



NLCPA

Newfoundland and Labrador Counsellors' and Psychologists' Association
A Special Interest Council of the Newfoundland and Labrador Teachers' Association



Inside this Issue

- 1 Message from the Outgoing President
- 2 Contact Information
- 3 Message from the Incoming President
- 4 Greetings from CCPA NL President
- 5 NLCPA Branch Updates
- 8 What's New with LGBTQ
- 8 The Body Project Canada
- 10 Mental Health News & Resources
- 13 Don't Forget Self-Care
- 14 Awareness Days Calendar
- 15 2017 CCPA/NLCPA Conference
- 16 Happy Holidays

Message from the Outgoing President

Dear NLCPA Members and Community Partners,

Welcome to our December Newsletter! It highlights our growth as an association, our increasing focus on proactive engagement and exciting opportunities for members.

In light of the increasing challenges of our roles and the current political uncertainty within our province, we couldn't be happier to report that as an association, we are only getting stronger. NLCPA strives for the inclusion, professional development and support of all school counsellors and school psychologists working in our vast province. We are therefore very excited to announce the recent landmark agreement between NLCPA, NLTA and the Department of Education for Automatic NLCPA membership for all those entering school counsellor and school psychologist roles in our province's K-12 school system! This is great news on many levels. It ensures a strong network of support and professional learning for all those working in these challenging roles while maximizing our solidarity with respect to advocating for positive change. Great news indeed!

Secondly, in an effort to ensure our members are able to stay abreast of the issues relevant to our roles, connect with a broad range of professional learning opportunities and access a national perspective, we are proud to announce a new addition to member benefits: e-access to two professional journals – *The Canadian Journal of School Psychology* and the upcoming *Canadian School Counselling Review*!

We are also excited to partner with the Canadian Counselling and Psychotherapy Association (CCPA) for their upcoming 2017 National conference to be held in St. John's from May 16-19. For the first time in 10 years, our members will have the opportunity to attend this extensive national conference within our province! This conference will offer tremendous opportunities for diverse professional learning, networking and further strengthening of our association. As a result of our partnership with CCPA, all NLCPA members will receive the CCPA member rate for registration. Special thanks to the President of the CCPA NL Chapter, Tracy Duffy, for the great collaboration on this project.

This newsletter is bittersweet for me, as it marks the end of my term as NLCPA President. My time with the Provincial Executive has been the most professionally rewarding experience of my career. It has been an honour to represent such an impressive group of professionals and advocate for our important roles. To the Provincial Executive – Boyd, Tamar, Craig, Jill C., Glenda, and Jill K. – it has been absolutely wonderful to do this important work with you! As sad as I am to see this chapter end, I am so proud of the work we have accomplished together, and I am excited for the next chapter of NLCPA's development under the leadership of our new President, Boyd Perry. Boyd brings an impressive skill set to the role and is very passionate about moving forward. Our association is strong due to the contributions from

our members. Each one of us has something unique to offer in the further growth of our association; growth that benefits all members. There are many opportunities to contribute at the Branch and Provincial levels. I encourage you all to consider getting involved. You'll be happy you did!

As the NLTA President, Jim Dinn, nears the end of his term, I would like to extend a big *Thank You* on behalf of our association for the tremendous opportunities for collaboration and sharing on issues of shared concern for our province's youth. We look forward to strengthening this collaborative relationship with the incoming NLTA President as we continue to work towards positive change in our province's school system. Together we can make things better!

This newsletter is filled with positive stories of the great work happening around the province within our schools and in collaboration with our community partners. Thank you all for contributing! Christina Pelley's moving article highlights the power of proactive positive programming for our students and also for ourselves. Proactive programming is key in the development of resilient students and also for ensuring our own sustainability. Let's continue moving in healthy directions. Hats off to our Communications Coordinator, Craig O'Keefe, for pulling it all together, and to the NLTA Communications

Department for your graphics support. Finally, thank you to all the members for your continuing support. I wish you all a Christmas holiday that is filled to the brim with love and laughter, rest and relaxation, and positive reflection of the wonderful work you do each day for our province's youth.

