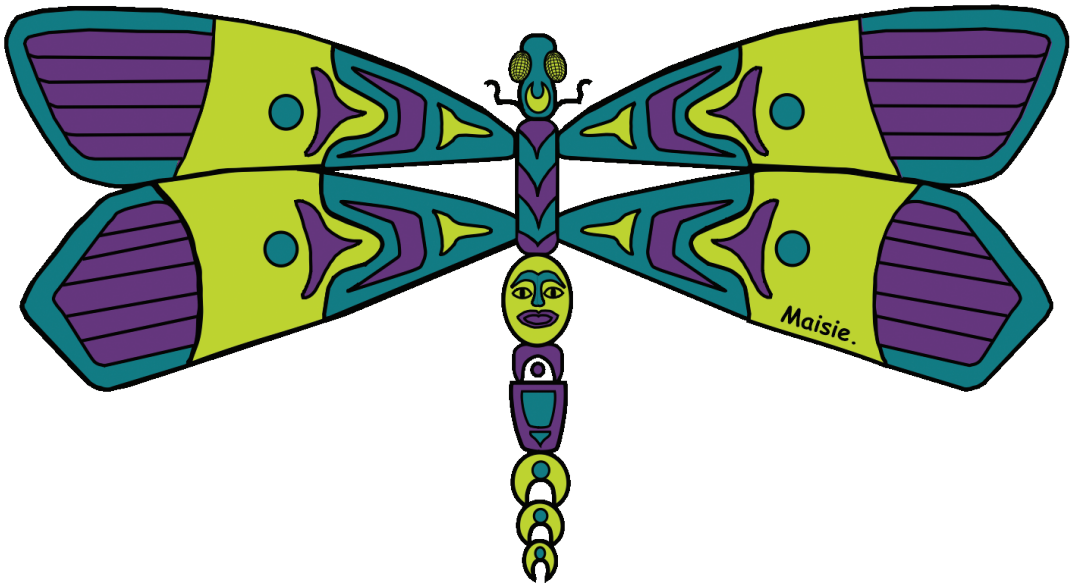
20th Canadian • 12th Triennial International

Child & Youth Care Conference



Transitions & Transformations

Influencing Change through Relational Practice

presented by:

CHILD AND YOUTH CARE ASSOCIATION OF BRITISH COLUMBIA

May 2-4, 2018
Richmond, BC

WWW.CYCABC.COM | *admin@cycabc.com* | **@CYCABC123**

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If you need assistance during the conference look for a CYCABC Conference Volunteer at the registration desk, located in the Britannia Ballroom Foyer.

Sheraton Vancouver Airport Hotel
7551 Westminster Highway
Richmond, BC V6X 1A3

Welcome

Dear friends,

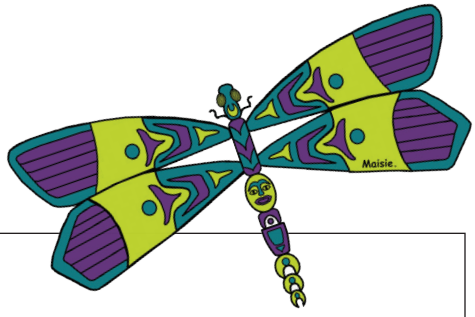
We need to first acknowledge that we are visitors here on the traditional ancestral and unceded territories of the Coast Salish Peoples, specifically the unity of Musqueam Peoples; we have the privilege to learn and share on this land.

On behalf of the Child and Youth Care Association of BC, I would like to welcome you to the 20th National and 12th Triennial International Child and Youth Care Conference. We are very excited to have you here in our beautiful province to learn, grow and connect together.

This conference is a milestone for the CYCABC, planned and executed by a small volunteer, working board. We learned how much work we could do from our phones and devices and that 4am was a good time to reply to emails while feeding a hungry baby. We learned how important it is to ask for help and to accept support from old and new friends. As an organization that has struggled at times to find our feet (or stay on our feet) we also learned how important it is to have a big goal and push ourselves to do something that at times felt a bit out of reach. We are amazed and thrilled of what emerged from our dedicated work. Thank you for being here.

The calibre of workshops you will experience over the coming days is exciting, inspiring and diverse. We hope that you will leave feeling renewed and refreshed to continue doing the difficult, emotional and rewarding work you do.

Yours in Child and Youth Care,
Janet Westcott, CYCABC President



Education Day Tuesday, May 1

A full day of learning, sharing and celebrating CYC Education

The Child & Youth Care Educational Accreditation Board of Canada is pleased to be hosting Education Day as part of the Transitions & Transformations 2018 Child and Youth Care Conference.

CYCEAB believes that high quality CYC education is one of the many ways that we as CYC practitioners can hold ourselves accountable to children, youth, and families — and to emerging CYC practitioners. With this goal of accountability, the CYCEAB aims to ensure quality education for Child and Youth Care practitioners through the assessment and review of post-secondary CYC educational programs and the development of standards which support continual quality improvement. Our processes facilitate dialogue and learning within and across CYC programs fostering innovation and quality in CYC education which we believe will lead to innovation and quality in CYC practice.

For more information about the CYCEAB accreditation processes please visit **cycaccreditation.ca**. To get involved with CYCEAB accreditation processes, suggest or join a working group, or support research investigating CYC Education please contact **CYCEAB@lethbridgecollege.ca**

Conference Agenda

Welcome Reception Tuesday, May 1
7:00 pm - 9:00 pm | Elmbridge Room

Join us at a welcome reception hosted by the CYCABC, Canadian Council of Child and Youth Care Associations and The Association of Child and Youth Care Practice. Connect with your colleagues and socialize before the conference begins on Wednesday! Stay for the evening or drop in for a few minutes — we'd love to see you!*

Conference Banquet Thursday, May 3
6:00 pm - late | Elmbridge Room | Advance registration is required

A long-standing tradition, the CYC Conference Banquet is an evening of good food, good company, music and the presentation of the CCCYCA's Visionary Award and Child and Youth Care Worker of the Year Award.*

Hospitality Suite Wednesday & Thursday
9:00 pm - midnight | Richmond A/B

Mindfulness Sessions
In order to help integrate the learning at this conference, we are offering several ways you can pause and reflect on the events you are experiencing. Please see **page 33** for more information.

Walk the Labyrinth 5:00 pm - 6:00 pm, Wednesday & Thursday | Britannia C
Guided Mindfulness 8:00 am - 8:30 am, Thursday & Friday | Britannia C

* Please note both the **Welcome Reception** and **Conference Banquet** will have a no-host (cash) bar.

Schedule-at-a-Glance May 2 - May 4

Breakfast and Registration
7:30 am daily | Britannia Ballroom Foyer

Daily Conference Opening and Keynote Address
8:30 am daily | Britannia Ballroom

Conference opening with acknowledgment of the ancestral and unceded territories of the Coast Salish Peoples, specifically the xʷməθkʷəy̓əm (Musqueam) peoples will take place daily at 8:30 am. This will be immediately followed by the keynote address for the day.

Learning Sesssions
Learning sessions will kick off each day between 10-10:45 am, following the keynote address for the day. Each day is broken into 2-4 blocks with around ten sessions offered per block. Please review the daily schedules and corresponding colour tabs for information specific to each day.

WEDNESDAY • PAGE 6-17 | THURSDAY • PAGE 18-27 | FRIDAY • PAGE 28-32

Refreshment Breaks and Lunch
Times will vary by day | Britannia Ballroom Foyer

Refreshments will be provided at breaks between sessions in the Britannia Ballroom Foyer. Lunch will be served here as well. For times specific to each day, please review the daily schedules on **pages 6**, **18** and **28**.

Daily Conference Closing
Following the last block of learning sessions each day | Britannia Ballroom

WEDNESDAY MAY 2

Schedule - Wednesday, May 2

Day 1

Day one will include four learning session blocks with around ten presentations offered per block. Please find detailed information for each of these sessions on pages 10-17.

* Refreshments will be provided at breaks in the Britannia Ballroom Foyer, along with lunch each day.

7:30 am - 8:30 am	**Breakfast and Registration** Britannia Ballroom Foyer
8:30 am - 9:00 am	**Conference Opening** Britannia Ballroom
9:00 am - 10:00 am	**Keynote: Vikki Reynolds** Britannia Ballroom | See page 7 for details
10:00 am - 10:30 am	**Special Presentation: Bernard Richard** Britannia Ballroom | See page 9 for details
	Refreshment Break*
10:45 am - 11:30 am	**Learning Sessions (Block 1)** See page 10-11 for individual session details and room allocation
	Refreshment Break*
11:45 am - 12:30 pm	**Learning Sessions (Block 2)** See page 12-13 for individual session details and room allocation
	Lunch*
1:30 pm - 3:00 pm	**Learning Sessions (Block 3)** See page 14-15 for individual session details and room allocation
	Refreshment Break*
3:15 pm - 4:45 pm	**Learning Sessions (Block 4)** See page 16-17 for individual session details and room allocation
4:45 pm	**Conference Close – End of Day 1** Britannia Ballroom

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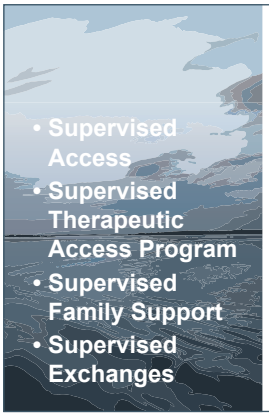

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9:00 am (KEYNOTE ADDRESS)

9:00 am - 10:00 am | Britannia Ballroom

Vikki Reynolds PhD RCC

Vicarious Resistance: Inspiring HOPE as an ethical position

Vikki will differentiate Vicarious Trauma and Burn Out from the spiritual and ethical pain that our work engenders when we are unable to provide dignity and social justice with the people we want to be useful to. We'll look at our solidarity and 'shouldering each other up' in dark times immersed in mean spirited politics and neo-liberalism. Vikki will invite us to consider the transformations our work and the people we work alongside co-create. We'll explore our relationship to a believed-in hope, and resisting charitable and patronizing self-care prescriptions to workers. We will also consider a frame for Resisting Burn out that holds clients at the centre, based on how we treat people, and resist pathologizing ourselves and other workers as mentally ill and deficient... and that's going to bring us to The Zone of Fabulousness...

Vikki Reynolds PhD RCC is an activist/therapist who works to bridge the worlds of social justice activism with community work & therapy. Vikki is a white settler of Irish, Newfoundland and English folks, and a heterosexual woman with cisgender privilege. Her experience includes supervision and therapy with refugees and survivors of torture, sexualized violence counsellors, mental health and substance misuse counsellors, housing and shelter workers, activists and working alongside gender and sexually diverse communities. Vikki is an Adjunct Professor and has written and presented internationally on the subjects of resistance to 'trauma', ally work, justice-doing, a supervision of solidarity, ethics, and innovative group work. Vikki's articles and keynotes are available free at **vikkireynolds.ca**

Do YOU know a young person in B.C. who needs help?

The Representative for Children and Youth provides support to young people who are in government care or are seeking or receiving government services, and to young adults 19- to 24-years-old who are eligible for Community Living BC services.

YOUNG PEOPLE HAVE A VOICE!

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- Learn about rights
- Find out how to be heard

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Hollyburn is proud to be a long-time supporter of The Child and Youth Care Association of BC.

We hope that you are inspired, connected and informed at The Transitions and Transformations conference!

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We are proud to support the ongoing learning and strengthening of professional networks at the **TRANSITIONS AND TRANSFORMATIONS CONFERENCE**. Learn about The Federation's network of allies, our sector advocacy efforts, leadership development programs, and youth education bursary at **www.fcssbc.ca**

10:00 am (SPECIAL PRESENTATION)

10:00 am - 10:30 am | Britannia Ballroom

Bernard Richard

Remarks from BC's Representative for Children and Youth

Children and youth who have experienced government care are among the most vulnerable of society's citizens. B.C.'s Representative for Children and Youth Bernard Richard will discuss the challenges faced by vulnerable children and youth while addressing the question, "What can we do to improve long-term outcomes for children and youth who have been affected by difficult life circumstances?"

Bernard Richard was confirmed by the British Columbia Legislature as the province's second Representative for Children and Youth effective Feb. 16, 2017.

Mr. Richard is a bilingual lawyer whose early career was in social work and as Secretary General of the Société Nationale de l'Acadie. He was elected to the Legislative Assembly of New Brunswick, where he served from 1991 to 2003.

In January 2004, Mr. Richard became New Brunswick's sixth Ombudsman. In November 2006, he was named New Brunswick's first Child and Youth Advocate. Mr. Richard has chaired the Forum of Canadian Ombudsman, the Canadian Council of Parliamentary Ombudsman and the Association des Ombudsmans et Médiateurs de la Francophonie.

He is actively involved in several charitable organizations, mostly in the areas of children's rights, youth mental health and enhanced opportunities for Aboriginal children. He is a proud and thankful father and grandfather.

In an interview with the *Globe and Mail* in March 2018, Bernard noted that the greatest gift he has ever been given is *"The greatest gift of all: love. The wonderful thing about it — it comes in a limitless number of shapes and forms. You can never have nor give too much of it and it always beats the alternative."*

To learn more about Bernard check out a series of podcast interviews he did with a member of the Representative's Social Media Youth Team at **rcybc.ca/louis-world-podcast**.

