

Everybody Has a Story...



President's Letter

Happy New Year NLCPA Members and Friends!

I hope you all had a wonderful holiday with your families and have returned to work at a healthy pace.

The beginning of a new year brings with it time for reflection on the year that has passed, as well as time to look ahead to a year of exciting new possibilities.

As an association, 2015 marked a very busy year for us. In October we hosted another highly successful conference of professional learning and networking. Our AGM saw our Vice President, Boyd Perry, elected into the second role of President-Elect and member, Jill Kelly, voted into the role of School Psychologist Representative. We also bid farewell to Past-President, Peggy Hann, who stepped down following her six years on the Provincial Executive. Thank you all for your commitment to NLCPA!

2015 was also a significant year of advocacy for our association due to the federal and provincial elections. Members were keen to share their issues and concerns in an effort to make positive change for the students of our province. The review of Primary Health Care and the All-Party Committee on Mental Health & Addictions provided powerful opportunities for NLCPA to highlight the importance of our members' roles as mental health professionals within the school system. The Canadian Teachers' Federation survey also highlighted mental health issues of students as the greatest concern for teachers across the entire country.

It was not surprising that the year ended with major sparks of hope and a collective sigh of relief when the political leaders' debate on the status of education in our province validated the need for improved allocations of school counsellors and school psychologists; not only for the benefit of the province's youth, but also for the benefit of our province's future health and prosperity.

As our new government works through their multi-year planning in the current fiscal climate, we do remain hopeful for positive change in the future. The research is clear on the importance of investment in prevention and early intervention. We are also very fortunate to have the ongoing support of our union, the NLTA, as they continue to advocate for their members through the collective bargaining process.

As the month of January slips by and personal resolutions fade, I encourage you all to join me in a new New Year's resolution – to establish a sustainable healthy balance within your respective roles as school counsellors and school psychologists. In an earlier survey, most members identified their approach as primarily 'reactive' in nature. While this is understandable given our current allocations and the high needs presented, it is not sustainable, nor does it improve the future outlook. Therefore, I challenge everyone to strive for a greater range of service delivery that incorporates a solid proactive/prevention component. This will not only be of benefit to our total student population as we look to the future, but also improve our own health and wellness as mental health professionals within the education system.

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Our goals for 2016 continue to focus on strengthening our association through raising our profile with our new logo, supporting our members, encouraging further growth of our branches, building our membership, collaborating with stakeholders, strengthening partnerships (provincially, nationally and internationally), and of course providing strong professional learning opportunities. The Provincial Executive is excited to begin collaborating with the Canadian Counselling and Psychotherapy Association (CCPA) to help plan an awesome national conference in St John's next May (May 16-19, 2017)!

We also look forward to joining our colleagues from across the country in the observance of Canadian School Counselling Week (February 1– 5), a week highlighting and celebrating the important work of school counsellors. This is a great time to share our favourite quotes, videos, tips, links, etc. as both a celebration of our roles and also to show our support for each other as colleagues. If you have any items that you would like to share with the membership, please forward to our Communications Coordinator, Craig O'Keefe.

We hope you enjoy this edition of the NLCPA newsletter which we have dedicated to the memory of Dr. Patricia Canning – a respected psychologist, innovative researcher, inspirational teacher, caring mentor and ardent advocate for children. I would like to thank Craig for his taking a lead role in organizing this newsletter, all who offered submissions this time round, and the NLTA Communications Department for their support with the layout and graphics!

Finally, on behalf of the Executive, I would like to thank you for your continued support. We look forward to another great year of working together to make things better!

All the best to you all for a happy, healthy and professionally satisfying 2016!

Cheers,

Angie Wilmott
President
NLCPA

Canadian School Counselling Week February 1-5, 2016

A week to recognize the contributions of the School Counselling Profession to the personal, social, academic and career development, and the mental health and wellbeing of all students in Canada.

The Event: School Counsellors are invited to join in the celebration of the Canadian School Counselling Week, February 1-5, 2016. This special recognition week has been organized by the School Counsellors Chapter of the Canadian Counselling and Psychotherapy Association. Canadian School Counselling Week is part of a North American focus on the school counselling profession.

The Goal: The goal of Canadian School Counselling Week is to increase the public's awareness of the scope of programs and services that characterize the school counselling profession in Canada within the twenty-first century and beyond. This special week will highlight the role school counsellors play in supporting student success. It will also build a sense of national identity within the School Counselling Profession.

The Plans: Individual professionals will have many creative ideas to raise public awareness of the ways in which school counsellors foster student growth with respect to their personal, social, academic and career development. The national School Counselling Committee of the CCPA School Counsellors Chapter will make various templates of promotional materials available on our Chapter's page on the CCPA website: www.ccpa-accp.ca. Resources may be downloaded by school counsellors to advertise and organize plans for the Canadian School Counselling Week. Resources will include a sample press release and proclamation, sample posters, certificates and suggested activities.

www.ccpa-accp.ca





Her Legacy Lives On...

