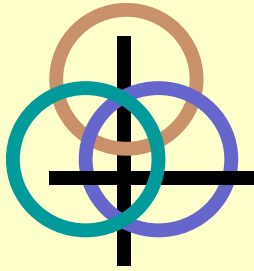


Child and Family Counselling Association (CAFCA)



MAY 2009

CAFCA Colander

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

Our Board of Directors:

Andrew Morgan, President
April Agate, Vice President
Caroline Moore, Treasurer
Kira Reynolds, Secretary
Harry Brown
Marc Storms
Michael Kennedy
Minnie Clark
Bob Nye

**On the Ball
(Executive Director):**
Brian Hill

Money Minder:
Daniel Moses

Financial Wizard:
Libbi Godfrey

The Real Boss:
Elaine van Niekerk

Wallaby Wrangler:
Brad Kaefer

Herder of Kittens:
Samantha Crawshaw

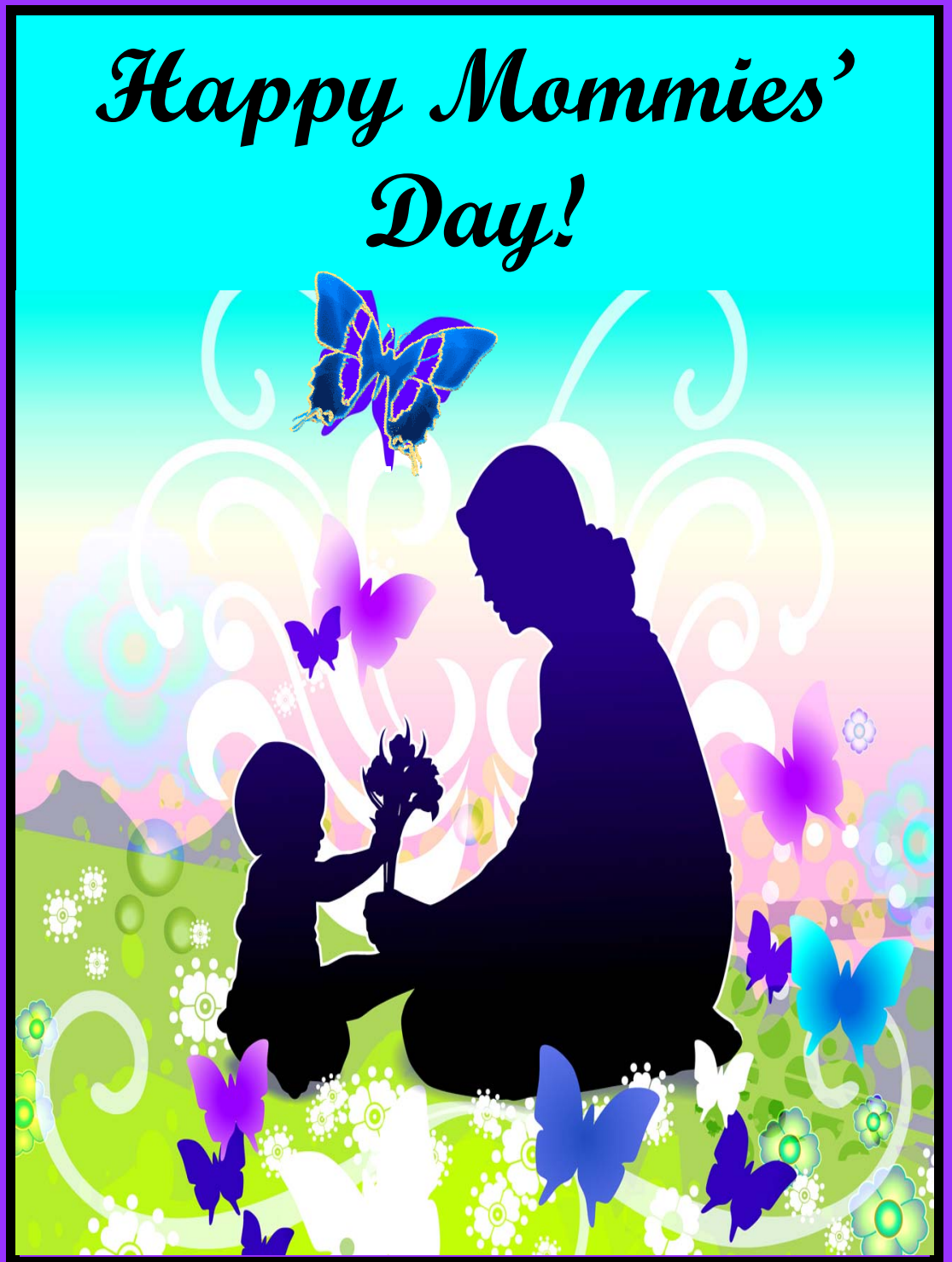
**Receptionist (Pending
new nickname):**
Mariko Bayley

