



Treatment Foster Care Program

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Katrina Kaufmann
Tracey Strong-Burnside

Various TFC staff are also members of the above mentioned committees

NEWSLETTER COMMITTEE

Aleem Punja
Duane Durham
Mary Jones
Wendy Jibb

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200 Division Street, Unit F
Cobourg, Ontario
K9A 3P7

Tel: (905) 373-0522 * Fax: (905) 372-7006

E-Mail: tfc@bellnet.ca

Website: www.treatmentfostercare.ca

Program Manager's Update

October 2007

It is again a pleasure to be able to say hello to all of you through our Newsletter. As we move into fall and towards the Holiday Season, it is a pleasure to be able to report on the progress of the Program.

I want to start by expressing my continuing high regard for the work of our Parent Therapists. Thank you! Thank you! I continue to be amazed by the work you do; your perseverance, commitment, belief in our children and your selfless nature. You continue to demonstrate your high level of understanding and clinical astuteness in clinical consultations. It is clear that your training, reading, mentoring is paying huge dividends.

A number of images from recent case consultations remain vivid:

- The five year old who threw her dolly in the ditch while out for a walk. By connecting emotionally, it was clear it was the child herself who was feeling like the dolly in the mud and water;
- The nine year old whose secret room in her drawing was filled with spiders, cobwebs and the guarder of the storehouse. The evil witch who was on vacation and would be back soon.
- The children who are soon to find out that their Dad is schizophrenic and are worried, to the extreme, as to what this means for their future.

Updates on a few happenings:

1. Marguerite McCarron left the TFC Program in August to take up the position of Supervisor of Educational Services at Kinark Child & Family Services. Marguerite is thrilled with her new position and when I saw her recently she was doing well. We wish her well.
2. Laura Gonsalves has been hired to replace Marguerite. Laura has her Masters Degree in Social Work and has most recently worked at Toronto Children's Aid Society for six years where she did intake and children's services. Laura started on October 9, 2007 and we are delighted to have her aboard. Sincere thanks to Mike Arsenault and Pat Andrews who assisted staff in the hiring and interviewing process.
3. Shannon Ireland recently resigned from TFC to take a position at Sir Sanford Fleming College as a student counselor. Shannon experienced the drive between her home in Peterborough and work in Cobourg as demanding. As well, she is looking forward to moving directly into a therapist role.
4. Karen Hay will take over Shannon's clinical case consultant position. You will all know Karen from her child and youth worker role. We are very pleased that Karen has stepped forward in terms of new responsibilities. Since joining the Team over two years ago, Karen has quickly established herself as a hard working and knowledgeable member of the Team.
5. We are looking forward to having Cheri Crane back with us on November 26, 2007. Time flies, but it is almost a year since Tessa was born. We look forward to having Cheri's social work background and experience back with us.
6. Laura Sullivan, who was with us on contract covering for Cheri, left us in July 2007 and gave birth to James Sullivan. Laura will continue with her social work after her maternity leave as she moves to assume responsibility for Mon Ami Children's Services from her Mom, Janet O'Rourke.

7. It was wonderful to see Jim and Marie Croft recognized at the Kawartha-Haliburton Children's Aid Society Foster Parent Appreciation Dinner. Marie and Jim received the special "Lifetime Achievement Award". Please see an article further in this edition about this wonderful recognition of a deserving couple.
8. Pat and John Andrews received a wonderful recognition and award at the Northumberland Children's Aid Society Foster Parent Appreciation night on October 16, 2007. Pat and John received an award for 25 Years of Service with the Society. They were recognized as the first Parent Therapist home to join the TFC Program in 1990. John and Pat were recognized not only for their dedication and skilled work but also for the fact that their entire family is involved with fostering. They provide impressive leadership to the field of fostering and mentoring of other homes.
9. We are pleased that Jackie Robertson will be working with Dr. Alina Lazor, Child Psychiatrist, to provide a twelve week psycho-educational group to caregivers of children with full blown mental health issues or at high risk of same. This group will begin in January 2008. Please talk to Jackie if you are interested.
10. Our four sponsoring Societies will soon be participating in research around the impact of access on our children. Sarah Burgess would be able to answer questions you might have regarding this topic. This research is being funded by the McCarty Tetrault Foundation in Toronto. McCarthy Tetrault is a well known and respected law firm in Toronto. The research is being supported by our Program. Sarah Burgess has been taking a lot of leadership in this regard. Dr. Faye Mishna of the Faculty of Social Work at the University of Toronto is the principal investigator. Children, Society Workers, and Caregivers will all be interviewed if willing and available. We are very excited about the

potential learning from this research and strongly encourage your participation as possible. Thanks to Sarah Burgess for all her work on this exciting initiative.

11. I had the occasion to see Nitza Perlman at our Office recently. She assured me that the final reports from the Centre of Excellence for Child Welfare evaluation of our Program are being worked on presently.
12. We had a very successful Open House on October 26, 2007. The articles regarding the event can be found further in this edition.
13. We are really pleased with the progress of our Strategic Planning process. We have a new logo, have clarified and re-drafted our mission, values and goals and are working towards software development and outcome measurement tools. We will soon be engaging the Societies on their needs and vision around permanence of children.



