

# LA MAISON BLEUE

in  
2013  
—2014

Help us  
give their stories  
a happy ending.



**We believe that every child should be born and grow-up surrounded by joy and with the promise of a full life, nourished with solidarity, confidence and rediscovered and honored strengths.**

**Because we recognize the universal desire to mobilize families to provide the the best for their children, we chose to do things differently.**

**We gathered around the birth and early childhood conditions that would be favorable to this wish: a welcome on a human scale, a weaving of links that recreates the village, an intersection of fruitful listening, care, transmission and creation a circle of safety and fun.**

**Help us give their stories a happy ending.  
La Maison Bleue**

## Fragile Nests

### WHO DO WE HELP?

Portrait of families	CDN	PX
Live below the low income with a child under 6 years	78%	71%
Are single parent families	33%	7%
Were under 20 years when gave birth	27%	5%
Have a precarious immigration status	19%	16%
Are experiencing marital difficulties	11%	22%
Have a history or a joint follow-up with the Directorate of Youth Protection / Batshaw	10%	12%
Face mental health issues or adjustment disorders	12%	16%

Where references come from	CDN	PX
CSSS de la Montagne	16%	27%
Personal connections	42%	26%
Spontaneous registration	3%	5%
Other references: DPJ, Birthing centres, Info-Santé, schools, community organizations, hospitals	39%	42%

Use of services	CDN	PX	Total of the 2 Maisons Bleue
Number of pregnancies followed	97	85	182
Number of families followed	236	222	458
Number of children followed	329	311	640
Number of partners followed	65	54	119
Total number of people followed	630	628	1258
Total of persons followed at la Maison Bleue since the opening (active and transferred files)	1449	708	2157

# Act Together to Act Better

## OUR LIAISON AND SERVICES

Côte-des-Neiges Team	Parc-Extension Team
Bernadette Thibaudeau NURSE	Élaine Sansoucy NURSE
Anne-Marie Bellemare SOCIAL WORKER	Anne Van Den Bosschelle SOCIAL WORKER
Isabelle Brabant / Valérie Perrault MIDWIFE	Mejda Shaiek / Valérie Perrault MIDWIFE
Alan Behary-Laul-Sirder / Marie-Pier Biron SPECIALIZED EDUCATOR	Félix Rivet-Aumont SPECIALIZED EDUCATOR
Sophie Pillarella PSYCHOEDUCATOR	Sophie Pillarella PSYCHOEDUCATOR
Dr Vania Jimenez FAMILY DOCTOR	Dr Vania Jimenez FAMILY DOCTOR
Dr Fanny Hersson-Edery FAMILY DOCTOR	Dr Laura MacLaren FAMILY DOCTOR
Dr Hélène Rousseau FAMILY DOCTOR	Dr Hannah Shenker FAMILY DOCTOR
Dr Layla Younes FAMILY DOCTOR	Dr Juan Carlos Chirgwin FAMILY DOCTOR
	Dr Gaël O'Shaunessy FAMILY DOCTOR
Marie-Véronique Décary COORDINATOR	Éléonore Cazalais COORDINATOR
Judette Accéus MEDICAL SECRETARY	Manon Lapierre MEDICAL SECRETARY

### Directors

Amélie Sigouin  
GENERAL DIRECTOR

Dominique Arsenault  
FINANCE MANAGER, COMMUNICATIONS AND DEVELOPMENT PROJECTS

Salma Moussatef  
FINANCE ASSISTANT AND COMMUNICATIONS

### Board of directors

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CO-FOUNDER AND BIRTHING FAMILY DOCTOR, LA MAISON BLEUE ET GMF CÔTE-DES-NEIGES

Mme Amélie Sigouin  
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Dr Louis Dufresne  
NEPHROLOGIST, ST-LUC HOSPITAL

Mme Anne-Marie Chiquette  
LAWYER, APER SANTÉ ET SERVICES SOCIAUX

### Patron

Guylaine Tremblay

### Partnerships with Health and Social Services network

CSSS de la Montagne

Jewish General Hospital

Birthing Centre Côte-des-Neiges

Côte-des-Neiges Family Medicine Group

Côte-des-Neiges Family Medicine Unit

McGill University – Department of Family Medicine

Directorate of Youth Protection

### Special projects

#### *Wings to Fly*

Funded by Green Shield Canada, this project supports individual coaching and exchange groups aiming to enhance parenting skills, to prevent situations of abuse and neglect and to enhance self-esteem in both the parent and the child.