In Memoriam: Dr. Patricia Canning

Glenda Reddick, Secretary

Today as we remember Dr. Patricia Canning, our colleague, our friend, we too remember one of the most important lessons she gave to those she mentored... To think about, be aware of and consider the challenges the children in our classrooms and their families may be facing. She identified from the onset that our roles as counsellors and psychologists working on the social and mental health aspects of our children and youth to be the foundation of their care and success. As an association we have garnered great strength from the



Special Matters Report whereby she highlighted twenty years ago the importance of our roles urging for a ratio of 1:333. Our NL-CPA President, Angie Wilmott, identified her as a “powerhouse trailblazer who has inspired many towards positive change and whose work continues to make a strong impact in our field”.

In her work as a teacher and researcher, she wanted all children and families to have opportunities to optimize their potential. This brought her to coastal communities in Newfoundland and Labrador, including First Nation communities across Canada, a number of Caribbean countries, and St. Lucia particularly through her work through HealthSTEPS. This program as a health promotion program for preschoolers and their families embodies her dedication to evidence-based, community collaborative, educational and support programs.

Beyond her role as professor within the Education Faculty at Memorial University since 1991, and her cross-appointment with the Psychology Department of the Faculty of Science, she also served two terms as Associate Dean of Research and Development at MUN. For ten years she acted as co-director of the Memorial site of the Centre of Excellence for Children and Adolescents with Special Needs. She also continued her involvement with the Martin Aboriginal Education Initiative on projects aimed at improving

teaching and learning in First Nations’ primary and elementary schools. Her success through these professional roles has been identified by many of the voices close to her to be attributed primarily to the utmost compassion she brought to all whom had the pleasure of working and knowing her. Outside of the classroom and the walls of Memorial or the many avenues her committee work brought her, she could be found visiting and supporting many of her friends and family who were sick and elderly.

Her dear colleague whom she worked with at Memorial, Lynn Frizzell, identifies that “in her passing we have lost profound intelligence, uncompromising integrity, compassion for children and families, and endless energy that is a huge loss to this university, community, province, country and to all who knew and loved her”. Her legacy lives on...

Memorial Fund

Dr. Patricia Canning Memorial Lecture in Child Care & Development

A Memorial Lecture fund has been established in Dr. Canning’s honor. If you wish to contribute please visit:

www.mun.ca/alumni then click on ‘Give to Memorial’. Once inside you would need to specify:

‘The Dr. Patricia Canning Memorial Lecture in Child Health & Development’ in the field ‘In Memoriam Gifts’.



Warmest Greetings on Behalf of CCPA NL Chapter CCPA Director Tracy Duffy, M.Ed, CCC.

As we ease our way in to a brand new year, I hope that you were able to spend some time during the holidays for relaxation and rejuvenation!

We are looking at a busy year for our members, both with NLCPA and for those who are members of CCPA. Since the election buzz and public forum/debates in November, your NLCPA executive and CCPA national office have been busy promoting our profession with a broad range of political forces.

NLCPA executive have been lobbying for quite some time for additional allocations of school counselling staff, while promoting the very important role of both counsellors and psychologists in primary health care and intervention/prevention. We are hopeful that even with a provincial budget deficit, we can make a big impression through these efforts with our new Liberal Government. Time will tell how all of this hard work will pay off, but in the meantime, let's keep promoting from within and CCPA continues to join forces on the national scene, working on provincial regulation and other endeavors.

One way to promote our role is during **February 1-5, 2016**, which is **Canadian School Counselling Week!** There is a wealth of information and tools for you to utilize in promoting this week on the CCPA website (School Counsellors Chapter), including a poster and a banner available here:

<https://www.ccpa-accp.ca/wp-content/uploads/2014/12/SCChapterCanadianSchoolCounsellingWeek.pdf>

NLCPA executive members will be representing you at the CCPA National Conference in Montreal on March 30-April 4, 2016, which is partnered with the American Counselling Association (ACA) and anticipates at least 2000 delegates! This will be a great opportunity to promote our provincial association and the province itself. There is still time to register for this conference with the last early bird rate ending on February 12, 2016. Pre-Conference Learning Institutes Program is now available **here!**

Or to register for conference click here: **REGISTER NOW**

The conference in Montreal will also be a great chance to promote interest in the next CCPA National Conference, which will be right here in **St. John's in May of 2017!** We are already making plans for this great event, which will provide ample professional development offerings and of course lots of fun! Plans for this are well underway (including promotion in Montreal by some "anonymous" mummies!) – but it's never too early to contribute or plan for this one! CCPA is currently looking for suggestions for keynote speakers in French and English – so you can send ideas to Alene Holmes, Conference Coordinator at conference@ccpa-accp.ca or call her

at **506-446-9159**. (All ideas are welcome! Please include as much detail as possible (name, topic(s), and any contact information if you have it.)

In addition to these events, I would encourage you to look at the membership area of the CCPA website if you are interested in joining as a member. The benefits of membership are outlined here: <https://www.ccpa-accp.ca/membership/>

In these times of ever-tightening purse strings for the provision of mental health services, **certification** with CCPA is a very sound way to ensure some title protection as a professional, until we gain provincial regulation. I strongly encourage those thinking of pursuing this title to be proactive. For a minimal fee, you can submit a **pre-certification evaluation** which will give you a better idea of what you need to do to begin this endeavor. Keep in mind that membership in CCPA is the first step, bringing with it many benefits, including a broad range of professional development, consultation with colleagues, access to special interest groups/chapters and awards. With a nationally validated code of ethics/standards of practice, access to our professional academic journal and an ethics committee, our Association provides services that are beneficial to over 5,000 members in Canada.