As we approach the end of another calendar year, I want to thank each one of you for the important part you play in the healing of our children. Our Team is strong and we are moving confidently ahead.

Thanks everybody. Happy Holidays.
Kevin Sullivan

Clinical Service Support Program (CSSP) Update

Annual Report Highlights (September 1, 2006 to August 31, 2007)

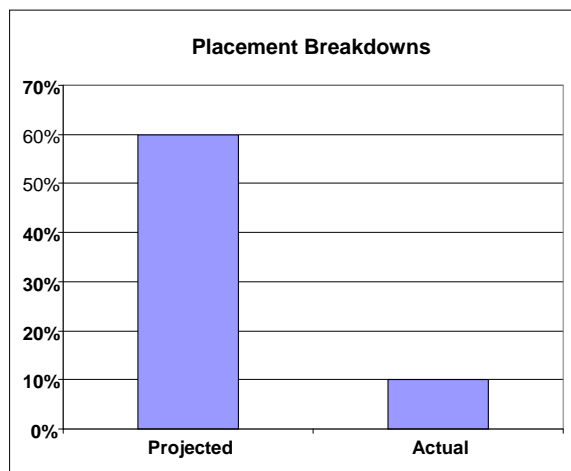
*By: Sharon Roesch
Team Secretary*

The CSSP served 84 children (an equal number of girls and boys, with an average age of 9.7) during this reporting period. Almost half were identified as below average intelligence and an

additional 10% were identified as being developmentally delayed (below the 1st percentile), however 73% were in a regular classroom without assistance.

The children’s presenting problems, compounded by separation, attachment, trauma issues, and mental health issues are quite severe (the most common problem identified by care givers is aggressiveness). However, it is apparent that once the care givers are educated to the clinical picture they no longer feel in a crisis state and are more energized to deal with the behaviours with new resources and understanding.

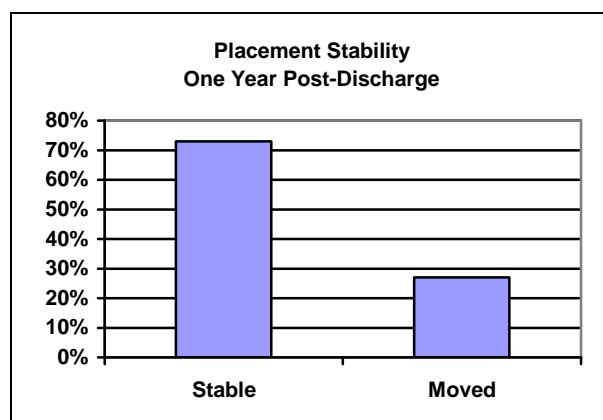
61% of the children were not in their first placement. The average number of placements was 2.4 with placement numbers as high as nine for some children. 42% of the children were identified as being in planning limbo or experiencing a lack of permanency that was negatively affecting current placement stability in the care giving home. This represents a high increase over the 24% of children identified as experiencing a lack of permanency in the last reporting period. Recommendations regarding permanency were made in all of this year’s cases but were only followed through on by the Society 29% of the time.



Information provided by the Children’s Service Workers and Resource Workers on cases referred anticipated 60% would result in a placement breakdown if intervention did not occur; however only 10% of the cases served by CSSP in this

reporting period resulted in a placement breakdown. It is also felt that the interventions are effective in maintaining some foster homes in the system who otherwise, may have resigned.

This year the Program undertook a survey of 22 CSSP cases that closed between Sept. 1, 2005 and Aug. 31, 2006 to investigate the longer-term effect of the Program’s interventions on placement stability. The results indicated that 73% of the children were still in the same placement one year after being discharged from the Program. The Program plans to continue tracking this data.



60% of the children who had access were identified as having untoward access with biological family members that was adversely affecting their current care giving placement. Similar to permanency issues, this represents a high increase over the 38% of children identified as having untoward access in the last reporting period. Recommendations regarding access were made in all of this year’s cases but were only followed through on by the Society 38% of the time.

Welcome CSSP Case Coordination Committee member Tracey Strong-Burnside, Children’s Service Worker (NCAS). Tracey has replaced Ruth Parnall on the Coordination Committee, however Ruth continues in her role as the TFHP liaison worker for the Children’s Aid Society of Northumberland. The CSSP team extend their sincere thanks to Ruth for her commitment and input to the Coordination Committee over the past year.



New CYW Staff Profile

Heather Thompson ***Contract Child & Youth Worker***

I am happy to be with TFC. My name is Heather Thompson and I am a Child and Youth Worker. I joined TFC in July on a one year contract to work with our children and families. I graduated from Humber College with honors in 1996. I enjoyed and grew from the three year CYW program both personally and professionally. I had three placements over those three years. My first placement was in a behavioral classroom through the Toronto school board. My second year placement was with Youthdale. The placement with Youthdale was in a co-ed adolescent treatment home. My final placement was with Aisling Day Treatment where I was in one of the section classrooms working with latency aged children. I learned a lot through my education and placement experience over the three years and I was eager to start my career path. I volunteered with a couple of non profit agencies while looking for work and in March of 1997 my career in the CYW field began.

