



NLCPA

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



President's Letter

Dear NLCPA Members and Friends,

The end of the school year is upon us and summer eagerly awaits our well-deserved rest, relaxation and rejuvenation! The Executive would like to take this opportunity to thank you all for the important work you do daily to improve the outlook for students on their paths through the K-12 system and beyond. Your focus on student strengthening, building resiliency, prevention and intervening early as issues arise, are critical points on the broader 'Continuum of Care' for our entire province.

This year we have continued to make great strides with respect to raising the profile of school counsellors and school psychologists and advocating for increased allocations. We have been working very closely with NLTA President Jim Dinn who has shown unwavering dedication to our unique roles at this time of unprecedented needs within our classrooms. A special thanks to members who have joined the rallies and contacted their MHAs to voice their concerns. Let's keep beating that drum!

We have also continued to strengthen our Association through working closely with community (local, provincial and national) partners. Such as: representing our members' perspective on the Mental Health & Addictions Advisory Council (which recently presented to the Government All-Party Committee); collaborating with Memorial University and NLPB on a successful submission to the *Canadian Journal of School Psychology*; and continuing to work closely with CCPA on a number of fronts, including preparation for next year's conference to be held in St. John's.

We are aiming to expand our membership to include all the province's school counsellors and school psychologists, thereby further increasing the strength of our collective voice, solidarity and our network of support for each other.

Since our last newsletter, NLCPA members have decided on a new NLCPA logo. This fresh new 'brand' will enable us to further accentuate 'who we are and what we do' on many levels.

The ACA/CCPA Conference was held in Montreal recently (March 30 - April 3, 2016). Unfortunately, I was unable to attend due to a rescheduling of surgery. Thankfully, Boyd was able to represent us at the conference and he returned as the NL Representative for the School Counselling Chapter! This is a great combination of roles for the incoming NLCPA President as it reflects our strong partnership with CCPA and also highlights the importance of school counsellors being members of both associations for maximum benefit of regulation, protection, support, professional learning opportunities, networking and advocacy.

Reviewing the retirement submissions for this newsletter was bittersweet – each individual has contributed so much to the youth of this province, the field of student support services

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and to the NLCPA. Glenda, David, Joan, Denise, Deanna and Dale – thank you so much for your tremendous contributions! We wish you all the best on this exciting new chapter of your life. We also encourage you to maintain your connection to the Association (now with the new reduced membership rate for Retirees of only \$25!) and also with NLESD as they strive to ensure adequate substitute lists for each region.

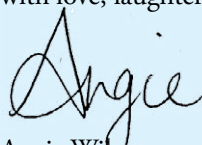
The retirees and our dearly departed ‘Wolf of Wellness’, Carl George, have left us with wonderful words of wisdom. Self-care and maintaining a healthy balance have never been more important for the caregiver. It is very easy to get lost in the challenges we face today in our roles. We must remind ourselves that while we often feel as though we are working in isolation, we represent one portion of the Continuum of Care. Clarity in our respective roles (as well as the roles of others), investment in both prevention and intervention, and a healthy work-life balance are keys to our sustainability and retiring healthy.

As you look ahead to your professional learning for the 2016-2017 school year, we want to remind everyone that NLCPA will not be hosting a fall conference as we will be joining forces with CCPA for a spring conference. Next year marks the first time the CCPA National Conference has been in our province in 10 years. It will be held **May 16-19 at the Sheraton Hotel** in St. John’s – please mark

it in your calendars. With four keynote speakers and numerous sessions, there will be something to meet everyone’s professional development needs! This is a rare opportunity for tremendous professional development and professional networking with a national perspective.

We hope you enjoy this last newsletter of the year. We are very pleased with all the submissions from our members this time round. It is so good to hear about all the wonderful things happening throughout the province to strengthen our students! Thank you to Lesley-Ann Browne and the NLTA Communications Department for assisting us with our logo and our newsletter. Thank you to Jim Dinn, George Tucker and Trent Langdon, not only for your tremendous support and commitment to our Association, but also for sharing our vision of positive change for the youth of our province. Finally, thank you to the members for your continued support of your Provincial Executive in representing your needs.

All the best for an amazing summer that is filled to the brim with love, laughter, family and friends!



Angie Wilmott
President
NLCPA

NLCPA Executive

Angie Wilmott, President

School Counsellor, R. Psych.
Lewisporte Collegiate &
Greenwood Academy
angiewilmott@nlesd.ca

Boyd Perry, Vice President

School Counsellor
Holy Heart High School
boyperry@nlesd.ca

Tamar Kelly, Treasurer

School Counsellor
Villa Nova Junior High
tamarkelly@nlesd.ca

Craig O’Keefe, Communications

School Counsellor
St. Edward’s Elementary
craigokeefe@nlesd.ca

Glenda Reddick, Secretary

School Counsellor
Holy Spirit High School
glendareddick@nlesd.ca

Jill Cluney, Membership Coordinator

School Counsellor, CCC
Janeway Hospital School
jillcluney@nlesd.ca

Jill Kelly, Ed. Psych. Representative

Educational Psychologist
NLESD District Office
jillkelly@nlesd.ca

Branch Presidents

Deer Lake/Corner Brook/St. Barbe

Jeanette Russell
jeanetterussell@nlesd.ca

Cormack Trail

Nancy Macdonald
nancyfmacdonald@hotmail.com

Nova Central (West)

Darryl Chippett
darrylchippett@nlesd.ca

Nova Central (East)

Glenda Ball
glendaball@nlesd.ca

Vista

Colette Oldford-Short
coletteoldfordshort@nlesd.ca

Burin

Florence Strang
florencestrang@nlesd.ca

Avalon West

Kerri Morgan
kerrilynmmorgan@nlesd.ca

Avalon East

Sharon Brenton
sharonbrenton@nlesd.ca

Warmest Greetings on Behalf of CCPA

NL Chapter CCPA Director

Tracy Duffy, M.Ed, CCC.