10:45 am (BLOCK 1)

10:45 am - 11:30 am | Steveston C

Constructions of Care and Rights of Children – Transforming the Cannons

Beverly-Jean Daniel, Tara Collins & Johanne Jean-Pierre

Black and First Nations families experience high levels of involvement of child welfare service agencies primarily because of the historical and contemporary injustices. There are conceptions about the capacity of parents to effectively parent their children based on stereotypes on the part of the workers. Seldom are there opportunities to examine, analyze and or critique the oppressive practices that have negatively impacted the families that have compromised their ability to be fully present for their children. It is necessary to explore our understandings of children's rights in CYC and consider how they are interpreted and enacted may disregard the child's context and undermine the roles of parents. This presentation will examine children's rights from the perspectives of Black parents to explore their experience of the systems. It will also facilitate conference participants' exploration of their understandings of children's rights and the ways in which Child and Youth Care practitioners may need to reconceptualise understandings of children's rights to ensure that cultural and racial diversities are understood and respected. In so doing, we can support parents' capacity to care for their children and their rights and our relational practice with them.

10:45 am - 11:30 am | Richmond G

Transforming CYC Relational Practice Through Intersectionality

Miriam Roth & Allysa Martinez

While relational practices in the field of Child and Youth Care (CYC) are understood as foundational, such practices are often not explicitly set against the intersecting identities of young people, their families and their communities. Crenshaw's (1989) Theory of Intersectionality describes the distress and marginalization of people because of the complexities of intersecting identities. Within CYC, one model currently used to understand the complex elements of relational practice is the Being, Interpreting and Doing (BID) model (Garfat & Fulcher, 2012; Freeman & Garfat, 2014).

In this workshop, we will explore possibilities for the BID model of relational practices to explicitly engage issues of intersectionality. This may assist the field to move forward in ways explicitly connected to issues of social justice and that take into account relational practices set in contexts of colonialism and multiple layers of marginalization. Transformations can occur when integrating an intersectional foundation with relational practice allowing for enhanced strength-based approaches and acceptance of a person's unique being.

Theoretical foundations will be outlined, followed by an interactive discussion of how to influence change through incorporating intersectionality as the foundation of relational practice. Benefits, limitations and challenges will be explored as well as implications for policy and practice.

10:45 am - 11:30 am | Richmond A

Street-Involved Youth and the Therapeutic Use of Art

Johannes Valdes

In major Canadian cities, the presence of individuals living on the streets is highly visible. There is an increasing number of people entering street life at a young age which presents a problem when considering how youth are actively constructing their realities while navigating challenges on the streets. The use of art in the life-space can provide insight into the lived experience of street-involved youth. The purpose of this presentation is to uncover themes surrounding street involvement and to look at how the artistic process can foster resilience for youth in the face of structural and societal barriers. Furthermore, this presentation will use simulations to explore the compatibility between a child and youth care (CYC) approach and therapeutic use of art.

10:45 am - 11:30 am | Richmond C

Does Our Voice Stick?

Judy Finlay & Sabrin Hassan

Children and youth have been participating in the Shaking the Movers Conference at Ryerson University for the past decade. It provides a space designed to unpack specific articles of the United Nations Convention on the Rights of the Child in the context of their lived experience. Youth "have the floor" to exercise their right to take part in important civil and political processes with the assurance that their voices will be listened to and heard. CYC students facilitate the conversations among youth and encourage a meaningful understanding of rights. This presentation will provide an analysis of the comments and recommendations of youth participants from the past 10 years and their impact on the children's rights agenda. Special focus will be given to this year's topic of Children on the Move: Across Borders.

10:45 am - 11:30 am | Richmond D

The Influence of Gender Construct on Child and Youth Care Practice with Cisgender Adolescent Males

Shadan Hyder

As CYCPs generally work in the frontlines of the mental health field and it is a female (identified) dominant profession, it is imperative for practitioners to understand the influence social constructs have on their practice. The personal self is difficult to separate from the professional self for CYCPs, therefore, it stands to reason that social constructs will influence CYCP perspectives and practices if not recognized. It is essential to understand the sociological foundation of gender construct in order to recognize the impact and influence it may have on CYCPs' values, beliefs, and principles which shape personal practices that directly impact the youth that are served, specifically cisgender adolescent males. This research analyses social gender construct and the potential impact it has on CYC practice using a Feminist-Intersectional lens. Data from (Western) serious occurrence reports, school suspensions, youth justice statistics, and child welfare will be examined and analysed for correlations to the influence of gender construct within CYC practice. This presentation will promote self-reflection and advocacy as well as recommendations for further research and practice.

10:45 am (BLOCK 1)

10:45 am - 11:30 am | Richmond F

A Sikh Feminist Approach to Radical Youth Work

Jaspreet Bal

The challenges that young Sikh women face take place in oppressive systems that underserve them based on their race, gender identity and religion. Steeped in patriarchal dynamics of ideologies from the many shifting cultures that inform their existence, Sikh women resist, from the margins, in a way that is informed by their spiritual practice. This presentation will take a Sikh-feminist lens and put it in conversation with radical child and youth care practice. Building on my decade of experience doing leadership work with young Sikh women across North America, and my work with the Sikh Feminist Research Institute I will talk about how using the Sikh concept of Oneness can deconstruct power in relationships. A set of critical tools will be presented to consider how to build capacity in young racialized women that simultaneously recognizes their common experience and serves their differences.

10:45 am - 11:30 am | Richmond E

An Exploration of Outdoor Activity and Contact with Nature in CYC

Nevin J. Harper

The use of nature is increasingly considered for use in traditional mental health and substance abuse treatment fields. Many practitioners and clinicians have recognized that utilizing nature and outdoor activity can improve therapeutic alliance, increase client engagement and adherence to treatment, reduce stress and increase directed attention...thereby improving subsequent outcomes. Brendtro and Strother (2007) called for a return to the basics in CYC, which to them included challenging outdoor experiential activities.

This workshop will briefly cover CYC's historical connections to outdoor adventure programming, acknowledge culturally informed land-based practices, and collectively explore nature, wilderness and adventure-based programming and their effects on individual and group change processes. Participants are encouraged to bring ideas and share personal experiences to increase our collective awareness of, and ability to, articulate and integrate these approaches in our multidisciplinary work to better serve children, youth, families and communities.

10:45 am - 11:30 am | Britannia A

Relationships in Residential Care

Chris Burt & John Taylor

Dr. John Taylor and Chris Burt have collectively had over 80 years of experience providing residential therapeutic support and care to children and youth. This seminar explores the "Hard Hats vs the Soft Hearts"; the evolution of different philosophies of care throughout the past 40 years, culminating in the current philosophical 'wave' focusing on developmental relationships, and a discussion on future trends.

10:45 am - 11:30 am | Britannia C

Community Engagement as a Protective System for Indigenous Communities

Michaela Lavis

In an effort to be heard and to find spaces for authentic participation, marginalized populations are often required to act against the political structures through the form of activism. In this workshop, the effects of youth activism on the social, emotional and mental health of young people will be explored using Indigenous activism and the environmental racism that Indigenous people currently experience today as a framework. What are the effects of activism on young people? Is it possible that activism minimizes the risk factors young people facing adversities are exposed to? Do the acts of peaceful protesting, petitioning, and campaigning through international campaigns support young people's social, cognitive, and emotional development?

10:45 am - 11:30 am | Richmond B

Simulation-based Learning in Child and Youth Care: Current Applications and Future Directions

Stephanie Griffin & Denise Halliday

Simulation is commonly used and studied in the fields of nursing, medical, and aviation, yet less so in child and youth care. Recent interest in using simulation for mental health and inter-profession practice is emerging. An increased use of simulation-based learning in child and youth care education will better inform practice among students and graduates. Simulation provides an opportunity to practice and consolidate skills in a realistic environment.

This workshop will explore the use of simulation-based learning in child and youth care education programs. Participants will hear the results of a Canadian study of simulation learning in CYC college programs and a case example of how simulation is used in an inter-professional education course, which will set the context for the remainder of the workshop. Presenters and participants will brainstorm ideas and contribute to the development of future child and youth care based simulations. This workshop is ideal for those CYC educators, students and those involved in the training and development of agency staff.

10:45 am - 11:30 am | Elmbridge

Ontario's Black Youth: in/justice in Care

Melissa Teles, Juanita Stephen, & Natasha Halliday

According to Statistics Canada, Black youth account for 3% of the Canadian population. However, they account for 40% of youth involved in Child Welfare and 15% of youth involved with the justice system.

This interactive session will address this disproportionality and its connection to the history of Anti-black racism in Canada. It will aim to pay particular attention to Black youth involved in the Child Welfare system who - as a result of continuing oppressive practices - are placed on a trajectory for involvement with the justice system. We will explore the role of CYC practitioners in dismantling this trajectory and infusing our work with an anti-racist and an anti-oppressive lens.

11:45 am (BLOCK 2)

11:45 am - 12:30 pm | Richmond B

Supporting LGBTQ+ Youth Suicidality Interventions through a Feminist Counselling Lens

Ams Sweiger

Lesbian, Gay, Bisexual, Transgender and Queer youth (LGBTQ+) are a marginalized population which, compared to heterosexual peers, have shown higher rates of suicidality; meaning incidences of attempted suicide, suicidal ideation and non-suicidal self harm. Although some common risk factors which apply to general populations of youth inform the rates of suicidality amongst LGBTQ adolescents, they also have LGBTQ specific and unique factors, which contribute to the higher rates of suicidal behaviour in this sexual minority population. LGBTQ peer victimization or bullying, gender non-conformity as well as parental rejection and family violence are all contributors to LGBTQ+ suicidality. This presentation will explore an intervention based in Feminist Counselling modalities, where advocacy and re-imagined non-binary narratives can support youth contemplating suicide by recognizing this as a symptom of larger social issues and empowering them to challenge and work collectively to undo these oppressive external factors. Simultaneously this intervention will model power deconstruction in the therapeutic relationship by refusing to control the choices of youth, even when those choices include suicide.

11:45 am - 12:30 pm | Elmbridge

CYC Approach to Asian-Indian Immigration Settlement

Gabi Orbezo

The literature paper examines the ecological system of Asian-Indian immigrant youth and their ability to effectively acculturate into the dominant culture of Canada. The paper will consider a Child and Youth Care relationship approach for treatment and programs to reduce and help with acculturative stress and identity conflicts. A CYC lens will be used to look at an integrated approach to acculturation, studies have shown it to be the most effective approach for immigration settlement. The integrative style allows children and youth to have the freedom to pick and choose different aspects from each ethnic group, oppose to being restricted to one, for development of self.

11:45 am - 12:30 pm | Richmond C

Beyond Rivalry: The Causes and Consequences of Abusive Sibling Violence

Katie Winters

After decades of incremental transformation, Western society no longer condones adult-perpetrated child abuse, nor interpersonal violence between adult family members. While this progress is commendable, violence between siblings remains conspicuously absent from discourse on family safety and wellbeing. Labelled with trivializing terms such as "sibling rivalry" or dismissed as a natural phenomenon that children will simply outgrow, research offers compelling evidence to the contrary; child victims suffer numerous deleterious effects across the lifespan. Sharing the results of a comprehensive review of the literature, the presenter will weave theory, data, and intervention science into a compelling call to action.

11:45 am - 12:30 pm | Richmond F

Pathways to Discharge: A Proposed App for Hospital and Forensic Settings

Natasha Halliday & Lindsay Olsen

Understanding that cyberspace is lifespace, we are looking at the possibility of incorporating the use of app technology to increase young people's participation within the discharge processes within hospital and psychiatric forensic settings. The app would be called Pathways to Discharge and would be designed to map out discharge options for adolescents reintegrating into the community. The app would highlight the unique processes of the psychiatric forensic system and would walk youth through the expectations of the Review Board in youth-friendly language. This would also transition into the community by providing young people with information and expectations concerning their conditions. Similar to the forensic setting, Pathways to Discharge would allow youth to consider preemptively the potential outcomes that are available to them upon discharge. The app would have usability within all technology platforms such as computers, tablets, and mobile devices. This app would be a bridge between the hospital/psychiatric forensic settings, community professionals and other systemic structures that exist within the young person's life in their community.

11:45 am - 12:30 pm | Steveston C

Supporting Mothers and Babies through Substance Misuse and the Implications for CYC Practitioners

Shanna Yaroshuk

In an effort to learn more about how substance misuse can impact children and families, this presentation seeks to inform practitioners on the topic of neonatal abstinence syndrome, approaches to care that are used in supporting mothers and infants, and how this relates to the field of Child and Youth Care and our role in coming alongside families. This research was gathered as part of a learning portfolio project I completed in my Mental Health and Substance Misuse course at UFV. As part of my action plan for sharing my knowledge, it is my hope to be able to present my findings at this conference. I long to see hospital policies changed, barriers to care broken, and stigmas surrounding substance abuse eradicated.

11:45 am - 12:30 pm | Richmond A

Mitigating Trauma in Child and Youth Care Education: The Trauma Informed Classroom

Donna Reid

This presentation examines the evolution of a research project at George Brown College which was a direct response to increasing numbers of students with attendance and performance struggles in the Child Abuse and Neglect courses. Current teaching practice to meet learning outcomes means familiarizing students with or helping them to understand child behaviour through a trauma informed lens. But what happens when we use potentially traumatic material in our teaching that re-triggers students, minimally preventing them from learning and in some extremes, inadvertently re-traumatizing them in the classroom.

11:45 am (BLOCK 2)

11:45 am - 12:30 pm | Britannia A

Coming Full Circle: Valuing the Lived Experiences of CYC Students

Christopher Tone & Joe Blake

With the ever growing population of young people who have previously been in care and have accessed social services, and who are now entering post secondary CYC education, the specific challenges that these students face in the world of academia need to be taken into consideration by educators. These students have specific challenges and needs due to unique histories and backgrounds, but they also have a wealth of knowledge and experience that could be better acknowledged and valued, and could lend deeper context to discussions in the classroom. Post-secondary instructors often pull on their own stories and experiences from their life and practice, and students have the potential to do the same. Since we strive to engage in relational practice in the field, how does this translate to the classroom? Since we acknowledge the vast diversity present in the young people we serve and teach, how can (or should?) college and university faculty be allies to, and encourage these young people to share their experiences in a safe and meaningful way?