Merry Christmas and all the best for a wonderful 2017!

Sincerely,



Angie Wilmott
Past President

NLCPA Executive

Boyd Perry, President

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Message from the Incoming President

Hello Colleagues,

I'm quite excited to be starting my term as your new president. I get to start things off a little differently by introducing myself via this newsletter rather than at our annual Conference and AGM. Let me begin by telling you a little about myself. I'm currently working as a school counsellor at Holy Heart of Mary High School in St. John's. I've been a school counsellor for 16 years, four of these at primary/elementary, four at junior high, and the remainder at high school. While tremendously demanding, I love what I do and am passionate about advocating for our profession.

I started with the NLCPA as a student member back in 2000 when we were then called SCAN. I recognized the importance of belonging to a professional organization early on. I spent years watching and learning from our early leaders. Approximately eight years ago, I assumed the role of president of the Avalon East Branch. Three years ago I became the vice-president of the provincial executive and then last year, president-elect.

In my term as president I plan to concentrate on the clarification and promotion of the role of school counsellor and school psychologist. I hope to share this with the community at large, other professional organizations, the English School District and the Department of Education and Early Childhood Development. There continues to be much ambiguity and confusion around what it is we do and the exceptional demand placed upon us. The role of the school counsellor and school psychologist is vastly different than what it was only ten years ago. I'd like to hear more from you on this and will be reaching out to get your views and opinions.

While at the national CCPA conference last spring there was much focus on the acknowledgement of the importance of the counselling profession in its many forms. Outstanding work and commitment was celebrated through awards and acknowledgments. I feel it is time that we begin to identify and recognize the exemplary work being done in the field of school counselling and school psychology in this province. We need to start tooting our own horns and sharing with the public the

great work counsellors and psychologists are doing within our schools every day. I hope to establish annual school counselling and psychology awards to do just that.

With the continued support of the NLTA and NLESD, I hope to visit some of the Branches to help fortify their voice regarding specific concerns and increased involvement. We hope that Branches can become more active and involved with their area SEOs to address specific regional issues, relevant professional development, and role clarification.

I hope to see as many of you as possible at the CCPA conference in May. Please note that we will be having our AGM on site during the conference. There we will decide on five positions for the provincial executive: vice-president, treasurer, communications officer, membership coordinator and secretary. I encourage all members, new and not-so-new counsellors and psychologists to get involved. It is an immensely rewarding experience, both personally and professionally.

I would like to take this opportunity to thank Craig O'Keefe, Glenda Reddick, Tamar Kelly, and Jill Cluney for their years of commitment and dedication to the Association. It's a lot of hard work that goes mostly unnoticed and underappreciated. My sincere gratitude and thanks to you all.

Lastly, I'd like to relay my immense respect and admiration to Angie Wilmott. She has advanced the profile of the NLCPA and the role of the school counsellor and school psychologist beyond expectations. Her professionalism and integrity is a shining beacon to all those who encounter her. I work beside her with pride and awe. I am so glad that she will be around for another whole year as past-president to guide and support me as I transition into my new role. As they say, I have big shoes to fill – it's going to be difficult for me to walk in those six-inch heels!

All the best,

Boyd Perry
President

Greetings on Behalf of CCPA from your NL Director



On my way to work this morning, I took notice of the amazing fall colors that were surrounding me and felt a sense of gratitude – even though, like many of us, this is a super busy time of year. I am so grateful to have learned mindfulness from a webinar which I took from CCPA last year, and my own personal yoga practice.

While ours is a profession that is very full of challenges, it can also be very rewarding if we learn to focus on the present and the positives. My wish for you is that you are able to embrace the present during your busy days and see with gratitude how amazing this professional community can be.

As I approach my last few months as Director, I can honestly say that it has been a wonderful experience overall and I will take along many positive memories.

