

13th Annual Provincial Conference



Child and Youth Care Association Of Newfoundland and Labrador

September 27th-28th, 2018
Quality Hotel and Suites, Gander, NL

Helpers in Healing



Mark Freado, MA in Counseling and MA in Forensic Psychology, is Director of Growing Edge Training, Westerville, Ohio. He has a forty-year career in mental health, education, social services, program development, leadership, and training. He served in direct care and executive roles with Pressley Ridge and as director of the American Re-ED Association. For over 20 years he has been a key leader in developing the reclaiming youth movement including serving as Director of the International Training Network for CF Learning, a program of Cal Farley's in Amarillo, Texas. He and J. C. Chambers co-authored *The Art of Kid Whispering: Reaching the Inside Kid*. He is also co-developer of Planning Restorative Outcomes, a strength-based assessment model and serves as an expert witness in juvenile justice hearings. Through Growing Edge Training, LLC, Mark Freado and his associates provide training and consultation services to an international array of public and private organizations in the fields of mental health, education, juvenile justice, and social services.

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MESSAGE FROM THE MINISTER

It is my pleasure to welcome you all to the 13th annual Child and Youth Care Association of Newfoundland and Labrador Provincial Conference.

The theme of this year's conference is "Helpers in Healing," which is quite fitting given child and youth care professionals do just that each and every day with children, youth and families throughout our province. Over the coming days, you will have many opportunities to attend workshops and share best practices with one another that will help to enhance the work that you do.

As a government, we are committed to ensuring the safety and well-being of children, youth and their families. That is why it is essential that we continue to work collaboratively with such organizations as the Child and Youth Care Association of Newfoundland and Labrador. By working together, we can deliver programs and services that best meet the needs of our children and youth.

Congratulations to those individuals who have played a role in organizing what is sure to be another outstanding conference. Best wishes and a sincere thank you to all the child and youth care workers in our province for your continued dedication and commitment to children, youth and their families.

A handwritten signature in black ink that reads "Lisa Dempster". The signature is fluid and cursive.

Hon. Lisa Dempster
Minister of Children, Seniors and Social Development

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Town of Gander

Message from Percy Farwell Mayor, Town of Gander

On behalf of my fellow Councillors and the Citizens of Gander, I would like to take this opportunity to welcome you to the Town of Gander and to the 13th Annual Child and Youth Care Association of Newfoundland and Labrador Conference.

We are very pleased to have you visit us and are honoured that the Child and Youth Care Association have chosen Gander to host their event. We appreciate the opportunity to express our gratitude for the outstanding work that Child and Youth Care Workers do to ensure future success of our youngest citizens. We hope that this conference will provide you with the opportunity to network, collaborate and learn together.

We trust that you will enjoy our hospitality and hope that your time in Gander is both enjoyable and rewarding.

Sincerely,
Town Council of Gander

A handwritten signature in black ink that reads 'P. Farwell'.

Percy Farwell
Mayor

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MESSAGE FROM THE PRESIDENT

Greetings all!! It has been another great year for the Child and Youth Care Association of Newfoundland and Labrador. This year we have participated in the annual Child and Youth Care Soft Ball Tournament donating the food for the fundraiser. We held our annual Christmas bowling party which has become a great networking event for all members. Our 2017 provincial conference was a wonderful turn out with John Digney and Max Smartwell as our keynotes. They gave us so many fantastic reminders of why we do what we do in our work.

I had the pleasure of attending the 2018 National Conference in British Columbia. Many of our Newfoundland and Labrador members of the CYCANL attended this, giving coast to coast representation which I was incredibly proud of. I would like to personally say thank you to all the members of the association who sent me messages and encouragement when I was awarded the National Child and Youth Care award for 2018. I stand beside 2 others from our province proudly who have won this award in the past and am grateful to have had them as co workers and mentors as well as serve with them on the CYCANL.

I'm excited to announce that the 2020 National Conference will be held here in Newfoundland. This will bring many respected Child and Youth Care practitioners to our province and I hope you all will be able to attend

I'd like to welcome Mark Freado to our province this year as our Key Note speaker. We are excited at all you have to bring over the next few days.

