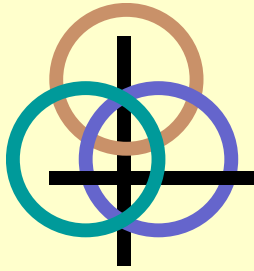


Child and Family Counselling Association (CAFCA)

CAFCA Colander

"Colander - A device that separates meal from the extraneous"



MARCH 2009

Our Board of Directors:

Andrew Morgan, President
April Agate, Vice President
Caroline Moore, Treasurer
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Harry Brown
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Michael Kennedy
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(Executive Director):

Brian Hill

Money Minder:

Daniel Moses

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Libbi Godfrey

The Real Boss:

Elaine van Niekerk

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Brad Kaefer

Herder of Kittens:

Samantha Crawshaw

Union Stewards:

Gerry Karagianis
Elaine Vincent
David Fulkco

Training Coordinator:

Nick Ruedy



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Autism Interventionist Peer Meetings for March 2009

March 10, 2009, from 6:30 pm - 8:30 pm at Community Living Victoria (CLV)
 March 26, 2009, from 6:30 pm - 8:30 pm at 2849 Peatt Rd, Langford

Staff Training and Meetings for March 2009

March 6, 2009	9:30 a.m. - 11:30 a.m.	CQI Committee
March 16, 2009	12 p.m. - 1 p.m.	Facilitators' Meeting

Weekly team meetings are as follows:

Tuesdays	9:30 a.m. to 11:30 a.m.	Aboriginal Child Protection at MCFD
Wednesdays	9 a.m. to 1 p.m.	Victoria Child Protection Team at CAFCA
Thursdays	9 a.m. to 11:30 a.m.	Youth Services & ISSP at CAFCA
Thursdays	10:30 a.m. to 12 p.m.	SCIT at MCFD

Board Committee Meetings for March 2009

March 5, 2009	5 p.m. - 6 p.m.	Membership/Fundraising Committee
March 6, 2009	9:30 a.m. - 11:30 a.m.	CQI Committee
March 16, 2009	5 p.m. - 7 p.m.	Executive Finance

The following committees do not have meetings scheduled this month

- Board of Directors
- Safety Committee
- Personnel Program/Labour Management

Strategic Initiatives

By Brian Hill

Office Space Solutions: The Conversation Continues

On November 3, 2008, CAFCA hosted a meeting on Office Space Solutions for Nonprofit Organizations at Dunsmuir Lodge. The 30 participants at the discussion expressed an interest in meeting again to continue to exchange information on challenges and opportunities for sustainable access to office space for nonprofits. CAFCA hosted the requested follow up meeting on January 28, 2009, at Parkes Recreation Centre. Representatives of CAFCA, Phoenix Human Services Association, John Howard Society of Victoria and the Community Council reported on discussions exploring the potential of these organizations co-purchasing office space to meet their own needs, and to provide office space for other organizations. Other meeting participants shared experience from the development and management of co-locations in Colwood and Sooke. One participant gave a crash course on calculating the capitalization rate of commercial property, and another shared the experience of purchasing and planning to renovate a warehouse for office space use. Participants also exchanged information on needed and available office space. It was agreed that another meeting would be useful and the Community Council agreed to host the next one in April on a cost recovery basis.

Meanwhile, discussions have continued among CAFCA, Phoenix Human Services Association, John Howard Society of Victoria and the Community Council. Using a grant from Enterprising Non-Profits (enterprisingnonprofits.ca) the group has engaged a consultant who has prepared an initial report on financial feasibility (which has been shared with other organizations interested in office space solutions) and has researched and reported on compatibility among the organizations related to motivations and operational needs. Vancity has been very supportive of the process by providing expertise and participating at meetings of the potential partners. It has been a fantastic learning experience for all involved and will strengthen capacity to meet office space needs regardless of the specific outcome.

Youth Housing

The Youth Housing Network has created a Steering Committee to coordinate activities and information sharing among members working together for youth housing. If you would like to join this committee, which is key to keeping the network rolling, please contact Marion Little at Threshold Housing Society (ths2@shaw.ca or 383-7169).

A Youth Housing Zine (that's a magazine if you were wondering) is also in the works. Thanks to Marion Selfridge at the Victoria Youth Clinic and Jemma Hoffman at the Victoria YMCA/YWCA for taking the lead on this project, which will gather and publish youths' experiences of housing challenges. For more information, please contact outreach@victoriayouthclinic.ca.

