



# Newsletter

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[www.jens-place.org](http://www.jens-place.org)

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## Message from the Director

Child and Youth Work in Residential Care is delicate work. I know that I have taken this forum to emphasize the importance of committed and skilled staffing in providing an effective treatment program. In some reflection over the past little bit, I also need to acknowledge the variation in skill set. This then emphasizes the need to have a great staff team, one that uses each other's strengths and weaknesses

My advice, be a good team member, be positive and straight forward. Be kind and courteous. Be someone, you yourself would want to work with. Jen

## The REAL Program

In a Discussion paper written by S. Hymel from the University of British Columbia, the paper discusses how to help students who are suffering persistent and/or serious discipline problems at school. According to the paper, there are two groups of children and youth who experience these school challenges, emotional and behavioural disordered and those with aggressive and antisocial behaviours. Unfortunately, the usual response is to respond to immediate behavioral challenges, often punitively and typically through suspensions and expulsions. We need to shift our thinking. We need to find out why the challenges exist and address the causes. 'Treating the behaviour directly may not get at the underlying problem'. Some recommendations include:

- ⇒ Focus on the teacher-child relationships
- ⇒ Focus on peer relationships to avoid peer rejection
- ⇒ Training in mental health, group processes and effective intervention strategies
- ⇒ Promotion of a safe and caring learning environment
- ⇒ Use alternative and creative consequences such as restitution or restorative practices

RFAL Program- Mandi Turner (705) 241-8079

## What's New at Jen's Place?

Happy Birthday this month to Stephanie Galluzzo



Earlier in November, we had to say goodbye to Sandra Small. Sandra has left us to move on and pursue other endeavors. We wish you the best of luck in your future Sandra!

Welcome to new relief staff, Nicole Murphy. Nicole has both experience and formal education in this field, Nicole is completing the newly offered Certificate in Residential Care for Children and Youth program through Ryerson University

Welcome to our new relief staff Wendy Neely. She comes to us with over seven years experience at York Central Hospital and a expertise in behavior identification and intervention. We are very excited about the growth of our team.

## Bed Availability

We accept youth ages 11-18 years.

We currently have one (1) bed available for a male. Please contact Jen Foster or Jennifer Dymont for more information

We completed our semi-annual UMAB Training this month for the following staff, Alana Bell, Marie Gross, Stephanie Galluzzo, Ann Madill, and Mandi Turner.

## CYW Views

Counter-transference is a hindrance to our skills as effective residential workers. In group care, we work in people's life spaces and the relationships that are developed can bring about feelings that effect our skills as effective therapeutic practitioners.

Counter-transference is defined as the therapist transferring his/her own feelings onto the client or where the therapist literally takes on the suffering of the client.

Here are some examples of therapist counter-transference:

- Overly involved in caring for client
- Repulsed by clients insecurities
- Feels ineffective and incompetent
- Feels hurt by criticism
- Becomes frustrated with client
- Gets into power struggles with the client
- Fails to see victim stance and keeps trying to reassure and encourage client
- Allows client to take care of him/her
- Is frightened of clients anger and tries to avoid triggering it, leading to non-therapeutic behaviour
- Feels they are the only person capable of making a difference and meeting the clients needs
- Becomes angry at client and shows it
- Argues with client about content of criticisms
- Becomes annoyed with client for constant self-judgment, thereby contributing to it.
- Tries to reassure the client without dealing with underlying issues
- Sets goals for client that they themselves had wanted/wished they had accomplished
- Therapist gives into client demands
- Therapist becomes angry at client demands and at therapist needs being ignored
- Becomes frustrated that client can't deal with any challenges
- Therapist becomes angry at client for grandiosity or condescension and challenges him/her in an unsupportive way
- Becomes more interested in the clients charm than in engaging in therapy
- Argues with clients about contents of criticisms
- Becomes annoyed with client for constant self-judgment, thereby contributing to it.
- Therapist admires client or gives appreciation, thinking client needs support

[www.earley.org](http://www.earley.org)

We have completed our annual inspections from the Fire Department, the Health Department, the Gas/Furnace inspection as well as our fire extinguishers and sprinklers. If any requires a copy of this documentation, please let Jen Foster know.

## Employment Opportunities

We are currently looking for individuals for the following position:

- **Full Time Child and Youth Worker/Residential Counsellor – Afternoons and Weekends**
- **Counsellor– Weekdays and Weekends**
- **Day Program Coordinator**



Leah Kirby and Lia Jenner

## Quote of the Month:

*A teenager is one who acts like a baby when you don't treat them like an adult*

*unknown*

## 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