11:45 am - 12:30 pm | Richmond G

Independent Living: An Oxymoron in Practice

Priscilla Healey & Ashleigh Martinflatt

Youth coming from government care need connection, relationship, involvement, and belonging. Yet, a majority of youth transition programs focus their interventions on life skills, tutoring, and housing. When these interventions were assessed using meta-analysis, they were no more successful than other services provided. It is well documented that youth with foster care histories lack both tangible and interpersonal resources yet, our programs do not reflect that.

This presentation will highlight the discrepancies between current research and youth transition programming for individuals in or from government care. Successful programs will be highlighted that focus on relationship building, youth engagement, and identity. Research shows that youth in these programs were significantly more involved in transition planning, rated higher quality of life, and expressed more self-determination. This research suggests a need to reframe how we conceptualize emerging adulthood from independent living to relational permanency. No one "lives independently", and our programs to support youth in government care must move away from this oxymoron.

11:45 am - 12:30 pm | Richmond D

Child Rights Education for Children in Care of the State in Ontario: Supporting Relational Practice

Tara Collins & Kiaras Gharabaghi

It seems as if everybody says an emphatic YES to child and youth rights and celebrates the increasing prominence of rights-focused language in provincial legislation. And yet we have to ask: Are we making a shift to really afford young people in child welfare care the rights to which they are entitled, or is our rhetorical commitment reaching new heights of language and professional absorption? Perhaps it is a little of both. In this presentation, we want to dive deeply into the gap between the formal contexts of child and youth rights, including emerging legislative innovations in Ontario, and the everyday practices that inform young people of their rights and encourage young people to see themselves as holders of real and enforceable rights. Appreciating that efforts to ensure young people have some information about their rights, we aim to open thinking and action space for strengthening those efforts and moving toward a systematic child and youth rights education framework in the fields of practice. We aim to position child and youth care practitioners as core agents in this movement and therefore cherish the opportunity to explore these issues right here with child and youth care practitioners.

11:45 am - 12:30 pm | Britannia C

Un-settling the Praxis of White Settler CYC Practitioners

Kaz McKenzie

Paulette Regan's (2010) book Unsettling the Settler Within: Indian residential schools, truth telling, and reconciliation in Canada, inspired me to engage in research that focuses on the 'settler problem' and centers on unsettling white settler practitioners in CYC. My research questions have been: in what ways do practitioners identify, claim, address, struggle with white settler privilege? How do we unsettle our frontline practice as white practitioners? How do advanced settler practitioners enact a decolonial praxis?

This workshop will explore the un-settling of white settler privilege in work with children, youth, families and communities. We will discuss white settler privilege, power, justice doing, imperfect ally-ship, solidarity, resistance, decolonial praxis and ethical challenges in the work of un-settling.

11:45 am - 12:30 pm | Richmond E

Participatory Plans of Care

Jesse Murray & Melissa Vieira

What if it turned out that our main vehicle for youth participation, was not participatory at all? In a field which emphasizes youth participation, client involvement, and youth-adult partnerships, practitioners fail to recognize that true youth involvement extends beyond having a young person present in a meeting. Plan of care meetings which include youth, achieve minimal levels of youth engagement. Young people are inherently not included in decision making regarding their lives and discussions that revolve around their plans of care. Studies that examine youth involvement show that barriers largely stem from practitioners. It appears that practitioners feel discomfort, refrain from disclosing information, and express concerns around involving youth in decision making. Using a Child and Youth Care practice framework, we will present the benefits and challenges of youth involvement in the delivery of treatment and personal care plans. Specific implications and implementation as it pertains to front line work will be presented. Audience members will leave with a better understanding of how to promote youth participation, engagement, and voice in their respective organizations.

1:30 pm (BLOCK 3)

1:30 pm - 4:30 pm | Richmond G

Rethinking Relational Practice with Youth: Living it Every Day

Ryan Pielle & Janet Newbury

This is a 3 hour workshop. Please plan on staying for the full session to prevent disruption. A short break will take place at 3pm.

The goal of this workshop is to provide an opportunity for those present to reflect on our work and how we carry ourselves through life - blurring the lines between CYC professional practice and civic engagement in more general terms. In particular, we will have opportunities to witness, experience, reflect upon, and discuss how Indigenous wisdom can contribute to wellbeing for youth in our communities, and can guide us to think differently about our roles in the lives of the young people we encounter. We invite everyone present to reflect on how considering relational engagement as a way of life - rather than a professional practice - might impact how we all 'show up' in our various communities.

1:30 pm - 3:00 pm | Richmond F

In Care, From Care, To Care: Exploring How Lived Experience Informs Child and Youth Care

Ruby Barclay, Wolfgang Vachon & Lilia Zaharieva

This workshop/dialogue begins with the question: Why do we do the work we do? "Lived experience" has been framed as trauma, has been narrated into resilience, has been hidden in shame, and recently has been embraced as a key to efficacy. Starting with the location of "from care", and then expanding into the multiple ways our experiences shape us, this session looks at how we bring our lived experiences to CYC, as practitioners, students, educators, and researchers. Recognizing that reconciliation begins with ourselves, we ask, "How do we reconcile our lived experiences to do this work?"

1:30 pm - 3:00 pm | Richmond C

The Brain Architecture Game: Fostering Understanding of the Powerful Role of Experiences on Early Brain Development – and Implications for CYC Practice

Cindy Rammage

The Brain Architecture game is a hands-on, group game that takes participants thought life experiences as they work to build a brain. The game provides a memorable and compelling perspective on the impact of early childhood experiences – both positive and toxic – on brain development. The game also helps participants understand implications for individuals, families and society, and the importance of shared responsibility for creating and advocating for environments in which children and youth develop.

Participants will play the Brain Architecture game, debrief, and discuss how they might use the game to promote awareness and advocacy in their CYC practice and/or teaching. The Brain Architecture Game's intellectual property belongs to a not-for-profit partnership between: Creative Media & Behavioral Health Center @ University of Southern California, the Center on the Developing Child @ Harvard University, the Clinical & Translational Science Institute @ the University of Pittsburgh, and FrameWorks Institute.

1:30 pm - 3:00 pm | Elmbridge

Making the Transition to Being a Supervisor: Foreseeing, Understanding and Navigating the Road to Supervisory Excellence

Frank Delano

The transitional process that takes place when a CYC practitioner moves into a new supervisory position presents many challenges and a number of exciting opportunities to increase their impact on quality care to children and families. It also presents an opportunity for helping others to grow and develop their practice. The new supervisor should keep in mind the process to become an excellent supervisor is a developmental one that will take some time and parallel much of the developmental process they experienced as a direct practitioner. The new supervisor should be aware that excellent supervision is rooted in relationship and the same foundational values of the CYC Profession.

This presentation will reflect themes for an article by the presenter published in the March 2015 Journal of Relational Child and Youth Care Practice.

1:30 pm - 3:00 pm | Richmond B

Best Practices in Diversity Management: Sexual Orientation and Gender Identity

Elisabeth Cooke

This presentation will present and discuss best practices relating to sexual orientation and gender identity when working with children youth and families. Reflecting on the backdrop of human rights protections in Canada, the presentation will refer to case examples of diversity management within organizations. Participants can expect an engaging discussion that welcomes questions and comments.

1:30 pm - 3:00 pm | Steveston C

A Solidarity Dialogue: Moving Toward a Just and Inclusive Future for the Field of Child & Youth Care

Kiaras Gharabaghi, Mandeep Mucina, Juanita Stephen & Shantelle Moreno

We appreciate the hard work of those who brought us to this moment. Still, we must ask ourselves difficult questions: Whose voices are missing? How can we respond to the everyday encounters of violence that emerge from colonialism, racism and sexism? How are we providing space in our teaching, practice, and conversations to support those working as "insiders" to their communities and struggle personally with the violence they are working against?

In this dialogue, we consider whiteness and its role in the current moment and a future in which all that we have learned is re-imagined through the lens of emancipating collaborations. Our intention is to imagine a future of solidarity between the statistician, the critical pedagogue and the one who is there when a young person must cry. We challenge exclusion in all directions, embracing our solidarity as a field of difference and multiple ways of belonging.

1:30 pm (BLOCK 3)

1:30 pm - 3:00 pm | Richmond E

Child and Youth Care in Acute Mental Health and Wellness

Kadane Headley & Bailey Smith

This presentation will explore child and youth care through the youth care worker role at an acute mental health inpatient child and adolescent unit. The Irene and Leslie Dube Centre for Mental Health serves children,youth and adults in the province of Saskatchewan that are experiencing major mental health problems.

The treatment team consists of a variety of professionals. The role of the youth care worker is to assist in implementing and evaluating the treatment plan by providing therapeutic care, stabilization and milieu management, facilitating groups and one to one patient coaching.

1:30 pm - 3:00 pm | Britannia C

Building Connections: Ideas and Tools for Connecting Youth and Families with Nature

Sylvia Storry

At Power To Be, our passion is nurturing youth and families through nature. We work collaboratively within their ecological systems to build connections and strengthen relationships. While building connections to the land and natural world, we provide youth and families a space for emotional growth, development of life skills and confidence. This workshop will aim to inspire others to think outside. Our goal is to provide open source programming ideas to support Child and youth care professionals in incorporating nature into their practice. We will provide a brief overview of our programs at Power To Be and hands on learning for nature-based programming. Workshop attendees will gain experience learning about and facilitating nature-based programming and leave with a tool kit of ideas and activities.

1:30 pm - 3:00 pm | Britannia A

Avatars and Allegories: An Art-Based Toolkit for Child and Youth Care Practitioners

Astri Jack & Julia Dillion-Davis

Storytelling and allegory provide children and young people a creative space to process their experiences. This workshop will introduce avatar creation as an art-based, therapeutic tool for professionals working with young people. Participants will be invited to create an avatar and guided in the use of avatars in their practice. Avatars are allegorical characters that act as tangible, relatable tools for children to explore and reconceptualize their identities and relationships. Once complete, the avatar behaves as a therapeutic talisman by providing a physical object that the young person can take home to continue their self-exploration.

This is an inclusive and collaborative workshop where practitioners will be encouraged to engage in art-based learning through a variety of visual media, such as: collage, drawing, watercolour, wire, yarn, clay, and land based materials. No art skills are required to participate and practitioners new to art interventions are welcome.

1:30 pm - 3:00 pm | Richmond D

Feeding two Birds with One Scone: Community-level Social Justice Initiatives and Experiential Learning for CYC Students in Vancouver Island University's Centre for Community Outreach and Care

Teri Derksen & Ashleigh Martinflatt

How can we enrich learning for Child and Youth Care students while at the same time address social justice issues in our community?

Faculty in the Child and Youth Care department at Vancouver Island University (VIU) explored this question as they were faced with a shortage of practicum placements yet a plethora of social inequities in the community. As a result of this discussion The Centre for Community Outreach and Care (CCOC) at VIU was created in April 2013.

The workshop will highlight how the CCOC provides enriched learning opportunities for Child and Youth Care students through mentorship and problem-based experiential service learning as CYC students develop and deliver programs such as: children who witness overdose trauma project; a poverty reduction program geared towards career and education planning for young parents and street involved youth; neighbourhood based activity groups; mental wellness programs in elementary schools; a sexual exploitation prevention program; and a children's dental clinic with our VIU dental hygiene program.

1:30 pm - 4:30 pm | Richmond E

The Courage to Face Hard Truths: Unpacking White Supremacy in CYC

Jin-Sun Yoon & Natasha Aruliah

This is a 3 hour workshop. Please plan on staying for the full session to prevent disruption. A short break will take place at 3pm.

The adage: "When you're accustomed to privilege, equality can feel like oppression" accurately conveys white (and dominant) people's underlying feelings when attempting to embrace social justice in CYC. Privilege takes away our awareness of the reality that we are interdependent. Systems of colonization and empire-building have disconnected us from our histories.

How do we respectfully decolonize ourselves, our practices, and our organizations so that we may improve settler-Indigenous relations? How can we co-exist without being accountable to each other? How do we understand our entangled histories on Turtle Island? How can we dare talk about indigenization without having a hard look at decolonization?

In this workshop, we will share a framework of praxis to facilitate an understanding of our intersecting identities and how power and privilege play out in daily life and in practice. We will explore how white supremacy, white privilege, and white fragility have shown up in personal interactions and at an organizational level.

3:15 pm (BLOCK 4)

3:15 pm - 4:45 pm | Britannia A

Extending Code of Ethics in CYC to Incorporate Cyberspace: Contemporary Conceptualizations

Colleen Kamps

Working in cyberspace as another dimension of the life-space of young people is cutting edge work that presents an opportune moment for CYC Practitioners to progress in their profession and be the leaders of setting professional standards. Despite the risks associated with being in this life-space, the benefits outweigh any of these worries. The goals of this workshop will be to: Discuss what cyberspace as life-space means; Review the findings of a research study looking into how CYC code of ethics need to shift to acknowledge the rapid changes of where young people are living their lives; and Identify examples of CYC Code of Ethics that acknowledge cyberspace as life-space. Participants should come to this presentation ready to take steps to help facilitate changes to how CYCPs can ethically work with young people in cyberspace.