The next brown bag lunch meeting of the Youth Housing Network will take place on Friday, March 20, 2009, at 11:30 a.m. at 2541 Empire Street. This meeting is open to everyone with an interest in youth housing. Thank you to Pacific Centre Family Services Association for hosting this meeting.

Zine Contributions from Youth Requested

In the spirit of putting youth's voices out into the world and talking about youth issues with homelessness, the Victoria Youth Clinic in collaboration with the YMCA/YWCA are looking for your help. They are hoping to publish a zine (magaZINE) similar to the successful and still talked about Flail magazine that is full of youth contributions of poetry, articles, images, drawings, collages or anything else they come up with. This may provide a helpful piece in all of the activity and lobbying around youth housing and it may be an opportunity for youth to express frustrations and strategies around finding a place to live.

The Victoria Youth Clinic and the YMCA/YWCA are asking for your help to spread the word. Even better would be to engage some youth in an event to sit down and do an activity (i.e. put out the art supplies, have a conversation, take some photos together, come up with a list, make a song, etc.).

If you have any questions or concerns, ideas or brilliant things to say, please contact:
Marion, Victoria Youth Clinic, via email: outreach@victoriayouthclinic.ca or phone: 250-818-0897
or
Jemma, SIL YMCA program, via email: jhoffman@victoriay.com or phone: 250-857-1172

Submissions for the April 2009 newsletter must be in by:

March 20, 2009

Submissions can be faxed or emailed

Attention: Sam
Email: samb@cafca.ca
Fax: 250-595-7318

South Island Training Initiative Conference

By Brian Hill

I laughed a lot. Well, I faked it sometimes. And when it was over I was relaxed and exhausted. And that was just the Laughter Yoga workshop I attended! When chatting with CAFCA staff about the latest SITI conference that took place February 12 and 13, 2009, I have heard a lot of positive feedback about the keynote speakers and the workshops. 239 people participated in the conference and two keynote speakers plus a total of 12 workshops were provided.

Thank you to the member organizations of SITI, the Victoria Conference Centre for donating the use of their excellent facility, Queenswood Centre for donating the door prizes, Sharps Audio Visual for assisting with the media needs, Empress Catering for the delicious pastries and never ending coffee, tea and water, the presenters who created an enjoyable learning atmosphere, the volunteers who assisted with the operation of the event, and to Samantha Crawshaw and Nancy Bailey who organized the event and made everything run so smoothly.

Power To Play Fundraiser

Teams of four will spend roughly four hours running, crawling, sliding, jumping, pushing and challenging themselves and their teammates through stations of mud, water, bush, and other natural obstacles in a way that the Victoria business community has never seen before.

April 18, 2009
12 p.m – 4 p.m.

The race course will be set up on the grounds and surrounds of the Vancouver Island Technology Park, and will be designed by Alan Bishop (challenge designer for TV shows such as Survivor and Amazing Race).

Proceeds from the event will benefit the Power To Be Wilderness School, a four year outdoor education program that helps at-risk youth (www.powertobe.ca).

This is an event not to be missed! Please join the adventure and register your team now

For more information please check out www.powertoplay.ca or contact Heidi at 250-818-8508

Let's Face It! A Curriculum for Developing Face Skills

Let's Face It! is a joint project between the University of Victoria Brain and Cognition Lab and the Yale Child Study Centre. The program is a multimedia, computer-based intervention that is designed to teach face processing skills to children with Autism. Research has shown that in addition to their difficulties with language and social communication, children with Autism may experience difficulties in their ability to recognize facial identity and emotions. The *Let's Face It!* program guides the child through a series of engaging, interactive game modules designed to teach basic face processing skills. Each module targets some aspect of face processing, such as the recognition of facial emotions, interpretation of eye gaze and eye contact and the recognition of people across changes in facial expression.

The software for *Let's Face It!* is available for download (free of charge) on the *Let's Face It!* website. In addition to the software, the website features quizzes aimed at determining your facial recognition skills, downloadable hands-on activities designed to compliment the *Let's Face It!* curriculum, and information about our popular "Face Camps". Stay tuned into the website for information regarding upcoming workshops about how to implement the *Let's Face It!* curriculum.