Well it looks like spring has finally arrived... almost, or at least “sprinter” seems to be over for now! For many of you lucky folks who will have the summer off, I hope it will last longer as a reward for those April snowstorms we had to endure!

I was fortunate to have attended the ACA-CCPA Conference in Montreal on March 30 - April 2,

2016 and I can say it was quite the experience! For those who were able to attend, you may have mutually felt like “small fish in a big pond”, due to almost triple numbers of ACA (American Counselling Association) members compared to our Canadian contingent. However, this didn’t dampen our spirits or deter from the awesome contributions we made to this conference. It was, as always, a great networking and learning opportunity, with top notch speakers from both Associations.

I have no doubt that our members (i.e., CCPA and NLCPA) left great impressions with ACA and the national CCPA members – sparking interest in our national **CCPA/NLCPA Conference**, to be held in St. John’s on **May 16-19, 2017!** We are so excited and honored to partner with NLCPA for this conference, which will prove to be a great time with lots of great speakers (see the flyer for more info). We have been planning lots of great extras for this – you won’t want to miss it!

We are now seeking presenters – Deadlines are August 8th (pre-conference) and October. Apply at <https://www.ccpa-accp.ca/continuing-education/annual-conference/> or Pre-Conference at <https://ccpaaccp.wufoo.com/forms/2017-call-for-proposals-preconference/> or Conference at <https://ccpaaccp.wufoo.com/forms/2017-call-for-proposals/>.

Since my last newsletter, there have been a lot of great things happening in our profession. NLCPA Executive and CCPA have continued to advocate for our members, with both policy makers and the general public. We continue to educate politicians on the vital roles that counsellors and psychologists play, not only for our school populations, but in multiple community and government settings.

Efforts on the Regulation of counselling in NL have “ramped up” with help from our National CEO, Barb McCallum, who visited with our existing committee in April. As similar provinces have done, we have now built stronger networks with like-minded associations and with the help of our dedicated committee volunteers, we are moving forward on this endeavor. I will keep you posted on this work as we form work plans and structures which will help us in our submission to the provincial Department of Health in future. 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, please check out this article on the topic of school counselling and regulation to help you gain some clarity on why this will matter for you in the long run. (<https://www.umanitoba.ca/publications/cjeap/articles/keats-laitsch.html>)

I would urge you to consider joining CCPA if you have not already, or to consider seeking Certification with CCPA. We have made great strides to help make the certification process more streamlined for both new/graduating students and for experienced members. With the many solid national partnerships and collaborations which CCPA continues to build, being a part of both NLCPA and this Association will reap many benefits as Regulation across Canada grows to become a reality in our field. (<https://www.ccpa-accp.ca/membership/>) Learn more about the certification process, benefits, and the difference between certification and regulation here: <http://www.ccpa-accp.ca/en/memberbenefits/certification/>.

Another great link to check on the CCPA website is our notebooks on ethical issues. Many of these have been written by Glenn Sheppard and others who have expertise on the topic of ethics and our standards of practice. You can find these here: <https://www.ccpa-accp.ca/ccpa-publications/> which helps answer some of those ethical quandaries we may encounter.

As always, keep checking the CCPA website for new information and opportunities. Keep in mind that the deadline for awards will be in September 2016 for the 2017 Award season.

Have a safe, happy, and self-care filled summer!

Tracy Duffy

Retirements



Glenda Ball

Glenda holds a B.Sc. and a B.Ed. from Memorial University and a M.Ed. in Educational Counselling from the University of Ottawa. Glenda's roles within the school system include elementary school teacher for one year, high school English teacher for five years and School

Counsellor for 25 years.

What are some of the fondest memories of your career?

My fondest memories frequently revolve around times of great laughter with both students and staff. The school trips, tournaments, music competitions, school and community events all bring a smile to my face and a story to my remembrance.

What advice would you give someone considering this career?

My advice for a person considering this career would be to ensure that you like working with young people and have a passion to do so and to ensure that you maintain a healthy work-home life balance.

What will you miss most?

I think what I'll miss most is the social interactions and connections between students and staff. The professional sharing with colleagues will be missed because it has been an integral component of my work life.

So, tell us about your retirement plans...

I am planning my first fall vacation ever to the Smokey Mountains with my husband! Then I plan to take some time to relax and decide how the next chapter unfolds. Trips to the cabin, salmon fishing, cooking, and enjoying the great outdoors will all play a role in my retirement.

CONGRATULATIONS ON YOUR UPCOMING RETIREMENT!



David Bishop

After graduating from high school in Stephenville, David headed to St. John's to attend Memorial University where he completed a B.Sc. in 1984 and a B.Ed. in 1985. He later attended Dalhousie University where he completed a M.Ed. in 1989. Over the course of his career

in the school system, David fulfilled various roles including: Science/Math teacher at Victoria All Grade, Gaultois, NL (1985-

88); Science teacher at North Park Secondary School; ESL/ESD teacher at Central Peel Secondary School, Brampton, ON (1988-89); Guidance Counsellor, Jackson-Walsh School Complex, Western Bay, NL and Persalvic School Complex, Victoria, NL (1990-97); Guidance Counsellor at Ascension Collegiate, Bay Roberts, NL (1997-2008); and finally, Program Specialist, Student Support Services with NLESD in Spaniard's Bay, NL (2008- Present).