3:15 pm - 4:45 pm | Richmond G

Stepping Past Boundaries - Practicing CYC as a Guardian Ad Litem

Jeff Reid

Acting in the role as court appointed guardian ad litem has not been traditional Child and Youth Care territory. In Nova Scotia, opportunities have been created for CYC practice to move into a more active advocacy role before the courts. In this role, traditional CYC relational based interactions with young people are able to be documented. The resulting reports generated for court allow CYC best practice to be presented directly to the court on behalf of the young person.

3:15 pm - 4:45 pm | Elmbridge

How Do You Support a Young Worker?

Robin Schooley

Come and participate in interactive scenarios highlighting the workplace health and safety challenges faced by young workers. Find out how you can support and empower them to make informed decisions that prevent them from being injured at work.

3:15 pm - 4:45 pm | Richmond B

Using Gamer Thinking to Connect with Kids

Maple Melder Crozier

Reports say that 91 to 97 % of youth game in some form and on various devices. This workshop considers the hold that gaming has on youth. That hold comes from skills and abilities that youth need: persistence, decision making, failure and success, risk taking, and resilience. Using this knowledge, CYC practitioners can demonstrate to the youth that they have skills they can use to improve their lives. This workshop uncovers ways to translate the skills from the games to life skills the youth can use.

3:15 pm - 4:45 pm | Richmond F

Solution Creators

Janet White

This is a presentation that speaks to my belief that we all strive to create solutions not problems. Practicing from this perspective it is easy to transform all "problems" into efforts to solve. This is thus a very strength based perspective that invites the client to be seen as capable. I will ask for cases to be briefly shared with me so that I can speak to how I might re-define what others wish to see as a problem as a possible solution.

3:15 pm - 4:45 pm | Steveston C

Colorism and the Exploration of Multiple Identities

Tobin McPherson

In this workshop, we will explore the idea of colorism with specific reference to African-American youth; the presenter uses critical race theory as a lens for guiding the discussion, but the goal is to identify multiple lenses and perspectives that may help to illuminate the impacts of colorism on positive developmental outcomes for African-American youth. The workshop is a collaborative enterprise designed to bring together diverse minds and diverse approaches to practice within which new ideas and innovations may emerge with respect to on-going challenges and marginalizations faced by these youth. The hope is to expand the discussions to include intersectionalities, indigeneity and other forms of often disempowered identities.

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3:15 pm (BLOCK 4)

3:15 pm - 4:45 pm | Richmond C

Building Resiliency

Renee Piercy & Jennifer Kettle

Resiliency is often described as an ability to "bounce back" from challenging or adverse experiences. We sometimes refer to individuals, particularly children as being resilient, as if it's an innate quality. During times of transition it is essential that we can navigate our way to meaningful resources, both internal and external. This session will explore what resiliency is, and offer participants an opportunity to understand, recognize and increase resilience in themselves and others by offering practical strategies.

3:15 pm - 4:45 pm | Britannia C

Re-Writing the Narrative

Gerry Mercer

Being a former youth in care, I can attest to the many struggles youth face today. I was a young kid who was frustrated with the world. Throughout my journey, there has been adults who have significantly impacted the path I was on through their understanding and support. While living in a group home, one of the staff changed my life forever. They invited me into their home, they showed me what patience was and what compassion was.

Statistically, I should be in jail, homeless or even worse, dead. It's because of caring adults in my life, I am Rewriting the Narrative of the kid who couldn't escape his circumstances and became a victim of his environment. This workshop is to evoke in Youth to give the message of hope, that it gets better, and for the Child and Youth Care workers that are feeling like the work they do go without impact. The work you do now will make a difference.

3:15 pm - 4:45 pm | Richmond D

Shaking the movers: Space, Voice Audience and Influence

Natasha Blanchet-Cohen, Laura Wright & Brenda Morrison

This presentation will critically reflect on the opportunities for space, voice, audience and influence in engaging young people in two critical child right issues facing Canada today: children on the move and climate change. Both these issues deeply and uniquely impact young people in complex ways. Drawing on the experiences with Shaking the Movers, youth-driven children's rights workshops held in Quebec and British Columbia over the past two years, we will discuss how these four dimensions of participation serve to frame our work and provide meaningful opportunities for young people to exercise their rights. Participants will engage in play-based participatory activities that can inspire their own practice and help them frame their work in engaging young people in issues that matter to them.

THURSDAY MAY 3

Schedule - Thursday, May 3

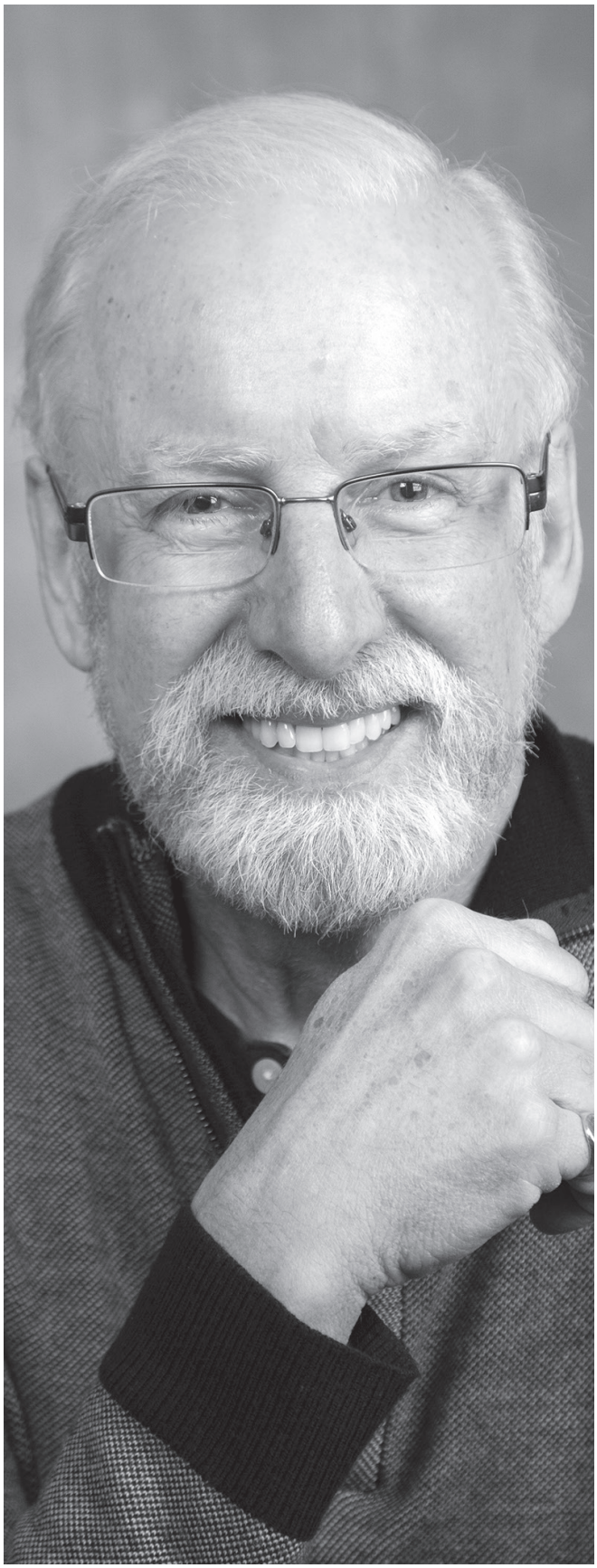
Day 2

Day two will include **four learning session blocks** with around ten presentations offered per block. Please find detailed information for each of these sessions on **pages 20-27**.

* Refreshments will be provided at breaks in the Britannia Ballroom Foyer, along with lunch each day.

7:30 am - 8:30 am	**Breakfast and Registration** Britannia Ballroom Foyer
8:30 am - 8:45 am	**Conference Opening** Britannia Ballroom
8:45 am - 9:45 am	**Keynote: Jim Anglin** Britannia Ballroom | See **page 19** for details
	Refreshment Break*
10:00 am - 10:45 am	**Learning Sessions (Block 1)** See **page 20-21** for individual session details and room allocation
	Refreshment Break*
11:00 am - 12:30 pm	**Learning Sessions (Block 2)** See **page 22-23** for individual session details and room allocation
	Lunch*
1:30 pm - 3:00 pm	**Learning Sessions (Block 3)** See **page 24-25** for individual session details and room allocation
	Refreshment Break*
3:15 pm - 4:45 pm	**Learning Sessions (Block 4)** See **page 26-27** for individual session details and room allocation
4:45 pm	**Conference Close – End of Day 2** Britannia Ballroom

8:45 am (KEYNOTE ADDRESS)



8:45 am - 9:45 am | Britannia Ballroom

Jim Anglin PhD

From Pain and Survival to Effective Action and Flourishing

There is increasing recognition in the sciences and professions of the need for a sense of wholeness, and for research and practices that address the true complexity of living and working with - and as - human beings. Many of those with whom we work, both children and adults, struggle with deep and profound psycho-emotional pain, and therefore so must we.

The enduring wisdom and truisms of CYC remain relevant, and are well represented at this conference, but as many of the presenters indicate, even these long-standing notions (such as relationship, connection, self, advocacy, child rights and supervision) require re-interpretation in today's world. At the same time, there are terms and themes on this conference program that would have been puzzling or even incomprehensible in a CYC conference program 50 years ago, or even 30 years ago, such as avatar, land-based practices, digital tools, LGBTQ, cyberspace, apps, intersectionality, and gamer thinking (to name a few). This presentation will hop-scotch through the history of CYC in search of implications for future practice.

Professor Anglin began his career as a child and youth care worker in a mental health centre in Vancouver after which he developed a 6-bed group home for adolescents in Victoria. He then pursued graduate studies, worked in social policy in Ottawa and with the Children's Services Division, Government of Ontario, in Toronto. Returning to B.C. in 1979, he joined the faculty of the School of Child and Youth Care at the University of Victoria where he is Emeritus Professor and former Director.

His major research interests have focused on a re-appreciation of residential care for children and youth (e.g. *Pain, Normality and the Struggle for Congruence: Reinterpreting Residential Care for Children and Youth, Routledge, 2002*). Currently, he is involved in researching the implementation and impact of a principle-based approach to residential care with colleagues from the Bronfenbrenner Centre for Translational Research at Cornell University.

He has published in North American and international journals and child welfare texts on a variety of child and youth care issues. He is on the editorial boards of Child and Youth Services, International Journal of Child and Family Welfare, Journal of Child and Youth Care Work, International Journal of Child, Youth and Family Studies, and Reclaiming Youth at Risk. He has also visited child and youth care programs and offered keynotes, workshops and seminars in over 40 countries – focusing on extra-familial care with young people, creating theory from qualitative data, and the evolution of CYC as a global profession.

10:00 am (BLOCK 1)

THURSDAY

10:00 am - 10:45 am | Richmond A

Arts Based and Create Method Interventions with Youth in Residential Settings

Amanda Gardiner

There is a significant lack of research regarding the use of art based interventions that take place in residential settings as well as the utilization of other create outlets and interventions. Despite this, Child and Youth Care Practitioners remain the executors of therapeutic programming in many of our work places knowing intuitively that these alternative forms of intervention are helpful to the youth we care for. I am interested in exploring the differences between Art/ Music/ Dance Therapy and therapeutic art/ music/ dance activities as well as hearing the experiences of others who have come to find alternative art programming helpful in their practice. This is not a conversation that is limited to visual arts, please bring your experience with any medium you consider creative including those mentioned above but not limited to them! Vocal arts and performance, written expression and spoken word, digital or technological exploration, any and all are welcome! Bring your ideas and let us learn from one another to help make our residential programs a creative and accepting learning environment for everyone.

10:00 am - 10:45 am | Richmond G

Reconciliation in Child and Youth Care Practice: Exploring the Relocation Experiences of Female Indigenous Youth in Foster Care

Cheryl Inkster & Samantha Cameron

Indigenous youth are over represented in the Canadian Child Welfare system as a result of colonization, residential schools, and the removal of Indigenous children from families. There is limited understanding of this populations' experience of relocation while in foster care. This study answers the question, "What stories of relocation are told by female Indigenous youth in foster care who have relocated from rural northern communities and are residing in a Lower Mainland residential program?" Using Metis Beadwork/Indigenous Storywork methodology, I used beadwork teachings combined with the seven Storywork principles to guide my research and engage with storytellers which include: respect, responsibility, reciprocity, reverence, holism, interrelatedness, and synergy. Findings from this study reveal the youths perspectives on their experiences of relocation and create space for youth voice in research. Findings may also guide service providers in providing culturally appropriate, effective, and meaningful services to Indigenous youth in the child welfare system. Findings are presented in three sections: leaving, arriving, and adjusting. The Truth and Reconciliation Commission of Canada Calls to Action (2015) are outlined and connected to the stories of the youth and a discussion will take place regarding moving towards reconciliation in child and youth care practice.

10:00 am - 10:45 am | Richmond B

Exploration of a Child-Centred, Relationship-Focussed Technology for Children and Youth with Incarcerated Parents

Jenna Nelson, Tobin McPherson & Shermaine Pinkard

Children and youth with incarcerated caregivers experience several social and emotional challenges. These include, but are not limited to, attachment issues, social stigmatization, health issues, and economic hardship. These young people are also at a higher risk of becoming incarcerated themselves. Relationships with caregivers are imperative during a child's development into adulthood. Therefore, maintaining relationships throughout the period of incarceration is critical. The aim is to explore the possibility of implementing an innovative relationship-focused technology adapted from the American penal system into Canada. Although technology has been incorporated in many prisons throughout America, there appears to still be a need for a more child-centered approach. Using a CYC lens, this paper will look at how to integrate a video chat technology that is both child-centered and child-friendly into prisons throughout Canada.