#### *Tools in the Spirit of la Maison Bleue*

Supported by the Montreal Intercultural Programme of the City of Montreal, this activity has allowed la Maison Bleue's team a day of reflection on their approach, their practice and on the tools used to better adapt themselves to the complexity of the intervention.

#### *Christmas Campaigns*

This year, thanks to generous partners, namely Opération Père Noël, Magasin-Partage, Pensionnat St-Nom de Marie, L'Oréal, Yves Rocher and la tricoteuse Copadoudou, more than 350 gifts and food baskets were distributed to la Maison Bleue families. We were also able to rely on great collaborators, namely Blakes, Maternelle Enfants des Neiges and Les Aventuriers d'Outremont daycares and Melons et Clémentines store to organize fundraising activities.

## A Village of Mutual Support

PHILANTHROPY, INTERNSHIPS, VOLUNTEER WORK

### Philanthropy

*Key Financing Partners for 2013–2014*



### Internships

Including both Maison Bleue, this year's record for the welcoming and guidance of students is as follows:

- › 3 fellows from the Maternal & Child Health Fellowship Program (MCGILL)
- › 14 residents from the Parent-Child et OB – Women's Health Program (MCGILL)
- › 2 residents in family medicine (MCGILL, UNIVERSITÉ DE MONTRÉAL)
- › 1 resident in public health – intensive training (UNIVERSITÉ DE MONTRÉAL)
- › 4 In the community interns – family medicine (UNIVERSITÉ DE MONTRÉAL)
- › 15 community medicine and social engagement interns (UNIVERSITÉ DE MONTRÉAL)
- › 3 family medicine interns – job shadowing (MCGILL, UNIVERSITÉ DE SHERBROOKE)
- › 2 nursing interns (Université de Montréal)
- › 1 IPS intern (MCGILL)
- › 3 social work interns (UNIVERSITÉ DU QUÉBEC À MONTRÉAL, UNIVERSITÉ DE MONTRÉAL)
- › 2 special education interns (COLLÈGE LASALLE)
- › 4 social sciences interns – knowledge integration (BRÉBEUF COLLEGE)

### Voluntary Work

Nearly 40 volunteers gave their valuable contribution to la Maison Bleue during this year:

- › organizing and conducting parties with families
- › support during regular group activities
- › handicrafts and storage
- › help at fundraising events

We should also mention the volunteer involvement of many professionals who made a range of services and additional support available for some families:

- › Montreal Birth Companions, Alternative-Naissance and MotherWit Doula Care allowed a free doula monitoring to 58 women
- › 1 acupuncturist and 3 osteopaths offered free treatment to 70 persons

## **A Model That Generates Spin-Offs FOR THE ESTABLISHMENT OF MAISONS BLEUES IN OTHER COMMUNITIES**

### Evaluation and knowledge transfer

*Research Project on la Maison Bleue with the support of Avenir d'Enfants.*

Thanks to a grant from Avenir d'Enfants, a research team from the Department of Public Health from Montreal, conducted an evaluation of la Maison Bleue's approach which continued again this year. This research includes a 5-year descriptive study of la Maison Bleue and its key components as well as an assessment of the effects on families and its economic value. In addition, it examines the process to replicating this model elsewhere.

In collaboration with partners from the health, academic, community and institutional fields, this research can meet the challenges associated with the implementation of la Maison Bleue and its essential characteristics both from an organizational point of view and from a clinical point of view to develop effective means of knowledge transfer and dissemination of this model.

*MAVAN Project: (Maternal well-being, vulnerability and neurodevelopment)*

This study aims to evaluate the effects of the environment and, more specifically, of maternal stress on children's development. La Maison Bleue families are invited to participate in this large-scale research.

*Transfer of expertise on the model of la Maison Bleue*

Different visits and meetings have occurred this year to exchange on the model of la Maison Bleue, such as:

- › Cree Health Board and Centre d'amitié autochtone de Val d'Or, Visit and exchange, Vania Jimenez, Amélie Sigouin and Dominique Arsenault, September 16, 2013.
- › Native Women's Shelter of Montreal, Visit and exchange, Vania Jimenez and Amélie Sigouin, September 9, 2013
- › Centre d'Assistance Psychologique – Office National de la Famille et de la Population, Tunisia, Visit and exchange, Mejda Shaiek and Éléonore Cazalais, May 13, 2013.