I hope everyone enjoys the conference and takes back to their children and youth they work with some great new ideas and interventions.

Jaime Lundrigan
Jaime Lundgrigan
CYCANL President



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Conference Agenda and Information:

Timing	September 27th	September 28th
7:30 - 8:30 AM	Registration	
8:30 - 9:30 AM	Conference Opening & Opening Keynote	F1: Planning Restorative Outcomes F2: A Place for Love: the expression of love toward children and youth living in care.
10:00 - 10:30 AM	Break	
10:30 - 12:00 PM	Opening Keynote (Continued)	F3: The role of video games in Child and Youth Care F4: The Importance of Play
12:00 - 1:00 PM	Lunch	
1:00 - 2:30 PM	T1: Professionalism T2: The Marvel of Family Based Care	Closing Keynote
2:30 - 3:00 PM	Break	Conference Closing
3:00 - 4:30 PM	T3: Three Pillars of Transforming Care T4: Addictions	
See Pages 5 - 10 for detailed conference information.		

Conference Extras:

50/50 Tickets
As always we will be selling 50/50 tickets!
Proceeds will be going to CYC-Net.
Bring some spare change!

CYCANL Clothing
T-shirts, sweaters, baseball tee's will be available for purchase in the foyer.

Debit, credit and cash accepted!

Thursday Evening Social
Come join us for our social. There will be snacks, people and even a Mirror Booth!

Insurance and liability

The 2018 Conference Committee will not be held responsible for any accidents or injuries that may occur at any time during the period of the conference or any associated activities. Newfoundland and Labrador does not cover non-residents and we urge participants to determine if their health insurance is valid in Newfoundland and Labrador, Canada and to obtain temporary coverage if it is not.

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9:00 AM Conference Keynote :



9:00 - 12:00 PM

Mark Freado: The Art of kid whispering

Reaching the Inside Kid Children's challenging and troubling behaviors are frequently the focus of interventions rather than recognizing them as externalizations of inner pain and distress. Beyond surface management lie the keys to understanding, reaching and teaching young people who desperately need the guiding light that a well-trained, caring adult can provide. The Art of Kid Whispering is the pathway to discovering the Inside Kid. Learning and practicing listening and decoding skills are essential to understand the private logic and goals that underlie a young person's difficult or self-defeating behavior.

Mark Freado, MA in Counseling and MA in Forensic Psychology, is Director of Growing Edge Training, Westerville, Ohio. He has a forty-year career in mental health, education, social services, program development, leadership, and training. He served in direct care and executive roles with Pressley Ridge and as director of the American Re-ED Association. For over 20 years he has been a key leader in developing the reclaiming youth movement including serving as Director of the International Training Network for CF Learning, a program of Cal Farley's in Amarillo, Texas. He and J. C. Chambers co-authored *The Art of Kid Whispering: Reaching the Inside Kid*. He is also co-developer of Planning Restorative Outcomes, a strength-based assessment model and serves as an expert witness in juvenile justice hearings. Through Growing Edge Training, LLC, Mark Freado and his associates provide training and consultation services to an international array of public and private organizations in the fields of mental health, education, juvenile justice, and social services.

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Thursday September 27

Thursday Afternoon

T1

Professionalism

Professionalism

“A professional is someone who can do his best work when he doesn’t feel like it.” – Alistair Cooke.

“Professional is not a label you give yourself – it’s a description you hope others will apply to you.” – David Maister

Professionalism is a prominent aspect of the ethics in our field of work and one of the six competencies in becoming a Child and Youth Care Professional (CYC-P). It is a common conversation amongst child and youth care workers, and something that many aspire to become. Despite this, professionalism doesn’t always carry over when new child and youth care workers begin their work on the front line. This presentation will focus on new and developing child and youth care workers and their consideration of professionalism. Carol Stuart has said that “professionalism includes your professional demeanour or professional ‘self’ and your interpersonal interactions with young people, families, community members, and other professionals.” As such the presentation will focus on these two sides of being a professional: the self (how the individual identifies their professionalism) and the interpersonal (how they interact with others and how that will influence the others’ identification of their professionalism). There will be special focus on the ethics of the field, the competencies of professional child and youth care work, and perspectives from community partners and other professionals in relation to their interactions with professionalism in child and youth care workers. In addition to this, there will be a discussion of personal boundaries, or how to engage the self with others in an appropriate and therapeutic manner.