10:00 am - 10:45 am | Richmond E

Finding Your Own Cyber-Beat in Rhythm with Others

Maggie Blake, Debb Bertazzon & Zainab Virjee

Given the ubiquitous nature of electronically-mediated communication by today's youth, ""cyber-therapeutic platforms"" are becoming more prevalent. Moreover, for some autistic children and youth, face-to-face interaction can feel overwhelming and too intense. Cyber-Drumplay is a playful and interactive program and ""community"" that combines online therapeutic rhythm and app-based drumming sessions with online peer social support networking. The program is designed to help children and youth with autism to improve their self-esteem and self confidence (through risk taking and mastery), while also attempting to facilitate trust and foster positive relationships with others. The program provides a platform for connection that may be particularly suitable for youth in ruralized communities, for those with accessibility issues, or for those who struggle with face-to-face interaction. Children, youth and families are able to work with therapists within the online community website in either private or group sessions.

This workshop will provide an overview of the program design as well as an opportunity for participants to experience first-hand, the enjoyment and therapeutic value of the program.

10:00 am - 10:45 am | Richmond F

Community Youth Development

Erica Mark & Gabe Dennis

How do we connect with youth in a time when they are constantly plugged into technology? What does success in community youth development look like? How do we ensure youth are supported? These are questions professionals working with youth are constantly considering. This presentation will discuss how the Vancouver Board of Parks and Recreation (VPB) and its Community Youth Development Team have been working with community partners to address these questions.

10:00 am (BLOCK 1)

10:00 am - 10:45 am | Richmond D

CYC Practitioners as Agents of Transformation in Post- Secondary Education: Responding to Mental Health Challenges of Student Transitions

Allysa Martinez

The mental health of students in postsecondary institutions has been a significant topic in media outlets for a number of years driven in part by several suicides that occurred on campuses across Canada. Given a renewed focus on the mental health of students, opportunities emerge for the role of Child and Youth Care Practitioners to be expanded from off campus settings to include a focus on students transitioning into post-secondary education.

This presentation will discuss the literature regarding the transition of students into post-secondary education with a particular focus on mental health. This transition for students is challenging because of various factors such as separation from their family, higher expectations academically and the decisions about future career choices. The potential to utilize CYC principles and practices to specifically engage the issues of transitioning post-secondary students will be explored.

10:00 am - 10:45 am | Steveston C

AfroFemmeFuture: Developing Adolescent Self-Esteem Through Black Speculative Arts Programming

Juanita Stephen

This paper explores Afrofuturism as a lens for developing therapeutic expressive arts programming to foster healthy self-esteem in Black adolescent girls. The paper begins by exploring factors that impact self-esteem development in Black girls specifically and builds context for expressive arts therapies as a theoretical approach to engaging young people. The paper goes on to explore the benefits and gaps in traditional arts therapies, especially in meeting the needs of Black teens.

Written with a Black feminist lens, the paper considers the intersections of gender identity, race, (trans)nationalism, and class, positing that Afrofuturism specifically and Black speculative arts, in general, provide opportunities for Black girls which are not available in the same way through traditional (Western/European) art therapies. Black speculative arts offer female, femme and gender-non-binary folks from the African diaspora with the chance to consider possibilities for their own futures that are rooted in a common history and informed by the reality of their present social and political context.

The paper engages a consideration of multi-disciplinary approaches to therapeutic and relational practice, situating the discussion within the context of a CYC practice which considers the ideas of diaspora and transnationalism in deconstructing the perceived homogeneity of Blackness.

10:00 am - 10:45 am | Elmbridge

HSCEP: Because Success Today is Determined by EQ

Collette Bohach, Pamela Nicholls & student program participants

The Human Services Career Enrichment program is an innovative project aimed at providing support to some of Chilliwack's most vulnerable children, while developing the next generation of "natural helpers". A partnership of Chilliwack Secondary School, the University of the Fraser Valley, the provincial Ministry of Children and Family Development, and Big Brothers/Big Sisters of the Fraser Valley, it has been running since September 2015. In this session program facilitators and participants will share how this mentoring program works and the impacts it has had on participants and community.

10:00 am - 10:45 am | Richmond C

The Transition From a CYC College Program to a CYC University Program

Rachel Ramnarine, Brooke Reid, Asha Sturge & Oliver Lechner

This session will discuss the transition from college to university which can be challenging or straightforward. For some, CYC program instructors provide students with relevant information for the labour market but do not emphasize preparation for university studies. For instance, university writing expectations differ from college writing expectations for assignments. Sometimes, college students who enter a university program in CYC directly in third year can feel concerned that they do not necessarily have the knowledge and skills required for success or experienced the same internship/placement opportunities compared to their classmates who started the program in first year at the university level. For others, they felt prepared to engage in university studies and work from a strength-based perspective.

Given these various experiences, this session will explore how college students who enter the program in the 3rd year of a 4-year bachelor's degree in CYC can be adequately supported to transition successfully from college to university.

10:00 am - 10:45 am | Britannia C

What Exactly Is Self-Care?

Michelle Bloom

So what's this about self-care? We are told and we are taught that Child and Youth Counsellors have to take care of themselves. But what does that really mean and what is the importance of this practice? I think that for the most part self-care is seen as an activity to be scheduled in to a day. I argue that self-care is not an activity but a way of life, to be tended to each and every moment. This experiential workshop will provide participants with an opportunity to explore through self-reflective practice and mindfulness on how to purposefully pay attention to their well-being that will not only benefit their work, but all aspects of their life.

11:00 am (BLOCK 2)

THURSDAY

11:00 am - 12:30 pm | Richmond G

Transforming Ideas around CYC Practice within an Eating Disorder Context for Young People and their Families

Michelle Briegel

This presentation explores the role of Child and Youth Care Counsellors within a medical model; current and proposed practice; and how relational practice with youth and families in the context of eating disorder recovery can benefit the family as a whole. In this presentation, Michelle shares a personal journey of counsellor to client's family, and the impact that relational practice has on treatment.

11:00 am - 12:30 pm | Richmond D

Disrupting Pipelines Restoratively: Education, Practice and Justice

Rick Kelly, Joe Blake & Symone Walter

"If you always do what you have always done, you always get what you always got". Challenging the status quo presents multiple challenges. If there are to be better futures for racialized groups than the current justice system needs to be challenged. Restorative practices do that!

Based on 16 years of teaching and engagement in a College CYC program, the embrace of Restorative Practices will be profiled through selected illustrations. These include:

- The development of a Social Innovation Hub with a Restorative focus as an alternative field placement
- A 5-year project to create transformational peacemaking spaces and places for black youth at risk of extreme violence
- A Master's students personal and professional journey through the forms of justice through an indigenous lens

11:00 am - 12:30 pm | Richmond A

Human Trafficking: Elevating Capacity in Child and Youth Care

Melissa Teles

Human trafficking is an issue impacting youth, adults and communities in Canada. There is significant impact on youth mental health and well-being, increased health care and law enforcement costs. There is limited research on child and youth practitioners' capacity to support children and youth who have been trafficked. However, the increase of risk requires a response for training and an evaluation of services for victims of Human Trafficking/Sexual Exploitation (HTSE). The emergence of literature pertaining to the proliferation of child and youth human trafficking for sexual exploitation in Canada signifies a developing body of research to support the integration of research, policy and practice. Coupled with this literature is an understanding that there is a lack of training in preservice education of child and youth care programs and professional learning for practitioners. The gap in knowledge directly hinders effective identification and service provision to youth who have been trafficked. This session will explore the issues related to Human Trafficking and a relational, culturally informed CYC response.

11:00 am - 12:30 pm | Richmond E

Shape Shifting Sexualized Violence Through Land-based Practices

Sandrina de Finney, Chantal Adams, Anna Chadwick & Shantelle Moreno

The United Nations has alerted the world that Canada is facing an "epidemic" of gender-based violence against Indigenous girls and women. For First Peoples, the pathways to sexualized violence are carved into a colonial landscape of structural inequities, dispossession from land, and the removal of women from leadership roles in our communities. In this presentation, we share the story of Sisters Rising, an Indigenous-led, community-based research study focused on Indigenous teachings for gender wellbeing and sovereignty.

Our workshops used natural, hands-on, arts-based materials to explore topics such as dignity, the colonial roots of violence, land-based wellbeing, and Indigenous resurgence. Land-based materials helped shift the focus away from risk and damage to one of bodied dignity and kinship. Our goal is to challenge the victim-blaming climate of racialized gender violence by recentering Indigenous teachings and linking body sovereignty to decolonization and land sovereignty.

Our session will be held in a circle and will include Indigenous protocols, a circle discussion, interactive materials such as artwork and video, and the use of traditional medicines to support participation "in a good way".

11:00 am - 12:30 pm | Elmbridge

CYC Approach to Working with Children of Neglect

Gabi Orbezo

The paper focuses on the effects of neglect on children and the consequences it has on cognitive and social development. Exploring environmental factors, such as poverty, which can increase the chances of neglect happening in the household. Trauma will be heavily emphasized, in the paper, by identifying the symptoms shown in children with neglect. A CYC lens will be used to explore a play therapy approach on interacting with children of neglect. Plus, implementing CYC techniques to reduce the symptoms of neglect in children who are dealing with trauma.

11:00 am - 12:30 pm | Britannia C

Understanding and Responding to Pain-Based Behaviour: From the Inside-Out and the Outside-In

James Anglin & Lilia Zaharieva

This presentation is the result of five months of dialogue between a former youth in care and a professor of child and youth care focussing on the psycho-emotional pain experienced by young people in care. A number of dynamics will be explored including "the curse of double distortion", a template for responsiveness, the evolution of sense of self in care, and the eight stages of healing. We invite others in the CYC field to join us to compare notes on how we can understand and respond to the deep-seated and profound pain that is all-too-often overlooked as the source of pain-based behaviour.

11:00 am (BLOCK 2)

11:00 am - 12:30 pm | Richmond F

Walking in Two Worlds; Allies in Decolonizing Practice

Brent Carbonell, Michelle Hawco & Melinda Wellsman

The Innu Nation represents the Innu of Labrador, most of whom live in the communities of Sheshatshiu and Natuishish. Due to a chronic lack of residential care placements in these communities, large numbers of Innu children continue to be placed with non-Indigenous families on the island of Newfoundland and in out-of-province placements. The resulting loss of language and cultural connection can create barriers for children wishing to return to their communities and can have devastating consequences for long-term development.

In 2016, Innu leadership approached BlueSky Family Care and suggested a partnership in the development of residential placement homes in both Sheshatshiu and Natuashish. This presentation will detail the partnership's work towards realizing the vision of Innu leadership and developing a framework for service delivery based on the Innu Care Approach and rooted in Innu values, culture, and tradition. The session will explore the idea of "walking in two worlds" as co-presenters from Sheshatshiu Innu First Nation and Blue sky Consulting discuss the process of bringing together Child and Youth Care best practice and Innu life and tradition, and the wider implications of such projects on reconciliatory and Indigenous child welfare work nation-wide.

11:00 am - 12:30 pm | Steveston C

Empowering Youth to be Actors of Non-violence in Sierra Leone

Ishmail Barrie

Understanding the nature of armed conflict in Africa requires more than a political and military analysis of forms of warfare such as the employment of children as fighters. Children are seldom only instruments for other causes but can actively support their own agenda through the choices they make. Problems of governance, resource use and social organization also need to be considered. There are often no clear lines between civilians and militaries and a simplistic 'oppressor vs victim' dichotomy is of limited use. The political character of youths can be better understood by considering the factors that shape their consciousness, as well as the predisposition of the society to care for them.

During this critical socioeconomic context, child and youth in Sierra Leone turned to violence. Across the country youth gangs emerged. This was a novel phenomenon in Sierra Leone's social landscape. As these gangs engaged in violent, illegal, and threatening behaviors, they tainted the reputation of youth as a whole. The key question the became: how can the child and youth of Sierra Leone overcome the draw to violence and become active, engaged, and non-violent actors in their communities? My Organization Global Family Peace Youth Sierra Leone objectives were to Strengthening youths knowledge of their rights and responsibilities and providing them with peaceful conflict resolution skills encourages them to choose other non-violent means to exercise their rights.

11:00 am - 12:30 pm | Richmond B

Surrey Youth Advisory Committee Presentation and Youth led discussion

Surrey Youth Advisory Committee

The Surrey Youth Advisory Committee is a group of youth aged 16 to 24 who are in and from government care who have a connection to Surrey. As part of the Connecting Community to Youth Leaving Care project, run by the Surrey Poverty Reduction Coalition, this group of 11 young people have been working together since June 2017 to improve programs and services for youth aging out of care in Surrey.

The following 2 sessions are 45 minutes each. To prevent disruption please plan on attending both sessions.

11:00 am - 11:45 am | Richmond C

Life-Study-Work Balance: Negotiating Work, Studies and Life as a CYC Undergraduate Student

Teyam Bakshi, Michaela Lavis & Saranya Jegatheeswaran

While it is exciting to continue education as a CYC undergraduate student, there are some challenges faced while trying to balance work with studies. This session will discuss how being an undergraduate student requires an individual to be present in their courses, while completing multiple assignments and readings within a limited time frame. Time management plays a crucial role in the outcome of success in regards to balancing work with student life. There are professional expectations that need to be met while working in the field as a CYC, therefore it is important to manage time wisely in order to succeed as a student as well as a CYC practitioner.