For more information about Certification with CCPA, or to clarify supervision/requirements, check out our newly updated website: <http://www.ccpa-accp.ca/membership/certification/>

Lastly, our Student Representative will be busy this term providing information about CCPA on campus, but our website also has a special section for students here: <https://www.ccpa-accp.ca/students/>

For those of you who may be supervising any M.Ed/Counselling students this year – it may be very helpful to be aware of any requirements for future membership/certification or registration with any of their respective associations/colleges. Keep in mind that the requirements from their university may not be the same as requirements for **certification** with CCPA.

However, the CCPA office staff is always willing to help answer any questions on this, so please encourage students to check with our website or call before seeking supervision if it is intended for **certification** with CCPA.

Hope to meet some of you in Montreal! Wishing you all a healthy and happy start to 2016!

Sincerely,

Tracy Duffy

NLCPA – The Benefits of Membership

Boyd Perry, President Elect



I've been a member of the NLCPA for as long as I've been a counsellor. It was thrilling for me, as a student member, to attend my first conference. I remember being somewhat awestruck by the professionals running the show, the collective knowledge of the experienced counsellors and psychologists, and the relationships they had with one another. I knew they were from different schools and from different places throughout the province, but there was an evident connection and a real joy in reconnecting and spending time together. I've come to experience these things firsthand as I have grown within this organization over the past 16-plus years. I've transitioned from the newbie student member to the incoming president. I have also come to learn the enormous amount of work that goes into being an active member in this wonderful association.

Membership brings with it many benefits: professional satisfaction and status, representation from a larger collective, connectedness, and, of course, professional development.

As a member of NLCPA I hold my head high when I talk about our association and all that we do. I feel proud of the image that is portrayed in our professional community and the province as a whole. We are increasingly viewed as a group of distinctively skilled professionals in a unique position to help young people reach their potential in all areas of their lives.

While advocacy is a role for all Special Interest Councils of the NLTA, it is especially important for the NLCPA. We continue to ensure the protection of the role of school counsellors and psychologists. It is incumbent upon us to ensure that our schools, our school board, the Department of Education and indeed the community at large understand what it is we do and what we need to do our jobs well. As a unified collective we can be the "voice" for ALL counsellors and psychologists. Whether you are in a small school in Cow Head, a high-need urban school or in multiple schools in a large geographical area, your association can be your voice. In the past, the NLCPA successfully lobbied for financial bonuses for school psychologists. More recently, we have obtained commitment from the NLTA to include the following items in their upcoming collective bargaining with government: increase the allocation of school counsellors to the currently recommended ratio (1:250), improve the allocation of school psychologists (1:1000), change title to come in-line with national and international titles, and finally the clarification and protection of our roles. The NLTA has also committed to working with the NLESD to explore possibilities for establishing a formal school counsellor mentorship program for new counsellors.

Membership also provides a professional connectedness. The nature of our jobs can lend itself to feelings of isolation. More often than not, you are the only counsellor in your school. Having

other professionals that you can call upon for assistance or simply be a sounding board is often necessary. The more people you know and the more connections you make, the more effective you become in your school. Since I've become more involved with the NLCPA over the past seven years, I have met more counsellors and psychologists throughout the province than I thought possible. At this past conference I was asked NOT to help out at the registration table as I was holding up the line. I got carried away with hugs and "how-are-yous" and created a backlog. Who needs LinkedIn when you have the NLCPA! These connections you make provide the opportunity to enhance your network, share ideas/best practices, get advice and become more professionally active. And then there are the connections that you make with other community groups and organizations. My involvement in planning at the branch and provincial level has provided me with numerous connections that I call upon to assist me in my daily role as a school counsellor. My connections have proved invaluable to me on many levels.

Lastly, but surely not the least, NLCPA membership provides you with access to the best professional development. I've been to conferences throughout North America and I'm proud to say that the conferences delivered by the NLCPA are second to none! They provide highly skilled, world-renowned specialists who present on a variety of relevant topics applicable to your daily practice as a school counsellor or psychologist. Professional learning at this caliber allows you to remain current, learn best practices, provide self-improvement, and return to your school inspired and refreshed.

If you are not a member of the NLCPA, I strongly encourage you to join and become involved in this wonderful professional association. If you are a member, I recommend that you become even more involved. Perhaps by attending branch meetings, taking on an executive role in your local branch or even the provincial executive. Hope to hear from you soon.

Take good care!

Boyd Perry

NLCPA Mentorship Benefits

Craig O'Keefe, Communications Coordinator



NLCPA was created to bring together counsellors and psychologists through professional support, networking, sharing of best practices, and professional learning. It has given a voice to this profession and allowed for informal mentoring/support through annual conferences and PD events, ongoing communication through newsletters, and advocating for the membership's needs at the provincial government level. In short, the NLCPA supports mentorship because it understands learning and growth occurs when we support one another in pursuit of a common vision and goals.

In recent bargaining with the NLTA, one motion that was accepted to move forward was the need for a school counselors mentorship program. The NLTA will explore with the NL English School District, the creation of a mentorship program for new school counsellors with less than two years of practice. Despite the fact that available literature regarding new counselor mentor programs is limited, what is consistently addressed is a significant need for programs that provide support for beginning counsellors (Loveless, 2010).