The *Let's Face It!* program can be accessed by visiting web.uvic.ca/~jtanaka/letsfaceit

To provide the program with feedback or for more information, please email: lfi@uvic.ca.

Goodbye Girl Friday



Sasha Prynne, Administrative Assistant extraordinaire, left us this month. She has moved on to a job working at the University of Victoria's Department of Graduate Studies - the perfect place for Sasha to expand her already intellectual horizons.

Sasha sent an email to all staff before she left to say goodbye. If you didn't read it, please see her message below:

"As I approach the end of my tenure with CAFCA, I wanted to let everyone know how much I have enjoyed working with you and getting to know you all. (I think I've finally met everyone, 18 months later!)"

You're a kind, caring, compassionate (and somewhat crazy – in the best way) group of people and it has been a privilege and a pleasure to be associated with you.

*That being said, I am **not** leaving the country and will be around, so please keep in touch, I would love to hear how you're all doing.*

*Take care,
Cheers,
Sasha"*

We will miss you Sasha!

CAFCA Crisis Debriefers

The following CAFCA staff members have volunteered to be crisis debriefers. This is service for CAFCA staff in crisis (not just work crisis).

Cheryl Adams
250-889-9441 (cell)

or

Chris
250-812-8552 (cell)

Happy Birthday!!

It's a new month, which means more CAFCA employees' and board members' birthdays. Please wish them a happy birthday on their special day.



March 4
Carole Sundborg

March 6
Natalie Turpin

March 7
Beth Leghorn

March 13
Julie Lafontaine

March 25
Sybille Prochaska

CAFCA Strategic Plan Update: Community Development

By Brian Hill

Each of the last three issues of the Colander has provided an update on a theme in CAFCA's strategic plan: Financial Sustainability, Organizational Development and Program Development. This month is the last installment on the theme of Community Development. Under this theme, CAFCA identified the following four objectives.

Continue existing collaborations

CAFCA has a tradition of being a team player in the community. We continue to be involved with the South Island Training Initiative Society (SITI), the Aboriginal Non-Aboriginal Coalition, the Association of Family Serving Agencies (AFSA), the BC Federation of Child and Family Serving Organizations, the Camosun College Advisory Committee – and others.

Develop new collaborations

In 2007, the strategic plan foresaw that CAFCA would take leadership in developing new collaborations in support of new CAFCA programs. Rather than focus on CAFCA programming, CAFCA has contributed leadership to creating the Youth Housing Network and to processes for exploring Office Space Solutions and co-ownership of office space with other nonprofit organizations.

Contribute to emerging collaborations in line with CAFCA's strategic direction.

CAFCA has contributed to the Applied Promising Practices Research Project of the Federation of Child and Family Serving Agencies. CAFCA board members are also participating in the Federation's *Board Voice* initiative. And CAFCA is a member of the organizing committee of the 2011 world conference of the International Foster Care Organization that will take place in Victoria.

Create positive awareness of CAFCA and relationships needed to support new programs/enterprises

CAFCA has helped create awareness and relationships in the community on issues related to youth housing through the Youth Housing Network, the goals of which include strengthening existing youth housing resources and responding to gaps through new resources and programs. Similarly, relationships and awareness have been created around office space needs on nonprofits, and CAFCA is currently exploring office co-ownership with three other organizations with support from Enterprising Nonprofits and Vancity.

Vancouver Island Health Authority: Out Patient Detox Program Expands Hours Services

The Out Patient Detox Program has expanded to include weekend programming.

Out Patient Detox is a non-medically managed withdrawal process. The Out Patient Detox Program offers yoga, Acu-Detox (acupuncture), relaxation sessions, and daily psycho-educational groups. This program is staffed by an Addictions Clinician and Addiction Workers, all with years of experience in the field.

The psycho-educational groups will address the biopsychosocial aspects of recovery including stress reduction, relapse prevention, healthy boundaries, communication skills and many other topics. The complementary therapies will help clients discover alternative methods of self-care, as well as ease the withdrawal process.

For more information phone: 250-213-4441

Navigating the School System Seminar

A seminar for Parents of Children with Autism Spectrum Disorder.

March 4, 2009
7 to 9 p.m.

Community Living Victoria,
3861 Cedar Hill Cross Rd

Cost: \$20

Presented by Suzanne Mandy, M.Ed.