I worked with Cavan Youth Services for 11 months and moved to Mon Ami Children's Services in February of 1998. I started with Mon Ami as a one to one worker in the local school and then worked during the summer full time. In October of 1998 Mon Ami had two section classrooms and I was the Child and Youth Worker at Grove Public School. In June of 1999 I became the Team Supervisor of one of the latency aged homes filling a maternity position and in January of 2000 Mon Ami opened an adolescent treatment home where I was the Team supervisor of that program until I left Mon Ami in

October of 2006. During my time with Mon Ami I had supervised college students from Sir Sanford Fleming and ran different groups. These groups included; anger management, life skills and social skills groups for different ages. I also implemented semi-independent type programming/structure for the adolescents over sixteen. My career then moved to fill a maternity leave at Durham Children's Aid Society as a Children's Service Worker until July of this year when I began working for TFC. I am excited to be here.

My learning goals include; understand Permanency Planning, Adolescence and the affect of being in care and the issues related to growing up and out of care, in the TFC Program.

Sharon Crane ***Contract Child & Youth Worker***

I like to take this opportunity to introduce myself. My name is Sharon Crane. I have been hired by TFC on a year contract as a Child and Youth Worker. I will be working closely with Parent Therapists and the foster children that have been placed within the TFC homes.

I graduated from Humber College with a three year Child and Youth Worker Diploma. Since graduating in 1987, I have worked with Kinark Child and Family Services in Durham. I worked in the residential and in the Family Services program as a Child and Youth Worker.

After the birth of my second child in 1997, I went to work with the Catholic School Board as an Educational Assistant. I specialized in Learning Disabilities; primarily with grades 7 and 8. I developed and implemented specialized reading and writing programs for small groups.

I am very excited to be working for TFC and look forward to learning more about Child Welfare. I am planning on attending many of the up and coming workshops and trainings.

CYW Students

Megan Avery

For those I haven't had the privilege to meet yet I'm Megan Avery a third year Child and Youth Worker student at Centennial College. In the past two years I have had the opportunity to work on the school board for my first year placement working in a 7/8 Modified Learning Classroom at Gertrude Colpus P.S, and my second year placement working through Frontenac's Dual Diagnosed Residential Program with children aged 10-18. During this time I have been volunteering with the Children's Aid Society as a special friend to a twelve year old boy and supervising access visits at DCAS, as well as working part time in a Receiving and Assessment Residential Program in Durham.

I have recently started my third year placement with the Treatment Foster Care Program, in hope to further my knowledge, and bring along my other experiences that I have taken from my previous placements. Over the last couple of weeks I have been orientated to the program by the staff of TFC, who has taken me under their wing to show me all the wonderful things this program instills. Since I started my placement in September I have already had the honor of meeting Dr. Lazor, a few of the Parent Therapist's, and children in the program, as well as attended a very informative training on Adolescence and mental health. In the weeks to follow I will be shadowing the staff in order to observe and learn their different styles and techniques that I will be able to take along with me and to better my understanding and knowledge of the program. I'm looking forward to the rest of the school year, in working with the staff and families within the TFC Program.

Danielle Hoffman

My name is Danielle Hoffman and I am a third year student at Centennial College in the Child and Youth Work program. I have been volunteering for Durham Children's Aid Society for about three years now as a Special friend and I have to say it is an amazing program. I have

built a very strong relationship with the young boy that I have been working with and am extremely excited to be apart of his future.

Over the last two years of school I have been placed at two incredible placements; both being very different from each other. During my first year I was placed in a section 20 classroom at South Wood Public school working with a Child and Youth Worker who worked within the agency of Enterphase. And during my second year I was placed at Fernie House Residential Treatment Centre which was a latency aged group home for both male and female children. My experiences with both placements were very positive and I had learned many new skills.

I am currently in my third year placement and have the great opportunity to be working with the Treatment Foster Care Program. So far my experience has been very positive and I have been able to learn many new and different things. I am looking forward to continuing my knowledge in this field of work and being able to learn as much as possible. This is my last year at Centennial and am looking forward to being able to someday work out in the field, hopefully with an agency as wonderful as this one is! ☺

Wedding Bells



Congratulations to Nancy Davey (nee Vanderteems) and Todd Davey who were married on August 27, 2007 in the Cayman Islands. Nancy is currently on leave from the Program but has been a valued clinical case consultant with the program for many years. Congratulations to Todd and Nancy and we wish them well in their future life together.



Society Foster Parent Appreciation Nights

Durham CAS

By: Duane Durham, TFC Supervisor

It was a great pleasure to attend the Foster/Kinship Parent Appreciation Dinner for the Durham Children's Aid Society on Thursday October 18, 2007. There were over one hundred people in attendance and it was an enjoyable night for everyone who attended. Attending from our Program was Jackie Robertson, Karen Hay, Lois and Larry Preston, Laura and Craig Green, and Glen and Suzanne Bradbury as well as a number of caregivers who have worked with the Clinical Service Support Program.

All of the Durham foster/kin parents were listed in the official program. Awards were given out to foster parents for the varying degrees of service. Elizabeth Gregory, resource worker took a moment to thank and recognize various programs that supported their work with caregivers. Our program was mentioned along with Durham Behaviour Management and Enterphase Youth Services. The recognition of our work together was greatly appreciated. Overall an enjoyable night together recognizing and appreciating the important role of the caregiver.