Jonathan Dobbin (B.A, B.Ed, CYC-P) is a Professional Development Coordinator with Blue Sky Family Care in St. John’s. He started working with Blue Sky in 2010, starting on the front line and slowly moving into the position he currently holds. As part of this position he teaches Therapeutic Crisis Intervention (TCI), Children and Residential Experiences (CARE), Applied Suicide Intervention Skills Training (ASIST), Straight Talk, and Tattered Teddies, as well as helps to manage Blue Sky’s online training program. When Jon isn’t working he enjoys spending time with his wife and three kids and writing.

T2

Relationship & Communication

The Marvel of Family Based Care

In this workshop we will discuss our life space work in family based care homes. Participants will learn about the extraordinary potential that exists to provide therapeutic care in a family setting. Areas of discussion and relational practice interventions will include; safety, boundaries, relationships, integrating biological family, family and friends support, filling developmental gaps, becoming connected to community, building self-esteem, crisis interventions and the therapeutic use of daily life events.

This will be an interactive session led by 3 child and youth care supervisors who are also family based carers in their own homes.

Kyle Lundrigan is a Child and Youth Care supervisor at Key Assets. His experience in the field has been residential care, mental health treatment facility care, family based carer who has adopted the children that have been in his care through Key Assets.

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Thursday Afternoon

Jaime Lundrigan is Kyle's wife. She has been in the field for over 12 years. Along with Kyle she has been a family based carer and an adoptive parent through Key Assets. She is one of the Managers of out of home care with Key Assets. She has experience in residential care and mental health and addictions outreach. She is also the current president of the Child and Youth Care Association for Newfoundland and Labrador.

Lesley Goodyear is the Manager of Family Services with Key Assets and family based carer within Key Assets. Her background in Child and Youth Care is residential care, in home family supports, Manager of the provincial mental health treatment centre and volunteer with the Child and Youth Care Association of Newfoundland and Labrador

T3

Development Practice Methods

Three Pillars of Transforming Care

Helping Kids Who Hurt. This workshop provides an overview on understanding traumatized children and the treatment of those youth in ecologies of family, school, treatment, justice, and community. Designed for those who work directly with traumatized children and those who supervise direct-line workers. Specific attention is given to the pillars of healing: safety, connections, and coping.

Keynote Speaker Mark Freado

T4

Applied Human Development

Addictions

This workshop will explore substance use and its link to mental health. It will look at the process of the addiction, taking into consideration how adolescence addiction compares to that of adults. It will also discuss the stigma that is often associated with addiction and some of the negative outcomes such as its impact on family. Finally it will look at treatment and recovery.

Laura Vardy BA, BSW, RSW graduated from Memorial University in 2006 with a Bachelor of Arts (Honours) degree with majors in Psychology and Sociology and a certificate in Criminology.

After working as a Youth Worker at a drug detoxification program for adolescents, Laura decided to enroll in the Bachelor of Social Work program at St. Thomas University in Fredericton, New Brunswick, where she earned her BSW degree in 2010.

Thursday Thoughts!

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Friday Morning

F1

Developmental Practice Methods

Planning Restorative Outcomes

Transforming Assessment (PRO) PRO provides a new alternative to traditional deficit-based assessments. It engages young persons in conflict in the process of solving problems and finding solutions. The PRO assessment is grounded in resilience science, neuroscience, and ecological research on positive youth development. All children need support with six critical drives embodied in the Model of Leadership and Service: Safety, Belonging, Achievement, Power, Purpose and Adventure. When these drives are blocked, the youth is at risk. By addressing these inherent drives through interaction with caring, competent adults, a young person is able to take pathways to responsibility. The PRO assessment can be applied to a wide range of settings including regular and special education, juvenile justice, and prevention and treatment programs. The PRO assessment is particularly useful for students with chronic or serious problems that put them at risk for removal from school or placement in restrictive settings.

Keynote Presenter Mark Freado

F2

Relationship & Communication

A Place for Love: the expression of love toward children and youth living in care.