Would you like to

- Prepare for your child's coming school year?
- Communicate more effectively with schools and other service providers?
- Smooth your child's transition to a new school?
- Better understand the school IEP process and your role in it?
- Assess how well your child's IEP or community services are working?
- Improve your service management skills?

Then the Navigating the School System seminar can help!

About the presenter and the seminar: Suzanne Mandy, B.Sc., M.Ed has joined CAFCA to provide Service Navigation Training for parents of children with Autism Spectrum Disorder (ASD). Suzanne has experience navigating services for her son with ASD and is also a former teacher. This seminar examines service navigation training, including training on parent involvement with school Individual Education Plans (IEP).

For more information or to obtain a registration form, please contact:

Brad Kaefer

Email: brad@cafca.ca
phone: 250-595-4423

or

Dan Moses

Email: dan@cafca.ca
Phone: 250-595-4423

CAFCA Autism Services Update

By Brad Kaefer

Spring Social Groups

CAFCA's popular social groups are continuing for the change of season. We have after-school and weekend groups for a variety of ages.

Spring Break Day Camp

CAFCA is once again offering a short day camp during Spring Break. The camp will take place between March 16 to 20, 2009, at the West Shore Child Youth and Family Centre, 345 Wale Road, Colwood. It is a day camp specifically catering to children ages 8 to 13 with Aspergers or high-functioning Autism, though exceptions can be made depending on the mix of campers attending. The camps are designed for a maximum 3:1 camper to staff ratio and the fee does not include transportation to and from camp.

Changing of the Guard – Part II

Hi folks. Brian Hill has, as you know, become CAFCA's Executive Director. My name is Brad Kaefer and I began working as Autism Services Program Coordinator on January 26, 2009 - Australia day! My family and I emigrated from Brisbane, Australia to Victoria 12 months ago. I have 20 years' experience working with children and youth of all abilities through schools, child protection, foster care, families at risk and camp programs. Dan Moses and Brian are helping me as I find my feet. I look forward to meeting you all and I hope you will be kind to me with my strange accent, or if you see my pet kangaroo in the office. Feel free to give me a call or drop me a line if you have any questions.

For more information or to obtain a registration form for the Spring Social Groups or the Spring Break Day Camp contact Brad Kaefer, Program Coordinator of Autism Services via email: brad@cafca.ca or phone: 250-595-4423



Cognitive Behavioral Therapy Group for Adults Living with Epilepsy

The Victoria Epilepsy & Parkinson's Centre is pleased to offer another 8 week program for people living with epilepsy who would like to feel more in control of their epilepsy and their mood.

The next group begins

April 1, 2009
5:30 to 7:30 p.m.

The group is led by Dr. Claire Sira, Registered Psychologist. Dr. Sira is the Neuropsychologist with the Outpatient Neurorehabilitation program at Victoria General Hospital.

To arrange for a screening interview, please contact Dr. Kate Goodall, Registered Psychologist, at 250-382-2005 or kmg@drkgoodall.com

For more information about the program, or other epilepsy services, please contact Isa Milman, Epilepsy Program Coordinator, at 250-475-6677 or imilman@vepc.bc.ca

Applied Promising Practices in Child & Family Services

By Beth Leghorn

Since March 2008, I have been participating in the Applied Promising Practices (APP) in BC Child & Family Services Project, which is a partnership between the Canadian Outcomes Research Institute and the Federation of Child & Family Services of BC. The project's goal is to support the identification, implementation and evaluation of proven or promising practices in child and family serving organizations in British Columbia. The APP Project learns about these areas of practice through 'communities of practice', which are groups of people in organizations that form to share what they know, to learn from one another regarding some aspects of their work, and to provide a social context for that work.

The project established a number of working groups around specific types of service delivery to children and families. The four working groups include: Vancouver Island Working Group: Family Preservation & Support, Lower Mainland Working Group: Youth Hubs and Integrated Sites, Interior Working Group: Youth Residential Services, and the Fraser Working Group: Early childhood development within a family resource model.

The Vancouver Island working group includes participants from Phoenix, Hollyburn, Hulitan, Boys and Girls Club, Pacific Centre and CAFCA.

My participation in the APP also included attending a focus group for frontline workers to discuss issues around two main areas: practice and clinical supervision. Practice issues included: definitions of practice, what is working in practice, and what forces are hindering practice. Our conversation on clinical supervision included: attempting to define clinical supervision, elements of clinical supervision, how it is provided, what is working, and what is hindering it.