Kawartha-Haliburton CAS

By: Kevin Sullivan, TFC Program Manager

It was indeed a pleasure to attend the Foster Parent Appreciation Dinner and Awards Ceremony for the Kawartha-Haliburton Children's Aid Society at the Peterborough Curling Club on Friday evening October 19, 2007. The attendance was high with about 130 guests, a high proportion of them being foster parents. The mood was energetic, positive and

very hopeful. Regard for the needs of children was highly evident.

Awards were given out to foster parents for varying degrees of service. The highlight of the evening was the awarding of the Bell Lifetime Achievement Award in fostering. This award had only been given once before and is not awarded every year. The Society did decide to make the Award this year and it was presented to **Jim and Marie Croft**. Obviously Jim and Marie were very worthy recipients and the esteem in the room for them was radiant.

"Marie and Jim are fabulous role models for new foster-parents. They have demonstrated a life time commitment to foster children. They are staunch advocates for children's best interests. They stand by children – period."

The sense of celebration was heightened with W. attendance and his participation in saying thank you to the audience. As many will know, W. has been with Jim and Marie for a number of years. As well Ann Black, who is now a professor at Humber College, was in attendance and made an inspired address as part of the presentation. Ann was Jim and Marie's first worker when they originally started working in the area of treatment foster care through York Children's Aid Society and the Thistletown Regional Centre's Program in the 1980's. As well Hugh Nicholson, who is the executive director of the Kawartha-Haliburton Children's Aid Society, spoke positively and at length in support of Jim and Marie's receipt of this honour. He spoke of their hunger for learning, huge commitment over the years, child centeredness, perseverance and advocacy on behalf of children. He also spoke about their commitment to mentor other care providers and willingness to share their learning through the training that they do. It was also wonderful to have Marguerite McCarron and Scott MacDonald as part of the evening. Both Marguerite and Scott worked closely with Jim and Marie at different times when they were on staff with our Program. Marguerite is presently working as Supervisor of Educational Services at Kinark Child and Family Services and Scott is working as Family Service

Supervisor at Kawartha-Haliburton Children's Aid Society.

Everyone had great evening and there was wonderful appreciation and recognition of Jim and Marie's exceptional work.

CAS of Northumberland

By: Duane Durham, TFC Supervisor

Recently, it was an enjoyable evening spent attending the Foster Parent and Volunteer Appreciation Dinner for the Northumberland Children's Aid Society. Attending from the TFC Program was Kevin Sullivan, Sarah Bisson, Pat and John Andrews, Terry and Diane Letch, Tracey and Les Jibb, Grace and Harry Jones and many caregivers who have utilized CSSP services.

A special recognition was given to Pat and John Andrews for 25 years of service as foster parents. Duane Hoffman gave a lovely speech chronicling all the Andrews success over the years with the children they fostered. A special surprise was Nancy Davey's (Vanderteems) attendance that evening. Nancy is on leave from TFC and was the clinical case consultant for the Andrews for many years. Pat was unaware that Nancy was back from the Cayman Islands and enjoyed having Nancy there to share in there moment. It was an enjoyable night celebrating all the foster parent/volunteer contributions.



Hastings CAS

By: Sarah Bisson, CSSP Clinical Case Consultant

Hastings Children's Aid Society held their annual Foster Parent Appreciation Dinner on Saturday, October 20, 2007 at the Greek Hall in Belleville. Sarah Bisson and Duane Durham attended from Treatment Foster Care, Cobourg. Many awards were given out for years of service; from 5 years up to 20. There were also more comical appreciation awards given out throughout the night such as, most kilometers driven, most diapers changed, and most hours logged on the telephone. There were many foster parents at the dinner who have worked with the program through the Clinical Service Support Program and even more who have attended training that has been provided through TFC.

Training

2007-2008 SPONSORED AGENCY TFC TRAINING

1. **Psychopathology** – Two Day Sessions
Trainers: TBA

Date & Time: April 16 & 17, 2008

(9:30 am – 3:30 pm)

Where: Hastings CAS

Hastings CAS – Hosting Society

2. **Understanding Attachment** – Four Day Sessions

Trainers: Sarah Bisson, CCC & Aleem Punja, CCC

Date & Time: May 6, 13, 20 & 27, 2008

(6:30 pm – 9:30 pm)

Where: TFC Boardroom

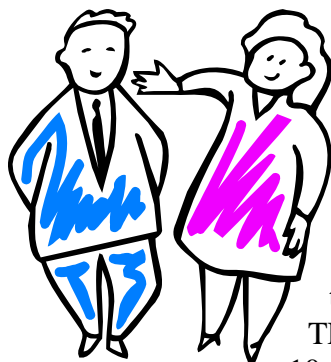
Northumberland CAS – Hosting Society

Registrants:

Registrants are to **sign up with the Host Agency**, stating the Agency/Program they are affiliated with. Durham and Kawartha-Haliburton CAS are each allowed 15 registrants and Northumberland and Hastings CAS are allowed 10. If all the spaces are not utilized the HOST agency can open these spaces to anyone (staff, other foster homes, etc.).