Union Stewards:
Gerry Karagianis
Elaine Vincent
David Fulkco

Training Coordinator:
Nick Ruedy

CAFCA Mascot
Jordie the dog

Happy Mommies' Day!



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Go Green!

CAFCA would like to do our part to lessening our environmental footprint.

One way we are trying to achieve this goal is by emailing all paystubs to CAFCA staff. Confidential information does not exist on the electronic paystub and therefore is completely secure to send over the internet.

If you are willing to have your paystub emailed to you, please contact Libbi Godfrey at libbi@cafca.ca.

Autism Interventionist Peer Meetings for May 2009

May 12, 2009, from 6:30 pm - 8:30 pm at Community Living Victoria (CLV),
3861 Cedar Hill Cross Road

May 28, 2009, from 6:30 pm - 8:30 pm at 2849 Peatt Rd, Langford

Staff Training and Meetings for May 2009

May 1, 2009	9:30 a.m. - on	CQI File Audit
May 18, 2009	Statutory Holiday	Victoria Day
May 25, 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 CAFCA
Wednesdays	9 a.m. to 1 p.m.	Victoria Child Protection/Gulf Islands 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 May 2009

May 1, 2009	9:30 a.m. - on	CQI File Audit
May 7, 2009	5 p.m. - 6 p.m.	Membership/Fundraising Committee
May 11, 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

CQI Update

By Chris Pepperdine

Continuous Quality Improvement (CQI) at CAFCA keeps on getting better and increasingly relevant as accreditation moves forward to our next visit in 2011.

Elaine van Niekerk and Chris Pepperdine attended Council on Accreditation (COA) training on March 26 and 27, 2009. It was informative and important. The main point that I want to share from this training was how important the concept of CQI is to the function and success of our dear agency. The COA standards have been evolving. CQI is now considered “the heartbeat of the agency”. All actions, planning and practices are understood in the light that people want to do their best, they want to be involved in decision making and they want the power to help make things better. CQI is client-centered and the ongoing process of examining practices and procedures and making them more effective serves us all.

A new standard that COA calls “leadership endorsement” underscores the importance of all members of CAFCA becoming familiar with the role of CQI and the ways in which your actions and input helps us to improve the quality of work in the community as well as staff satisfaction.

Elaine van Niekerk has been working on revamping the outcomes report to reflect a greater relevance in the measurement that will support us to a clearer picture of what we may need to improve upon and what our successes are. We are working on file audit tools that will satisfy the COA standards as well as increase our quality of reporting. Any changes we make will be in preparation for a fantastic review by COA in 2011. The very nature of CQI is that it never ends and that we as an agency will continue to improve in all areas.

CQI is all of us – If you are interested in being a part of our super fun committee, we invite and encourage you to join. You can join as a committee member (monthly meeting for 2 hours) or join the file audit team (one day for approximately 6 hours every 3 months). It is a great way to understand report writing and improve your own understanding about the importance of our reports evidencing the great work we are doing. The committee looks at all aspects of the agency and works together with your input to come up with improvements.

If you are interested in helping out in any way please contact Chris Pepperdine or Elaine van Niekerk at 250-595-4423 or mail@cafca.ca.

Please Welcome....

Morag Martin is a practicum student from the School of Social Work Program at the University of Victoria. She will be working with Cheryl Adams, Child, Youth and Family Counsellor, on the Aboriginal Child Protection Services Team until August 2009.

Welcome Morag!

Nickname Challenge

We are trying to come up with a nickname as a replacement for Mariko Bayley’s job title (Receptionist) on the front page of the CAFCA Colander. We are having great difficulty coming up with something, so we are putting it out to you for ideas.

The name should be humourous, relevant to the position and Mariko.

So far the following has been suggested:

1. Über Shredder
2. Jiffy Pop (*in reference to her curly hair*)
3. Curlylocks

To make a suggestion, please email Sam at samb@cafca.ca.

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.