What are some of the fondest memories of your career?

My fondest memory is the wonderful feeling you get when you know that you have been able to help somebody. My career has been about helping students and colleagues, so it has been very satisfying.

What advice would you give someone considering this career?

The best advice I can give someone is to commit fully to what you are doing and devote your time at work to the people you are supposed to be helping. As educators, we have the most important job in the world as we help shape the opinions, attitudes and knowledge of our youth. It is important that we instill a strong, honest work ethic as they are the ones who will be caring for us down the road. This career is not a job, it is a lifestyle.

What will you miss most?

I will definitely miss the people. In my current role and even as a counsellor, I had the opportunity to meet so many wonderful people. I will miss the connections and the feeling that comes from serving them.

Tell us about your retirement plans...

For the future, the most important plan is to stay healthy and then try some new things. I have so many interests that it is exciting to now have the time to explore some of them. I am also looking forward to volunteering a little more in my community, as I will have more time on my hands. It's going to be good!

CONGRATULATIONS ON YOUR UPCOMING RETIREMENT!



Joan McCue

Joan grew up in Fox Harbour, Placentia Bay and attended school at St. Regis in Fox Harbour and Laval in Placentia. When she finished high school, Joan went on to complete the Certified Nursing Assistant program at the old General Hospital in St. John's. Following five

years working at the Placentia Cottage Hospital, Joan returned to St. John's to attend Memorial University where she completed her B.A., B.Ed., B.Sp.Ed. and M.Ed. All during her university studies, our ever-diligent colleague continued to work as a nursing assistant. Her roles in the education system included substitute teacher, a grade 5 co-teacher (Nain, Labrador), Special Education teacher and Guidance Counsellor.

What are some of the fondest memories of your career?

This has been a great ride and I have a lot of good memories. I have always felt appreciated when I am working with a student and I accidentally get called "Mom". I created a "Wall of Names" in my office and my back wall is filled with names of former students. When you are in grade nine, you get to sign the wall before you leave our school. I love when students come back for a visit and pop in to look for their names on the wall. I was part of a three-woman team who planned and gridded out a human peace symbol at Macdonald Drive Junior High. I started a Random Acts of Kindness group and that group made bookmarks for all of the teachers one year and they used the letters from the teacher's last name to describe the teacher. . . the words for me were . . . Magical, Convincing, Colorful, Understanding and Exciting!! Who would have thought?

CONGRATULATIONS ON YOUR UPCOMING RETIREMENT!



Denise Penny

Denise completed her Bachelor of Science and Bachelor of Education at Memorial University. Later, she went on to complete her Master of Education at Dalhousie University. She has tried everything except custodian! Started as Educational Therapist, then Learning Centre (now IRT), then regular classroom, then Guidance Counselor, then Itinerant Assessor, then Educational Psychologist, then Program Specialist, back to Educational Psychologist (when she moved to St. John's) and now finally back to Program Specialist.

What will you miss most?

As a program specialist, I've missed the direct contact with students, so I think this will be missed the most.

Tell us about your retirement plans. . .

I plan on spending part of each winter living as a snowbird in Florida. The rest of the time, I will take day by day.

CONGRATULATIONS ON YOUR UPCOMING RETIREMENT!

More Retirements...Western Region

Retiring after 31 years in education is **Deanna Hardy**. Deanna was a School Counsellor at Gros Morne Collegiate in Rocky Harbour and Long Range Academy in Cow Head.

Also retiring from the West Coast after almost 32 years in education is **Dale Hunt**. Dale worked as a School Counsellor and Educational Psychologist in various locales across the island. She is retiring from the Education Psychologist position in Stephenville.

Educational Psychologist **Nancy Eaton** is retiring with 29 years of service. Nancy's interesting career in education began in Gander Bay. Then, following a brief time at Herdman Collegiate, she spent a decade with the College of the North Atlantic and five years in an alternate school in Ontario before her current 11 year stint as an educational psychologist.

WELL DONE LADIES AND ENJOY YOUR DAYS AND YEARS AHEAD!!!

NLCPA Branch Updates

NLCPA Eastern Branch

On Friday, May 13 the NLCPA Eastern Branch held its 5th Spring PD for over 40 participants. The focus of the morning session was "Understanding & Responding to Trauma" with Rick Singleton. The afternoon session consisted of Sharing/Networking around Resource-Sharing, Current Practice and the Identification of Issues and Concerns.



During the lunch break, we held our annual AGM. The following executive was elected for the upcoming year:

- Sharon Brenton (President)
- GeriLynn Devereaux (Vice-President)
- Niki Christian (Secretary)
- Jackie Taylor-Myles (Treasurer)
- Stephanie Keezer (Logistics/Planning)

Other Members:

- Francine Doyle
- Gary Warren-Hunter

Awards

Winner of the 2016 Provincial Inclusive Schools Award

submitted by JoAnn O'Brien, R. Psych./Guidance

On Friday, April 29 a special presentation was made during the Newfoundland and Labrador Association for Community Living (NLACL) provincial conference in St. John's. The NLACL awarded the 2016 Provincial Inclusive Schools Award to St. James Regional High School (SJRH) in Port aux Basques. Accepting the award on the school's behalf were: JoAnn O'Brien, Guidance Counselor; Brittney Coleman and Arifah Razack (student advocates at SJRH); and Liam O'Brien (student). The award was presented to the representatives of SJRH by the Hon. Dale Kirby, Minister of Education and Early Childhood Development. Mrs. O'Brien stated: "It was quite an honor to receive this recognition for the work done at our school to include individuals with identified exceptionalities in all aspects of school life." Congratulations to the SJRH school community!