I am proud to have collaborated with NLCPA and worked on several vital endeavors, such as lobbying for increased school guidance/psychology allocations; working on the regulation of counsellors and advocating for MUN M.Ed. graduates to become certified with CCPA, to name a few. At the Board level, I feel our Association has made many forward strides, with national membership surpassing 5,200 and gaining recognition among national mental health organizations such as Veteran's Affairs.

Our Associations have gained immense recognition in the last few years, and I have felt privileged as a Director to see how this has “played out” on the national field. Considering NLCPA's continued growth, especially with the recent approval for automatic membership, I am optimistic for the further strengthening of the CCPA-NLCPA partnership and the positive impact of this partnership for NL developing a strong regulatory body. In our current fiscal and political climate, advocacy for our professional roles in mental health is a top priority! For those who may not have seen this, check out this article on the topic of school counselling and regulation which highlights the importance of collaboration in this endeavor: www.umanitoba.ca/publications/cjeap/articles/keats-laitsch.html

For those who are CCPA members, I would urge you to consider nominating yourself or a colleague for the upcoming position of Director for the CCPA Board (I don't think the shoes I've left are too big to fill... 😊). Nominations will be accepted up until December 15th, 2016. If you have some expertise and time to offer, want to contribute to the profession and learn more about the policy work of this profession, then this is a great opportunity. Nominations forms available here: www.ccpa-accp.ca/ccpa-board-nominations/

In the last four years, I have felt privileged to represent our provincial members as Director. This role has helped to solidify my commitment to our Association and will help me sustain my professional identity for many years to come. I have not only learned new skills, but I have met some amazing people who I am proud to call my friends and colleagues.

I was very fortunate to have been able to attend some amazing events and conferences. Networking with others during these events not only keeps us engaged in our profession, but it has helped me to realize the wealth of knowledge and expertise which our NL members bring to the national stage of our profession.

I know first-hand that we will have some world-class talent to highlight during our National conference in 2017. I hope that you are making plans to attend the **CCPA-NLCPA Conference from May 16-19, 2017** at the Sheraton Hotel St. John's. There is a lot of “buzz” on the national level for this one! We have been super busy promoting the conference to a number of provincial and national Associations, and with our line-up of presenters and social events so far – it's going to be something you don't want to miss! While our small planning committee has been busy, we will be looking for volunteers closer to the date of conference – so please get in touch so I can add your name to our roster if you are interested in helping out in April/May!

In the meantime, check this link for early bird registration, which is up and running now: www.ccpa-accp.ca/continuing-education/annual-conference/

If you are not yet a member of CCPA, I would urge you to read about the benefits on our website, and join here: www.ccpa-accp.ca/membership/. You can learn more about the certification process, benefits, and the difference between certification and regulation here: www.ccpa-accp.ca/en/memberbenefits/certification/

Other events to keep an eye on in the coming months:

- The **Cannexus 17th National Career Development Conference** is taking place **January 23-25, 2017** at the Shaw Centre in Ottawa. Cannexus is Canada's largest bilingual career development conference and will bring together 900 professionals in the field from across education, community, government and private sectors. Members of supporting organizations benefit from an additional 5% discount. Cannexus is presented by the Canadian Education and Research Institute for Counselling (CERIC) and supported by The Counselling Foundation of Canada with a broad network of supporting organizations. For more information and to register, visit www.cannexus.ca.
- A four-day externship in **Emotionally Focused Therapy for Couples** is being held in Halifax on **January 5-8, 2017** (by Gail Palmer). To register or make enquiries contact Margaret

MacDonnell at: mmc@bellaliant.net and to learn more about EFT visit www.iceeft.com

- **Mental Health Academy** – To help you fulfil your Continuing Education Credit (CEC) requirements, CCPA has partnered with the Mental Health Academy (MHA) to provide you unlimited access to their essential library of more than 250 hours of CCPA-approved counsellor education courses and videos including over 100 text-based courses, on a range of therapeutic issues, group work, addictions, mindfulness, LGBTQ, school counselling, loss, etc. www.mentalhealthacademy.net/ccpa/trial