May 1
Christina Moniz

May 6
Beatrice Keizers-Clark

May 20
Samantha Crawshaw

May 29
Bobbie Webb

May 30
Kira Reynolds

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)



CAFCA Team Day

The next CAFCA team day will be an informal picnic potluck held on:

July 17, 2009
12 p.m. to 4 p.m.
Location to be announced

What to Bring:

- Food for potluck - Teams will be assigned type of food (i.e. appetizer, main, dessert, etc.) and a sign up list will be posted closer to the date;
- Chair/blanket;
- Suntan Lotion;
- Musical instrument - *if you care to jam*;
- *Outdoor games (i.e. Bochi Ball, Frisbee, etc.); and*
- A fun attitude

MARK IT IN YOUR CALENDAR!

Lively Discussion at CSSEA Meeting

By Brian Hill

On April 15, 2009, I attended a bargaining information session presented by the Community Social Services Employers' Association (CSSEA). The presentation laid out the process for upcoming bargaining for a new collective agreement with BCGEU.

The information sparked a very interesting conversation. Some people in attendance felt that there is more alignment than difference between employers and the union when it comes to issues such as increasing wages in the social services to match the health and education sectors. I chimed in that at CAFCA, management sits down with union stewards to respond to CSSEA bargaining surveys. There are certainly some issues in our sector where the union and organizations' management have different perspectives, which leads to the question of how should we be working together strategically when we have shared interests?

Want to be a member of the Greater Victoria Coalition to End Homelessness (GVCEH)?

By Brian Hill

Now you can. The registration fee to join the GVCEH as an individual is \$10. The membership fee has not yet been set for organizations (expect an update in May). The membership application form for individuals includes the following information:

"As a society member, you will be eligible to attend and vote at the Annual General Meetings as well as any extraordinary meetings that may be called from time to time. In order to be eligible to vote at our upcoming Annual General Meeting (scheduled for June 9, 2009), your application and dues must be received no later than May 18, 2009."

For more information on how to become a member, contact 250-370-1512.

Skippers Wanted!

On June 6, 2009, become a pirate for a day and change a child's life!

Skippers help Variety by donating their boat and time to take children who have special needs on a fun day of boating! Trips are from HMCS Malahat into the Victoria Inner Harbour, and are approximately 60 to 90 minutes each. Then, join us at the skippers' banquet to be honoured along with our sponsors.

For more information or to become a skipper, please contact Chris Graham at (604) 268-3892 or email chris.graham@variety.bc.ca

Renaming Contest



Aboriginal/Non-Aboriginal Coalition needs a new name!!

We are asking the community to gift our group with a new name. This name should reflect our values around unity, collaboration, diversity and community service. The name should represent our achievements to date, and the directions our group can go in the future.

The winner will be announced at the ANA Coalition Anniversary Celebration at Delta Point Hotel in Victoria on May 20, 2009.

Please submit your new name nomination, along with your contact information and a brief description of why you chose this name to:

Corrina Sparrow, Surrounded By Cedar Child and Family Services
via phone: 250-383-2990,
fax: 250-383-2509, or email:
corrina@sccfs.com

Navigating the School System: Cooperative Communication & Transitioning to a New School Year

A Workshop for Parents of Children with Autism Spectrum Disorder

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?

Then the Navigating the School System workshop can help!

May 19, 2009

6:30 p.m. to 9 p.m.

Sooke Child, Youth and Family Centre
Sooke (CASA),
101 - 2145 Townsend Road, Sooke,

Presented by Suzanne Mandy
Cost: \$20

Toolkits can be bought for \$40 (includes 30 minutes of telephone consultancy for free) or are provided to parents as part of Suzanne's individual training with families.

Presenter Suzanne Mandy, B.Sc., M.Ed.

Suzanne Mandy 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. Suzanne has developed a toolkit that can be used as an A to Z template on 'how to' get positive results on your child's education.

For more information, contact CAFCA at 250-595-4423, Dan Moses (dan@cafca.ca), or Brad Kaefer (brad@cafca.ca)

CAFCA Autism Services Update

By Brad Kaefer

Autism Services 2009 Summer Day Camps

Our summer day camps are back. This year we are offering camps at three age levels to best suit how children's needs can be met. Our Summer Day Camps are for children and youth with ASD for following ages: Junior 6 to 9 years, Teen 9 to 14 years, and Youth 15 – 18 years.