Mentoring is defined as “the process of one person supporting, teaching, leading, and serving as a model for another person” (Buell, 2004). Unfortunately, most school counselors receive inadequate support & clinical supervision once they leave the academic environment (Roberts & Borders, 1994). Often, new counselors are placed within positions without the presence of other counselors in the workplace. These situations may become overwhelming as counselors must adapt to the various aspects of school counseling to be addressed such as classroom guidance, parent communication, teacher collaboration, & meeting administrative expectations (Armstrong, et al, 2006). Research further shows that in education systems, school counselors were left out of the mentoring experiences or were oddly paired with a classroom teacher (Stickel & Trimmer, 1994). This pairing often created problems because the counselor was not receiving support for counseling related

concerns (Milsom & Kayler, 2008). In Short, negative consequences from minimal support can magnify counselor stress, contribute to attrition rates, and erode skill development acquired during counselor preparation (Peace, 1995).

The available literature highlights many benefits of mentorships for school counselors. Mentorship can be rewarding to mentees through “networking opportunities with other new counselors, advice from mentors, case consultation, peer support, & motivation” (Loveless, 2010). Further benefits can be the sharing of resources, demonstrations, and exploration of materials between mentor and mentee. Milsom & Kayler (2008) showed that interactions with a professional already established in the field led to greater self-efficacy in the mentee. A mentoring relationship increased the confidence of school counselors to work independently & they felt better prepared for their new role in the schools after the mentoring experience. Last, the mentoring program also helped prevent burnout & increased longevity of counselors (Armstrong, Balkin, Long, & Caldwell, 2006).

Mentorship can be equally rewarding for mentors. From a developmental perspective, serving as a mentor allows one to give back to the profession & feel a sense of fulfillment (Studer, 2007). As well, another benefit of mentoring is that it is a reciprocal learning relationship. A mentorship program allows for the more experienced professional to advocate and to stay current on professional trends & practices (Smith, 2007). Mentoring can help develop useful leadership skills, elicit network opportunities with other professionals, and promote an increase in overall job satisfaction and pride.



Favourite counselling statements, questions, strategies...

I am always interested in learning about new strategies and techniques to improve my practice. Most recently I have been interested in Cognitive Behavioral Therapy and learning more about assisting those who have experienced trauma.

Educational/Employment History

I have a B.Sc., B.Ed. and M.Ed. (Counselling Psychology), all from Memorial. I have worked as a classroom teacher, assistant principal, guidance counsellor and school psychologist.

Hobbies & Interests

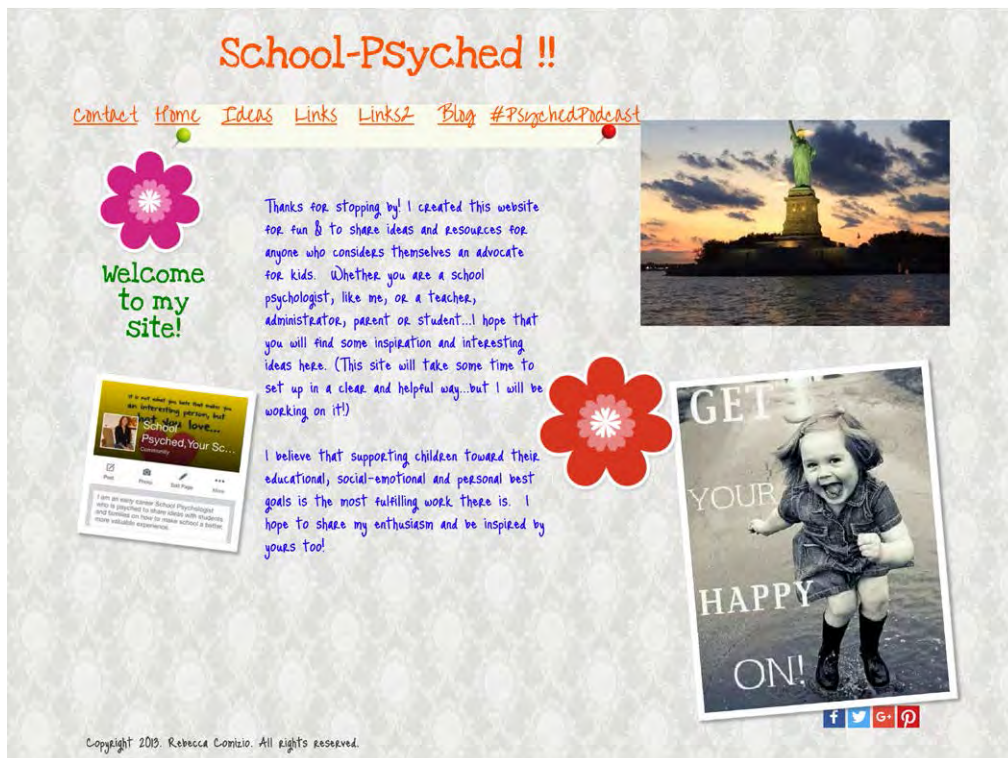
I enjoy running, swimming, yoga, reading, volunteering and travelling. Doing any of those activities with my family and friends makes them all the more enjoyable!