11:45 am - 12:30 pm | Richmond C

The Importance of Financial Support to Obtain a CYC Diploma or Degree

Chelsea Surette, Jordan Beauregard & Sharlon Williams

Financial concerns remain one of the main factors that hold students back from attending the university or college of their choice. Because becoming a CYC requires a postsecondary education in many jurisdictions, in this presentation, we would like to shed light on the various financial support opportunities that are offered at various colleges and universities such as grants, bursaries and scholarships. In addition, we would like to share how financial support has positively affected our journeys to become successful CYC workers. We would also like to highlight how various leadership and mentoring programs offered during our studies have shaped our views as a CYC workers in the field.

1:30 pm (BLOCK 3)

1:30 pm - 4:30 pm | Richmond F

Relationship: A Way to PREPARE

Kim Parker, Kelli Parcher & John Choi

This is a 3 hour workshop. Please plan on staying for the full session to prevent disruption. A short break will take place at 3pm.

Dr. Arnold Goldstein believed that respectful relationships were the foundation of all successful helping encounters. His research showed that it was just as important to enhance the attractiveness of the helper as to try to change the helpee: a "person-environment duet". He realized that if we are to meet the needs of those we serve, strategies need to be prescriptive in nature. The PREPARE Curriculum provided the additional resources to assist change agents. (Larry K. Brendtro, PhD)

This interactive presentation will introduce a variety of the Social Emotional Competencies in the PREPARE Curriculum. These interventions are compatible to education, corrections, and community environments and take into consideration both the individual and global interactions of a youth's environment.

The presenters will also share their experience of how PREPARE dovetails into other programs, such as Restorative Justice, the Circle of Courage and Connecting to Kids, all ways to improve the person-environment duet. Participants will gain concrete tools to apply individually or in a group setting.

1:30 pm - 3:00 pm | Richmond B

No Time to Think: What Young People Tell us About the Importance of Contemplative Practices

Kristy Dellebuur O'Connor & Bryan Tesan

In this session, we will present the key themes that emerged from our research on how young people make meaning of mindfulness in school environments. Through experiential activities, small group discussions and personal reflection, participants will develop ways to embed contemplative practices into their day to day work with young people. These practices can help CYC practitioners to co-create opportunities for young people to cultivate and refine skills that support personal and social well-being. Presenters will also share ways that their research findings have translated into changes in space and practice in one school, and invite participants to brainstorm ways to make change in their own Child and Youth Care practice environments.

1:30 pm - 3:00 pm | Richmond C

Planning to SOAR

Danna Ormstrup

In the midst of outcomes and indicators and goal setting there is an opportunity for us to contemplate our own role in the lives of the people to whom we provide services.

A SOAR plan is a tool that combines personal philosophy with practical tips to guide our own responses to an individual situation, recognizing the importance of four important values.

Join Danna in this workshop where we will have the opportunity to explore the acronym SOAR through games, discussion and reflection.

1:30 pm - 3:00 pm | Richmond G

A New Youth Involved Approach to Building Social Emotional Resiliency in Children

Paula Jacobs & Pamela Nicholls

The focus of this presentation will be on the process that took place in developing a workbook titled: Building Social Emotional Resiliency in Children. This workbook is part of the Human Services Career Enrichment Program (HSCeP) in Chilliwack. You will hear how the development of this workbook was a result of a number of systemic roadblocks which led us to take a detour. We educated others within the various systems and learned ourselves along the way. We strongly believe in peer learning and this has been implemented into the workbook. You will hear how we involved students and mentors through a World Café style model in the development of the modules and activities. This program will involve Grade 11 students being accompanied by a mentor and going into inner city elementary schools and reviewing the material with Grade 3/4 students. A demonstration of some of the content of the workbook will also be given.

1:30 pm - 3:00 pm | Richmond E

Family Group Conferencing - Gifted by the Maori People

Jackie Anderson & Rima Witanga

This workshop will be focused on Family Group Conferencing and how it impacts Indigenous families and communities through a reunification model of care. The FGC model was gifted to our Indigenous organization through ceremony from our Maori relatives of new Zealand in the year of 2000, you will learn how we honour that gift in the work we do with the Ma Mawi Chi Chi Itata Centre in Winnipeg.

This workshop will provide you with the History of Family Group Conferencing and how this model was used within our families pre colonization. The facilitator will share how our Non- Mandated Indigenous Organization facilitates family Group Conferencing within our community and assist with bringing our children home to their families successfully. The audience will learn about the three stages of FGC; Preparation Stage, The Family Meeting and Monitor and Review.

1:30 pm - 3:00 pm | Richmond D

Developmental Supervision

Heather Modlin

In this workshop we will use Robert Kegan's constructive-developmental theory as a lens through which to view the experiences of child and youth care workers in residential care. We will also explore ways to create and maintain an organizational environment that is developmentally responsive and promotes developmental growth and transformation. Specific supervisory skills and strategies will be discussed.

1:30 pm (BLOCK 3)

1:30 pm - 3:00 pm | Britannia C

Taking Time for Your SELF!

Christine Slavik, Maple Melder Crozier, & Cindy Rammage

Engaging in relationships and creating environments that promote optimal health, emotional reparation and healing in children, youth and families at risk is a fundamental part of child and youth care work. This unique work puts CYC practitioners at unique risk. The burden of a busy caseload, unpredictable needs and demands, and the experience of vicarious trauma are conditions that can contribute to increased stress and burnout. In turn these experiences can adversely affect the quality of relationships and care delivered.

Excellent self-care needs to be in place in order for those working with children, youth and families to be able to provide consistent quality care that is respectful and competently delivered. This workshop focuses on 4 aspects of wellness and self-care for CYC practitioners; exploration of safety, expressive outlets, mindfulness-based practices, and forgiveness.

The acronym SELF is utilized to highlight the experiential activities participants will engage in during the session. S=symbol of safety, E=expressive therapy, L=letting go, F=forgiveness

1:30 pm - 4:30 pm | Steveston C

Welcoming Decolonization: Rocking the CYC boat

Kelsey Reed & Ahna Berikoff

This is a 3 hour workshop. Please plan on staying for the full session to prevent disruption. A short break will take place at 3pm.

This interactive workshop is a product of an ongoing dialogue between two post-secondary educators engaged in learning about the process of reconciliation, decolonization and the practical implications for classrooms and research methodologies. Through a self-reflexive process of better understanding our own locations within the Canadian context, we will explore how our practice is influenced by our personal cultural identities speaking from both a Doukhobor settler and Indigenous perspective. We will highlight our continuing inquiry into decolonizing educational spaces and the approaches we are exploring with our students, discuss how we participate in ethical engagement with communities, and how we are honouring the voices of our research contributors. We will discuss both our affirming and challenging experiences in decolonizing pedagogical and research methodologies and create a space for discussion and engagement amongst those attending the workshop. Finally, we will introduce an ongoing project that was initiated by Dr. Ahna Berikoff, illuminating the narratives of identity, experiences and agency by Child and Youth Care students.

1:30 pm - 3:00 pm | Richmond A

Developing Child and Youth Care competencies on a budget: The Transformation to Professional Practice in Child and Youth Care with Accessible Online Learning

Pennie Sibbald & Michelle Briegel

Child and Youth Care is a demanding field, requiring specific knowledge and skills. To be successful, continual professional development is necessary. However, most organizations are struggling to budget for minimal training required by funders and accreditation bodies, let alone specific Child and Youth Care competencies.

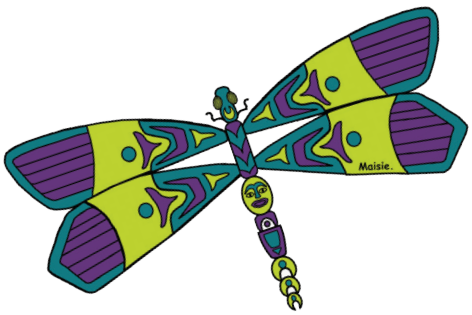
The Child and Youth Care Association of Alberta (CYCAA) is one of the largest and most established CYC Associations in Canada. Not only does CYCAA offer opportunities to increase knowledge and best practices through workshops and conferences, we have also developed CYC related on-line learning, now available to anyone in Canada and even internationally at minimal cost. The online program has been developed to attend to the specific Attitudes, Skills and Knowledge required of CYC Counsellors in three different levels, ensuring that each user has access to the information best suited to their needs and experience. Join us in this interactive workshop to learn more about the Alberta experience and our on-line education program.

1:30 pm - 3:00 pm | Britannia A

Cultural Safety Toolkit for CYC-Ps: My Relational Experience in Nunavik (Arctic Quebec)

Marleigh Pirnasar

Before deciding to work up in Nunavik with Inuit children and youth, I began my journey by reflecting on my practice. The workshop begins with a narrative approach, a discussion and an activity on "white" or what I like to refer to as "south" privilege. After deconstructing my own privilege and accepting that I was ready to go up to the north to work, I began to be aware of my cultural safety. Cultural Safety: reflecting and questioning one's own practice based on cultural appropriateness: Do we have the knowledge and context to ensure that we provide quality relational care to children, youth, and families in a culture that we might not identify with? Throughout this interactive workshop, I will propose ways from the literature and from my own frontline experience how Child and Youth Care Practitioners can begin to effectively work with children, youth, and families from different cultural backgrounds. Specifically, observing perceptions and insights from local members from the community of Kangiqsujuaq in order to encourage frontline workers to become more culturally safe.



3:15 pm (BLOCK 4)

THURSDAY

3:15 pm - 4:45 pm | Richmond B

It's Time: Moving Supervised Access into the CYC Scope of Practice

Debbie Sliwinski & Emily Carty

After six years of providing Supervised Access, Directors and Supervisors of Brayden Supervision Services believe it is time that Child and Youth Care recognize Supervised Access as a scope of practice. Supervised Access is typically not taught in CYC courses as an area of practice for CYC practitioners. CYC practitioners are crucial to this field of work, as children can often be placed at the center of a divorce.

Supervised access is often ordered in situations where there is extreme tension and conflict, compounded by a history of trauma, substance use, mental illness, parental alienation, accusations and convictions of abuse and domestic violence.

Debbie and Emily are passionate CYC practitioners who are Service Directors at Brayden Supervision Services. Supervised Access requires a neutral third party to observe and report on the interactions between a parent and their child(ren). Through scenarios and discussion, we explore the practitioner skills required and how to teach and learn about Supervised Access in the classroom. We Supervise in the life space of children and adults and we suggest that CYC takes on this very important area of practice as its own.

3:15 pm - 4:45 pm | Richmond A

Centering the voices of African Canadian and African American youth and families in CYC practice

Johanne Jean-Pierre, Juanita Stephen & Shermaine Pinkard

African Canadian and African American youth are often perceived through the lenses of negative stereotypes due to the historical and continuing legacies of racism. Child and youth care practitioners can sometimes circumscribe the potential of Black youth to entertainment or athletic performance, neglecting their intellectual, cultural and racial identity development. Drawing from scholarly and grey literature as well as our combined field experiences, this paper will explore how interventions can be embedded in compassion and hope to center the voices of African Canadian youth and families in child and youth care practice.

This paper will discuss two aspects of reflection: a) the theoretical foundations that can inform how we center the voices of youth and families of African descent, b) moving away from a deficit-focussed model in order to understand the aspects of Black youth experiences that are overlooked or homogenized in relational practice.

3:15 pm - 4:45 pm | Richmond E

TheirNet: A Cyber-Platform for Youth Participation in Residential Care

Shannon Brown & Kate Hann

Shannon and Kate invite you to join them in exploring "TheirNet", a new and unique cyber-platform that will provide an interactive experience for Ontario's youth in care and ensure these objectives are reached. Elements of the cyber-platform include access to plans of care, personal contact lists, medical appointments, individualized care plans and a personalized toolbox of strategies to employ and improve social and emotional well-being. With "TheirNet" young people in care will have access to their rights and responsibilities, daily staff observations and an opportunity to document their own journey as well as have immediate access to crisis lines, cyber-support, feedback methods and complaints processes. With the goal of actualizing and standardizing this platform, Shannon and Kate will walk you through some of the ethical and legal implications and impacts on policy and practice and the benefits of incorporating technology into relational practice with young people in residential care.

3:15 pm - 4:45 pm | Richmond D

Neurobiology & Trauma-Related Behaviours: Reading Half of the Story

Debb Bertazzon, Jesse Murray & Maggie Blake

Many Child and Youth Practitioners have daily encounters with young people who exhibit dysregulated behaviours or so-called "conduct problems" These behaviours are particularly common in children and youth who have been exposed to domestic violence or who have suffered other forms of trauma. Unfortunately, their behaviours are often misinterpreted resulting in misdiagnoses and the use of maladaptive, medical and behavioural forms of intervention. This misunderstanding, which can also lead to "reactions" on the part of workers, can have damaging effects on the therapeutic relationship as well as on the transformation that is hoped for within the child before them. Since the early 1990s, a profusion of research has been conducted in the area of neuroscience which has profoundly influenced the way in which CYCPs engage with their clients. Included in this body of work are concepts regarding regulation of arousal, as well as notions of co-regulation. This presentation will explore current theories regarding some challenging behaviours demonstrated by youngsters who have been exposed to domestic violence and other forms of trauma. It will also offer some alternatives to behavioural approaches commonly used with this misunderstood population.

3:15 pm - 4:45 pm | Richmond G

I Got No More Dreams

Judy Finlay & Johannes Valdes

Mamow Ki-ken-da-ma-win: Everyone Searching for Answers Together is a partnership-based approach to identifying priorities and issues of importance in remote First Nations in Ontario. Children and youth played a powerful role in shaping the Mamow Ki-ken-da-ma-win process. The voices of youth were gathered from four fly-in communities in northern Ontario between 2011 and 2015. Youth were thoughtful about how to overcome obstacles that interfered with their wellbeing and they clearly expressed their wishes, hopes and dreams for the future.