- **CCPA Awards** – We have a great number of awards this year, including travel grants, student awards, chapter awards and distinguished member awards. Deadline to nominate yourself or a colleague for Awards is **December 15, 2016**. These will be presented among our peers at our National Conference in May 2017! www.ccpa-accp.ca/membership/awards/

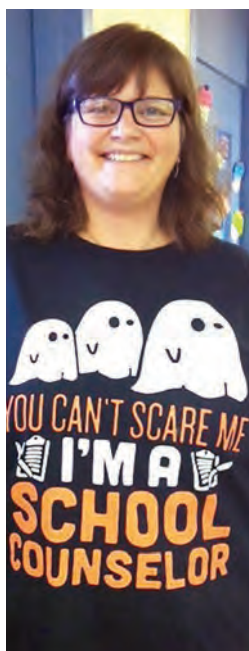
As always, keep checking the CCPA website and your inbox for newsletter items and updates.

Wishing you all the best as we quickly approach our winter/holiday season – be mindful, be grateful, be happy!

Tracy Duffy

NLCPA Branch Updates

Branch President Profile



Denise King

(Deer Lake/Corner Brook/St. Barbe)

Counselling Focus

I have become increasingly more passionate in my work about relationship development and social-emotional teaching and learning since the completion of my PhD research.

Educational/Employment History

I have been an educator for 23 years. I have a BA (French), B.Ed., M.Ed. (Literacy), M.Ed. (Counselling Psychology) and PhD (Psychology). I started my career as a high school core French teacher on the south coast of Newfoundland and then moved to central where I taught in Carmanville and Gander. I taught

multi-grade/multi-age classes on Change Islands and I was school principal in Ladle Cove for two years. I always knew counselling was my goal and I became an elementary/junior high counsellor in Gander in 2001 upon completion of my M.Ed. I moved to St. John's when I started my PhD in 2006. For two years I was a primary French Immersion teacher there and then went back to junior high counselling in CBS. I have worked in all areas of the province and have taught all levels from K-12. I moved to the beautiful west coast three years ago where I am currently an elementary school counsellor in Corner Brook.

Career Reflections

I have experienced much restructuring and change in this profession since I started but my commitment to my students and the job I do has never wavered. I feel it is an honor, a privilege, and some days a real struggle to do what we do every day. The challenges are great but the rewards are many and I am looking forward to continuing my growth as a counsellor and to working with others within my branch and throughout the province as the new branch president.



Hard at Work!

submitted by Joann O'Brien & Janice Rowsell

Local members of the Cormack Trail Branch took advantage of a district PD day on October 13 to get together and discuss pertinent issues and program plan. Topics discussed included reviewing apps for our work with students dealing with anxiety, WIAT-3 scoring and sharing of counselling resources. It was a great day with lots of positive and productive discussion.



L-R: Kevin Dunphy, Denise Noel, Linda Reid, Rhoda Mulrooney, Nancy MacDonald, Krystallee Hann. (Our camera-shy Dale McLean took the photo.)

Guidance PD in Port aux Basques

submitted by Joann O'Brien



JoAnn O'Brien (left), Janice Rowsell (middle) and Crystal Rose (right) got together on October 13th during a district close-out for some Guidance PD and collaboration in Port Aux Basques.

JoAnn reported, "I always feel rejuvenated when I get together with my counselling colleagues. It's so isolating to be practicing by yourself and so refreshing to share challenges and successes". Great job ladies!

PBIS Education Day in Burgeo

submitted by Ruby Penney

Students at Burgeo Academy assisted with the instruction of the behavioural expectations during the PBIS Education Day in September. The student helpers contributed by designing posters, decorating a lab coat with the lab expectations and composing a song to inform students of the music room expectations. It was a great way to encourage student leadership and participation as well as getting the message out about school wide behavioural expectations.



