



Child & Youth Care Association NL

**Registration Form**

**12<sup>th</sup> Annual Provincial Child & Youth Care Conference**

*Moments that Matter*

*Holiday Inn*

St. John's, NL

May 25 - 26, 2017

**Keynote Speakers: John Digney and Maxwell Smart**

Full Name: \_\_\_\_\_ Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_) \_\_\_\_\_

Email (required): \_\_\_\_\_

**CONFERENCE REGISTRATION FEES**

PLEASE UNDERLINE APPROPRIATE REGISTRATION FEE:

**EARLY BIRD UNTIL APRIL 15, 2017**

|                    | <b>CYCANL Members</b> | <b>Certified CYCP</b> | <b>Non-Members</b> |
|--------------------|-----------------------|-----------------------|--------------------|
| Registration       | \$225.00              | \$205.00              | \$250.00           |
| Full-time Students | \$160.00              |                       |                    |
| Presenters         | \$160.00              |                       |                    |

**April 16 – May 25, 2017**

|                    | <b>CYCANL Members</b> | <b>Certified CYCP</b> | <b>Non-Members</b> |
|--------------------|-----------------------|-----------------------|--------------------|
| Registration       | \$275.00              | \$255.00              | \$325.00           |
| Full-time Students | \$160.00              |                       |                    |
| Presenters         | \$160.00              |                       |                    |
| Single Day         | \$150.00              |                       |                    |

Total registration due \$ \_\_\_\_\_

Registration can be completed on line: [www.cycanl.ca](http://www.cycanl.ca) or

Forward completed registration form with payment to:

Mail: Conference Program Committee, CYCANL  
P.O. Box 632, St. John's, NL, A1C 5K8

Fax: (709): 368-6121 Phone :( 709) 722-9397

Email: [cycassociation@cycanl.ca](mailto:cycassociation@cycanl.ca)

**PAYMENT METHOD**

Please check appropriate box:  Check  Cash  E Transfer at [cycassociation@cycanl.ca](mailto:cycassociation@cycanl.ca)

Check payable to: **CYCANL**

Registration confirmation/receipt and further information will be emailed.

## Workshop Selections

Place select which workshops you are registering for

### Thursday, May 25, 2017

#### 1:30 – 5:00 pm

A-1 \_\_\_\_ or A-2 \_\_\_\_

A-1 Moments Matter in many ways: The Therapeutic Use of Humour

or

A-2 (a) Relationships in Residential Child Care: Big Occasions and Small Moments  
(b) Thoughtful Daily Transitions (An Application of Care)

### Friday, May 26, 2017

#### 9a-12pm

B-1 \_\_\_\_ or B-2 \_\_\_\_ or B-3 \_\_\_\_

B-1 A Trauma Lens – Trauma Informed CYC Practice

or

B-2 (a) Adopting Love- Foster Family  
(b) Trim Tab Education

or

B-3 (a) Identifying Moments that Matter  
(b) Planned Engagement: Freeing Kids from Boredom

### Friday, May 26, 2017

#### 1 – 2:30pm

B-4 \_\_\_\_ or B-5 \_\_\_\_ or B-6 \_\_\_\_

B-4 Promoting Behavior Change in Clients with an Intellectual Disability

or

B-5 Moments Matter: An Examination of Self in Our Work with Youth

or

B-6 Walking the Walk, Creative Tools for Transforming Compassion Fatigue and Vicarious Trauma

## Workshop Descriptions

Thursday, May 25, 2017

9:00 am Welcome and Opening Remarks

9:30am – 12:00pm Opening Keynote

### Moments of Love and the Unconditional Space

In our quest for the 'holy grail' of good caring, all types of scientific formulations and metrics have been used. Such is the demand for scientific evidence that it can be easy to forget that often the answer is in front of our faces. Ranahan asks, "How far do child and youth care workers have to go in caring for their clients? Does caring include loving"?

**Moments of Love** - C.S. Lewis observed, "*affection is responsible for nine-tenths of whatever solid and durable happiness there is in our lives*". When a worker is asked, 'I know you care about me, but do you love me?' How does this make us feel and how do we respond? Paradoxically, the human fear of not feeling loved can be at the base of mankind's destructiveness - the converse is also true. Yet there is a fear to deny this. Love is at the heart of caring and can be demonstrated in simple every day moments of understanding and compassion.

**The Unconditional Space** - How often do we create barriers to connection and love? 'We can go to the cinema if you behave for the next 48 hours'; 'your mum and dad will visit if you follow your program and go to school every day' ..... What we are inadvertently saying is, 'I only value you when you do what I say and what I ask'. In an era when any type of positive moments are contingent on preset criteria, kids who are in emotional turmoil can be deprived of the one thing that will help them through the tough times, moments of love. As Steinbeck, (1952) wrote, "*The greatest terror a child can have is that he is not loved and rejection is the hell of all fears*". Unconditional space and unconditional connection can overcome this terror.