Hosting Agency Contacts for Sign Up:

D CAS 1-800-461-8140 1-905-433-1551 Deb Rogers / 2381	H CAS 1-800-267-0570 1-613-962-9291 Marilyn Simpson / 2403
K-H CAS 1-800-661-2843 1-705-743-9751 Kendra Look / 215	N CAS 1-800-263-7902 1-905-372-1821 Bernice Armstrong / 264



**2007-2008 TFC
ORIENTATION
TRAINING**

All TFC Orientation training will be held in the TFC Boardroom from 10:00 a.m. to 12:00 p.m.

Please register with Sue Robinson, TFC Secretary at 905-373-0522, Extension 226.

- 1) **Becoming a Helper** - *Self care, self awareness, vicarious trauma.*
November 14, 2007
- 2) **Therapeutic Milieu** - *Nature and purpose of therapeutic milieu, avoiding and recognizing power struggles, identifying triggers in daily routines, tools to provide therapeutic environment.*
December 11, 2007

- 3) **Introduction to Art Therapy** - *Exploring how art therapy can be utilized with the children in the program (Ed Hagedorn).*
February 29, 2008
- 4) **Dr. Anita Halpern** - *As consulting psychologist Dr. Halpern will review her role within the Treatment Foster Care Program.*
March 6, 2008
- 5) **Working with children who have been traumatized by violence, abuse and neglect** - *Discuss etiology, forms of abuse and indicators, a look at treatment strategies.*
April 8, 2008
- 6) **Learning Disabilities** - *Orientation to learning disabilities, effects on children and brief experience of what it is like to have a learning disability, working with the school and advocating for the child's needs.*
April 22, 2008
- 7) **Working with Biological Families** - *Discussion on today's family unit and family life cycle, a look at stressors and highlights of the foster family working with bio-family, role of parent therapist in parent mentoring and clinically managed access.*
May 14, 2008
- 8) **Attachment Resistant Children** - *Focus on what is attachment, behaviours associated with attachment disordered/resistant children, working effectively with children with attachment difficulties.*
May 28, 2008
- 9) **Residential treatment for children who have been sexually abused** - *Discussing the aftermath of sexual abuse, treatment strategies with children in foster care.*
June 10, 2008



2007/2008 CLUSTER GROUP Meetings and Trainings

The following dates have been scheduled for Cluster Group meetings at Kawartha-Haliburton CAS (1100 Chemong Road, Peterborough):

*****NOTE – Cluster is closed to Public from 10 am to 10:30 am for TFC business; Open to Public at 10:30 to 1:00 for the training portion*****

****CAS Foster Parents and staff outside of the TFC Program please call Sue Robinson at 905-373-0522 ext. 226 to inquire about registration.****

Date	TFC Parent Therapists for Admin. Meeting	CAS Foster Parents / Staff
Nov 29/07	10:00 a.m. (sharp)	Reporting Expectations of TFC
Dec 13/07	CLOSED CLUSTER	Closed for TFC Business
Jan 31/08	10:00 a.m. (sharp)	School Partnership
Feb 28/08	10:00 a.m. (sharp)	Adolescent Issues
Mar 27/08	10:00 a.m. (sharp)	Developmental Disabilities/Life Skills
Apr 24/08	10:00 a.m. (sharp)	Access
May 29/08	CLOSED CLUSTER	Closed for TFC Business
Jun 19/08	CLOSED CLUSTER	Closed for TFC Business

U.M.A.B. TRAINING 2007/2008 Sessions

UMAB Re-certification is required on a yearly basis to remain current and valid. Participants must have attended UMAB Orientation or Re-Certification within the last 12 months to qualify for Re-certification.

UMAB Full-Orientation

Trainers: Karen Hay, CYW, TFC & Aimee Smith, NCAS

Two Day Sessions

Date & Time: Nov 13 & 20, 2007
(9:00 am to 4:00 pm)

Location: Northumberland CAS

Registration: Northumberland CAS

UMAB Re-Certification

Trainers: Karen Hay, CYW, TFC & Aimee Smith, NCAS

One Day Session

Date & Time: March 4, 2008
(9:00 am to 4:00 pm)

Location: Northumberland CAS

Registration: Northumberland CAS

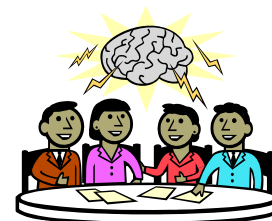
One Day Session

Date & Time: June 2, 2008
(9:00 am to 4:00 pm)

Location: K-HCAS

Registration: TFC

Central Ontario East Treatment Foster Care Training



Treatment Foster Care is excited to announce that we are collaborating with the TFC programs of the Kingston and Hastings Children's Aid Society on some training initiatives for the 2007-2008 training calendar. Each of the programs will present 2 training workshops, with a total of 6 being offered to Parent Therapists, Foster Parents and staff. Each agency will have the opportunity to register 25 participants.