Winner of the 2016 Inspiration Award

from Gulf News, Port aux Basques

Liam O'Brien of Port aux Basques was one of two recipients of the Inspiration Award from the Canadian Down Syndrome Society. He's an inspiring member of the community and has now been recognized nationally as such.



Liam O'Brien, a Grade 12 student at St. James Regional High School in Port aux Basques, was one of two winners of the 2016 Inspiration Awards presented by the Canadian Down Syndrome Society.

The presentation was made on March 21 in Calgary. Liam's brother attended on his behalf and got to give Liam the good news.

Liam said he was surprised when he found out he'd received the award.

He is a member of the Piranhas Swim Club in Port aux Basques and a Special Olympian in swimming and wrestling. In February, he had the honor of being a torchbearer for the Special Olympics as the torch made its way to Corner Brook for this year's Special Olympics Canada Winter Games.

Liam enjoys music and plays the bodhran, tambourine, spoons and cajón. He's also active in the school community and has participated in the school's St. James Idol singing competition and performed in drama productions at the school. He's also a member of the school's student council.

Liam received a \$500 bursary, which can be used for tuition, funding a special project or donated back into the community. He said he hasn't decided what he'll use the money for.

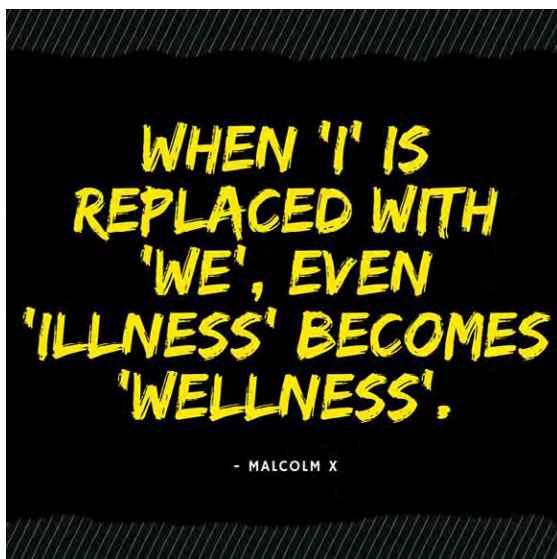
He was nominated by his instructional resource teacher Gail Spicer, swim coach Jim Lane and family friend JoAnne Strowbridge.

His mother, school counsellor JoAnn O'Brien, said a major part of Liam's success in life has been thanks to the inclusive community at St. James and in Port aux Basques.

Liam is graduating from St. James this year and will be attending the College of the North Atlantic in the fall as a part-time student.

World Down Syndrome Day gives people around the world the opportunity to recognize and celebrate the contributions made by people with Down Syndrome. It occurs annually on March 21st and is officially ratified by the United Nations.

Well done Liam and good luck at CNA next year!



StandOut2 Conference

submitted by Gerald Lowe, School Counsellor

On April 29-30, 2016 Corner Brook Regional High hosted StandOut2. This conference was a Newfoundland and Labrador Provincial High School LGBTQ conference. Two hundred and thirty students, teachers, and community partners took part in workshops related to Sexual Health, Mental Health, LGBTQ Stigma, Being Transgender, Starting your own GSA, Sexual Orientation/Gender Identity, and Consent. We had presenters from EGALE Canada, Canadian Mental Health Initiative, Corner Brook Women's Center, the Get Real Movement with Dane Woodland, and four Pride Alliance alumni who are currently attending university who returned to present on "Starting your own GSA".

The conference was deemed a great success and ended with a formal dinner and Queer prom on Saturday night. A generous donation of \$1000 was made from all conference delegates to Camp Eclipse, a summer camp for LGBTQ youth.

StandOut2 is Corner Brook Regional High's second conference. StandOut was held in 2014 and 110 delegates attended. We doubled attendance in just two years.

Major sponsors for the conference included the Department of Education, NL English School District, Royal Newfoundland Constabulary, Crime Prevention Committee, Safe and Caring Schools, Western Health, and Grenfell Campus (MUN).



Friends for Life at OLOM

Submitted by Krystallee Hann, School Counsellor

This year, the Grade 6 class at Our Lady of Mercy Elementary in St. George's participated in the Friends For Life program. The goal of this program is anxiety prevention and intervention. Students learned about their feelings and how to recognize signs of anxiety. They were taught relaxation strategies, to develop positive thinking, how to focus on solutions to their problems, and how to face their fears and resolve conflict. We had a lot of fun completing this program, and the students really enjoyed sharing their 'Happy Thing of the Week'.



StandOut2 Conference

submitted by Scarlet Renouf,
Piccadilly Central High student

On April 29, I attended the StandOut2 GSA Conference at Corner Brook Regional High. The conference had presenters who talked a lot about LGBTQ+ youth and others who shared their own personal stories with regards to the subject. There were workshops that touched on sexual health, consent, starting your own GSA in school, and also mental health issues. These sessions actually included LGBTQ+ people rather than only to straight cisgender people. Many of the people I know who attended the conference have come away from the experience with more knowledge than they had when they arrived and that in itself is a success. I personally left the conference having made connections to people who are like me and to have that opportunity is amazing.

I hope this conference is able to continue for years to come so that it can further educate people on these important topics. I hope to be able to join again next year.



Building Relationships Beyond the School Walls

submitted by Tamar Kelly, School Counsellor,
Villa Nova Junior High

Building relationships is the key to our success with students. Tamar Kelly, School Counsellor at Villanova Junior High in CBS, accompanied a group of 47 students and four other staff members to Quebec recently. Tamar, who has been on trips like this before, says that these opportunities are incredibly valuable in helping her build relationships with the students in her school as well as providing necessary support to some students who may otherwise possibly not go on such trips.