**Dr. John M Digney** has been involved with the Child & Youth Care sector since 1991. Commencing in Residential care (in Northern Ireland) and for the last 25 years in the Republic of Ireland. He has professional qualifications in psychology, psychotherapy, project management, Coaching, Training & Education, and Facilitation/Mediation. Latterly he completed a doctoral degree in 2010 focusing on the Therapeutic Uses of Humour in Child & Youth Care. John has worked in front line residential practice, clinical practice, management and more recently in staff learning & development. He is a certified senior trainer in all Reclaiming Youth and TransformAction International training programs and is currently the National Training & Development Coordinator for Ireland's Child and Family Agency.



**Maxwell Smart** qualified initially as a Social Worker in 1986 and since then has worked in all areas of Child & Youth Care work and specializes in child protection and family practice. After practicing in Scotland and England as a Social Worker, Maxwell made the shift to direct Residential Child Care (in 1995). He undertook the Master's Degree program in Advanced Residential Child Care at Strathclyde University. In addition he is a certified trainer in various child and youth care trainings such as, Response Ability Pathways™ and 'The Therapeutic Use of Daily Life Events'. Having been Assistant Residential Manager at Lothian Villa (Scotland) for many years, Maxwell has recently accepted a post in Ireland with a focus on staff development and quality care assurance functions.

Thursday, May 25, 2016

1:30 – 5:00 pm

Concurrent Workshops

**A - 1 Moments Matter in many ways: The Therapeutic Use of Humour**

Humour is one of the most common of human expressions. Seldom does a day go by without humour appearing, even if only briefly, on occasion it is merely due to a seemingly accidental quirk of fate. Humour can often occur when there is a haphazard intersection of moments. But it can also occur as a result of someone's intentional decision to make something funny and it is in those intentional moments that an effective practitioner can use the life space for many positive reasons. As all effective CYC practitioners know, a well-timed and well-constructed intervention can potentially change a life forever. Humour can be a vehicle for many positive interventions, yet if we are to use it well we must fully understand the mechanics of humour and be able to answer questions such as: Why do we use humour in our work?; Why does it work so well?; Why is it that sometimes it doesn't work so well?; What are the potential hazards of using humour?; How do we know if it is the right thing to do?

This workshop seeks to explore these and other questions and provide a space to share and reflect

**Presenters: John Digney and Maxwell Smart**

**A - 2 (a) Relationships in Residential Child Care: Big Occasions and Small Moments Interpreting their Meaning**

Within the Child and Youth Care literature, there has been a great deal of work exploring relationships in residential child care, focusing on aspects of relational practice, meaning-making, love, re-connecting and re-claiming. Given the theme of relationships connecting these topics, and increasing interest more widely regarding relationships in institutional settings, my PhD aims to explore both 'horizontal' (such as those between residents and other residents, or staff members and other staff members) and 'vertical' (such as those between residents and staff members) relationships. The project aims to answer two main research questions: what relationship dynamics exist in residential child care and how are these expressed and interpreted by residents and staff members, and; how are relationships in residential care formed, maintained and ended?

Ethnographic research methods were used in two Scottish local authorities to explore relationships in residential child care, between May 2016 and March 2017. A mixture of participant-observation and semi-structured interviews were employed to gain a deeper awareness of staff members' and residents' understandings of their relationships with other people in the residential setting. The project is due to be completed by December 2017.

In this presentation, I intend to briefly outline the background of the project and how it relates to the wider field of relationships and residential child care. I will then explore my research methodology and ethical considerations before finishing with a discussion of the emergent findings. I will highlight the importance of big occasions and small, every-day moments in the lives of staff members and residents, while also reflecting on how these moments impact the way that relationships are experienced in an institutional setting. This presentation will feature interactive activities, encouraging delegates to engage with the conference theme of 'moments that matter', as well as enabling further discussion of the workshop content.

**Presenter: Nadine Fowler, MSc; PhD Student at University of Stirling in Faculty of Social Science. Current holder of MSc Applied Social Research and BA(Hons) Psychology and Sociology; University of Stirling, Scotland**

**(b) Thoughtful Daily Transitions (An Application of Care)**

The theme of this experiential and activity-based workshop is "small-scale transitions." This session will endeavor to place a magnifying glass over the topic of transition in order to explore the everyday interactions that occur in a residential setting and program. In doing this we hope to add to the proverbial toolbox for those CYCWs who struggle on a daily basis with the typical transition times, such as: morning routines, meal times, and bedtime routines. We will explore some of the meaning behind why these small-scale transition times are difficult for many children and youth in care, and ways we can make these transitions less stressful and more successful.