Favourite Quotes

You don't have to see the whole staircase, just take the first step.

~ Martin Luther King

Favorite Resource
www.school-psyched.com





Building Your **FLEX:** Emotional Muscle

2015 NLCPA Conference & AGM *Reflections*



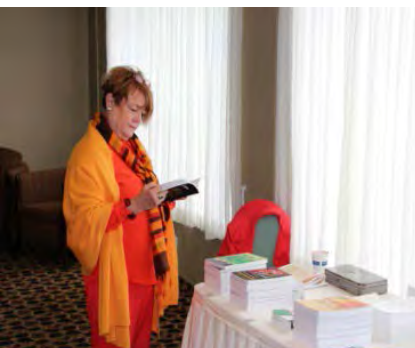
2015 NLCPA Conference

Our Presenters & Fearless Leaders



2015 NLCPA Conference

The Conversation Café, Booths, & Prizes



Dr. Ron Martin Memorial Scholarship

The Ron Martin Memorial/NLCPA Scholarship is awarded to the applicant who has demonstrated proficiency within the field of school counselling (through previous experience, coursework and internship placements), documented community service, academic achievement, and a desire to influence change (as epitomized by Ron during his own career). The value of the scholarship is \$500.

Applicants are expected to:

- Be a student member of the NLCPA (Newfoundland & Labrador Counsellors' & Psychologists' Association – A Special Interest Council of the Newfoundland & Labrador Teachers' Association);
- Be in good academic standing;
- Be enrolled in the Masters of Education (Counselling Psychology) Program within the Faculty of Education, Memorial University;
- Submit a resume (with a cover letter outlining their suitability for this award) and two reference letters pertaining to the same. Applicants are asked to have their referees forward their letters to tamarkelly@nlesd.ca clearly identifying the name of the scholarship applicant.



[L to R: Patty Callahan, Crystal Rose (award recipient), Liam Callahan-Martin (Dr. Ron Martin's son), George Tucker (NLTA Rep.)]

This year's scholarship was awarded to Crystal Rose during the 2015 NLCPA AGM on October 22. On behalf of members of the NLCPA, we want to extend a big congratulations to Crystal for this significant achievement. Crystal serves as a role model for new school counsellors. Good luck with all your endeavors!

NLCPA Honorary Lifetime Membership Award

Congratulations to Eric Short – The 2015 NLCPA Honorary Membership Award Recipient!

by Nancy MacDonald & Dr. Beaton Walsh

Eric Short worked in the Burin area over the course of his career as both a registered psychologist and school counsellor. Over the years Eric held treasurer positions with both the local NLCPA branch and the NLCPA provincial executive. He was also heavily involved in the 1995 and 2005 CGCA and CCA national conferences in St. John's. He was an executive member on both steering committees and served as Social Committee Head on the 2005 conference, if not both. I recall distinctly that Eric made every conference planning meeting that we had in St. John's – weather be damned! Eric was the consummate professional; there was never anything left to chance.

Eric was a committed member of SCAN and the NLCPA at the local regional level and on the provincial executive. As Beaton stated so aptly, Eric was a “fixture” at both levels and worked tirelessly to promote SCAN and the NLCPA. Beaton indicated that Eric also served as Vice President for the local NLCPA branch for approximately 5-6 years and would often fill in for Beaton if need be at meetings, etc. Having worked with him – I as a fellow steering committee member for the 2005 national conference and Beaton for most of his career – we have nothing but positive things to say about Eric and his dedication to the association and



the profession. He is, to quote Dr. Walsh, the “elder statesman of our association”. From every conversation that I had with Eric it was clear that he had/has an abiding affection for our association. We would heartily recommend him for the award as it serves as an acknowledgement for a job well done in his service to the growth and development of the NLCPA and the students of this province.

NLCPA Branding

At our 2014 AGM, members voted to obtain a fresh new logo for the NLCPA and work began in earnest to identify a minimalistic visual image that reflected what we do as an association and what we do as members in our daily roles. Not an easy task, as you can imagine. We obtained a series of logos drafted for our association (see first three items below) which would be turned into a vector image if chosen. We also modified existing vectored logos from Google Images to ensure a range of options. Please note that vectored images will present as more polished than non-vectored.

In October, we sent out a survey to members with all the logo options and several different fonts. We received quite varied responses with many highlighting font preferences. When we considered members' #1 vote and members' Top 3 votes, we narrowed down the top picks to the following options:



Once a final logo is chosen, it will be utilized in several formats, depending on the particular purpose of the printing: with NLCPA (as below), with our full name and also paired with our Special Interest Council of NLTA status in a letterhead format (see next page). It may be printed in bold font or finer font, in full color, two colors only (as with our conference swag) or in black and white.



NLCPA Branding (cont'd)



Please note that next week we will be sending out a second survey to all voting members to identify their top pick. We hope to have a clear winner identified before the end of February so we can begin work on our new promotional items (i.e., posters)!

Conference Feedback



Building Your FLEX: Emotional Muscle

This year's NLCPA Conference was a success. The presenters delivered a memorable learning experience for our members and the Conversation Café was a hit. Our booths were diverse, offering textual resources, assessment tools, and unique works of art. We value the input from our members and this feedback helps us continually improve and tailor our conferences to your needs. Overall, the conference had over 93% of our members rating it as good to excellent.