The following training will be offered:

Training: Adoption Readiness

Date: November 21, 2007

Trainer: Dr. Phil Carney

Training: Fetal Alcohol Spectrum Disorder

Date: April 16, 2008

Trainer: Sheila Burns

Training: Transference Counter-transference

Date: May 21, 2008

Trainer: Dr. Phil Carney

Training: TBA

Date: June 18, 2008

Trainer: Dr. Susan Beckett

All of these training workshops will be held at the Belleville Public Library from 10:00 am until 2:00 pm. Please contact Treatment Foster Care Program for registration with Sue Robinson at extension 226.

ARTICLES OF INTEREST

Sparrow Lake Alliance 2007

Steering Committee

Author: Aleem Punja

Clinical Case Consultant & Member of Sparrow Lake Steering Committee

In the Spring I had the benefit and pleasure to attend the Sparrow Lake Alliance's Annual General Meeting. The Alliance focuses on advocating and educating professionals and the public by challenging and responding to the issues that affect children and youth in Ontario. Months later, I was invited to join as a Member on the Steering Committee. I graciously took the invitation and committed to a three-year term as a representative of the TFC Program.

The Sparrow Lake Alliance has been directed to ensure that all children and youth have access to the best resources and have the finest start to life.

The Steering Committee consists of twelve professionals who all work in cross-sectoral range of children's services from the medical system, education, child welfare, youth justice, mental health etc. Members range from the Executive Director level to front line staff that meet regularly and tackle current issues that affect children and youth in Ontario.

I welcome parent therapists and/or staff to bring issues forward to myself that require discussion or further action at a higher level. Thank you to those parent therapists who continue to be involved with the Alliance and I will look forward to report back on the next topics for the upcoming Symposium and Annual General Meeting.

Please visit www.sparrowlake.org for more information.



Child and Youth Work Independent Life Skills Group

Heather Thompson (CYW), Megan Avery, and Danielle Hoffman (CYW students) will be working together to run an Independent Life skills group. On October 16, 2007 a five week life skills training group will ensue. This initial group will be working with females between the ages of thirteen to seventeen. The purpose of the group is multi faceted. We hope to teach basic independence skills such as: meal planning, (nutrition) grocery shopping (on a budget), hygiene in relation to environment, laundry and cooking (kitchen safety). Although these skills are very basic the Life Sills/Independence group will also encompass group work, social skills and learning in a different environment. The group members will earn five dollars every week of attendance. Upon completion of this group, and reviewing it with the teens there are possibilities of more independence type groups. TFC is

looking to offer a similar group with the males in the spring. I am looking forward in providing an update in our next TFC Newsletter.

Warm Fuzzies – New Book to be Published

By: Catherine Lawson-Brown
TFC Parent Therapist



My book is called "Warm Fuzzies". It is about a young girl who is having problems in her interactions on a day to day basis with her peers. Her Mom comes up with an idea to make a "Warm Fuzzy". (A doll made up of a pom pom, pipe cleaners, eyes, a button nose and a string for a mouth). When this little girl is feeling sad and alone and feeling she needs to be reminded of her Mom's strength and love all she has to do is reach her hand in her pocket and feel the warmth of her "Fuzzy" and this places her at ease. This little girl quickly learns that it is not just her that has a need to feel strength and love. She passes on her Warm Fuzzy to the new girl at school making her not only feel better but finding a new friend. She then comes up with the idea to make more so she can pass them onto others in an effort to repair friendships, show someone she cares, and feel good about herself.

At times, it is in sharing and giving a tangible object when relationships can heal.

Warm Fuzzies will be sold with the book. The book will be published and a toy manufacturer is making the Warm Fuzzies in a child friendly manner. This should all be done by the end of December and promotions will commence in the early part of next year through the primary schools, and book stores including Chapters.



This is a true story based upon my life experience.

Treatment Foster Care - Open House

Published Article: *Cobourg Daily Star, Port Hope Evening Guide Wednesday, Oct. 23, 2007*
By: *Cecilia Nasmith, Cobourg Daily Star*

Learn More about Special Program At Treatment Foster Care's Open House

We are really excited about what we are doing. It's so gratifying to have a group of people who are committed to a similar goal for our children, and to see that being accomplished.

— Kevin Sullivan

There's a lot more happening than meets the eye at the Treatment Foster Care office in Cobourg.

That has always been true, of course. The entrance at Unit F, 200 Division Street, is deceptively low-key, considering the invaluable work they do. But thanks to the generosity of the McCaig family (who own the Taunton Block in which their office is located), a two-storey addition has been put on the back of the building exclusively for their use.

So while program manager Kevin Sullivan can point to where their office used to end, he can also happily show the way beyond to the new facilities that open so many possibilities for the program.

A life-skills course for some of the older girls in care is already going on in the classroom/kitchen, which is next to a large board room.

Upstairs, space has been cleared out for such specialized purposes as art therapy and office space for foster-parent therapists and university-placement students, now that there's a whole new wing available for staffers' private offices.

“This space is so helpful in terms of the work we do,” he said. “We wanted to do something that opened up the organization to the community at large — to get a sense of what we are about and what we are doing, just to share our excitement about the work we are doing.”

An October 26 open house is slated to celebrate and, for Mr. Sullivan, it signals a time to reflect on the success of the program.

Supervisor Duane Durham says the program began in April 1990 with two children who were placed with long-time foster-parent therapist Pat Andrews. Mr. Durham says it was good to start things off with such a successful case.

