

Advisory Committee Orientation

BRIEF GOVERNANCE SUMMARY

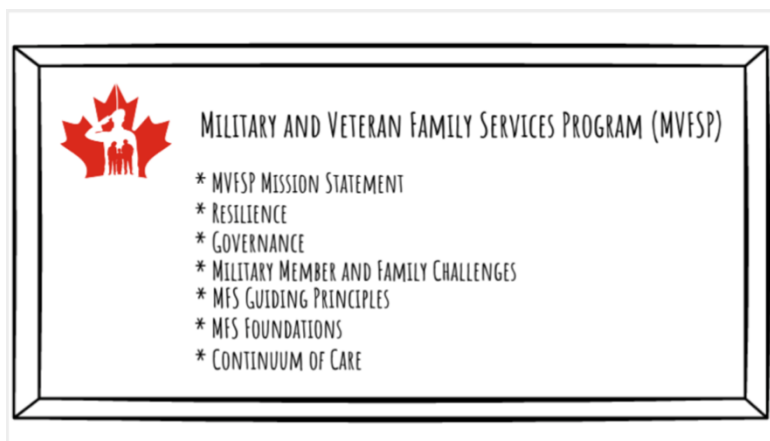
Companion package

Slide 1



Welcome to part one of the Military Family Services (MFS) Advisory Committee training for the National Capital Region (NCR). If you are taking this training it is because you are committed to enhancing support for our military and veteran families. Whether you are a military member, a military or veteran family member or a member of our community, we would like to welcome you to our team and thank you for your contributions. We have a lot to cover so this training will take place over two videos.

Slide 2 - MVFSP



The first part of this training will cover the way the Military and Veteran Family Services Program (MVFSP) is run and the second part of this training will be more MFS-NCR specific. This first video will cover the following:

- MVFSP Mission Statement
- Resilience
- Governance
- Military Member and Family Challenges
- MFS Guiding Principles

- MFS Foundations
- Continuum of Care

Slide 3 Mission Statement



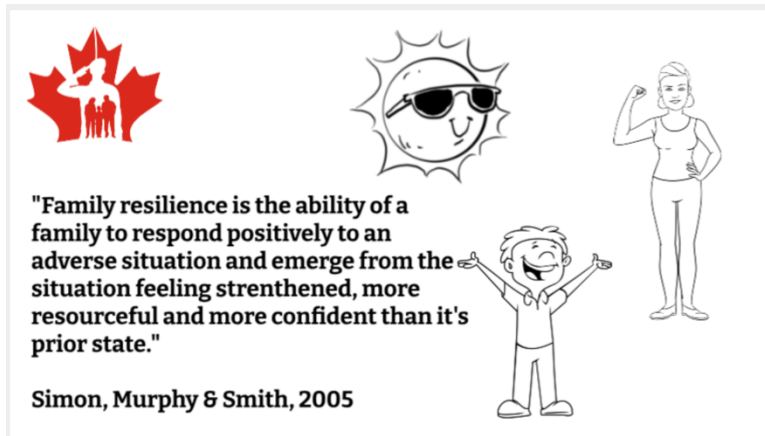
The Military and Veteran Family Services program's mission statement is to contribute to the operational readiness of the Canadian Armed Forces by providing services that enhance family resilience and stabilization in the face of military challenges.

Slide 4 Resilience



Resilience. This word is used a lot when discussing the goal of supporting military families. It is used within our mission statement and is sprinkled throughout our support community. Whether we are discussing the military child, how spouses and families fare during deployments, or the frequent relocations that military families endure and so much more... but what does it mean?

Slide 5 Resilience Definition



The graphic for Slide 5 features a red maple leaf logo with a family silhouette on the left. In the center is a smiling sun wearing sunglasses. On the right is a woman flexing her bicep. Below the sun is a boy with his arms raised in a happy gesture. The text is centered in the lower half of the slide.

"Family resilience is the ability of a family to respond positively to an adverse situation and emerge from the situation feeling strengthened, more resourceful and more confident than it's prior state."

Simon, Murphy & Smith, 2005

The Canadian Armed Forces uses this definition of resilience: *Family resilience is the ability of a family to respond positively to an adverse situation and emerge from the situation feeling strengthened, more resourceful and more confident than its prior state.