Exploring Careers at Bay St. George CNA

submitted by Nancy MacDonald

Grade 8 students from St. Thomas Aquinas in Port au Port had the opportunity to explore careers in the trades on November 16 at the various campuses of the Bay St. George College of the North Atlantic. The students had a valuable learning experience



with some requesting follow up days in other trades areas. This is the sixth year that the St. Thomas Aquinas students have participated in the college experience. Many thanks to the various



Lunch with the Judge

submitted by Nancy MacDonald

For the past six years, grade 6 students at Stephenville Middle School have enjoyed a unique luncheon date on the second Tuesday of each month. That is when they participate in the Lunch with the Judge program. The program targets Grade 6 students and aims to properly inform them about the justice system. Grade 6 youth are chosen specifically because they turn 12 years of age over the course of the year. At this age, any participation in drug and alcohol use, bullying, physical assault, theft, etc. could potentially lead to involvement with the criminal justice system.

Over the course of the two-hour event, students meet and talk to the court clerks, sheriffs, and of course, the Judge. They may also sit in the courtroom and observe an actual hearing in progress. All court personnel speak to the students about their reputation, and the importance of avoiding a criminal record.

Lunch is provided by the local detention centre and is the same lunch as a youth in custody would receive. At the end of the session, the students receive a certificate of participation and a court pencil equipped with a gavel eraser. All in all, it is a very interesting and informative lunch date for the students.



LGBTQ in an Elementary School

submitted by Debbie Walsh

This school year the Peer Helpers at Sacred Heart Academy are continuing with their goal to create a safe and caring environment for their peers.

One of the activities is to promote awareness and knowledge of the LGBTQ community.

Last school year, the peer counsellors secured funding through a Safe and Caring School grant. At the primary level, the Peer Helpers focused on the theme of different kinds of families (i.e. families with a mom and a dad, two moms,



two dads, or foster parents). They are now in the process of compiling a list of picture books with LGBTQ themes (i.e., *And Tango Makes Three* by Justin Richardson and *Molly's Family* by Nancy Garden) to purchase for the school library.



At the Elementary level, the Peer Helpers assembled displays promoting awareness and discussion of LGBTQ. The students in grade 6 and 7 also attended a presentation by Voices against Violence, which focused on the topic of diversity. The grade 6 students also attended an informative and engaging presentation given by a former Sacred Heart Academy student and her partner.

The Peer Helpers are very proud of their accomplishments and are excited to continue with their goal of promoting awareness and acceptance of the LGBTQ community.

The Body Project Canada Debuts at Valmont Academy

submitted by Christina Pelley



The other day, a dear friend e-mailed me a photo. It was a picture of me holding my eight-year-old daughter in my arms as we danced at a wedding this past July. I was wearing a sleeveless dress and for the briefest of moments, the “old” me started a commentary: “Awww, if only we could shave a little off the back of that arm showing there...” Luckily the “new” me butted in with, “You don’t talk about yourself that way any longer, remember? Look at how happy you both are with your smiling faces and how lucky that your arms are strong

enough to still carry her so you can dance cheek to cheek.” You see, the old me has been around forever and still sneaks a few digs in there but the new me is growing stronger and packs a punch whenever there’s an attack. (Everyone has these voices in their heads right? Right??) At the end of summer this year, I experienced

a powerful shift in how I saw myself and other women and the harm we have been conditioned to impose upon ourselves. It came about while attending a training program at the Eating Disorder Foundation of Newfoundland and Labrador (EDFNL) that I had hoped might benefit my students.

The Body Project is a dissonance-based body-acceptance program designed to help high school girls and college-age women resist cultural pressures to conform to the appearance ideal standard of female beauty and reduce their pursuit of unrealistic bodies. The Body Project is supported by more research than any other body image program and has been found to reduce the onset of eating disorders.