Love is a very small word but one with such an amazingly large impact on human growth and development. No one can argue that a key component to the holistic development of all human beings is love. As Child and Youth Care Workers know, the traumatic experiences of many children and youth in care have led them to question if they are loved or worthy of it. We believe every child has the right to love and be loved, no matter where they live. Unfortunately, CYCWs are exposed to mixed messages around love and how to express it to those children and youth that they work with. They ask themselves: is it okay to do this? Is it ethical to say that I care?

Our presentation aims to show that love is a key component of caring for children and youth living in care. Our goal is to discuss the challenges that arise in showing, and telling, our kids that we love them. We hope to differentiate the various types of love and show that there are many ways to express it professionally and genuinely. We hope to show that these forms of expression are ethical and support the latest research in attachment, trauma, resiliency, and human development.

Jennifer Bolt (B.A, B. Ed) is a Professional Development Coordinator with Bluesky Family Care in St. John's. She began working in the field of Child and Youth Care upon graduating from Memorial University in 2008. Jennifer spent four years working front line with at-risk youth as a CYCW and Supervisor and spent five years as Educational Consultant for Bluesky. She currently teaches Therapeutic Crisis Intervention and Children and Residential Experiences, as well as helps to manage Bluesky's online training system. Jennifer is also a member of the Coalition Against the Sexual Exploitation of Youth (C.A.S.E.Y). She lives in Bauline with her husband, three year old son, and puppy dog and is currently working on a Master's degree in Post-Secondary Studies.

Greg Taylor (BA , CYC-P) is currently a Program Director with Bluesky Family care. He began his career in CYC as a counsellor at a 5 Bed Group home in Carbonear, NL. While there he used to work closely with the youth and their families in transitional planning.

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He then worked with Social Services (Now CSSD) for 15 years as a manager of Alternate Living Arrangement (ALA) homes. Then 10 years ago Greg accepted a position of Child and Youth Care worker with Bluesky Family Care. He then moved into a Mentor Supervisor position with Bluesky and from there into management position and finally to his current position of Program Director with Bluesky.

F3

Applied Human Development

The role of video games in Child and Youth Care.

This workshop focuses on both the positive and negative aspects of playing online based video games for children in care, as well as how we can set software controls to their activities as well as build trust

Some areas of focus will include:

- Why games are so important to children, especially those in care
- The direct educational outcomes of learning: probability, expectancy value and spatial mapping
- The social outcomes of community fostered by gaming
- Positivity fostered by failure with anonymity no negative outcome for a loss when playing against strangers.
- What types of games should be promoted\what should not be promoted
- Length of screen time that is healthy
- Strategies to avoid power struggles of turning games off
- Parent controls that could be used (helpful websites)
- The negative outcomes: neglect, preoccupation, requirement of instant satisfaction, physical issues associated with prolonged sedentary activities.
- The idea of fishing, where experienced players/people take advantage of new players, similar to poker and gambling.
- Proper implementation and monitoring the idea about caring about what our kids care about.

Nick Walko grew up in rural Ontario in a family that fostered many at risk youth and eventually moved to the Toronto region to study business and work in logistics. Upon completing his bachelor's degree he moved Newfoundland to complete a Masters of Business Administration at Memorial University of Newfoundland while working with Key Assets NL. Nick is currently a CYCW for Key Assets and is completing a Masters of Education with specialization in post-secondary studies. As part of his Masters of Education degree Nick completed a course on Digital Game Based Learning. He also uses his practical experience gained by working with two youth who get different satisfaction from playing video games in staffed homes.

F4

Applied Human Development

The Importance of Play

As Child and Youth Care Workers we need to use creativity and imagination when intervening with children, youth and families. Our interventions aim to promote development; filling in gaps when necessary, developing social connections, problem solving skills and so on. Play can help us achieve all of the above. Play gives children and youth the ability to tell us their stories, worries and fears, and to grow as individuals. Adults can benefit from the healing effects of play while helping their children develop. Play within the family strengthens family bonds and fosters healthier lifestyles. Play adds joy to life, relieves stress, supercharges learning, and connects you to others and the world around you. Play also makes work more productive and pleasurable. This session will offer some examples of play activities and their benefit for all ages.

