parental Incarceration

Greater number of children have a parent in jail compared to prison

More children experience paternal incarceration compared to maternal incarceration

Majority of children experience multiple separations from an incarcerated parent

Most children and guardians report having contact with parents prior to incarceration

Experiences of Parental Incarceration (cont)

Ambiguous loss and grief, shame and stigma, family secrecy, and isolation have been reported by children separated from an incarcerated parent

Paternal incarceration has been associated with food insecurity

Stages of Impact

Arrest- Pre-Trial-Detention -Incarceration - Release

Research on Outcomes

Parental incarceration has been associated with several adverse outcomes.

- Internalizing symptoms (Murray & Farrington, 2008)
- Developmental regression (Murray, 2005)
- Externalizing behaviours and conduct disorders (Aaron & Dallaire, 2010)
- Substance use and gang involvement (Midgley & Lo, 2013)
- Poor academic achievement, school truancy, dropping out of school (Cho, 2009)
- Long-term poor mental health (Parke & Clarke-Stewart, 2001)
- Becoming incarcerated as a youth and adult

Intergenerational Trauma and Oppression

Intergenerational trauma and oppression have been found in families affected by the justice system

Intergenerational Trauma and Oppression (cont)

Incarcerated parents report histories of: Emotional, physical, & sexual abuse; Personal & familial struggles with mental health and substance use Lived experiences of parental criminality and incarceration Involvement with child protection services Poverty Surviving residential schools

Adverse childhood experiences, loss, oppression, and intergenerational trauma are particularly common among Indigenous families

Attachment Theory & Ambiguous Loss

Emphasized the importance of early interactions and the bond formed between parent and infant

Early relationships influence the development of subsequent close relationships, wellbeing, and coping behaviours

Disruptions in parent-child relationship such as prolonged separation can result in an insecure attachment which has been associated with a myriad of adverse outcomes

Uncertainty and ambiguity associated with the loss of an incarcerated parent has been identified as a form of ambiguous loss (Bocknek et al., 2008)

Many children experience complex trauma and grieve the loss of their parent (Knudsen, 2016)




RECOMMENDED STRATEGIES & APPROACHES

Preventing ACEs	
Strategy	Approach
Strengthen economic supports for families	<ul style="list-style-type: none"> Strengthening households financial security Family-friendly work policies
Revise local norms that protect against violence and adversity	<ul style="list-style-type: none"> Public education campaigns Legislative approaches to reduce corporal punishment Restorative approaches More and better in-home prevention
Ensure a strong start for children	<ul style="list-style-type: none"> Early childhood home visitation High-quality child care Preschool enrollment with family engagement
Teach skills	<ul style="list-style-type: none"> Social-emotional learning Safe dating and healthy relationship skill programs Fostering skills and family relationship approaches
Connect youth to caring adults and activities	<ul style="list-style-type: none"> Mentoring programs After-school programs
Intervene to lessen immediate and long-term harms	<ul style="list-style-type: none"> Enhanced primary care Victimized services Treatment to lessen the harms of ACEs Treatment to prevent problem behaviors and future involvement in violence Family-oriented treatment for substance use disorders

RECOMMENDED STRATEGIES & APPROACHES

Effects of Divorce on Adolescents

Case Studies



1. What are the similarities and differences between these two case studies?
2. What is something you learned about ACEs from hearing their stories?
3. What would you recommend to help prevent ACEs and minimize their lasting impact?

Divorce increasingly widespread in Canada

- Negative effects of divorce on teens
- Increased substance use, depression, romantic difficulty
- Early sexual activity; lower achievement
- Most teens make healthy adjustment with time
- Problems often show up before divorce

Impact of ACEs on Adolescents

Depressed mood • Anxiety • Post-traumatic stress disorder symptoms • Risk-taking behavior • Lower academic achievement • Early pregnancy • Eating disorders • Substance use • Suicide attempts



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