



Building Blocks

Children's Mental Health and the Youth Justice System Helping youth who are in trouble with the law

Over the past two years, Child and Youth Wellness Centre has worked closely with our community partners in the Youth Justice sector in order to find ways of better helping young people who are in trouble with the law.

Although the number of young people who break the law has remained relatively stable over the past decade and is 25% lower than it was in 1991, we recognize that young people who are in trouble with the law are a high priority group who often need rapid access to mental health services.

Since 2003, the Youth Criminal Justice Act has focused attention on the importance of connecting young people involved in crime with community organizations that can provide supports aimed at eliminating future negative behaviours. The importance of helping these high risk youth and their families access Children's Mental Health services as early as possible reflects the following facts:

- Close to 50% of youth who appear in Leeds Grenville Youth Courts are under the age of 16

- Research shows that children aged 12-14 who are involved in criminal activity are "2-3 times more likely to become tomorrow's serious and violent offenders"

- Most youth involved in crime have mental health problems including Conduct Disorder, Oppositional Defiant Disorder, ADHD and anxiety

- Over 75% of incarcerated adults had mental health problems as children that were not treated.

- Early mental health treatment for young people is the most effective way of preventing more serious behaviours in older adolescents

Although Child and Youth Wellness Centre has long had treatment programs aimed at children, youth and families with serious behavioural concerns, it has been difficult to ensure that the highest risk youth actually get the treatment that they need. In order to address this problem the Children's Mental Health Youth Court Liaison initiative began in 2006.

Every two weeks in Leeds and Grenville, young people who have been charged with a crime appear in Youth Court. Child and Youth

Wellness Centre provides a mental health worker to attend each youth court session in Brockville. The goal of this initiative is to make it easier to access mental health treatment. The staff member is available to tell young people, families, lawyers and others about children's mental health services and to make plans on how to access them. The liaison worker can provide direct advice on problems and can connect new clients with "the right treatment", ensuring that they get the help they need right away.

Since the beginning of the Youth Court Liaison Initiative, referrals of high risk youth for mental health treatment at Child and Youth Wellness Centre have increased. There are improved partnerships between children's mental health and all other community partners who provide services for young people who are in trouble with the law. It is our hope that this program will continue and will grow.

~ Marty Crapper

YOU SPOKE... WE LISTENED!

YOU SPOKE!

HOW DOES YOUR AGENCY SUPPORT BUILDING SOCIAL SKILLS IN ADOLESCENT GIRLS?

WE LISTENED!

By providing them with an opportunity to attend Goddess in Every Girla group for girls aged 12-18 that is aimed at addressing relational aggression between girls while building confidence, self worth and positive self identity.

Stay tuned... Our next edition of Building Blocks will feature more about this important program.

CYWC

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Our sincerest appreciation goes to our volunteer board members for their dedication and expertise which they generously give to our agency.



MISSION STATEMENT

Child & Youth Wellness Centre is the recognized children's mental health agency in Leeds and Grenville. We are solely committed to building mentally healthy children, youth and families through the delivery of proven, innovative programs and services.



CYWC's 14TH ANNUAL GENERAL MEETING

On June 18, 2010 please join us for our 14th Annual General Meeting to be held at the St. John Bosco Parish, Windsor Dr., Brockville ON at noon.

This year we are pleased to announce that Bronwyn Loucks, youth representative for CMHO, will be joining us to discuss Children's Mental Health.

For more information or to RSVP, please contact Beth Kent at 613.498.4844 ext. 3025.

CYWC VOLUNTEER SPOTLIGHT

Barbara Patrick, long-time youth educator and advocate, has been bettering the lives of children for decades. Barbara received her Masters in Special Education from McGill University. Her dedication to children's rights has continued to flourish throughout her career. Barbara spent much of her career on integration projects that helped ensure students and children with physical challenges received the same opportunities as their able bodied peers. Her natural leadership style, philanthropic nature and compassion allow her to excel as a volunteer. Barbara currently fulfills the role of Board Chair naturally guiding our organization's growth and performance. Great job Barbara!

On behalf of all the children Barbara has touched both during her career and volunteer endeavours, we would like to let her know how appreciative we are and offer a big THANK YOU for her consideration and generosity.

The Management and Staff of Child & Youth Wellness Centre of Leeds & Grenville.