For those in attendance, over 93% rated the following as good to excellent: content/activities were relevant, format for sessions was effective, delivery of sessions was engaging, and the conference supported professional growth plans. At least 85% responded with a good to excellent rating on overall rating of conference room and location, as well as the interactive Conversation Café. Only 30% responded with a good to excellent rating on our social event at the Merchant Tavern. We reviewed this feedback and are open to suggestions from

members for venue options for our next conference social that may better meet our needs and provide a more positive, memorable experience for all. And lastly, we received some feedback to address difficulties around parking issues created by this venue, so as to increase accessibility for members.

When asked what members found most valuable at the conference, the majority of comments were related to Danie Beaulieu's 2-day Emotional Intelligence focus, followed by Carl George's inspiring humor and positive energy, Judy Furlong Mallard's timely review of DSM V application for SLD/ID, and Mark Gruchy's eye-opening Mental Health speech.

Since the conference, we have heard from several members reporting great success in implementing Impact Techniques into their daily work with children and youth! Everyday items transformed into multisensory counselling tools. Do you have your supplies ready?

Resources At Your Fingertips



Roxanne has been working as an elementary school counselor since she obtained her Master's Degree in Education in 2005. Bibliotherapy has always been a passion of hers and over the years she has witnessed the healing power of books in children's lives. She has made it her mission to find contemporary books that help address the many issues children currently have to deal with. She hand picks all of her books and will only post books she actually uses and feels truly make a difference in a child's life.

Child & Youth Mental Health Toolkits – Collaborative Mental Health Care



One in five children suffer from at least one mental health disorder, and comorbidity (more than one) is the rule rather than the exception. The rationale for developing the Child & Youth Mental Health toolkits came out of many discussions with healthcare providers who expressed a need for a practical, user-friendly resource for screening, assessment and treatment of child and youth mental health problems commonly presenting in primary care.

<http://www.shared-care.ca/toolkits>



The Anxiety Centre is a site dedicated to providing information and resources concerning anxiety disorders and panic attacks. This site takes an approach to anxiety like it is a learned condition instead of chemical imbalance or illness.



Callie's School Counseling Website is written by a school counselor who began her counseling career in 2012. The website offers resources organized into sections such as Individual Counseling, Group Counseling, Class Guidance, Positive Behavior, and New Ideas. Posts include insightful tips about counseling as well as a personalized look at the journey of a new counselor.

E-Health Options Support Mental Health

The Department of Health and Community Services has unveiled a number of innovative e-Health technologies designed to support adult and youth mental health. The services offer self-help information, self-management tools, connection to localized services and even tele-health and online coaching.



Bridge the gAPP (BTG) is an online resource designed to support mental wellness and act as an early intervention for mental health and substance use problems. BTG is available to both youth (13-18) and

adults (18+) through two separate age-appropriate platforms via websites and apps. Individuals can download through Google Play or the Apple Store or visit www.bridgethegapp.ca.

BTG is appropriately named as it helps “bridge the gap” between those who need help and the resources available to help people cope. BTG instantly provides access to self-help information on mental health and substance use topics, coping strategies for stress, tools to support recovery and a service directory which connects individuals to emergency services and is searchable by region, postal code or with a GPS locator. Other BTG features include a *Mood Meter*, *Art Room*, *Worry Jar*, *Wall of Hope* and *Get Inspired* sections, which were developed by individuals with lived experience and continue to be populated by app/website users.

BTG is made possible by the hard work and contributions of many community partners and organizations, staff at the regional health authorities, the Provincial Government, the Premier’s Youth Advisory Committee and individuals with lived experience. Their valuable input has enriched these services.

The BreathingRoom Program is an eight module, online self-management program which helps youth ages 13-24



manage stress, depression and anxiety. Developed by the Canadian Institute for Natural and Integrative Medicine (CINIM), BreathingRoom is a clinically proven, award-winning program endorsed by the Mental Health Commission of Canada. Newfoundland and Labrador is one of the first early adopters of this program, which is now available through the youth and adult Bridge the gAPP websites and apps. BreathingRoom creators engaged over 100 young people in the development of the program, which walks people through 8 modules to gain practical strategies to better manage life. Through videos, stories and activities, this interactive experience offers transformational learning with fresh ideas and tools to help people move forward.

The Strongest Families Program provides assistance to families by teaching skills through a distance coaching approach over



the phone and online. The award-winning program supports children and youth ages 3-17 with mental health and behavioural difficulties (i.e., anxiety, ADHD, bullying behaviours, etc.) that can cause stress at school or at home. The program is proven to improve parental mood and stress, increase school participation, and overcome bullying by increasing pro-social behaviours. Strongest Families offers support and coaching to both children and their parents/guardians from the convenience of their homes. Families can access the program by calling their local mental health and addictions office and requesting a referral to the program. **Please note that this parent coaching service is currently under-utilized!**

Professional Development

Pre-recorded Webinars at CTR Institute

Each month CTRI offers a complimentary webinar. No matter where you live, you can easily access 60-75 minute webinars of some of CTRI's workshops right from your desk. Please note the material presented in each webinar is an introductory, abbreviated version of our full workshop, and thus provides only a general overview of material that is presented in our in-person workshops. This site has the following themes with each having numerous webinar topics:

- Trauma and Crisis Response;
- Counseling Skills;
- Youth Issues Addictions;
- Mental Health and Suicide;
- Leadership Conflict, Organizational Performance;
- Violence and Restorative Justice

For more information visit

<http://www.ctrinstitute.com/freewebinar>.