## **Positioning for the next three years**

- › Elaboration of a development model used to better support the growth of Maison Bleue's in vulnerability environments.
- › Sustainability of la Maison Bleue's funding sources.
- › Sustained participation and consultation with community resources as well as childcare and school environments.
- › Increased participation and involvement of fathers and other family members at la Maison Bleue.
- › Development of more specific clinical and administrative tools and consistent with la Maison Bleue's vision and practices.

## **Visibility of la Maison Bleue**

### *Presence in media*

#### **Radio**

JANUARY 2014

Vania Jimenez, "Santé et éducation : y croire encore"  
*Pas banale la vie! Radio-Canada.*

NOVEMBER 2013

Amélie Sigouin "Parents accusés : la place du doute"  
*Medium Large, Radio-Canada.*

MAY 2013

Vania Jimenez, Amélie Sigouin, Gary Boudreault "Une maison bleue, un refuge pour femmes enceintes"  
*Medium Large, Radio-Canada.*

Guyline Tremblay "marraine de la Maison Bleue"  
*Medium Large, Radio-Canada.*

#### **Press**

DECEMBER 2013

La Maison Bleue, "Maison Bleue delivers a ray of hope"  
*The Gazette.*

Vania Jimenez, "D'abord, privilégier la relation individuelle avec le patient"  
*L'Actualité médicale.*

NOVEMBER 2013

Vania Jimenez, "Portrait de Vania Jimenez"  
*Femme de Parole, livre de Châtelaine.*

Amélie Sigouin, "Entrevue avec Amélie Sigouin"  
*Cahier CV, La Presse.*

Anne-Marie Bellemare, Alan Behary-Laul Sirder, Florence Godmaire-Duhaime (social work intern), Sebrena (mom from la Maison Bleue) "Rendre visible une histoire partagée"  
*Bulletin de l'Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec.*

Anne-Marie Bellemare, "Les droits des demandeurs d'asile : comment se situe le travailleur sociale dans la foulée des réformes adoptées par Citoyenneté Canada"  
*Bulletin de l'Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec.*

OCTOBER 2013

Amélie Sigouin, "La Maison Bleue"  
*Magazine Forces.*

Bernadette Thibaudeau, "Cliniquement Vôtre"  
*Le Cyber Journal OIIQ.*

La Maison Bleue, "Campagne pour la soirée bénéfice"  
*Magazine Urbana.*

La Maison Bleue, "La Maison Bleue : un modèle d'intervention novateur"  
*Journal 24h de Montréal.*

#### **Television**

FEBRUARY 2013

Dr Juan Carlos Chirgwin, "Le réseau de la santé à l'heure de la diversité culturelle"  
*Une pilule une petite granule, Télé-Québec.*

NOVEMBER 2013

Amélie Sigouin, "Parents soupçonnés à tort de maltraitance"  
*24 / 60, RDI.*

OCTOBER 2013

Éléonore Cazalais, Félix Rivet-Aumont et Hélène Rousseau "L'Union fait la force : Maison Bleue affronte Opération Père-Noël"  
*L'Union fait la force, Radio-Canada.*

Vania Jimenez, "Aider la Maison Bleue"  
*Journal 18 h, Radio-Canada.*

AUGUST 2013

Vania Jimenez et Cendy (mom from la Maison Bleue),  
“La Maison Bleue”  
*On prend toujours un train pour la vie*, Radio-Canada.

JULY 2013

Guylaine Tremblay, “Guylaine Tremblay à la Maison Bleue  
de Côte-des-Neiges”  
*Sucré Salé*, TVA.

MAY 2013

Bernadette Thibaudeau, “Logements insalubres à Côte-des-Neiges”  
*Nouvelles de CBC*.

APRIL 2013

Sophie Bourgeois, “Le Tricheur, au profit de la Maison Bleue”  
*Le Tricheur*, TVA.

## Awards and Distinctions

DECEMBER 2013

Anne-Marie Bellemare, *SIMONE PARÉ PRIZE*, Faculty of Social  
Sciences of Université Laval.

FEBRUARY 2013

Anne-Marie Bellemare, *QUEEN ELIZABETH II DIAMOND JUBILEE  
MEDAL*, Government of Canada.

JUNE 2012

Vania Jimenez, *GRANDS CITOYENS PRIZE*, Department of Sport and  
leisure in the borough of Côte-des-Neiges-Notre-Dame-de-Grâce.