Expanding Knowledge on Mental Health

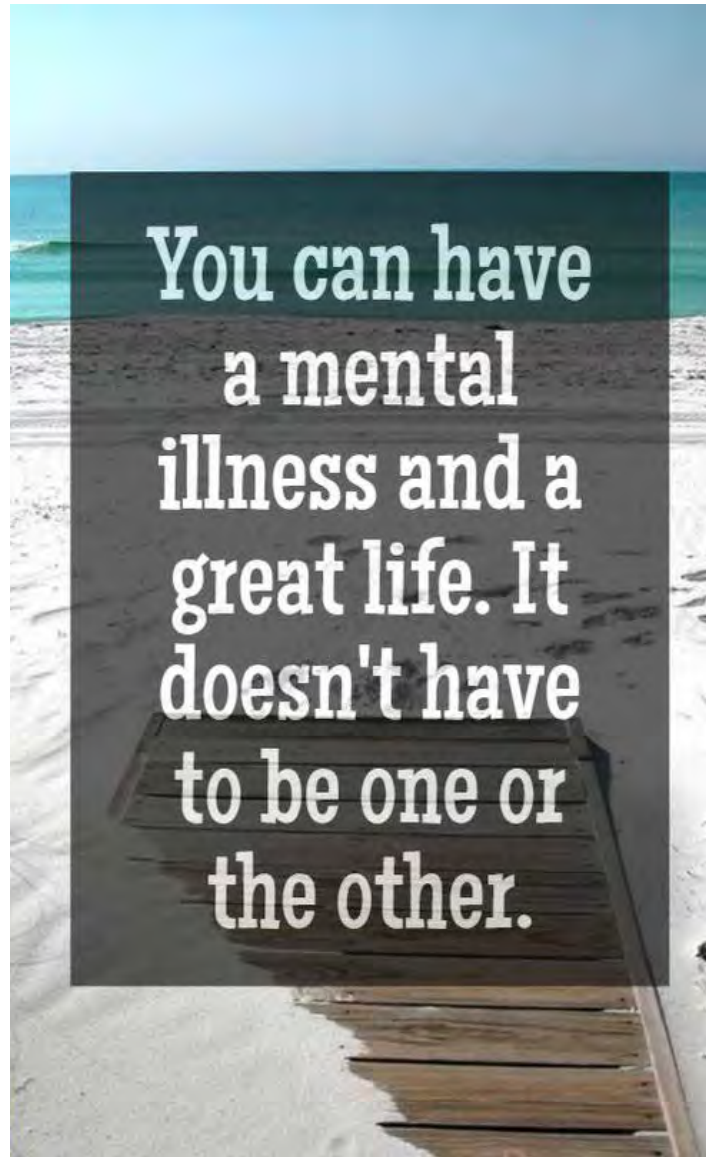
submitted by Ruby Penney, School Counsellor, Burgeo Academy

On Tuesday, March 15, St. Boniface All-Grade School in Ramea welcomed Burgeo Academy's school counsellor, Ruby Penney, to complete a presentation for grades 7-12 students on the topic "Understanding Mental Illness in Children and Youth". The presentation consisted of a 35-minute slide show on mental health/illness, as well as practical mindfulness/relaxation activities.

Following the presentation, students watched the Hollywood movie "Call Me Crazy", which depicts the lives of five individuals suffering from a mental illness and how this affects not only their own lives, but the lives of others around them.

Each student received a registration bag full of mental health related brochures and pamphlets, youth magazines, pens, pencils, and 'swag' materials.

The presentation was well received by all – staff and students alike – making it a wonderful success!



Horticultural Therapy for Students With Exceptionalities

submitted by Florence Strang



Florence Strang is a Registered Psychologist, Horticultural Therapist, and published author (*100 Perks of Having Cancer Plus 100 Health Tips For Surviving It*). In her work both as a School Psychologist and School Counsellor in Newfoundland and Labrador, she has been successfully using Horticultural Therapy, (gardening as a therapeutic intervention), with a variety of school populations. In this article, she discusses how Horticultural Therapy (HT) is a valuable technique for many children with exceptionalities.

According to the Canadian Horticultural Therapy Association, Horticultural Therapy is a formal practice that uses plants, horticultural activities, and the garden landscape to promote well-being for its participants. HT sessions are administered by professionally trained Horticultural Therapists. Research indicates that HT is proven to be beneficial for meeting therapeutic goals in a wide variety of healthcare, residential, school, and rehabilitative settings.

In both my roles as a School Counsellor and a School Psychologist, I have successfully been using my HT training with teachers and students for more than ten years. I am sure that some of my colleagues, upon seeing me take a group of students outside, will think that I am just selfishly indulging my own personal passion for gardening. And while that may very well be a bonus, the true purpose behind HT is to meet defined therapeutic goals for my students. The following are a sampling of the therapeutic goals that can be met through a well planned HT program.

Communication Skills: I have used HT extensively with students who have autism, including my own son, Ben. People on the autism spectrum, even those who are high functioning, struggle with the use of language in some way, with some being completely non-verbal. Gardening provides an ideal activity for those with limited language skills because it is a hands-on activity, which does not have a large language component. In addition, it is very easy to incorporate visual cues and visual directions for those who have limited verbal skills. For example, photos can be used to demonstrate how to plant and care for seeds. Gardening also exposes students to a whole new vocabulary, with words such as “germination”, “nasturtiums” and “perennials”.