Monthly Free Webinars

Contact the office to find out more!

Mental Health First Aid Training

(www.mentalhealthfirstaid.ca)

One in three Canadians will experience a mental health problem at some point in their life. The earlier a problem is detected and treated, the better the outcome. Mental Health First Aid Canada gives people the skills to provide that early help that is so important in recovery.

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

The program does not teach people how to be therapists.

It does teach people how to:

- Recognize the signs and symptoms of mental health problems.
- Provide initial help.
- Guide a person towards appropriate professional help.

MHFA aims to:

- Preserve life where a person may be a danger to themselves or others.
- Provide help to prevent the mental health problem from developing into a more serious state.
- Promote the recovery of good mental health.
- Provide comfort to a person experiencing a mental health problem.

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Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health First Aid CANADA

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Self-Care

Cheat Sheet

Self-care isn't rocket science.
Here's all you need to know:

1 Get Some Rest

You probably need to sleep more. Who doesn't? 7-8 hours a night. Nap if you can. Make it a point to tell yourself "I'm resting now" at least once a day. Yeah. For real.

2 Fuel Your Body

If you're eating junk, living on caffeine & feeling like a zombie, stop it. Plants. Lean protein. Healthy fats. WATER. Whatever makes you feel vibrant.

3 Move It

Do what feels good to you. Dance in the kitchen. Jump on a trampoline. Swim, bike, walk, run. You don't *have* to sweat it out in a gym. Just MOVE.

4 Be Still

Take 10 minutes every day and just breathe. Learn to meditate. Get quiet. Center yourself. Count your blessings. Express gratitude. Forgive yourself & others. Watch your life change.

5 Speak Up

No one can read your mind. If you need something, ask for it. If something pisses you off, say so (respectfully). Stand up for yourself. Be the friend you deserve.

6 Enjoy Yourself

Life's too short! Do something every day that makes you laugh. Talk to friends. Play. See a movie. Join a club. Take a class. Live your life!

HonorYourselfNow.Net

Self-Care is Not a Luxury

Posted by: Lisa Shouldice, October 23, 2015

CCPA Counseling Connect: Self Care For Counsellors

I am so excited at this time of year when I open my Facebook, Twitter and LinkedIn accounts to see lots of articles, links and Blogs circulating about self-care. But I do think we lose sight of self-care as an all-day, everyday practice, including the times we need a bit extra. So let's open up about the concept of self-care in our lives.

Self-care is many things, from stopping our work at 4:00 to make a hot, immune-boosting tea as the days get longer and colder, do Yoga stretches at our desk so our backs muscles stay limber, and so much more. On the weekend we may take time to connect with family, go on a hike, etc. This is self-care all-day, everyday.

I think the piece a lot of people slip on is when self-care needs to become deeper, more frequent and healing in our lives. It is so easy for us to ignore signs of fatigue, burnout and sadness and just keep going. But it does not work. Depression and Anxiety are on the rise. It will become physical in our bodies; our feelings will not be ignored. So instead of not sleeping, having another fight with your partner, and drinking 6 cups of coffee tomorrow, let's STOP, and practice some deeper self-care. Otherwise you get sick and have to take stress leave anyway. So let's be proactive. Deeper self-care or healing can be practiced on a more regular basis as well, and fit in your life.

This healing can happen when we get together with a friend and talk about our current stressors, take time to meditate and connect with nature or use our insurance benefits to have a few therapy sessions about a death in the family or the tough time we are having with our kids as we go through a divorce.

I think a lot of people have gotten better at nutrition, exercise, etc. but the idea that we need to take care of our emotional/spiritual needs on a regular basis is still a burgeoning idea. Healing is a necessary part of life. Your body heals daily wear and tear as you sleep. Why is the idea that we need to slow down every so often to heal and take time to process our emotional experience so foreign to us? You will get to know yourself in a new way as well.

Knowing yourself is the beginning of all wisdom ~ Aristotle.



The Role of Mindfulness and Self-compassion in Self-care

In our daily lives we juggle a multitude of roles. Professionally we are called counsellors. As counsellors we spend our time working with and assisting people on bettering their lives and living more healthfully. We do this in real time while we are working with these clients in an individual counselling session, while we are involved in case consultations pertaining to these clients, while we write assessment reports and case notes; we spend a great deal of our time investing in client change.

For most therapists, this professional role is not the only identity that we hold. Some are also business owners, teachers, volunteers, mothers, fathers, daughters, sons, and students. With this vast array of roles that we juggle it is paramount that we find balance in our lives. This is a rudimentary skill that we thrive to teach our clients. Do we not deserve the same principles for ourselves?

It is important to be mindful of keeping ourselves well balanced so we are fully there for our clients, and other important relationships. Several authors have written and discussed the importance of self-compassion, in particular, in healthcare professionals and how this positively relates to providing better client-centered care and better personal overall health (Boellinghaus, Jones, & Hutton, 2014); (Macbeth & Gumley, 2012). Boellinghaus, Jones, and Hutton (2014) found that healthcare providers who incorporate mindfulness and loving-kindness meditations on a regular basis were more present for their clients and had a greater sense of self-compassion.

