

Newsletter

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Message from the Director

It has been a busy month for us as we move into springtime after a very long winter. We have had a good month of progression and organization. We have a stable group of residents (touchwood), a great group of staff, we have reviewed and updated our policy and procedures, we have set program goals for the home, we have reorganized our office/resource room (and continue to minimize its use) and are continuing our commitment to child and youth work. We are making plans for our full time staff to attend the National CYW conference in PEI in October and the 50th anniversary provincial conference next year. We are very proud of the commitment our staff have to us. Great job - be very proud of the excellent job you do! Jen Foster – Director

The REAL Program

As stated in the 'What's New' section, we would again like to welcome Johnny Canning. Johnny has taken on the position of 'Therapeutic Educational Counsellor' at the REAL Program. Johnny attended the Child and Youth Worker program at Cambrian College.

The Therapeutic Educational Counsellor position is a much more specialized position than the Simcoe School Board's EA position. This position is to provide a specialized skill set that will address both behavioural and academic needs so that the students in our program experience growth, learning, and achievement.

This position was added as we move toward a much more effective Day Treatment program, with the emphasis now equally on academics as it is on behaviour. Our staff student ratio has been decreased to 1:4 from the 1:6 it has been for the past two years.

If you would like to check out our new space, stop by and we will give you a tour. The new space is located at 169 Dufferin Street South, Unit 2. The direct number to the REAL Program is 705-241-8079.

What's New at Jen's Place?



We would like to welcome newcomer Johnny Canning to the REAL Program. Johnny will be with us for the remainder of the school year.

We would like to announce the addition of Rachael Greenland Smith to our permanent full time team. Rachael joined us in 2005 as a third year student and has grown into an amazing Child and Youth Worker.

We are currently preparing for our annual MCSS licensing. Our date is March 28th. If you have any questions regarding this process, let us know. Otherwise, we will forward all of our open Resources a copy of our new license.

Bed Availability

We accept youth ages 11-18 years.
We currently have zero (0) beds available. Please contact Jen Foster or Jennifer Dymont for more information

Services Provided

Jen's Place provides the following services to both CAS clients and to community members:

- ⇒ Residential Services for Adolescents
- ⇒ Behavioural Assessments and Programming
- ⇒ Private Supervised Access Arrangements
- ⇒ Home Schooling/ Alternative Day Program
- ⇒ Individual Youth and Family Counselling

CYW Views

The concept of 'Stability' in the success of relationships is widely accepted. Look at couples who have been together for 25 or 50 years. We celebrate the ability to do so as it identifies an accomplishment that more and more is difficult to achieve.

For the youth that we work with, we want more than anything for them to have a sense of stability, to stay in one place for more than a short time. But why is that? What does 'stability' provide us with? And how do we achieve it?

Stability gives a sense of consistency. This consistency is in relationship to behaviour, responses, nurturing, expectations, routine, etc. The ability to predict an environment lessens anxiety, stress, negative emotions and the need to either be prepared to use the fight or flight response. Instability creates hostility and the need to separate from relationships, probably before even giving them a chance.

Stability will give an opportunity for our youth to have openness to experiences. This openness has youth adding more interests and more depth to experiences. This openness creates a vulnerability, which most of our youth would not otherwise let us see. We have the opportunity to experience who these youth really are and with that comes a great therapeutic responsibility.

Stability adds a high level of agreeableness. This provides youth a tendency to respond to others with warmth and they will tend to avoid conflict. Conflict, of course is a method of creating instability. Once stability is truly achieved, no one wants to purposely lose it.

So how do we create stability for our youth? The two simplest, yet most important answers; stability in relationships and in the environment. By providing, the same effective staff, consistent support systems, the same important people who can provide unchanged reliable responses is one of the most therapeutic techniques we can utilize. These kids come from some of the most unstable, insecure and unpredictable environments. We owe them stability!



The REAL Program

Employment Opportunities

We are currently looking for individuals for the following position:

- **Relief Child and Youth Workers for Residential Care**

Quote of the Month:

(A story this month)

One evening an old Cherokee told his grandson about a battle that goes on inside all people. He said, 'My son, the battle is between two "wolves" inside us all.

One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf wins?"

The old Cherokee simply replied, "The one you feed".

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