Social Skills: Many students, particularly those with exceptionalities, struggle with forming and maintaining healthy social relationships. Being a part of a gardening club or group allows them the opportunity to work together with others towards a common goal. Activities such as planting seeds, watering plants, weeding, and harvesting food, can be carried out side by side,

allowing students to experience the synergy that comes from being part of a group, while encouraging cooperation among group members which can be at the same time, both stimulating and soothing to the senses. A well planned sensory garden can incorporate soothing colors, smells, foliage textures, edible plants, and a sound feature such as running water or wind chimes, thereby engaging all of the senses in a very relaxing way.

Sensory Issues: Students with autism in particular, usually respond very well to the sensory nature of gardening. Many of the “unusual behaviors” of people with autism are due to sensory issues. Each of the five senses may be affected by over-sensitivity or under-sensitivity. For example, they may cover their ears when they hear loud noises because their hearing can be so sensitive that loud noises cause physical pain. Some people with autism engage in head banging and other self-harming behaviors. In many cases, this behavior serves the purpose of stimulating an under-active sense of touch. The garden presents a relaxing environment.

Motor Skills: Gardening is a very physical, hands-on activity. Gross motor skills can be developed through activities such as digging, weeding and watering, while manipulating small seeds and transplanting young plants can enhance fine motor development. Gardening activities allow students to develop their motor skills in a way that is fun for them, as opposed to the traditional cutting and beading activities which can quickly become monotonous. Adaptive tools and gadgets can be used to allow students with physical challenges to participate in gardening activities. For example, for students who are unable to perform the pumping action required for a spray bottle, I use a spray bottle that runs by batteries and just requires the student to hold in on the button.



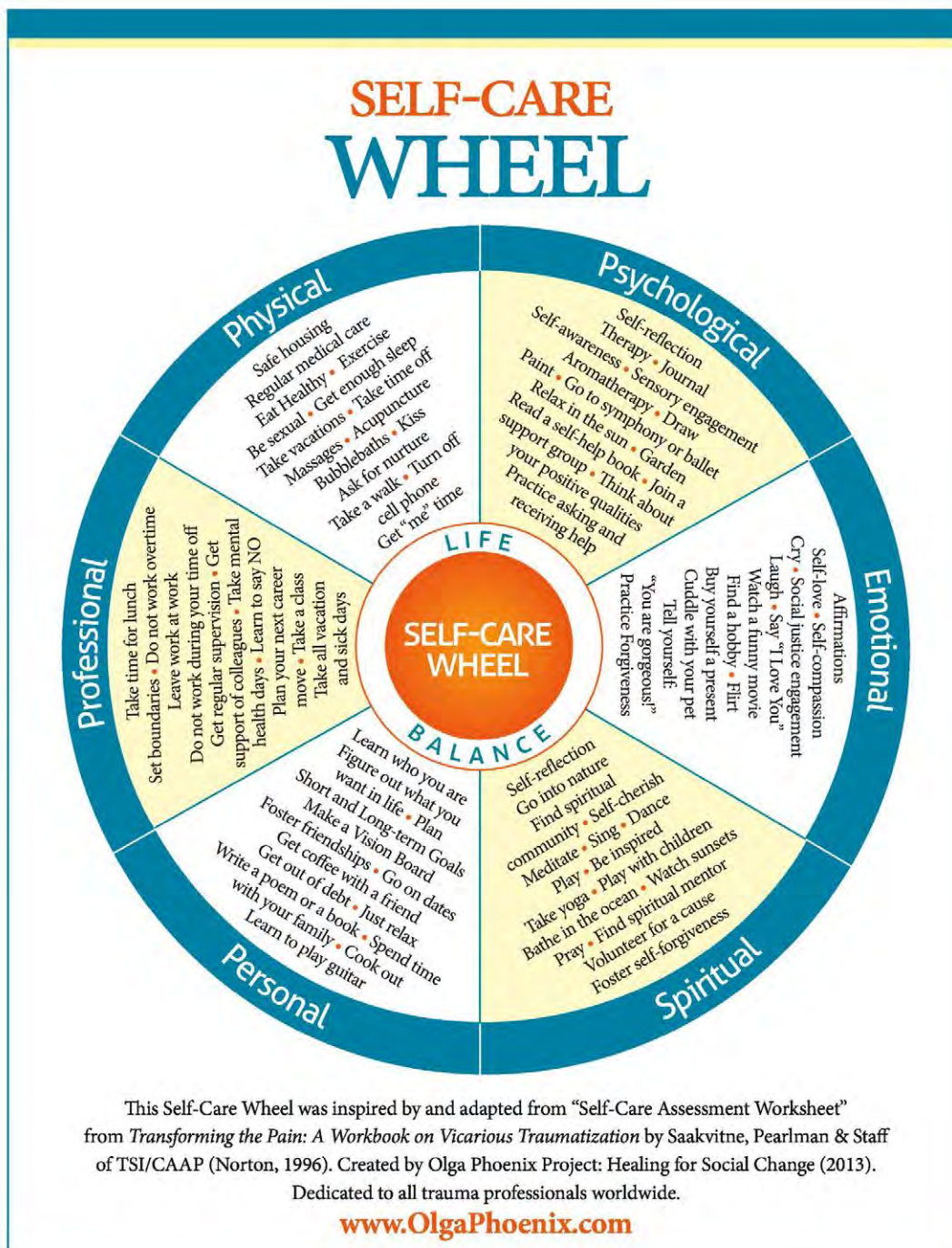
Florence with autistic son, Ben, at the Sensory Garden she designed in Freedom Park, Burin.