“The two boys had been up for adoption a couple of times,” he explained. “Their level of trauma didn’t make them very adoptable. The biological mother came back on the scene and was looking at being reconnected. ”We did an assessment, and Pat put in hundreds of hours with the mother, mentoring and in terms of the relationship. In the end, the boys returned home and Pat continued to have a strong relationship with the biological mother.”

The boys were pretty hard to handle, Mrs. Andrews admitted, and integrating the mother into their lives when, at first, they didn’t even want to look at her was another challenge. But the program provided her with all the help she needed.

The bond remains to this day. Mrs. Andrews heard from the boys only last week. Both are now fathers and both are now working.

This teamwork of foster-parent therapists with biological parents is one of the strengths of the program, Mr. Durham said. Continuity of care — as opposed to an institution where staffers’ faces come and go — leads to a healthy sense of attachment.

The program began with sponsorship from three Children’s Aid Societies: Durham and Oshawa, Northumberland, and Peterborough Kawartha-

Haliburton. More recently, the Hastings organization has come on board — four Children’s Aid Societies jointly involved in the administration, funding and operation of the program.

Workers with the program have lower caseloads than traditional foster care to allow for the more intensive work that will be required — nine cases and four homes per resource worker opposed to the traditional 75 cases and 25 homes.

At present, Mr. Sullivan said, there are 53 children cared for in 28 homes in the program, with nine more that provide relief services. A Critical Service Support Program introduced in 2004 takes the services a child needs to the home, as opposed to bringing the child to the service.

Mr. Sullivan says it is important to know what came before 1990 and how little was available for children who had treatment needs — those who had been abandoned or abused, those with mental-health issues and those who had been in a number of unsuccessful foster-home placements.

Labels were often attached to children, and those with the “incorrigible” label went to training schools (which the Brookside young-offender facility once operated as). In these places, a child had to become aggressive in order to survive, and the skills learned would better serve him or her on the street than in the school or workplace.

For those with other labels, there were group homes and institutions — unfortunately, often located in big cities far away from any touchstones in a child’s life. An institutionalized child wouldn’t be invited to a friend’s birthday party, go to a community school or be involved in Scouts or Brownies, Mr. Sullivan said.

“The life experiences are so much different, keeping children with treatment needs in our community with highly experienced dedicated care givers” is important, he said. Mrs. Andrews says training is offered on a regular basis in such areas as attachment, sexual abuse and fetal alcohol syndrome. But the program supports her

in whatever other training she wants to take on her own, such as a year-long program at George Brown College that she passed with honours.

“We are encouraged in all the training because, when we are dealing with these children, it’s easier when we know what to expect, what to do when they are acting out, why they are acting out,” she said. Involved with foster children for 25 years, Mrs. Andrews has become an asset to the program herself as one of the trainers. Her daughter is also a foster parent, and her two sons offer foster-parent relief service.

At present, she has had the same three children in her home for a number of years. Thanks to the support she gets from the program, she expects to have them until they turn 18. Meanwhile, they are in school, have joined clubs and generally stay out of trouble. The oldest one even has a part-time job.

This kind of case speaks to a need that has been identified as paramount for these children, Mr. Sullivan said — the need for permanency. New legislation recognizes this by, in some cases, extending to foster parents such rights as guardianship and custody agreements.

The example these families set offers invaluable skills a child can pick up and apply to establishing a healthy life of his or her own, he said. And the larger community has in effect joined the team, with educators, health-care professionals, employers and other participants in a child’s life standing solidly behind them.

“We are really excited about what we are doing,” Mr. Sullivan said. “It’s so gratifying to have a group of people who are committed to a similar goal for our children, and to see that being accomplished.”

Mr. Sullivan extends an invitation to one and all to share in the celebration and learn more about the program on October 26. The open house runs from noon to 3 p.m.

Business Beat

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Photo: *Ted Amsden*



From left, Treatment Foster Care director, Kevin Sullivan, David McCaig, Marilyn Thornton, Tom McMillan, Linda Goldie and Cobourg Mayor Peter Delanty cut the ribbon Friday afternoon at the Queen Street location. The occasion was the enlargement of the facility by 2,000 square feet. Funded by 4 Children’s Aid Societies, the TFC provided care and counseling to 125 foster children last year and their families with the help of 18 staff and 3 university students. The centre reaches out with therapeutic support as far west as Scarborough, east to Belleville and north to Haliburton.

We Are Your Sons and Daughters The Child Advocate’s Report on the Quality of Care of 3 Children’s Aid Societies Report Prepared by: *Judy Finlay, Chief Advocate*

The following are excerpts from the larger report of the Office of Child and Family Service Advocacy (OCFSA)

Provincially appointed Child and Youth Advocates across Canada have been deeply concerned about the state of child welfare throughout the country. The provision of child welfare services in Ontario differs from other provinces substantively, but the concerns about the best interests and wellbeing of children in state care resonate throughout Canada. This review in Ontario is timely and will hopefully provoke discussion both provincially and nationally on behalf of these young people.

Important conclusions can be drawn from the review of the quality of care offered to young people in the care of three child welfare agencies in Ontario. Two hundred and seventy-eight (278) young people spoke about their “lived experience” to Advocacy Officers who met with them at the residential settings in which they lived. The responses of the young people echoed current research and the experience and observations of the OCFSA.