Out of these conversations developed the APP Clinical Supervision Pilot Project. The pilot project is made up of 14 front line workers from the participating agencies that receive either one to one clinical supervision with a registered clinical counselor, or participate in a facilitated interagency peer clinical supervision group. Two members of CAFCA's Victoria Child Protection team have volunteered for this pilot project and are currently accessing one to one clinical supervision with a volunteer, masters level clinician with extensive experience working as a frontline family development worker. Baseline data was collected from participants in the form of an online survey, measuring worker and supervisor satisfaction, with a plan to administer the same survey at the end of March to determine if there has been an increase in satisfaction. Satisfaction surveys measure: relevance of clinical supervision to supporting practice, preventing burn out, clinical skills, and practice skills. This goal of this project is to build a model of clinical supervision that is relevant to family development on Vancouver Island that will hopefully benefit not only the frontline workers across the South Island but also the children and families that we collectively serve.

On Feb 17, 2009, I attended the Applied Promising Practices Conference at the Hotel Grand Pacific. The objectives for the conference included a presentation from each of the working groups, an exploration of the successes and challenges of the project and planning for the next step (i.e. sharing information and knowledge with government and sustaining our learning communities). The project's time frame runs until the end of March 2009, with a possibility for continuation.

Self-Injury Behaviour in Youth - Issues & Strategies Training

Self-Injury can be difficult for loved ones and people in the helping field to understand. This workshop will begin with a general overview to assist participants in understanding the experience and motivations of adolescents who intentionally injure themselves. In addition, the workshop will offer practical strategies for working with youth struggling with this complex issue. Participants will leave this workshop with increased insight regarding self-injury behaviour in youth and direction for effective interventions.

Some of the Topics Covered:

- Distinguishing Suicide Attempts and Self-Injury
- Cognitive Treatment
- The Cycle of Self-Injury
- Replacement Skills Training

April 8, 2009
in Vancouver, BC
or
April 9, 2009
in Victoria, BC

Cost:
\$140.00 (*earlybird)
\$165.00 (regular)
**early registration is 3 weeks prior to workshop date.*

Seating is limited to 60 participants.

For a more information or to register, please visit www.ctrinstitute.com and click on the Public Workshops link, email: info@ctrinstitute.com or phone: 204-452-9199

CAFCA Timesheet Schedule

Remember to submit your timesheet before you leave for vacation

Greater Victoria Child and Family Counselling Association (CAFCA)

Suite 5 - 230 Menzies Street
Victoria, BC V8V 2G7
Canada

Phone: 250-595-4423
Fax: 250-595-7318
Email: mail@cafca.ca
Website: www.cafca.ca



Accredited by the Council on Accreditation

FOR ALL SERVICES
** Note: Client Logs are only due for Autism Services

AUTISM SERVICES ONLY

FOR ALL

Payroll Number	Timesheet and Client Log due dates	Pay Period Covers (Including km's and Expenses)	Quarterly Report due date	Dates covered by Quarterly report	Payday
2009					
6	6 Mar	23 Feb - 8 Mar			13 Mar
7	20 Mar	9 Mar - 22 Mar			27 Mar
8	3 Apr	23 Mar - 5 Apr			10 Apr
9	17 Apr	6 Apr - 19 Apr	7-Apr	1 Jan - 31 Mar	24 Apr
10	1 May	20 Apr - 3 May			8 May
11	15 May	4 May - 17 May			22 May
12	29 May	18 May - 31 May			5 Jun
13	12 Jun	1 Jun - 14 Jun			19 Jun

Donations Accepted

If you would like to make a tax-deductible donation, please complete the section below. Mail your completed form with your donation to:

Child and Family Counselling Association
Suite 5-230 Menzies Street
Victoria, BC V8V 2G7

Name: _____

Address: _____

Phone: _____

Fax: _____

Email address : _____

Enclosed donation amount: \$ _____

Want to Become a Member of CAFCA?

If you would like to become a member of CAFCA, please complete the section below, mail it to CAFCA and we will send you a membership application to complete. The membership fee is \$5 per year.

Mail to:

Child and Family Counselling Association
Suite 5-230 Menzies Street
Victoria, BC V8V 2G7

Name: _____

Address: _____

Phone: _____

Fax: _____

Email address : _____