**Presenters: Jon Dobbin and Jennifer Bolt; Blue Sky Family Care**

Jon Dobbin is a CYC-P with over 6 years in the field. He is a trainer of a variety of courses including: TCI, Tattered Teddies, Straight talk, and CARE.

Jennifer Bolt has over 7 years' experience in the field and is also a trainer of multiple courses including: TCI and CARE.

Friday, May 26, 2017

**9:00 – 12:00 pm      Concurrent Workshops**

**B-1      A Trauma Lens – Trauma Informed CYC Practice**

As Child and Youth Care professionals we engage with children, youth and families that have experienced trauma through any number of adverse life events. These experiences can have lasting impact on their sense of self, behaviour, and way of being in the world.

A trauma-informed approach to Child and Youth Care asks the question “what happened to you?” as opposed to “what is wrong with you?” We recognize behaviours as symptoms of trauma and not something inherently “wrong” with an individual. Intervening from a trauma-informed perspective can only enhance our practice, programming and service delivery, giving us a different perspective while working with children, youth and families.

This presentation will provide an introduction to the impact of traumatic events on the developing brain and the fear response. We will also explore trauma-informed intervention strategies intended to increase an individual’s ability to self-regulate. Drawing on research from trauma experts such as Dr. Bruce Perry and Dr. Linda Chamberlain, the information is designed to relate directly to frontline Child and Youth Care practice, acknowledging the privilege we have within our therapeutic relationships to help promote healing.

**Presenters: Natalie Ginn and Renee Piercey: Waypoints**

Natalie Ginn is a Certified Child and Youth Care Practitioner and the Program Coordinator with Waypoints.

Renee Piercey is a Certified Child and Youth Care Practitioner, Certified Trauma Practitioner and Coordinator at Waypoints.

**B-2      (a) Adopting Love- Foster Family**

I would like to tell my story about how being an adoptive mother, and foster mother has helped define me as a stronger person, and a strong CYCW. I have advanced in my career and currently working as a RPM with Blue Sky (Residential Program Manager).

Here I am, a “Mom” with many stories to tell: stories about facing difficult challenges, heartfelt hugs, and gut wrenching decisions. A Mom who can tell stories about unconditional and undeniable love that made her a better and stronger person, and a stronger Child and Youth Care Worker. A Mom who loves every second of every day with her family at home and the family she has made at work with kids who rely on her, love her, and look up to her. Most importantly, a Mom that is full of love, who has figured out what love really is, and how love strengthens us to help define who we really are.

Someone once said - and this quote has been heard numerous times....

“Life is not measured by the amount of breaths we take, but by the moments that take our breath away. Eight adoption years later I can say my life is measuring up to be exactly what I envisioned it to be. I’ve been defined by these special moments shared with family and friends.

This presentation will be an exploration of my story as an adoptive and foster mom and how it changed my outlook on the idea of family and love, and how it all affected my work as a child and youth care worker.

And my story begins ...

**Presenter: Terrilynn Barry; Residential Program Manager, Adoptive Mother, and Foster Mother: Blue Sky Family Care**

**(b) Trim Tab Education**

Trim Tab Education: How to motivate children who are struggling in school.

This session has been developed for care givers and professionals who work with children and youth who are struggling in school, frequently suspended or have stopped attending. This session will explore the complex needs of young learners and introduce strategies help improve levels of confidence.

Learning Objectives: Attending this continuing education activity, participants will be able to:

Describe the major factors contributing to a child's academic experiences;

Deal more effectively with challenging behavior;

Advocate for a child's education rights;

Discuss the importance of personal self-awareness and self-management in working with children, youth, and families; learn strategies to nurture a positive relationship with teachers and school administration;

Develop projects and lesson plans designed to build and nurture a child's academic confidence.

**Presenter: Barry Smith: youthlearning.ca**

Barry has 17 years working with youth with several not-for-profit organizations

**B-3 (a) Identifying Moments that Matter**

In the field on CYCW, we work with difficult situations and clients with intense needs and trauma. We have adopted great concepts like "doing with not to", strengths based approach, and creating meaningful moments.

But as CYC workers how do we see the differences we make, do we use methods to make these changes and supports stand out, or do we operate on how we 'feel' about the work we do.

The presentation will focus on outlining techniques to help workers and managers see and record the meaningful moments that are created in our work space. It will cover functional assessment of behavior, ABA analysis, behavioral graphing, ABC analysis with Antecedent and consequence analysis and goal setting combined with needs assessments.