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Whats on the GO?



Competency Based Trainings.

CYCANL hosted two competency based trainings in the metro area. In October 2017 we hosted Shawn Wood. He delivered an amazing training based on Diversity and Inclusion. Shawn brought us real experiences and relevant up-to-date information pertaining to the Child and Youth Care Field.

In May we hosted Dr. Thom Garfat and Andy Legett with Broken Arrow. Entitled: The Other Side of Behaviour. Thom and Andy gave a very informative and gripping training on Relational Child and Youth Care Practice and how to look past the pain based behaviours of the youth we work with.

Socials

CYCANL has hosted several socials over the past year. We hosted a Christmas Bowling social. We had a huge turnout and one member even won a TV. Our Student Representative was also busy hosting a Bon-fire and movie night.

A.G.M and Elections

On June 14th, CYCANL hosted its Annual General Meeting and Elections of Officers. Natalie Bursey remains the Vice President, Gerry Mercer was elected in a now assumed the role of Secretary and Cindy Chafe was elected by student members as the new Student Representative.

WWW.CYCANL.CA

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Calling All CYC Students

Become a CYCANL member and take advantage of cutting-edge professional development training! Further your social services career beyond the classroom and well into the field. Events are affordable and accessible – held in every area of the province each year.

We have special rates for students as well as individual and organizational memberships available.

Visit us online for more information and to register.



www.cycanl.ca

membership@cycanl.ca

Benefits of Membership

- Access to latest developments in the field via Association website.
- A voice on issues that concern you.
- Be a part of the provincial, national and international Child and Youth Care movement.
- Ability to participate in provincial and national conferences at discounted rates.
- Membership in the Council of Canadian Child and Youth Care Associations.

Membership Discounts

Michaels - 10% of total purchase with membership card.

Clay Cafe - 15% of total purchase with membership card.

Axtion - 50% of when you purchase Axtion coupon from CYCANL.

Cineplex - “Great Escape” 2 General Admissions, 2 Regular soft drinks, 1 regular popcorn

\$27.00 (regular \$42.37)


“Child Adventure” 1 child admission, 1 kids tray combo \$10.75
(regularly \$16.64)

Please contact Jennifer.kitselman@keyassetsnl.ca for Axtion and Cineplex Discounts

Are you interested in connecting professionals and building a strong association? If so, contact membership@cycanl.ca for more information about joining the membership committee!

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2020 National Child and Youth Care Conference

We are so excited to have the privilege to host the next National Child and Youth Care Conference.

The National Conference represents and hosts Canada's Child and Youth Care Workers and celebrates the accomplishments and developments of the field.

We are seeking individuals who are interested in serving on the many committees it will take to make this National Conference possible.

Keep an eye out on our Facebook page and Website for when we will start the recruiting for the committees.

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YOUR STUDENT VOICE Matters

Christina Butler

I had the fortunate opportunity to be a part of the executive as Student Representative this past year! I wanted to thank you for the support and guidance that allowed me to learn and grow as a person and a CYCW. It was a privilege working with each person on the executive and a privilege sharing knowledge and collaborating with Eastern Academy and Keyin College. I wish all students a very fulfilled education and a career with never ending success!

Flora Chafe

A.K.A Cindy, I have been elected as the new student representative of CYC students. I am from the Avalon and have a goal of uniting all students from across the province. Like many goals, it takes the efforts of many to achieve, so please reach out to me. Let me know of any concerns, issues, interesting information, or events that are important to you.

I hope to meet many of you at this years provincial conference and throughout our journey of studies.

THANK YOU

As the conference concludes, we would like to extend a heartfelt thank-you and express our appreciation and gratitude to all the committee members who made this conference possible.

Committee members are as follows:

Hospitality Committee - Kelly Hudson, Kylee Newhook, Kristie Tyon, Katie Earle, Matthew Alcott, Kristie Moore, Jaime Lundrigan, Natalie Bursey and Joanne Kelly.

Program Committee - Jon Dobbin, Paula Hennessey, Pam Myles, Jennifer Kettle, and Gerry Mercer.