Self-Regulation: Many studies have been carried out to demonstrate that gardening is a proven stress reliever. Connecting with nature through gardening is a great way to slow the mind and balance the emotions. Over the years, I have witnessed amazing transformations of students with ADHD, whose demeanor visibly calms when they are engaged in gardening activities. “Stopping to smell the roses” is of great benefit to those children who often act as if they are driven by a motor.

Self-Esteem: Perhaps the greatest success I have seen in gardening with students is the increase in their self-esteem when they grow food and flowers from seed. Our students with exceptionalities

are often on the fringes of their school society. Many of these children, because of their challenges, will never excel at sports, drama, music or other extra-curricular activities. In fact, their unique challenges may even exclude them from taking part in any traditional extra-curricular activities. However, these kids can grow a sunflower as well as (or even better than) any other kid in the school! Seeing the faces of my proud students as they leave the school in June with baskets of blooming marigolds which they nurtured from seeds, is the most rewarding aspect of my job.

If you are interested in learning more about HT, drop me an email anytime: florencestrang@hotmail.ca.



Self Care Checklist

- Overspend, overeat, and overindulge
- Expect others to read your mind and meet your needs
- Withhold success from yourself
- Ignore your deepest desires but seek to fulfill the desires of others
- Ignore your real emotions and put on a "happy" face
- Push yourself beyond reasonable limits
- Allow others to emotionally, physically, or sexually abuse you
- Deflect compliments
- Say yes because you can't say no
- Avoid time alone
- Over-exhaust yourself because of your need to feel important, needed, or worthy
- Fear emotional intimacy
- Try to do it all yourself, never asking for help
- Try to appear perfect
- Take time for yourself
- Allow yourself to make mistakes and to be open about your weaknesses
- Ask from your needs to be met from a place of vulnerability
- Spend time with friends
- Rest
- Play
- Exercise
- Eat well
- Spend money wisely
- Pursue your dreams
- Share honestly with others
- Enjoy and make time to enjoy and be intimate with those you love
- Forgive
- Allow others to be disappointed in you
- Appropriately express emotions, including anger and sadness
- Tell others what they mean to you
- Be present for your children
- Receive love from others
- Say yes and no
- Create a powerful support system for yourself
- Celebrate accomplishments big and small

OR
do you ↗

From

Renewed: Finding Your Inner Happy in an Overwhelmed World

<http://www.LucilleZimmerman.com>



Be Kind... To Others and Ourselves!

Carl George - Master of Living Well

[February 3, 1957 – April 2, 2016]

“Just when the caterpillar thought the world was over, he became a Butterfly.” Husband, Father, Grandfather, Friend, Special Education Teacher, Yoga Instructor, Reiki Practitioner (Healing Touch), Personal Trainer, Nutrition & Wellness Specialist, Chronic Disease Self-management Facilitator, Strength and Conditioning Specialist, Integrative Medicine Student, and Inspirational Speaker.

At a celebration of his life on April 4th, it was said that, “Carl was a kind, gentle soul and a giving giant who lived to serve. He made everyone he met feel heard and seen. He had a rare gift.” He lived his life based on the motto, “Be somebody that makes everybody feel like a somebody.”

Carl’s last motivational talk was to our members at our 2015 NLCPA Conference in which he shared his unique personality and life’s learning on how every person has the power to take charge of their lives. Immediately following a standing ovation for his very moving speaking engagement at our conference in October 2015, Carl hopped on an airplane, on route to Toronto to accept the Humanitarian Outreach Award from the World Organization of Natural Medicine for the work he did with medical refugees.

Through his own inspirational story he offered individuals practical personal, emotional and physical health solutions to empower and believe in themselves. He inspired individuals to take charge of their lives, based on the principle that each person has the internal control and power to develop the confidence in their own decisions. Carl believed wholeheartedly in the power of kindness and healthy living – that these will help you unleash your potential and live life to the fullest.

Carl’s final wish was for us to practice kindness – *Be kind to others and also to ourselves!*



- Give a flower Eat lunch with someone new
- Listen with your heart Visit a sick friend
- Clean a neighbor's walk Offer a hug
- Give an unexpected gift Make a new friend
- Pick up litter Say "hello" Open a door
- Plant a tree Help carry a load Share a snack
- Cheer up a friend Thank a teacher or mentor
- Read to a young child Lend a hand Do a kind act daily
- Leave a thank you note Offer your seat
- Cycle courteously BE TOLERANT Let another go first
- Bake cookies to share Give a compliment
- Help a student make friends Donate your gently used items
- Give a balloon away Lend a pencil Respect others
- Celebrate something new every day Do a favor
- Encourage a friend Use a reusable water bottle
- Walk a dog Forgive mistakes Smile at someone



randomacts of kindness.org

Resources At Your Fingertips

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

Confidential Peer Support
for people living with mental health issues

CHANNAL Peer Support
Warm Line

1-855-753-2560



Local 753-2560 | Sunday to Saturday 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



NARCOTICS ANONYMOUS



**DRUG PROBLEM?
WE CAN HELP**



Meeting Information

1-709-728-9084

WWW.CARNA.CA

nlarea.na.publicinformation@gmail.com

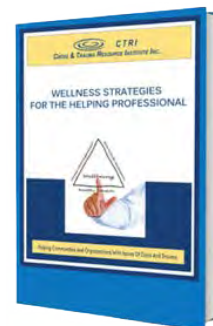
CTRI CRISIS & TRAUMA RESOURCE INSTITUTE INC.

Free Resource Manual: Wellness Strategies for the Helping Professional

Sign up for our newsletter and receive a free Wellness Strategies for the Helping Professional manual.