The four key themes that resonated throughout the dialogues with these youth were inextricably connected: boredom, a sense of hopelessness, the importance of education and the revitalization of land, language and culture.

This presentation will highlight the importance of meaningful relationships between Indigenous and non Indigenous peoples; the critical choices facing youth living in remote First Nations; and achievable solutions as identified by the youth.

3:15 pm (BLOCK 4)

3:15 pm - 4:45 pm | Richmond C

Risk, Reward and Reflection: A Glimpse into Trauma Reactions for Care Providers

Heidi Holloway

This workshop and reflective discussion time will examine the notion of improving practice by looking inward to improve our understanding of self. We will explore concepts of the biological and neurological impacts of crisis. We will also examine what exactly are emotions from a scientific point of view and how emotions interplay with our practice. Further linking these topics to the affects they have on caregiver fatigue, burnout and vicarious trauma. For understanding our natural physiological reactions to traumatic experiences we can learn to be better and do better, not only for our clients, but for ourselves. After an informative lecture on human reactions to traumatic experiences, emotions and the musts and myths of self-care, we will have a reflective small group discussion period. Where individuals can explore their own narratives. Including prompting questions related to recognition, risk and reward of practice.

3:15 pm - 4:45 pm | Elmbridge

Reaching Back to Move Forward: Conversations with CYC Elders on the Principles and Characteristics of Relational CYC Education and Pedagogy

Tara-Rose Farrell

Post-Secondary CYC educators set out to prepare emerging practitioners for relational practice with children, youth and families facing a variety of adversities. They also hold the responsibility of ensuring graduates are able to mitigate the complexities of this work. However, a review of literature informing the teaching and learning of CYC practice highlights a significant gap in content between how relational CYC is first taught to post-secondary learners and then meaningfully translated into relational practice.

In this presentation, Tara shares the findings of her exploratory qualitative research study, and highlights lessons learned from her conversations on the principles and characteristics of relational CYC education and pedagogy. Following the presentation, participants will engage in an informal group discussion on the tensions and congruencies between relational CYC practice and the integration of relational CYC pedagogy into college and university classrooms.

3:15 pm - 4:45 pm | Britannia A

Out Standing in the Field? Starting a Conversation about Field Practicum in CYC Post Secondary Education

Heather Snell, Doug Magnuson, Jenny McGrath & Monica Pauls

As a profession we assume Field Practice is an essential component of preparing CYC students for practice. And yet – there is very little literature or documented evidence of the efficacy, impact or best practices associated with CYC Field Work. Beginning with findings from recent CYC Educational Accreditation Board research examining approaches to CYC Field Practice across Canada - this session will pose questions about the roles, models, learning outcomes, evaluation, supervision and language used in CYC practicum learning.

Of interest to CYC Educators, Field Placement Coordinators, Agency Supervisors, CYC Practitioners, alumni, students and young people – this session will begin a conversation about how, as a profession, we approach, supervise and integrate theory and practice in CYC education. Discussions will consider our professional obligation to CYC student practicum supervision, the relationship between theory and practice in CYC education, the significant differences in Field Work requirements between CYC programs, the relevance and language used in Field Practice learning, the impact of student practicums on young people in care and why we cannot decide what to call CYC Field Work/ Practice/Practicum/Internship? Please join us for a lively and timely conversation between CYC Education and Practice.

CHILD AND YOUTH CARE ASSOCIATION OF BRITISH COLUMBIA

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FRIDAY MAY 4

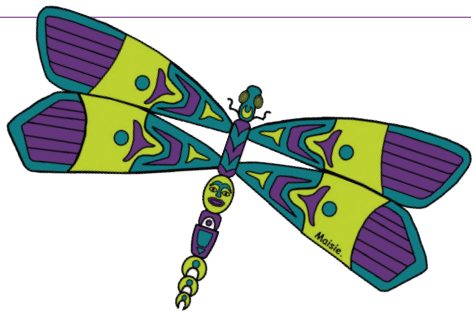
Schedule - Friday, May 4

Day 3

Day three will include **two learning session blocks** with around ten presentations offered per block. Please find detailed information for each of these sessions on **pages 30-32**.

* Refreshments will be provided at breaks in the Britannia Ballroom Foyer, along with lunch each day.

7:30 am - 8:30 am	**Breakfast and Registration** Britannia Ballroom Foyer
8:30 am - 8:45 am	**Conference Opening** Britannia Ballroom
8:45 am - 10:00 am	**Keynote: VACFSS Youth Advisory Committee** Britannia Ballroom | See **page 29** for details
	Refreshment Break*
10:15 am - 11:45 am	**Learning Sessions (Block 1)** See **page 30-31** for individual session details and room allocation
	Lunch*
12:45 pm - 2:15 pm	**Learning Sessions (Block 2)** See **page 32** for individual session details and room allocation
2:15 pm	**Conference Close – End of Day 3** Britannia Ballroom



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8:45 am (KEYNOTE ADDRESS)

8:45 am - 9:45 am | Britannia Ballroom

Tiana Muskego, Melody Crowflag and Amber Moon

Vancouver Aboriginal Child and Family Services Society Youth Advisory Committee

What Reconciliation Means to Us

We believe, as should our community, that young Aboriginal leaders can and are graduating from the care system. The youth on VACFSS's youth advisory committee are a living example of this. In order to make this vision a reality for all youth, the care system and the community supports surrounding it must be committed to holding an indigenous world view, a trauma informed approach, and a firm belief that children and youth must be situated in the centre of their circles within their family, community and culture. For us, this requires a commitment to reconciliation, to the goals set out by the truth and reconciliation, and an unwavering belief in our young people. This talk will highlight what reconciliation means to to the youth on the committee, our understanding of how effective youth engagement can lead to healing, and the changes and shifts necessary to achieve these visions.

10:15 am (BLOCK 1)

10:15 am - 11:45 am | Britannia A

Transformations in Children and Youth Using Every Day Life Events in Family Based Care

Jaime Lundrigan, Kyle Lundrigan & Lesley Goodyear

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.

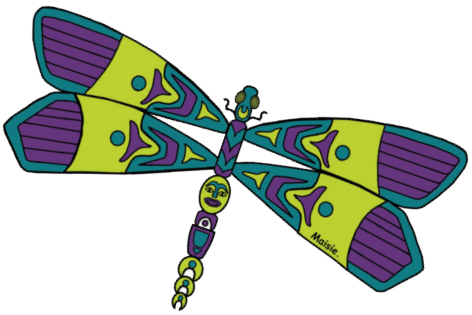
Areas of discussion and relational practice interventions will include; safety, boundaries, relationships, intergrading biological family, family and friends support, filling developmental gaps, becoming connected to community, building self-esteem, crisis interventions and the therapeutic use of daily life events.

10:15 am - 11:45 am | Richmond G

Canadian Child and Youth Care Self-Concept Emergence for Student and Novice Instructor: Arts Based Autoethnography and Collaborative Inquiry

Mark Littlefield

This experience, based on current doctoral research from a cross Canada engagement of recent CYC graduates, will initially present two interconnected elements of post-secondary learning: 1) what recent graduates from public post-secondary degree and diploma programs identify as the elements that contributed to the emergence of their CYC practitioner self-concept. 2) how hearing recent graduate stories has impacted my novice educator's self-concept and practice. The second aspect of this experience will be an opportunity for students, graduates and educators to build on the research narrative by opening the dialogue into our space to expand into new thoughts and ideas about CYC pedagogy. The hope would be that through our "hanging out" in dialogue, we learn with each other (student, graduate, educator) what contributes to the post-secondary milieu enabling the emergence of CYC practitioner self-concept.



10:15 am - 11:45 am | Richmond C

Connection through the Chaos

Cherylanne James

Collectively, we will explore our relationships with the families and youth that we work with through the lens of Traditional Anishnaabek Ways of Being, as implemented at Niijkiwendidaa Anishnaabekwewag Services Circle. Participants will learn through the Seven Stages of Life teachings on how to meet the needs of Indigenous youth they work with as Child and Youth Care Practitioners, while incorporating teachings of sharing & caring, strength, honesty and kindness. Participants will gain greater knowledge on how to reframe their practice inspired by these teachings. Using the values embedded in the Seven Grandfather Teachings, such as honesty and humility, we will reflect on how we embody our practice, uncovering the layers of our individual ways of being while using a strengths-based approach.

Anishinaabek knowledges are embedded with values that provide compassion for our clients and ourselves, guiding our practice in authentic relationships. They remind us that we are human beings, not human doings.

10:15 am - 11:45 am | Richmond D

Brain Games!

Danna Ormstrup & Pam Henheffer

In this workshop, participants will have the opportunity to learn about brain functions through "brain games" that are designed to encourage understanding, create empathy and explore strategies related to successful interactions with children and youth.

Join Pam and Danna in an exploration of the brain and how brain functioning leads to behaviors that are often difficult to understand. You will leave this workshop inspired to make a difference, excited to share your learnings with others and determined to be a creative responder!

10:15 am - 11:45 am | Richmond E

Connected Wellness: The Role of Yoga and Digital Tools in Healthy Communities

Devon Caldwell

Practitioners face increased pressures in their work, and children and youth experience anxiety, lack of sleep, and distraction. This session will examine traditional tools such as meditation, mantra, yoga poses, and breathing techniques to promote wellness, stress reduction, and coping skills.

Drawing from her own experiences as a classroom teacher and special educator, Devon will share practices and tools to ease anxiety, integrate movement breaks, enhance physical health, and improve mindfulness. Led by a Microsoft Innovative Expert Fellow and a certified yoga teacher, this session seamlessly blends the old and the new with simple tips and accessible technology tools.

Session attendees will engage in yoga poses (suitable for any level, no special equipment or attire required), mantra, breathing, and meditation techniques (approximately 25% of the session). An open mind and the ability to breathe are the only requirements to participate in this session!

10:15 am (BLOCK 1)

10:15 am - 11:45 am | Richmond B

A Canadian-German Collaboration Examining Learning as Intervention in Residential Care

Stephen Neuman, Priscilla Healey, Carolin Ehlke, Martina Pokoj & Kiaras Gharabaghi

A unique collaboration between two Canadian universities and two German universities yielded some surprising insights about understanding processes within residential care. Canadian practice tended to focus on a treatment orientation and outcome based indicators of success while German practice leaned more toward a social pedagogical approach with a process focus. Canadian and German researchers and practitioners visited practice partner sites in each other's countries and discussed and debated the efficacy, strengths, and limitations of these differing systems. From these rigorous discussions emerged a few poignant themes: observations were subjectively based on familiarity with a particular way of understanding youth and protection, the introduction of novelty of another way of viewing residential care interrupted conventional thinking and spurred new ideas, significant differences between outcome-focused research and process-focused research, and an appreciation of the care and effort each system made in striving for finding better ways to serve marginalized youth populations.

10:15 am - 11:45 am | Richmond F

Relationships First!

Krista Germyn & Alvin Li

Intentional mentor relationships with caring adults can be a transformative experience for young people. Growing together through shared positive experiences where youth build the confidence and safety to explore their passions can solidify Asset Development into adulthood.

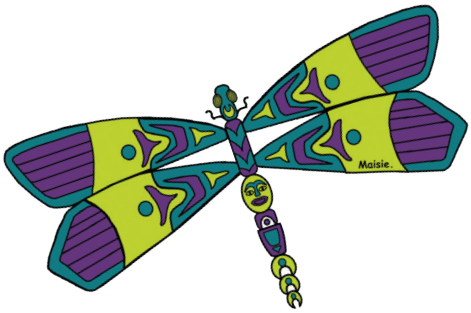
The Youth Outreach Program at the City of Richmond is comprised of two Youth Outreach Workers who establish positive mentor relationships with low-asset youth, ages 13 to 18 years, and connect young people with positive activities and appropriate services designed to positively influence and increase the 40 Developmental Assets. During this presentation we will share our service model and framework through storytelling and information sharing. Participants will gain the skills to implement the 40 Developmental Asset framework in their work and inspiration to put relationships first when engaging with youth..

10:15 am - 11:45 am | Richmond A

Researching Relational Realities: Implementing a Provincial Suicide Prevention Gatekeeper Training Program in BC

Jennifer White & Patti Ranahan

Suicide is a leading cause of death for young people worldwide. Suicide prevention initiatives often rely on educational strategies – 'gatekeeper training' – that are designed to increase recognition of potential suicide risk so that those who may be contemplating suicide receive an effective and caring response. Child and youth care practitioners are frequently positioned as gatekeepers, given their ongoing relationships and proximity to youth. In this presentation, we share preliminary findings from a qualitative study that critically examines the implementation of a province-wide gatekeeper training initiative in BC. As a way to make visible some of the steps involved in qualitative data analysis, we will invite participants to critically reflect on some of our emerging findings through a collective meaning-making process, drawing on a relational constructionist approach.



FRIDAY

CHILD AND YOUTH CARE ASSOCIATION OF BRITISH COLUMBIA

CYCABC Members: Mark your calendars for the 2018 AGM

Our 2018 Annual General Meeting will be held on June 15. Vote on our new bylaws, elect our next board, and find out what's in store for the coming year. **Visit us online for more information and to register**.

Not a member? Become one today! We have student, individual and organizational memberships available.

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12:45 pm (BLOCK 2)

12:45 pm - 2:15 pm | Richmond G

Teaching the Hurt Child: Educating Youth with Early Trauma and Attachment Disruptions (Gr. 8-12)

Meagan VanDierman

New research has demonstrated the impact trauma and attachment has on behaviour, socialization and learning. This workshop was designed by a therapist, specializing in childhood trauma and attachment, and a special education teacher, with expertise in working with the most difficult of school-based behaviours. The workshop will cover the developing brain; how fear changes the way we think; the alarm state and hyper-arousal; new interpretations of difficult behaviours; helping students reach a state of regulation; how to build relationships with hurt students; how to set firm limits with true empathy and a Three Step Response for Child and Youth Care Counsellors managing behaviors. Participants will be given a case study format for effective planning to meet the needs of challenging students.

