



Aulneau Renewal Centre

Outcomes that Matter



Prepared by:



Inquiry Minded Consulting, Inc.

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Denise Belanger
Inquiry Minded Consulting Inc.



dcmbelanger@gmail.com

204-510-2370

Gratefully acknowledging that Inquiry Minded Consulting works on Treaty One territory – original land of the Anishinaabe, Inineu (Cree), Ojibway, Dene and Dakota Oyate peoples and the homeland of the Métis. The water we drink comes from Treaty 3 territory of Shoal Lake First Nation and our electricity comes from Treaty 5 territory. We acknowledge the harms and mistakes of the past and dedicate ourselves to moving forward in partnership with Indigenous communities in the spirit of truth, reconciliation and collaboration.

Executive Summary

Aulneau Renewal Centre provides counselling services through a compassionate and attachment-informed lens to foster self-awareness, knowledge and skills of individuals and families. In support of becoming a Centre of Excellence, a staff team developed the Assessment of Presenting Concerns. This tool is intended to guide clinical practice and harvest client outcomes on an organizational level. The Assessment is completed at the beginning of counselling, and after 12 sessions or completion.



WE DEFINITELY KNOW...

- As a result of using the Assessment of Presenting Concerns, Aulneau has more evidence that it is achieving its' goals.
- A Center of Excellence strives to provide top-tier services that are grounded in good science. Aulneau can assuredly claim to be well on its way to deserving this status.
- All aggregated domains of the Assessment of Presenting Concerns were statistically significant, meaning the changes in client's average scores were likely due to Aulneau's counselling support.



LET'S CELEBRATE!

- All aggregated domains of the Assessment of Presenting Concerns had a medium or large effect size. This means that the changes would be visible to the careful observer (medium effect size) or to anyone (large effect size).
- Aulneau's counselling was particularly successful in supporting client's to better understand and manage their mood and emotions, as well as foster self-empowerment.



LET'S TALK MORE ABOUT...

- Data from this analysis suggests that Aulneau consider continuing to use the Assessment of Presenting Concerns.
- Consideration could be given to shortening the Assessment by eliminating the indicators/questions that were not statistically significant.
- The domains of the Assessment of Presenting Concerns could be used to create a similar assessment for youth.

The Assessment's six domains include Coping with Stress, Relationships, Mood and Emotions, Self-concept, Cognition and Thinking, and Self-empowerment. Each of these had indicators/questions that were statistically significant, meaning these changes among Aulneau's clients were likely due to the organization's counselling support.

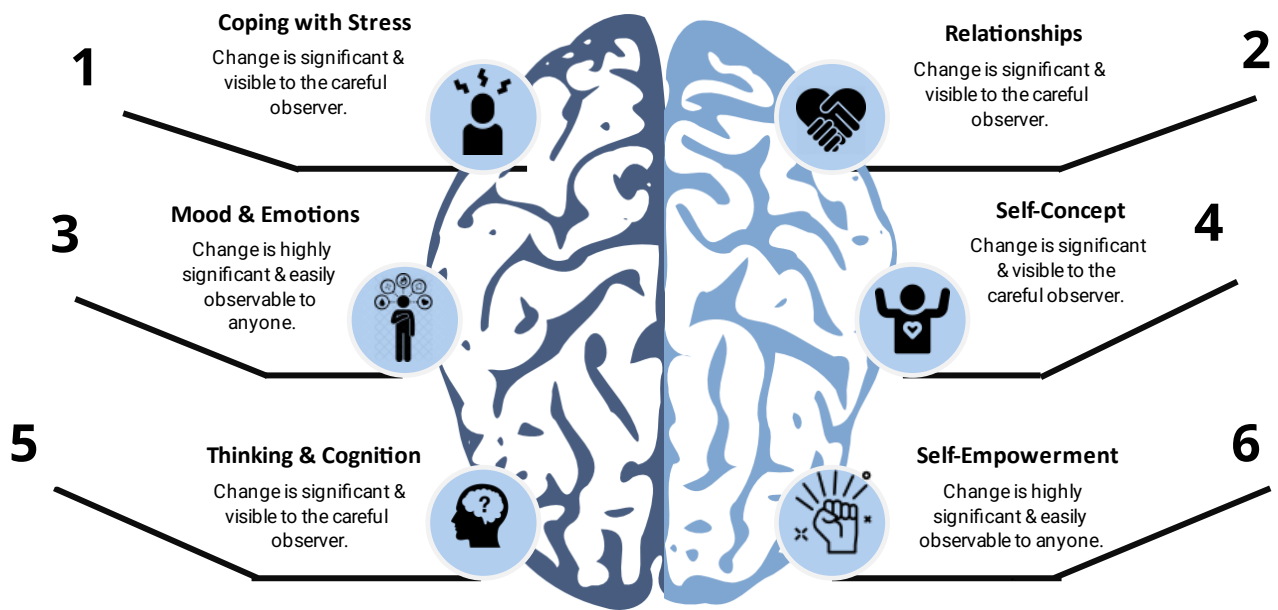
SIGNIFICANT INDICATORS BY DOMAIN



Not only were 27 of the 40 indicators statistically significant, all aggregated domains had a medium or large effect size. Importantly, medium and large effect sizes are rare in the social sciences! This demonstrates the impact Aulneau's counselling has on client's ability to cultivate healthy relationships with themselves and others, as they walk their journey towards holistic wellness

Assessment of Presenting Concerns

Changes seen in the six domains of the Assessment of Presenting Concerns are likely due to Aulneau's counselling support. These changes can be seen by others.





By supporting healthy relationships, Aulneau provides social value beyond the impact on individual clients. The Social Determinants of Health remind Canadians that the development of awareness and skills to cope with stress, deal with mood and emotions, as well as improved self-concept and self-empowerment impacts overall health outcomes. Furthermore, better health outcomes at an individual level leads to a positive impact on community, through less strain on health and social systems.

Finally, the inter-generational nature healthy relationships and holistic wellness provides long-term social value.

Data from the Assessment of Presenting Concerns provides strong evidence that Aulneau is supporting individuals toward holistic wellness and to reach their potential. On an organizational level, this indicates that the organization is achieving its' goals. Aulneau's work provides larger social value to the community, and is clearly moving toward becoming a Centre of Excellence in attachment-informed counselling practice.