GET YOUR FREE MANUAL

This 40 page resource manual will help the reader identify the causes, signs and symptoms of stress and also measure their own current level of stress and burnout. Principles and strategies for reducing and recovering from stress are examined in the manual. Building self-awareness and a toolbox of skills to increase vibrancy and resilience of helpers is a primary goal of this material.



<https://ca.ctrinstitute.com/subscribe/>



Professional Development

Multidisciplinary Conference on PTSD

Hosted by Memorial University from **July 31 - August 2**. Featuring distinguished local and international experts from the military, occupational health, trauma and mental health related fields as related to PTSD/trauma. Conference program has now been posted and you can register on this site: <http://www.ptsdconference.mun.ca/>

Canadian Association for Child and Play Therapy

Offering the 2nd level of play therapy training for those interested and who may have completed the 1st level here in St. John's last summer. This is an amazing opportunity for those who work with children in our field. Cost is \$1,808 for full program or \$220 for one day (non-cacpt members). You can apply to take the full program, or sign up for individual workshop days (if space allows). **Deadline to apply for full certificate/program is May 29th!** (www.cacpt.com) Find more details at: <https://www.cacpt.com/wp-content/uploads/2014/03/CACPT-Flier-AD-Newfoundland-Program-August-2016.pdf>

2016 CCPA – Alberta Chapter Research Conference

CCPA is pleased to announce its 3rd Research Conference, which will be held in partnership with St. Stephen's College from **October 14-15, 2016** in St. Albert, Alberta. This year's research conference will feature an evening with Clara Hughes and post-conference workshops with Dawn McBride and Markus Alexander. **Call for proposals due June 1st.** (<https://www.ccpa-accp.ca/wp-content/uploads/2016/04/CallForProposals.pdf>)

Emotionally Focused Therapy for Couples

Emotionally Focused Therapy for Couples (4-Day externship) is being held in Halifax from **January 5-8, 2017** by Gail Palmer. To register or make enquiries contact Margaret MacDonell 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. Through this limited-time offer, you will receive 30-days of unlimited access to the entire MHA CE library, **for just \$1**. If you do not cancel your subscription prior to the end of the trial period, you will be charged the normal monthly subscription rate of \$39 per month, which you may cancel at any time. **You must sign up by May 26th** to take advantage of this offer. Sign up today to make sure you don't miss out! To learn more and register, visit <http://www.mentalhealthacademy.net/ccpa/trial>

Special Event: Crisis and Trauma Response 10 Day Certificate Program Winnipeg, MB July 4-15, 2016

In the summer of 2016, CTRI is offering a unique opportunity to complete our 10 day Certificate Program over a two week period. This certificate provides participants from throughout North America an opportunity to develop a set of competencies to effectively respond to critical incidents.

For further information: <https://ca.ctrinstitute.com/workshops/winnipeg-certificate-program/>





Eating Disorder Foundation of Newfoundland and Labrador launches *Eating Disorder Prevention Program*

Are you interested and passionate about the *Prevention of Eating Disorders and Body Image Dissatisfaction* in young women in your high school?

Would you like to receive 2 full days of FREE training in Eating Disorder Prevention/Body Image Dissatisfaction?

Training will be held at Memorial University in St. John's on Wednesday August 31 – Thursday September 1 by an international Trainer in Prevention of Eating Disorders from the Recovery Center in Colorado.

There is *NO FEE* for the training. It is open to any high school educator in Newfoundland and Labrador but there are NO funds available for travel/accommodations or other associated costs.

To register or for further information please contact Cathy Skinner at the Eating Disorder Foundation of NL.

cathy@edfnl.ca
709-722-0500

SPACE IS LIMITED SO CALL TODAY

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



Reflections of CCPA 2016

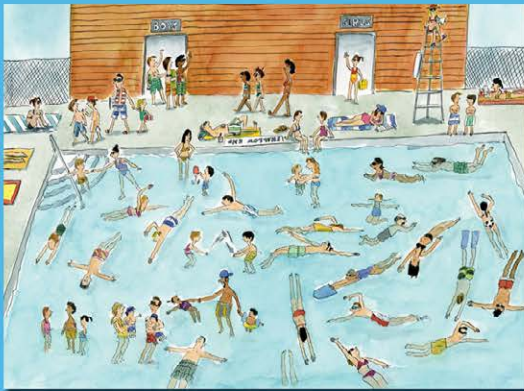




YOUTH SAFETY Regulations



At the Community Pool



250 youth require the presence of

10* qualified Lifeguards to:

- provide direction
- engage in close monitoring of all children for signs of danger
- provide timely intervention for inappropriate behavior
- respond effectively to crisis

This standard provides a safe supportive environment for *all* children and encourages stronger swimmers.

Fewer lifeguards increases risk.

[*source: American Red Cross]

At the Community School

250 youth require the presence of

One (1)* full-time School Guidance Counsellor and at least 25% School Psychologist services to:

- provide direction/guidance
- monitor for signs of danger
- provide timely intervention
- respond effectively to crisis

This standard supports *all* children in reaching their potential and effectively addresses the hurdles that arise along their journey.

Fewer School Counsellors/psychologists increase risk

[*source: Canadian Counselling and Psychotherapy Association (CCPA), School Counsellor Chapter; North American School Counsellors Association (NASCA); North American School Psychologist Association (NASP); Newfoundland and Labrador Counsellors and Psychologists Association (NLCPA)]



NLCPA

NEWFOUNDLAND AND LABRADOR
COUNSELLORS AND PSYCHOLOGISTS
ASSOCIATION

A Special Interest Council of NLTA





*Wishing you all a wonderful summer holiday,
Jill K., Glenda, Boyd, Jill C., Tamar, Angie & Craig!*