Slide 6 A History Lesson



The graphic for Slide 6 features a red maple leaf logo with a family silhouette on the top left. Below it is a calendar showing the year 2018. In the center is an open book with '2020+' on the left page and 'Strategic Framework' on the right page. On the right is a circular frame containing a family silhouette.

HOW WE ARE GOVERNED... A HISTORY LESSON

How we are governed... A history lesson. In 2018, MFS embarked on a Canadian Armed Forces-wide study of today's military family. The 2020+ Strategic Framework is the guiding document that was born out of that study. MFS learned a lot about the people we seek to serve and what their main challenges are. This project will be shared with you in a future presentation however right now we would like to give you a brief highlight reel.

Slide 7 Journeys



We learned that there are two journeys that take place over the course of a military career. The military member's journey and also the military family journey. These overlap and influence each other but they yield two separate yet similar sets of challenges:

Slide 8 Military Member Challenges



For the military member, the most common challenges are:

- Geographical relocations due to postings

- Op-temp absences from family

- Operational-related injury/death

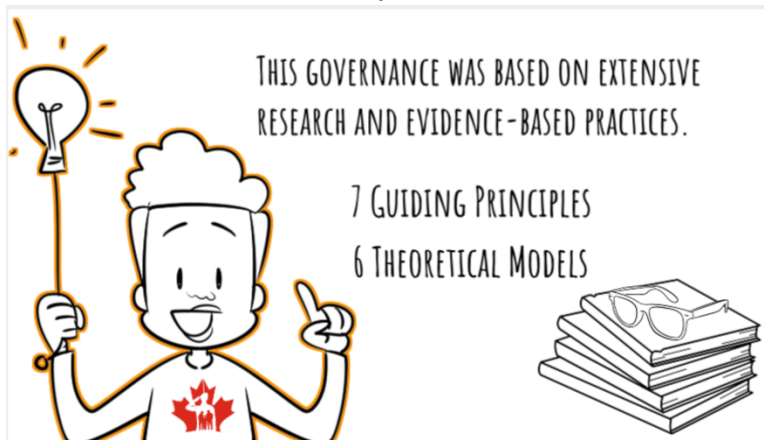
Slide 9 Military Family Challenges



For the military family, the most common challenges are:

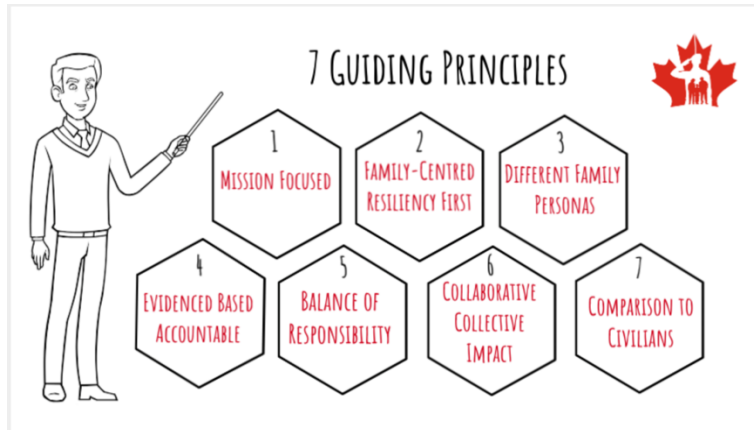
- Intimate partner relationships
- Financial Stress
- Personal mental health and well-being

Slide 10 Principles and Models



It is important to remember that this new governance model was based on extensive research and evidenced-based practices. These include 7 Guiding principles and 6 Theoretical Models.

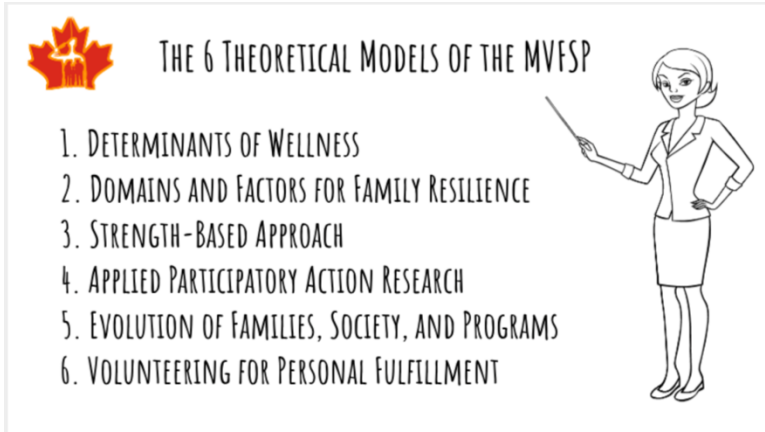
Slide 11 Guiding Principles



The 7 Guiding principles ensure the following:

1. Mission Focused.
 - This speaks to the recognition of the important role families play in enabling operational readiness and effectiveness.
2. Family-centered, Resiliency First.
 - Services should be tailored to the individual family and matched to the needs and strengths of our families.
3. Adaptable to Different Family Personas.
 - Families come in all shapes and sizes with different needs and strengths. Support services cannot be a one-size-fits-all approach.
4. Evidenced-Based and Accountable.
 - Services for military and veteran families should be built on effective and efficient research and practices. Services must be consistently evaluated for sought-after outcomes.
5. Balance of Responsibility.
 - Family Resilience is ultimately the responsibility of the individual family members. The responsibility of the Canadian Armed Forces and Veteran Affairs Canada and military and veteran family service providers is to ensure families are aware of services, including when, where and how to access them.
6. Collaborative Collective Impact.
 - Success relies on a collective impact approach. This ensures that all aspects of family services work together toward a common agenda and alignment of effort.
7. Comparison to Civilians.
 - The CAF endeavors to see that military families are experiencing the same level of well-being as other Canadian Citizens.

Slide 12 Theoretical Models



THE 6 THEORETICAL MODELS OF THE MVFSP

1. DETERMINANTS OF WELLNESS
2. DOMAINS AND FACTORS FOR FAMILY RESILIENCE
3. STRENGTH-BASED APPROACH
4. APPLIED PARTICIPATORY ACTION RESEARCH
5. EVOLUTION OF FAMILIES, SOCIETY, AND PROGRAMS
6. VOLUNTEERING FOR PERSONAL FULFILLMENT

We will review the 6 theoretical models of the MVFSP in the next few slides. They include:
Determinants of Wellness
Domains and Factors for Family Resilience.
Strength-Based Approach
Applied Participatory Action Research
Evolution of Families, Societies, and Programs
And
Volunteering for Personal Fulfillment

Slide 14 Determinants of Wellness



DETERMINANTS OF WELLNESS

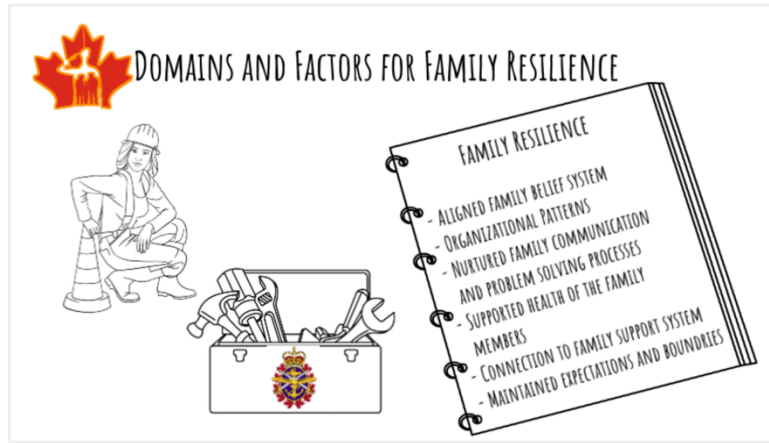
PHYSICAL PSYCHOLOGICAL/EMOTIONAL INTELLECTUAL OCCUPATIONAL SOCIAL/FAMILIAL SPIRITUAL/MORAL FINANCIAL ENVIRONMENTAL

The first of the theoretical models is Determinants of Wellness.

Our programs should support the 8 determinants of wellness in order to help individuals increase their level of personal resilience. The 8 areas fall under the following categories:

- physical,
- psychological/emotional,
- intellectual,
- occupational,
- social/familial,
- spiritual/moral,
- financial, and
- environmental.

Slide 15 - Domains and Factors for Family Resilience



The second of the theoretical models is: Domains and Factors for Family Resilience.