Our Youth camp, 15-18 years, is for higher functioning youth who are potentially able to relate well to others but are more attracted by high intensity, more interactive activities. We have designed this day camp to be shorter but a higher intensity and cost of activities will be higher as well.

Teen Summer Day Camp (various dates)

Camps will run from 12 p.m. to 5 p.m. each day. Most camps are five days long. There will be one 4 day camp (August 4-7, 2009) due to statutory holidays.

We will again be offering camps based at the West Shore Child Youth and Family Centre on Wale Road in Colwood. These camps will include two hours at the Centre's youth centre and three hours of activities in the community.

Our day camps have a maximum ratio of three children to each Autism Interventionist. Generally, children and youth participating in the day camps need to be able to be successful with this 3:1 ratio.

For more information please contact Brad Kaefer,
Program Coordinator of Autism Services at (250) 595-4423

Brighter Ideas Youth Conference

By Brian Hill

The report is out from the Brighter Ideas Youth Conference that was held on January 21, 2009, at the Military Family Resource Centre in Colwood. The Brighter Ideas event was planned to increase the coordinated approach to services for youth and promote the engagement of youth to facilitate youth access to existing services. Planning the event involved engaging youth in the planning process. The conference was an initiative of the Youth Matters sub-committee of the Family Court and Youth Justice Committee (say that five times fast!). It was coordinated by the Pacific Centre Family Services Association. Thanks to all who helped make it happen. It was great to have youth participation in the event, and on-going youth engagement is one of the recommendations from the conference.

Youth Housing also received the following recommendations:

- Create more drop-in emergency and temporary housing
- Make youth housing widely available, even for the "hard to house"
- Utilize multiple models of housing and alternative ways to house youth

For a copy of the Brighter Ideas report contact Mitzi Dean at mdean@pcfsa.org.

Brief Solution Focused Therapy Training

Brief Solution Focused Therapy* provides clergy and pastoral care works, counsellor, and people working in family-serving agencies with the tools to expediate an individual's change. Participants will learn to help people tap into their unrealized resources and generate workable solutions for their problems.

* *Brief Solution Focused Therapy seminar is worth 6 Continuing Education Credits.*

May 21, 2009
9 a.m. to 4 p.m.

South Island Centre, 3821A Cedar Hill
Cross Road

Cost: \$90.00 (\$80 early bird
registration by May 1)

Instructed by Joan Duncan MSW, a Marriage & Family Therapist for 30 years. She has been a sessional lecturer in the School of Social Work at UVIC and the University of Regina, in Saskatoon and is a Clinical Member of the American Association for Marriage & Family Therapy.

For more information, please contact the South Island Centre for Counselling & Training via phone: 250-472-2851 or email: info@southislandcentre.ca

Submissions for the June 2009 newsletter must be in by:

May 18, 2009

Submissions can be faxed or emailed to

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

Threshold Housing Society AGM

Threshold Housing Society provides transitional housing programs for youth at risk of homelessness on Vancouver Island. They will be holding their Annual General Meeting on:

May 21, 2009
7 p.m. to 9 p.m.
St. John the Divine,
1611 Quadra Street

Refreshments will be served.

For more information contact Marion Little via phone: (250) 383-7169, ext. 257 or email: ths2@shaw.ca

A Summary of the Long-Term Disability (LTD) Process

(only applicable to staff who receive benefits)

1. Ensure the employee is eligible for LTD under the plan. Eligibility means having used up all sick and vacation time and is on EI for period greater than 6 months since first day sick (qualification period*).
2. Commence the claims process approximately 6 to 8 weeks before the end of the qualification period.*
3. Give the employee the LTD Claims Package (excluding the employer's section).
4. Advise the employee of the filing deadline.
5. To avoid a late claim, CAFCA has the option of submitting the Employer's Statement before the employee submits his/her section.
6. Advise the employee of the option to elect health and welfare benefits while on LTD.

* *Qualification Period: LTD benefits are payable after the employee has been totally disabled and unable to perform the duties of his/her own occupation for a period greater than 6 months*

Advising of the option to elect health and welfare benefits while on LTD:

1. An employee who is receiving LTD benefits may elect to continue coverage of some or all of his/her health and welfare benefits.
2. The employee pays 50% of the contributions to CAFCA, monthly and in advance.
3. CAFCA is obligated to pay 50% of the cost of the premiums for the benefits selected by the employee.
4. The employee must make such an election at the time the LTD claim is accepted.
5. A letter and selection form must be sent to all employees nearing the end of their qualification period.
6. While an employee receives LTD benefits, CAFCA's group *Life and Accidental Death and Dismemberment* coverage will continue at no cost to the employee or CAFCA.
7. If the employee elects to cease coverage, the employer will advise your health and welfare benefits provider. MSP will then bill the employee directly.