Children coming into care present with an increasing complexity of needs. They often have neuro-developmental disorders, medical complexity, and cognitive impairments. It has been acknowledged that deprivation and chaotic family lifestyles contribute to a host of neuro-psychiatric problems that culminate in more extreme behaviours on the part of the child. For these reasons, it is not surprising that it is repeatedly reported that young people in care have higher rates of mental health concerns than community children. If early, decisive intervention that addresses the roots of behavioural difficulties does not occur, this complexity of needs will generate a series of multiple placements and perpetuate the stigmatization and alienation of the child as a “troubled kid from care”.

The most compelling conclusion in this review is the importance of “family-like” environments in creating positive outcomes for young people in care. The desire for home like environments was evident in the words of both the young people and the foster parents alike. The OCFSA was moved by the many stories recounted by young people of how they felt they were loved by their caregivers, how their wishes were respected, how they were given a variety of opportunities to grow and develop to their full potential, and how they felt a sense of attachment and belonging. How they felt like “sons and daughters”. Family-like environments were achieved in both foster and group care but more frequently described in foster care. Foster parents need to be commended for their dedication and their unconditional support

of these young people and for embracing them as they would their own.

Every care provider has the capacity to create a “family-like” environment. A wealth of knowledge and experience exists throughout the province and care models emulating these qualities are available for replication. Leadership and policy direction is required on the part of government to advance this preferred model of care. This entails the provision of residential settings that replicate “homes” in structure, milieu and culture with parent therapists, extended families, community supports and numbers of children and youth in the care of these settings that do not exceed four. To elevate the status of “family-like” models of care, consideration needs to be given to the additional resources and supports delineated by the Foster Parent Association. These are in keeping with the requests of any prudent parent. A campaign, founded on the same values and principles that we apply to the development and wellbeing of our own sons and daughters, needs to be directed to recruit and retain foster parents.

Institutional models of group care appear to attract young people with a greater complexity of needs. It is the model however, with a more limited clinical capacity and fewer evidence based outcomes. Treatment foster care is being recommended as the model of care for the range of age groups and the continuum of needs of young people in child welfare care. It addresses the preference voiced by young persons to live in a family-like environment; normalizes out of home care and in so doing reduces the stigma attached to group care options; provides therapeutic supports for youth with histories of trauma and attachment disruptions; provides the requisite supports to foster parents and is cost effective.

Finally, it is hoped that this review in Ontario will provoke a broader response and encourage a substantive look at the quality of care for young people in state care, nationally. After all, regardless of geography or jurisdiction, these are our sons and daughters.

Children's Achievements...

On Sept 10, 2007, C.A was approached by a vehicle while waiting for the bus in front of his home. This vehicle offered C.A. a ride to school. C.A was able to use safety skills he had learned and run back to the home to report this incident to his mom. The police and school were contacted and C.A was able to provide a very detailed description of the two people in the car and the vehicle which led to the police locating these individuals. Good work C.A we are so proud of you.



C.A was also asked by his school in October to represent the school in a recycling program. This was a great honor for C.A. Keep up the great work.

D.P. was awarded second place in collection of funds to support his sea cadet's troop. It was also nice to see D.P. at our community open house in his sea cadet's uniform, he did an excellent job representing all the children at TFC. Thanks D.P



M.F. continues to be actively involved in cubs. He has learned many new skills and accomplishments through this activity. M.F continues to look forward to camping outings, making friends, and learning new skills. M.F. is

also looking forward to practicing skating over the winter months. Keep up the great work M.F.

Tradition of the Candy Cane

During the 17th Century, when Christmas trees became popular in Europe, people made decorations for their trees. Many of the decorations were cookies and candy. During this time, the candy cane was a straight, white stick of sugar candy.

Around 1670 the choirmaster of Cologne Cathedral had sticks of candy bent into the shape of a shepherd's crook and passed them out to children during Christmas celebrations.

The use of candy canes on Christmas trees made its way to America by the 1800's; however they were still pure white. It is not until the early 20th century that they appear with their familiar red stripes.

Chocolate Candy Cane Cookies

www.kraftfoods.com



- 1-8oz. pkg. softened cream cheese
- ¾ cup softened butter
- 1 cup sugar 2 tsp vanilla
- 2 ½ cups baking flour
- 4 squares semi-sweet chocolate, melted
- 1 pkg (6oz.) white chocolate, melted
- 12 hard peppermint candies, crushed

PREHEAT oven to 350°F. Beat cream cheese, butter, sugar and vanilla in large bowl with electric mixer on medium speed until well blended. Add flour and baking soda; mix well. Blend in semi-sweet chocolate.

SHAPE tablespoonfuls of dough into 52 balls. Roll each ball into 3-inch-long rope. Place, 2 inches apart, on baking sheet, bending top of each slightly to resemble a candy cane.

BAKE 10 to 12 min. or until lightly browned; cool 5 min. on baking sheet. Transfer to wire racks; cool completely. Microwave white chocolate as directed on package; drizzle over cookies. Sprinkle with crushed candies. Let stand until chocolate is firm.

SEASONS GREETINGS