- Different families come to the military lifestyle with different tools in their toolboxes. The domains that have been shown to enhance family resilience include: an aligned family belief system, organizational patterns, nurtured family communication, and problem-solving processes, supported health of the individual members of the family, connection to a family support system, and maintained expectations and boundaries.

Slide 16 - Strength-based approach



The third of the theoretical models is a Strength-based approach.

- Military Families are incredibly strong. By understanding and building on these strengths and capabilities we seek to create hope and develop positive solutions.

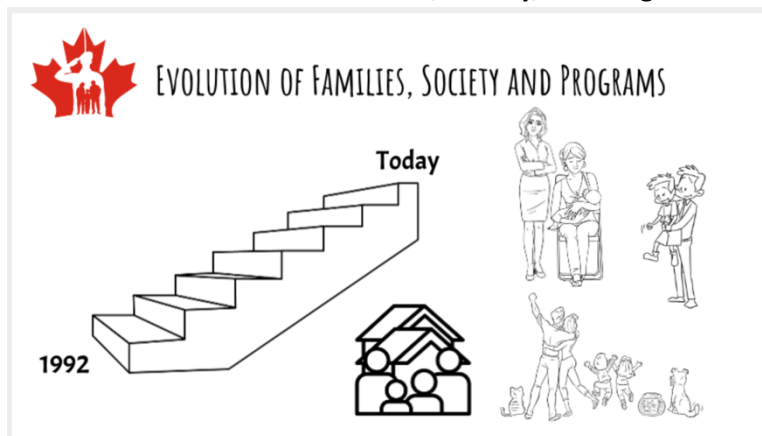
Slide 17 - Applied Participatory Action Research



The fourth of the theoretical models is Applied Participatory Action Research.

- This is a mouthful but is actually pretty simple. Families need to be engaged. The success of the program to meet the needs of families depends on research, participation, and action. In order for this to happen families need to be engaged.

Slide 18 - Evolution of Families, Society, and Programs.



The fifth of the theoretical models is Evolution of Families, Society, and Programs.

- The MFSP began over 25 years ago. Society and roles have changed a lot since then. Families no longer necessarily look like one mom, one dad, and two kids. To effectively support Canadian families the program must evolve with current realities, and be built on the foundation of what contemporary families need.

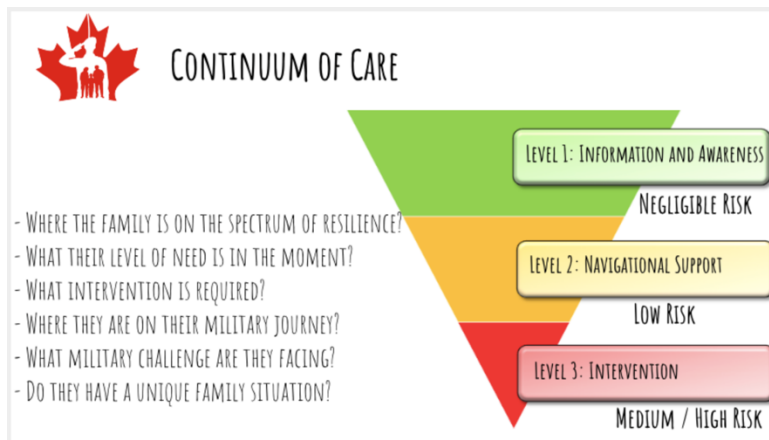
Slide 19 - Volunteering for personal fulfillment



And finally, the last of the theoretical models is Volunteering for personal fulfillment.

- Volunteering is a great way to find your people and your community in a new location, it also brings a sense of purpose and personal fulfillment. This is an enhancement and is not to be considered a necessity for service delivery.

Slide 20 - Continuum of Care



Continuum of Care, MFS utilizes a Continuum of Care model to assess the needs of a military or veteran family. This continuum goes from green - where we provide Information and awareness, to yellow - where we provide navigational support, and finally red - intervention where there is medium to high risk for the family. In order to meet the needs of families, we need to know:

Where the family is on the spectrum of Resilience?

What is their level of need in the moment?

What intervention is required?

Where they are on their military journey?

What military challenge they are facing?

And do they have a unique family situation?

Slide 21 Thank you



Thank you for listening to our first video. You made it! We covered a lot of information and I urge you to look at the companion package at your leisure. We look forward to seeing you for part 2 where we will look at the unique aspects of serving within the NCR.