Youth Housing Resource – Pandora Youth Apartments

The goals of the program are to provide safe, supportive and affordable housing for youth between the ages of fifteen to nineteen and to build a sense of community so that residents feel safe, valued and respected.

Pandora Youth Apartments (PYA) is not just low income housing; it is a supported independent living program. The building consists of eight self-contained bachelor units for youth who are fairly new at the rental process and need support to learn skills to be successful in future rental situations. The maximum length of stay at Pandora Youth Apartments is 18 months or until the resident turns 20 years old.

Referral Process

To become a resident at PYA, youth meet with the Coordinator at PYA to learn more about the program. If the youth thinks that this program would be a good fit for them then they can fill out a referral form. When we have a vacancy coming up then we contact everyone on the waitlist to come in for an interview. After the interview we check three references on all applicants then determine who would be the best fit for the program and who has the highest need for housing.

If you have any questions or to set up a referral meeting call Pandora Youth Apartments office at 380-2663.

Self Care - Article #1

By Cheryl Adams, Madeline Duke, Cynthia Lee, and Nick Ruedy of the Aboriginal Child Protection team

Self care...what is it? How do you know you need it, or if you're doing it well enough or at all? When I ask people about it, they sometimes give me a blank look, or tell me "I'm too busy, there's no room in my life for THAT!" We think there's a myth out there about self care needing to take up a huge amount of time, or that it necessarily involves solitude. Self care, for us, is something that reduces stress, reconnects us to meaning-making in our lives, or gives us a distraction from stress, and can take a weekend or a moment. It can be preventive or reactive; however the most important thing about it is that it is meaningful for YOU.

In the interest of promoting best practice and good old fashioned fun, Cheryl volunteered us to write about our self care practices. Here they are and we hope that there may be something in there for you, too! Enjoy!

1. Walking/sitting by the ocean (connecting with the sounds, smells, sights of nature)
2. Taking a deep breath and letting it out slowly
3. Massage and/or muscle relaxation practices
4. Mindfulness meditation, otherwise known as being present, or getting real!
5. Connecting with good friends/loved ones
6. Quiet time alone, meditation, introspective practices
7. Reading
8. Physical exercise (the gym, walking, hiking, swimming, running, biking, gardening, rock climbing, etc)
9. Sex (either #5 or #6 J)
10. Humor and imagination (like writing a comedy script in your mind about the situation), comedy movies, etc.
11. Pets
12. Listening to music and dancing; it helps to express whatever's going on in the moment
13. Journaling
14. Prioritizing duties and setting limits

Forum to Explore CASA Model for Supporting Children and Youth in Care

By Brian Hill

CAFCA is pleased to be a resource to the Court Appointed Special Advocate project that has been initiated by a volunteer Leadership Victoria team (Team Bonsai!).

A Court Appointed Special Advocate (CASA) is a volunteer court officer who is appointed by a judge, with the special purpose of advocating for children in foster care so that they can thrive in safe, permanent homes. The CASA model is from the United States. It was started in 1977 by a judge who wanted to do more to ensure that the best interests of children entering the foster care system were upheld. He appointed trained community volunteers to speak on behalf of children in court. Today, CASA volunteers have helped more than two million children and youth.

Planning is currently underway for a forum that will bring together stakeholders within the Victoria area with an interest in bringing the CASA model to reality. A number of different perspectives will be presented including those of: independent organizations, judicial representatives, government officials, and youth themselves. The Executive Director of the National CASA program in the United States has agreed to be our keynote speaker.

The forum will be held on May 28, 2009. It is by invitation only. If you are interested in attending, visit the www.casavictoria.org website and send an email to the link provided and a member of Team Bonsai will respond.

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					
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
14	26 Jun	15 Jun - 28 Jun			3 Jul
15	10 Jul	29 Jun - 12 Jul	7-Jul	1 Apr - 30 Jun	17 Jul
16	24 Jul	13 Jul - 26 Jul			31 Jul
17	7 Aug	27 Jul - 9 Aug			14 Aug
18	21 Aug	10 Aug - 23 Aug			28 Aug

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 : _____