According to Neff (2015) it is necessary to have compassion for oneself in order to be better equipped at being compassionate for others. She provides some interesting exercises that foster self-compassion. One of these is called “exploring self-compassion through writing,” whereby an individual writes to himself/herself about his/her insecurities and feelings of inadequacy from a place of acceptance and compassion (Neff, 2015).

Therefore, the topics of self-compassion and mindfulness are significant in the work that we do as counsellors as they allow us to be more comfortable with our own humanity as well as be more understanding of the populations that we serve.

Boellinghaus, I., Jones, F.W., & Hutton, J. (2014). The role of mindfulness and loving-kindness meditation in cultivating self-compassion and other-focused concern in healthcare professionals. *Mindfulness*, 5(2), p.129-138. doi 10.1007/s12671-012-0158-6

MacBeth, A., & Gumley, A. (2012). Exploring compassion: a meta-analysis of the association between self-compassion and psychopathology. *Clinical Psychology*, 32(6), p.545-552. 10.1016/j.cpr.2012.06.003

Neff, K. (2015). Centre for mindful self-compassion. [Data file]. Retrieved from <http://self-compassion.org/>

Poetry Corner

Miracles

Walt Whitman

Why, who makes much of a miracle?
As to me I know of nothing else but miracles,
Whether I walk the streets of Manhattan,
Or dart my sight over the roofs of houses toward the sky,
Or wade with naked feet along the beach just in the edge of the water,
Or stand under trees in the woods,
Or talk by day with any one I love, or sleep in the bed at night with any one I love,
Or sit at table at dinner with the rest,
Or look at strangers opposite me riding in the car,
Or watch honey-bees busy around the hive of a summer forenoon,
Or animals feeding in the fields,
Or birds, or the wonderfulness of insects in the air,
Or the wonderfulness of the sundown, or of stars shining so quiet and bright,
Or the exquisite delicate thin curve of the new moon in spring;
These with the rest, one and all, are to me miracles,
The whole referring, yet each distinct and in its place.
To me every hour of the light and dark is a miracle,
Every cubic inch of space is a miracle,
Every square yard of the surface of the earth is spread with the same,
Every foot of the interior swarms with the same.
To me the sea is a continual miracle,
The fishes that swim—the rocks—the motion of the waves—the ships with men in them,
What stranger miracles are there?

Breathing in, I know I am
breathing in.
Breathing out, I know I am
breathing out.
Breathing in, I notice my inbreath
has become deeper.
Breathing out, I notice that my
out-breath has become slower....
Breathing in, I calm myself.

Don't Quit

Edgar Albert Guest

When things go wrong, as they sometimes will,
when the road you're trudging seems all uphill,
when the funds are low and the debts are high,
and you want to smile but you have to sigh,
when care is pressing you down a bit - rest if you must, but
don't you quit.
Life is queer with its twists and turns.
As everyone of us sometimes learns.
And many a fellow turns about when he might have won had
he stuck it out.
Don't give up though the pace seems slow - you may succeed
with another blow.
Often the goal is nearer than it seems to a faint and faltering
man;
Often the struggler has given up when he might have captured
the victor's cup;
and he learned too late when the night came down,
how close he was to the golden crown.
Success is failure turned inside out - the silver tint of the
clouds of doubt,
and when you never can tell how close you are,
it may be near when it seems afar;
so stick to the fight when you're hardest hit - it's when things
seem worst, you must not quit

Breathing In

Breathing out, I feel at ease.
Breathing in, I smile.
Breathing out, I release.
Breathing in, I dwell in the
present moment.
Breathing out, I feel it is a
wonderful moment.

*The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us.
If you can do that, and live that way, you are really a wise man. - Euripides*

Upcoming Conferences

ACA-CCPA 2016 Conference & Expo

Held in partnership with the Canadian Counselling and Psychotherapy Association (CCPA), the **ACA-CCPA 2016 Conference & Expo** will take place **March 30-April 3, 2016**, in Montréal, QC, Canada, at the Palais des congrès de Montréal/Montreal Convention Center. Pre-conference Learning Institutes will be held March 30-31, 2016.

Given the growth in professional counseling throughout all of the Americas, and around the world, holding the conference in Montréal is just one example of ACA expanding its presence in the global community. It's also an opportunity to learn about counseling on an international level.

ADVANCE REGISTRATION RATES

ACA Member Professional/Regular - \$431

ACA Student/New Professional/Retiree - \$316

Non-member General - \$583

Non-member Student - \$440

Advance registration rates expire February 15, 2016.

- See more at: <https://www.counseling.org/conference/register-for-conference#sthash.0qIVUgkW.dpuf>



2017 CCPA Conference Comes to Newfoundland and Labrador!



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTÉRAPIE

Save the Date

WHEN: May 16-19, 2017

WHERE: Sheraton Hotel,
St. John's, NL



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***Best Wishes for a Prosperous, Healthy &
Happy New Year from the Provincial Executive***



(L to R: Jill Kelly, Glenda Reddick, Boyd Perry, Jill Cluney, Tamar Kelly, Angie Wilmott, & Craig O'Keefe)