12:45 pm - 2:15 pm | Richmond C

De/valuation, Conflict-collaboration, and Solidarity: Perspectives on Interprofessionalism in Child and Youth Care Practice

Patti Ranahan, Grant Charles & Kiaras Gharabaghi

Three scholars share perspectives on interprofessionalism, followed by an interactive discussion delineating implications for education and practice. Ranahan summarizes recent research findings that explicated how enhancing and applying mental health literacies were intertwined with child and youth care professional identity development. Charles identifies how misunderstandings and feeling unappreciated can take many forms, ranging from a suspicion of the motivations of other professionals, a rejection of their knowledge and skills, an invalidation of their worldviews, and the building of territorial boundaries meant to protect one's own turf. Gharabaghi focuses on the tensions within the field of child and youth care practice characterized by debates about the relative value of critical versus orthodox perspectives, treatment versus relational perspectives, and attachment versus autonomy perspectives.

12:45 pm - 2:15 pm | Richmond B

Creating Evidence Based Change Through a Trauma Informed Lens: Translating Principles into Practice

Susan Hunt & Nickole Reyda

Incorporating trauma-informed approaches into service delivery is an essential component to developing programs that most accurately address the needs of youth and their families. The organization involved in this study, in the Province of British Columbia, provides an extensive array of services to youth aged 12-18 years. In a joint multi-disciplinary effort to better support traumatized young people and their families, the organization embarked on an in-depth evaluation of its service delivery. Together the team co-created a shift in practice that supported the translation of trauma-informed principles into practice and developed valid and measurable methods for evaluation through the adoption of a participatory action framework.

12:45 pm - 2:15 pm | Richmond D

Loss, Grief and Transition in the Lives of Children

Catherine Hedlin

This workshop will explore the experience of change, loss, grief and transition in the lives of children and youth. Participants will consider the short and long term effects of these experiences, and how best to support and help children, youth and their families heal and grow as they move forward.

12:45 pm - 2:15 pm | Richmond A

Through the Eyes of a Legally Blind Worker and an Ally

Jessica Koury & Katarina Muir

This presentation will focus on advocacy for practitioners who live with disabilities. Using our research and personal experience, we will discuss how disability should be included within the field rather than feared and stigmatized by able-bodied practitioners and employers. The presentation will include an interactive experience through the use of discussion and group activities.

12:45 pm - 2:15 pm | Richmond F

Application of the CCI Therapeutic Model in Residential Care - A Case Study: A collaboration between Complex Trauma Resources and St. Leonard's Youth and Family Services

Jennifer Hanrahan, Christina Cabrera

The Complex Care and Intervention model (CCI) is a developmentally sensitive, trauma-focused intervention planning tool for children and youth in foster care and adoption. CCI was designed for children and youth who have experienced significant trauma or maltreatment. The goal is to apply knowledge about the developmental challenges arising from complex trauma in order to better inform assessment and intervention planning. This presentation will introduce the CCI model and describe how it has been used in the care of one high risk youth in residential care.

12:45 pm - 2:15 pm | Richmond E

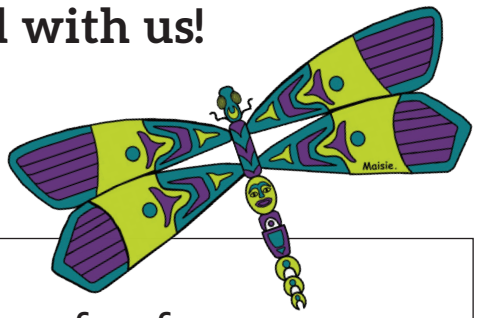
Working with Children and Youth of African Descent: Reflections on Anti-oppressive Relational Practice

Johanne Jean-Pierre, Julian Hasford, Beverly-Jean Daniel

Children, adolescents, and families of African descent in several provinces are overrepresented in welfare systems, this paper seeks to explore how child and youth care practice can build on the strengths of these youth, their families and their communities to promote development, healing and success. We argue that we should transition from a colour-blind relational practice to an anti-oppressive relational practice.

This presentation will discuss a number of theories such as postcolonial theory, critical race theory, Black feminist theory and Africentric theory. It will also explore lessons learned through a participatory community-based needs' assessment of African Canadian youth and families involved with the child welfare system. Finally, we will discuss what anti-oppressive relational practice entails.

Unwind with us!



Join us for free **Mindfulness Sessions**!

Conferences are a busy and exciting time to network with colleagues, learn and share information and deepen CYC practices. Often we go full tilt and then once back home try to find ways to make sense of all the information we took in and apply it to our lives and work. This can be challenging to do! In order to help with integrating the learning at this conference, we are offering several ways you can pause and reflect on the events you are experiencing.

Walk the Labyrinth

Wednesday & Thursday
5:00 pm - 6:00 pm | Britannia C

On Wednesday and Thursday afternoon once the learning sessions have completed, conference attendees will have the opportunity to walk a labyrinth. The labyrinth is a tool that has many applications in various settings. It reduces stress, quiets the mind and opens the heart. It is a walking meditation and can be a way to reflect and integrate experiences in the moment.

Guided Mindfulness

Thursday & Friday
8:00 am - 8:30 am | Britannia C

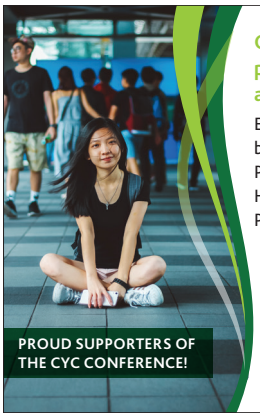
On Thursday and Friday morning before the learning sessions begin, join us for an open class where guided mindfulness-based practice will be provided. You are invited to experience breathing meditation, body scan and gentle hatha yoga to ground yourself and get ready for a day of learning.

These sessions will be facilitated by Christine Slavik from the University of the Fraser Valley's Child, Youth and Family Studies Department. Everyone is welcome and no previous experience is required.

Transitions and transformations begin with seeing the strength in people.

WJS is proud to sponsor the 2018 Child and Youth Care Conference.

wjs Canada
www.wjscanada.com



Our evening classes for working CYC professionals offer emergent curriculum and innovative electives, including:

Expressive Therapies; Wellness and Mindfulness based practices; Trauma Informed Practice; Policy, Politics, and Practice; Grief and Loss; Developing Healthy Relationships; Understanding Diverse Populations; and Animal Assisted Therapy.

UNIVERSITY OF THE FRASER VALLEY
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Since 1986, the Council of Canadian Child and Youth Care Associations has been the national networking organization representing child and youth care professionals in Canada through their provincial associations. The Council strives to promote and encourage professional development, advocacy, recognition and networking for child and youth care.

We are proud to support this amazing opportunity for CYC students and professionals to learn, grow and connect.

On behalf of the CCCYCA, please enjoy the conference!

COUNCIL of CANADIAN CHILD and YOUTH CARE ASSOCIATIONS

www.cyccanada.ca

Acknowledgements

Thank you!

An event like this is not possible without the support and efforts of many!

Thank you to our smart and enthusiastic speakers for being part of such a rich, diverse and thought-provoking line-up. A huge thank you to the Council of Canadian Child and Youth Care Associations, members of the BC CYC Educator's Consortium, and members of the CCYCEJ/CYCEA for your support, advice and wise counsel throughout the planning process. To Donna Francis at The Fed — thank you for your generous and patient administrative support!

And finally, we couldn't have done this without the hard work and dedication of our amazing volunteer planning committee: Cody, JJ, Janet, Jessica, Lenna, Maureen, Meredith, Rebecca, Susan and Taelor — thank you!

If you are interested in supporting the CYCABC to offer more opportunities for learning and connection, consider becoming a member! We have student, individual and organizational memberships available.

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The Transitions and Transformations Conference is being held on the traditional, ancestral and unceded* lands of the Coast Salish peoples, and in particular this land was, and continues to be, the home of the Musqueam people (pronounced Mus-kwee-um).

The Musqueam are traditional hən̓q̓əmin̓əm̓ speaking people and have descended from the cultural group known as the Coast Salish.

The name Musqueam relates back to the River Grass, the name of the grass is məθkʷəy̓. There is a story that has been passed on from generation to generation that explains how they became known as the xʷməθkʷəy̓əm (Musqueam) — People of the River Grass.

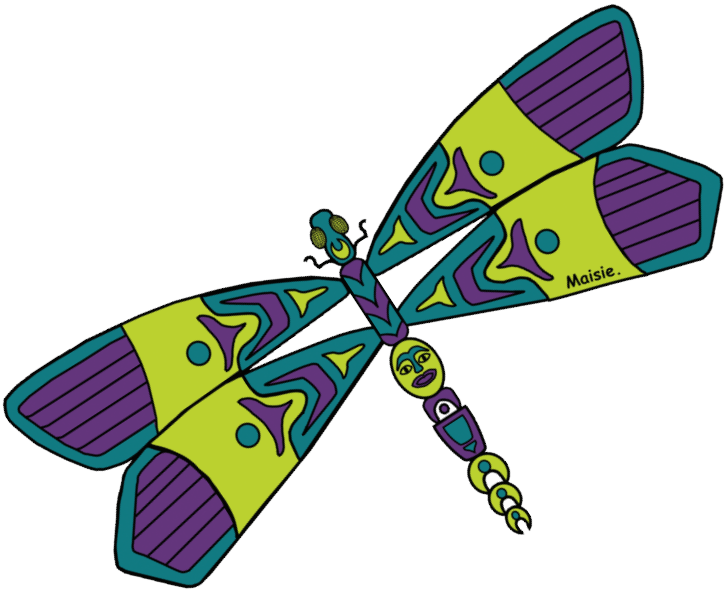
"It was noted that in some periods the məθkʷəy̓ grass flourished, and in some periods it could scarcely be found. It was also noted that in some periods our people would flourish and in some periods the population would dwindle, perhaps by plague or war. It was in this way that we became known as Musqueam." - *www.musqueam.bc.ca*

The territory has been home to the Musqueam people for thousands of years and it continues to be home to a thriving community of over one thousand members. Today, portions of Musqueam's traditional territory are called Vancouver, North Vancouver, South Vancouver, Burrard Inlet, New Westminster, Burnaby, and Richmond.

Today in BC there are 32 surviving First Nation languages, which account for more than half of the First Nations languages in Canada.

You can learn more at **www.musqueam.bc.ca**.

** Unceded means that this land was never surrendered, relinquished or handed over in any way. Today, most of BC remains unceded sovereign Indigenous lands, over which neither the Canadian or BC governments have the legal or moral authority to govern.*



Maisie's artwork will be available to purchase at the Transitions & Transformations Conference.

Look for her table in the Britannia Ballroom Foyer at select times throughout the week.

Come say hello and pick up a souvenir to take home from your 2018 CYC Conference experience!

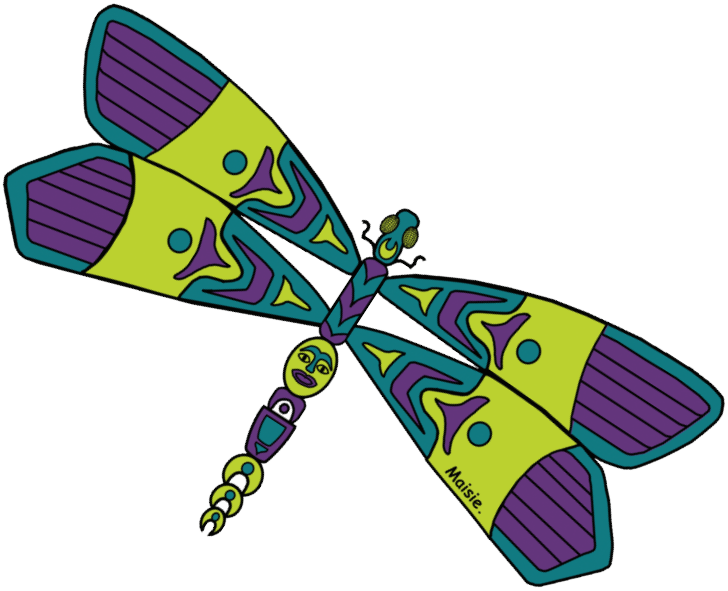
Maisie Porter Artist

Maisie Porter, the artist behind our Transitions & Transformations signature dragonfly, is a 16-year-old student from Abbotsford, B.C. and comes from the Gitxan and Shuswap First Nations.

"I have always been passionate about art and the creative self-expression it allows me. Having been a former child in care and having experienced many challenges in my life, art has had great therapeutic value for me. To be asked to create the dragonfly artwork for the conference was a great honour as I have always felt an affinity for this beautiful creature. As a child living in Kamloops I remember having dragonflies land to rest on my hands, arms and chest and I felt those moments were gifts to me. The transformative world of the dragonfly speaks to me as I have experienced many times in my life where I have gone through things that have taken me in directions I wouldn't have thought I could go. I have come to realize that we each grow from our past, but I tend not to look back too often because I'm not going that way.

I am so happy to be involved in a small way in the Transitions and Transformations Child and Youth Care Conference. I have had Youth Workers reach out to me during the tough times in my life, and they have been great when I've needed to talk, and when I didn't know I needed to talk as well. Thank you to all Youth Workers and thank you to the committee for giving me this opportunity and choosing my artwork."

Kukwtsétsmc (Thank You!)
Maisie Porter



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