The Body Project Collaborative was formed in 2012 by Drs. Eric Stice and Carolyn Becker to create new training opportunities for people interested in facilitating the Body Project. Already operative in the U.S. and the U.K., St. John’s, NL became the launch pad for facilitator training in Canada. On August 31st, 15 professionals (primarily school counsellors and educational psychologists) from across the province met at the Eating Disorder

Foundation of Newfoundland and Labrador's Headquarters in St. John's to participate in two intensive days of training with the goal of implementing the Body Project in our province's high schools.

To learn the program, we took turns going through it as both participants and facilitators. In this way, we came to recognize our own acceptance of, and contribution to, the appearance ideal – thus truly experiencing first-hand, the impact of the Body Project. We attended this training with our students' well-being in mind, but I believe we all left with significant changes in perception and much personal growth. At the end of day two, as we were saying our good-byes, EDFNL's Program and Outreach Coordinator Patricia Nash took my hand in both of hers and sincerely thanked me for coming all the way from Springdale during the last days of summer vacation to help them disseminate the Body Project. However, it was I who was most grateful for what was given me – not only a fabulous tool to use at work but a chance for my own, long overdue, internal makeover.

Two weeks ago, I began facilitating my first high school Body Project group – the first in Canada to my knowledge – at Valmont Academy in King's Point. This is a wonderful, small K-12 school with 88 students and the level II and III girls in the group were eager to begin and very pleased to have access to the experience. They are full of opinions, ideas, humour, generosity and mutual respect and I couldn't ask to be in better company. I look at them in awe of how intrinsically beautiful they are, and then feel sadness for the incessant messages they receive telling them all the ways they do not measure up to an unachievable standard. In a job where it seems we are so often reacting to crisis, I am thrilled to be offering proactive programming and am confident that this work will improve the mental health outlook of students. It is my hope that the Body Project, and the empowerment it ignites, can reach girls in all our province's schools.



NL - High Schools

A heartfelt 'THANK YOU!' goes out to the **Eating Disorder Foundation of Newfoundland and Labrador** for seeking out this powerful training, bringing the trainer to our province and providing the training and materials to us free of charge!

We are delighted to have the support of the NLCPA and dedicated School Counsellors such as Christina as we start the long journey towards creating a culture of preventing eating disorders, rather than our current focus on treatment. (Paul Thomey, Executive Director, Eating Disorder Foundation of Newfoundland and Labrador.)

Interested in Becoming a Body Project Canada Facilitator?

The EDFNL has three Master Trainers on staff who are looking forward to training more school counsellors and teachers in 2017! NLCPA members may contact the foundation directly for more information by email at info@edfnl.ca or by phone at **1-855--722-0500**.



Schizophrenia and Psychosis Workshop (October 6th) Great Success!

Mental Health Awareness Week took place from October 2-8, 2016. In conjunction with this week, Eastern Health and the Schizophrenia Society of NL presented a “Schizophrenia and Psychosis” workshop in St. John’s to educate interested participants about the causes, course and prognosis, positive and negative symptoms, and treatments and medications.

Presenters included Paul March, Social Worker with Mental Health and Addictions Program at Eastern Health; Dave Banko, Executive Director of the Schizophrenia Society of NL; Brenda Stamp, Schizophrenia Society of NL and a family member of a person with schizophrenia; and Darrel Williams, Peer Support worker at Eastern Health and a person with a lived experience of psychosis. A special thank you to all presenters for a very valuable learning experience.



Mental Illness Awareness Week

If you are interested in obtaining information and/or support about schizophrenia and psychosis from any of the above presenters, please see the contact information below:

Paul March:

752-4275

paul.march@easternhealth.ca

Darrell Williams:

752-3511

darrell.williams@easternhealth.ca

Dave Banko:

Schizophrenia Society of NL

777-3335

ed@ssnl.org.



Some programs and services offered by the Schizophrenia Society of NL

- **Partnership Education Program:** This program is based on a personal story-telling model.
- **Strengthening Families Together:** A course for family members of people with serious mental illness, focusing on major psychiatric disorders.
- **Reach Out:** A resource kit designed to increase awareness among students, teachers and counsellors.
- **Your Recovery Journey:** A one day session facilitated by people in recovery. Provides valuable information that will help any person with a mental illness who would like to find support and explore different aspects of recovery.
- **Iris Group:** A monthly support group for consumers and family members.
- **Schizophrenia Awareness Days:** Two-day education sessions for family members and caregivers on schizophrenia.