Kevin Kapler Named Executive Director Highly Dedicated to Children's Mental Health

For the last 30 years Kevin Kapler's career has been in the field of Canadian Mental Health, including over two decades of direct experience in Children's Mental Health. Kevin received his Masters from the University of Alberta having conducted a comparative analysis of two



Left to Right: Kevin Kapler and Peter Coughlin
Photo courtesy of Sheila Wright

independent play therapy approaches in 1978. From 1978 until 1990 Kevin worked in various capacities in the private and public sector, focusing on organizational effectiveness, program delivery and direct service. From 1990 through 1999 Kevin ran a private psychologist practice in Edmonton, Alberta, where over 70 per cent of his clients were children, teens and parents. Kevin relocated to Ontario in 1999 and joined Child

and Youth Wellness Centre in 2000. Between 2000 until 2004, Kevin had management responsibilities for the Brockville, Gananoque, and Prescott regional offices. In 2004 Kevin also became a Psychological Associate for the organization providing psychological assessments of clients and

clinical consultations with staff. Following the restructuring of the organization in 2006, Kevin took on the role of Program Director for the Community Therapy program, which he maintained until January 2010 at which time he began his role as Executive Director.

Please join us in congratulating him as he takes on this new role.

Welcome to CYWC Program Director Changes

Peter Coughlin

Peter brings with him a wealth of knowledge and experience working in mental health, most recently in the Heads Up! Program – a mental health program for young adults with early psychosis. He has held child welfare roles at both Frontenac CAS and the Catholic Children's Aid Society in Toronto. His clinical experience includes membership in a multidisciplinary team at the Hospital for Sick Children in Toronto and previous leadership positions at the Toronto East General Hospital and Hotel Dieu Hospital, Kingston. Peter has been a part time lecturer at St. Lawrence College, Kingston campus, in the Social Service Worker Program and very much enjoys opportunities to contribute to field instruction for placement students. He is a member of the Ontario Association of Social Workers and was an elected Council member with the Ontario College of Certified Social Workers. Peter received his MSW from the University of Toronto with an emphasis in clinical practice with individuals, families and small groups and completed a thesis focused on the changing roles of grandparents in the lives of their grandchildren.

Ev Dales

Ev spent her childhood in Leeds & Grenville. She brings with her a BA in Sociology and a Bachelor of Social Work from York University and her Masters of Social Work from the University of Toronto. At U of T her thesis proposal, "Alcohol Dependent Mothers in the Recovery Process: Making Connections" was considered for meritorious achievement. Ev began her social work career providing intensive family therapy with Kinark Child and Family Services, York Region's children's mental health agency. She served as a Board member and Chairperson of the Family Life Centre of Newmarket and as president of Kids First, a local advocacy group promoting children's issues. Ev and her family returned to Leeds & Grenville 12 years ago whereupon she joined Brockville Psychiatric Hospital, working primarily with the Crisis Outreach team and Intake. In 2002, Ev became the Coordinator of the Assault Response & Care Centre (ARC-C), where with her team, the Agency's influence in the community was expanded and a nursing component was developed and implemented. Most recently Ev returned to serving children and families as the Resource Supervisor with Family and Children's Services.

**Please join us in welcoming
Peter and Ev to CYWC.**

THE IMPACT OF SEPARATION & DIVORCE

A one time workshop for adults designed to provide information on the emotional and legal implications of separation and divorce that impact your family. Topics include the emotional stages of separation/divorce, how children are affected by separation or divorce, and what you should know about parenting after your separation or divorce. Family Court resources are provided.

ITTM INTERGENERATIONAL TRAUMA TREATMENT MODEL

The Trauma Treatment Program consists of three parts. The first phase (Phase A) is presented as a six week, educational, group workshop by a trained professional. We are offering Phase A groups throughout Leeds and Grenville.

TRIPLE P POSITIVE PARENTING PROGRAM Parent Information Sessions

An 8 session program for parents, useful as broad based positive parenting education and also the early intervention strategy for parents of children with current behaviour problems. We run the groups regularly throughout Leeds & Grenville.

**Sessions Scheduled for the Fall
Call 613.498.4844 for more
information!**

Making Play Possible Because Kids Need to Play!

All kids deserve a chance to participate in recreational programming but there are times that families need extra support financially or help finding the right activity for their child. Being involved in recreational experiences is so important to helping kids be mentally and physically healthy. We can help, please call for more information.

Tel: 613.498.4844 ext. 3022 or 1.800.809.2494

It's time for CAMP, for more information please
give us a call! We can help!

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TELEPSYCHIATRY SERVICES

Tele-Psychiatry is leading the way for rural areas to access professional expertise from around the province. Our agency was selected as a site to offer our community, including health centres, the ability to access specialized psychiatry services throughout Ontario.

There is NO COST for this service.

CALL US to find out how your clients can benefit from TelePsychiatry. Referrals from doctors, social workers, child welfare, and community agencies are accepted.

We'll provide you with an overview of the program, resources, and arrange a visit to our agency for a brief orientation to the service. Please contact us at 613.498.4844.

WALK IN CLINIC Brockville

every WEDNESDAY from 5:30 p.m. - 7:30 p.m.

1.800.809.2494

Monday to Friday 8:30 a.m. - 4:30 p.m.
If you wish to refer your child or yourself, or would like information around a children's mental health concern.

FREE • ACCESSIBLE • CONFIDENTIAL