**Presenter: Gordon Hawkins; Instructor, Keyin College**

**(b) Planned Engagement: Freeing Kids from Boredom**

"Life can be found only in the present moment. The past is gone, the future is not yet here, and if we do not go back to ourselves in the present moment, we cannot be in touch with life." - Thich Nhat Hanh

The topic for this workshop was inspired by the presenter's front-line and supervisory experiences in the field of Child and Youth Care, and by his enduring enthusiasm for igniting a CYC's passion for recognizing and making the most of life's little teachable moments. In this session, with a strong reference to the work of Cornell University's Residential Child Care Project (RCCP), the presenters will endeavor to delve into the topic of Engaging Children in the Moment. Through this discussion it is hoped that participants will embrace the importance of planning for "spontaneous" activities with children and youth to "free them from boredom."

**Presenters: Jon Dobbin and Jennifer Bolt: Blue Sky Family Care**

Jon Dobbin is a CYC-P with over 6 years in the field and is a trainer of a variety of courses including: TCI, Tattered Teddies, Straight talk, and CARE.

Jennifer Bolt has over 7 years' experience in the field and is also a trainer of multiple courses including: TCI and CARE.

**1:30 – 3:00 pm Concurrent Workshops**

**B-4 Promoting Behavior Change in Clients with an Intellectual Disability**

Often, clients with Intellectual Disability exhibit challenging behaviors such as agitation and aggression. In this session Intellectual Disability will be defined and we will discuss evidence based behavioral interventions that will help to decrease challenging behavior. Participants will learn four roles they can assume that will promote behavior change. We will provide strategies that can be used within each role.

Interventions presented are fueled by functional analysis and based on Positive Behavioral Supports.

**Presenters: Rhonda Street and Danielle Coombs; Intervention Services - Eastern Health**

Rhonda Street: Behavior Management Specialist; Community Behavioral Services Program

Danielle Coombs: Clinical Lead; Community Behavioral Services Program

**B-5 Moments Matter: An Examination of Self in Our Work with Youth**

This interactive session will examine why we work with youth, what motivates us and how we become more effective in cyc practice. At the end of the day, whatever the model of care used within our agency, what we bring to our role as child and youth care workers is the key to impacting our relationships with the youth. Using activities and discussion, we will examine why we work in this field so that we may engage more effectively. We will identify some of the challenges that we find within ourselves as we work with in the life space of our youth. This workshop is meant to look at how we can bring more depth and meaning into our practice. This training is intended for new youth care workers and those who want to refocus on the basics of child and youth care.

**Presenters: Natalie Bursey and Jennifer Kettle; Waypoints**

Natalie Bursey and Jennifer Kettle are both Certified Child and Youth Care Practitioners and Program Coordinators with Waypoints

**B-6 Walking the Walk, Creative Tools for Transforming Compassion Fatigue and Vicarious Trauma**

Many people working in the 'helping profession' are vulnerable to the effects of compassion fatigue and vicarious trauma. Many find that their work has even changed the way they look at the world and often affects their personal interactions. In this session we will explore the definitions of compassion fatigue, vicarious trauma and burnout, what symptoms of compassion fatigue you may be

experiencing as well as some helpful techniques to mitigate the harmful effects.

**Presenters: Barbara Phillips and Barbara Pasch:** Newfoundland and Labrador Youth Centre

Barbara and Barbara are Youth Care Counsellors with a combined 45+ years' experience in a secure custody setting; both are trainers in Compassion Fatigue and Vicarious Trauma

**3:30 – 5:00**  
**Closing Keynote**

**Moments of Change: Making the Most of Transition**

“What we call the beginning is often the end and to make an end is to make a beginning. The end is where we start from”.

We will close the conference with a presentation on the notion of change and transition, giving meaning to the terms; transitional moments, moments of trauma, moments of change. We will speak about the notion of 'transition trauma' and 'invisible transitions', giving some time to considering the impact of these on children and youth.

It will also be shown how a relational / CYC approach assists in reducing such 'transition trauma'.

**Presenters: John Digney and Maxwell Smart**

## Schedule of Events

### Thursday, May 25, 2017

**Registration: 7:30 – 8:45 am**

**Welcome Address: 9:00 – 9:30 am**

**Opening Keynote: 9:30- 12:00 pm**

**Nutrition Break: 10:30 – 11:00 am**

**Lunch: 12:00-1:30 pm**

**Concurrent Workshops: 1:30 – 5:00**

**Nutrition Break: 3:00 – 3:30 pm**

### Friday, May 26, 2017

**Concurrent Workshops: 9:00 - 12:30 pm**

**Nutrition Break: 10:30 – 11:00 am**

**Lunch: 12:30-1:30 pm**

**Concurrent Workshops: 1:30 – 3:00**

**Nutrition Break: 3:00 – 3:30 pm**

**Closing Keynote: 3:30 – 5:00pm**

For further information and conference updates, visit us at [www.cycanl.ca](http://www.cycanl.ca)

Email: [conference@cycanl.ca](mailto:conference@cycanl.ca)