“If people would realize that with mental illness there is often something wrong with the structure or function of the brain, just like a pancreas or a kidney sometimes doesn’t form or function properly, there would be less stigma attached to it.” ~ Professor James Fox



The TransKidsNL Study



The Health Care & Support Needs
of Trans Children and Youth in Newfoundland & Labrador
A 2016 study of 45 trans children and youth throughout NL

The Trans Health Research Group:
Dr. Julie Temple Newhook, Ms. Krista Benson, Dr. Tracey Bridger,
Dr. Colleen Crowther, & Mr. Rob Sinnott

PARENT SUPPORT

Only **13.0%** of NL trans youth, describe their parents as fully supportive



What do trans youth need from their parents?

- (1) to be called by their own name and pronouns
- (2) to be listened to and believed



FAMILY DOCTORS

80.0% of trans youth rated their family doctor as less than knowledgeable about healthcare for trans youth



66.7% of trans youth were uncomfortable talking to their family doctor about their gender identity



HEALTH CARE NEEDS

41% of trans youth are waiting for transition-related medical treatment



89.7% of trans youth reported depression and/or anxiety



Effective E-Mental Health Resources

The Breathing Room

The Breathing Room is an eight-module, online self-management program which assists people between the ages of 13 and 24 manage stress, depression and anxiety. Developed by the Canadian Institute for Natural and Integrative Medicine (CINIM), the Breathing Room 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 or by clicking on this link below:

www.yourbreathingroom.com/content.aspx?id=8433be1d-1105-4c8c-8ad3-344b1b9b7f5f&Site=BTGA&dialog=true



Bridge the gAPP

Bridge the gAPP is an innovative online mental health resource available from a computer, tablet or phone, which instantly connects people to self-help information and local supports through a searchable service directory. Bridge the gAPP was developed as a health promotion tool to support mental wellness, but it also acts as an early intervention for anyone currently experiencing a mental illness or substance use problem. Bridge the gAPP services are available to both youth (13-18) and adults (18+) through two separate age-appropriate app platforms and are available via websites. Individuals can download through Google Play or the Apple Store or visit the Bridge the gAPP portal page, where all services can be accessed www.bridgethegapp.ca.

Bridge the gAPP for Youth:
www.youth.bridgethegapp.ca

Bridge the gAPP for Adults:
www.adult.bridgethegapp.ca






**Are you looking for emotional support?
Needing someone to talk to?**

Confidential Peer Support for your mental health



CHANNAL Peer Support
Warm Line
1-855-753-2560

Local 753-2560 | 7 Days a Week | 11 am to 11pm

-  **The Warm Line is a non-judgmental pre-crisis telephone peer support service.**
-  **All of our trained Peer Supporters have first hand knowledge of living with a mental health issue and leading a life of recovery.**
-  **Provincially accessible Peer Support - for individuals with mental health issues from individuals with mental health issues.**



“At the Warm Line we understand because we’ve been there.”

“We’re here to listen.”

“Sometimes all we need is a chat with someone who understands.”

Printing generously donated by Newfoundland Power



Self Care Begins With You



Source:
<http://www.compassionfatigue.org/pages/pathtowellness.html>

Self-Care Strategies

Employ Stimulus Control	<ul style="list-style-type: none">• Avoid eating at your desk• Listen to calming music
Implement Counterconditioning	<ul style="list-style-type: none">• Engage in physical activities• Make time for your hobbies/interests
Seek Personal Therapy	<ul style="list-style-type: none">• 90% of mental health workers do• before, during, and/or after training
Diversify	<ul style="list-style-type: none">• See a variety of client types

Source: http://www.socialworker.com/feature-articles/field-placement/What_I_Wish_I_Had_Known_Burnout_and_Self-Care_in_Our_Social_Work_Profession/