## Conferences

- › Fédération du Québec pour le planning des naissances, “Un pas vers  
la justice reproductive”, Bernadette Thibaudeau, March 14, 2014.
- › Regina Assumpta College, Youth and Philanthropy Initiative Program,  
“la Maison Bleue Presentation”, Salma Moussatef and Dominique  
Arsenault, February 11, 2014.
- › McGill University, Ingram School of Nursing, “Perspectives in global  
health”, Bernadette Thibaudeau, January 29, 2014.
- › Université de Montréal, Medicine program, “Working with vulnerable  
populations”, Isabelle Brabant, November 28, 2013.
- › CSSS de la Montagne, “Les jeunes en difficultés”, Anne Van Den  
Boschelle, November 27, 2013.

› Université de Montréal, School of Social Work, “L'utilisation des  
approches structurelles et anti-oppressives à la Maison Bleue”,  
Anne-Marie Bellemare, Filipa Costa, intern, and Cendy, mom from  
la Maison Bleue, November 20, 2013.

› 13th Annual CAM Conference (Canadian Association of Midwives),  
“la Maison Bleue Presentation”, Isabelle Brabant, November 8, 2013.

› Montmorency College, Nursing program, “la Maison Bleue  
Presentation”, Elaine Sansoucy, October 22, 2013.

› Côte-des-Neiges Borough, Participation to “Opération salubrité”,  
Bernadette Thibaudeau, September 5, 2013.

› Naitre et Grandir Project, Participation in the creation of a “box  
reading tools”, Bernadette Thibaudeau, September 23, 2013.

› CSSS de la Montagne, School social workers team, “la Maison Bleue  
Presentation”, Elaine Sansoucy, September 4, 2013.

› CSSS de la Montagne, Youth mental health team, “la Maison Bleue  
Presentation”, Anne Van Den Boschelle, June 17, 2013.

› Table Concertation Petite-Enfance de Parc-Extension, Parc-Extension  
Family Day, “Animation of motor activity”, Felix Rivet-Aumont,  
June 8, 2013.

› Congress of Réseau des sages-femmes francophones, Congo, “la  
Maison Bleue Presentation”, Mejda Shaiek, May 5 and 6, 2013.

› CSSS de la Montagne, Current services team, “la Maison Bleue  
Presentation”, Elaine Sansoucy and Anne Van Den Boschelle,  
May 30, 2013.

› Horizon 0-5ans, “Événement régional, Constellation : se relier pour  
rejoindre les familles isolées”, Felix Rivet-Aumont, May 28, 2013.

› METISS Seminar, “Pratiques d'intervention et savoirs partagés en  
contexte de diversité : des frontières à négocier”, Isabelle Brabant,  
May 28, 2013.

› Camille-Laurin School, Welcome day kindergarten for 4 years old  
children, “la Maison Bleue Presentation”, Felix Rivet-Aumont, April 30,  
May 7, May 14, 2013.

› Université de Montréal, School of Social Work, “la Maison Bleue  
Presentation and discussion on social mobilization”, Anne-Marie  
Bellemare, April 10, 2013.

› Université de Montréal, Global Health Symposium 2013, “la Maison  
Bleue Presentation”, Elaine Sansoucy and Eleonore Cazalais,  
April 7, 2013.



## Implication

- › La Maison Bleue is a member of the Community Development Corporation of Côte-des-Neiges.
- › Marie-Véronique Décary serves on la Table famille de Côte-des-Neiges.
- › Félix Rivet-Aumont serves on the monitoring committee on school readiness of la Table de concertation petite enfance de Parc Extension.
- › Éléonore Cazalais serves on la Table de concertation petite enfance de Parc Extension.
- › Éléonore Cazalais participates in the pilot process in early childhood Parc-Extension
- › Éléonore Cazalais serves on la Table des femmes de Parc Extension.
- › Bernadette Thibaudeau serves on the Salubrity Housing Committee of Côte-des-Neiges' community development Corporation.

## Transfer of expertise

- › Dr Cécile Rousseau, guest speaker on the topic of "*La transmission des traumatismes et les contretransferts de l'équipe*", la Maison Bleue, February 20, 2014.
- › Presentation of the Marie-Vincent Foundation on the theme of "*Interventions auprès des enfants victimes d'agression sexuelle*", la Maison Bleue, October 24, 2013.
- › Dr Nico Trocmé, guest speaker on the theme of "*Négligence en petite enfance*", la Maison Bleue, June 13, 2013.
- › Dr Gilles Julien, guest speaker on the theme of "*Pédiatrie sociale en communauté*", la Maison Bleue, April 2, 2013.

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