Awareness Days Calendar



September

- Childhood Cancer Awareness Month (International)
- September 10: World Suicide Prevention Day (International)
- Second Sunday: Terry Fox Run (National)

October

- Autism Awareness Month (National)
- Child Abuse Awareness Month (National)
- Learning Disabilities Awareness Month (National)
- Women's History Month (National)
- First Week: Mental Illness Awareness Week (National)
- Third Week: School Safety Week (National)
- October 5: World Teachers' Day (International)
- October 10: World Mental Health Day

November

- Second Week: Addiction Awareness Week (National)
- Third Week: Bullying Awareness Week (National) www.bullying.org
- November 25: International Day for the Elimination of Violence Against Women
- 16 Days of Activism Against Gender-Based Violence: November 25 to December 10

December

- December 6: National Day of Remembrance & Action on Violence against Women
- December 10: International Human Rights Day

January

- Third Week: National Non-Smoking Week
- Third Wednesday: Weedless Wednesday (National)
- January 27: Family Literacy Day (National)

February

- Psychology Month (National)
- Black History Month (National)
- First Week: Eating Disorder Awareness Week (National)
- February 6-10: School Counselling Week (National)
- First Saturday: Safer Internet Day (International)
- February 12: Sexual and Reproductive Health Awareness Day (National)
- February 15: International Childhood Cancer Day

- Last Wednesday: Pink Shirt Day (Anti-bullying) (National)
- February 20: World Day of Social Justice

March

- March: Music Therapy Awareness Day
- March 1: Self-Injury Awareness Day (International)
- March 8: International Women's Day /United Nations Day for Women's Rights & International Peace
- March 21: World Down Syndrome Day
- March 26: Purple Day for Epilepsy
- March 27-29: National 30-hour Famine
- March 31: International Transgender Day of Visibility

April

- Third Week: Screen-Free Week (International) Campaign for a Commercial-Free Childhood
- April 2: World Autism Awareness Day
- April 7: World Health Day (International)
- April 22: Earth Day (International)

May

- First Week: Mental Health Week (National)
- May 7: National Child & Youth Mental Health Day
- May 15-19: Schizophrenia Awareness Week
- May 16-19: CCPA National Conference in St. John's
- May 17: International Day Against Transphobia
- May 31: World No-Tobacco Day

June

- June 5: World Environment Day
- June 14: World Blood Donor Day
- June 21: National Aboriginal Day

2017 National CCPA/NLCPA Conference

For the first time in 10 years CCPA's national conference returns to Newfoundland to partner with NLCPA!



May 16 - 19, 2017

Keynote Speakers

The Neuroplasticity of Art Therapy in the Autism Spectrum - **Christina Dove**



Career Development and Mental Health - **Dave Redekopp**

Psychotherapy and Counselling: Implications for Virtual Reality and Videoconference - **Stéphane Bouchard**



Mindfulness, Mindsight and the Integrated Brain: What is the Mind and Mental Health? - **Dan Siegel**



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

Sheraton Hotel
St. John's, Newfoundland and Labrador

www.ccpa-accp.ca



Happy Holidays



From Jill K., Glenda, Boyd, Jill C., Janar, Anje & Craig

Don't forget to check out NLCPA online!
www.nlcpa.ca

Home About Membership Resources Links Contact Us Conference 2016 Today is Friday, December 2nd, 2016



The Newfoundland and Labrador Counsellors' and Psychologists' Association (NLCPA) is a Special Interest Council of the NLTA

CCPA / NLCPA Conference & AGM
 May 16 - 19, 2017 The Sheraton Hotel, St. John's, NL

[For conference information click here!](#)

Call for presenters!

Interested in presenting a regular session, poster session or a Conversation Cafe table?
 Deadline to submit proposal to present at the conference is October 17th.
[Submit Conference Proposal HERE!](#)



CCPA 2017 Annual Conference

May 16 - 19, 2017

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