

Community Youth Services

November & December 2011

**INFORMATION
&
LOCATION**

**131A-1st Ave NE
Moose Jaw, SK
S6H 1A2
(306) 691-1644**

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We held our 2nd annual Christmas party on December 20th, 2011. It was a huge success!! We had 40 youth, a couple wee ones and staff attend an excellent turkey dinner with all the extras and apple pie. After supper we visited, opened gifts and took a huge group photo.

EXTRAVAGANZA

COMMUNITY YOUTH SERVICES

MISSION:

To use a non-traditional, holistic approach to empower and support high-risk youth by providing a place of belonging and offering creative services.



NOTE: Our Newsletter will now becoming out on a Quarterly basis instead of Monthly.



New Office Decoration created by youth!

YOUTH ADDICTIONS DROP IN GROUP

WHO: YOUTH ages 15-18. Facilitated by counsellors/ community support workers.

WHAT: A group-facilitated discussion on life problems resulting from addictions or relapse.

WHEN: Every Tuesday @ 3:45.

WHERE: Community Youth Services -131 First Ave. N.E

WHY: Group members actively participate in receiving support regarding recovery and addictions.



Trying to Keep Up!

Ever since settling into our new digs we have hit the ground running with multiple groups and various activities for our youth to attend. We have restarted our girl groups at various high schools in the city and more recently, have started a youth addictions drop-in group.



WELCOMING NEW STAFF

Over the past month we have had four new additions to the Open Connections Team.

- Jade Hayes (CSW)
- Maegan Nestman (CSW)
- Helene Haviland (PYOW)
- Derek Churko (PYOW)

Transitions To Employment is also welcoming a couple new people to their team.

- Lacey Flavel
- Paula Reynolds

The Mental Health & Addictions School Team has also made several changes to their team. They welcome [Brian Campbell](#), [Deanna Hallick](#), [Carlie Pagens](#).

OUR VISION

To build meaningful and trustworthy relationships with youth struggling with or at risk of substance use/abuse

To provide youth with the skills needed to overcome the psychosocial consequences of their substance use

To meet youth where they are at in order for them to move towards a healthier future

To engage with the community of Moose Jaw in reaching at risk youth

HIGHLIGHTS

- Youth-Led Programming
- Agribition
- Fear Factor
- Christmas Party
- Warriors Game



Transitions To Employment

Transitions to Employment's 9-week group-based program begins on January 16th, 2011, and has several spots left! If you know of someone (15-30 years old) who is in need of employability skills, please send them our way prior to this date. Have a happy New Year!

A 9-week program designed to enhance life and employment skills, participants will gain the knowledge and training necessary to pursue career and educational goals, whatever they may be. The program is group-based and runs over the course of nine weeks. The training program runs Monday to Friday, 9am-4pm each day. The Group-Based Employment Training has a reputation of being a fun, interactive, and engaging learning experience that thoroughly prepares participants to accomplish their goal(s).

Contact us at **691- 1610**

Mental Health & Addictions School Team

The mandate of the school based team is to promote, preserve and restore the mental health of and reduce harmful substance use in youth. This is done with direct service or indirectly by supporting other agencies involved with the individual. Service delivery is client-centered in the context of family, which is needs based, voluntary and confidential. School based addictions counsellors and social workers work alongside other agencies to facilitate a case management approach and help build capacity in the individual, family and other team members.

We are having a busy start to the New Year doing presentations for students and parents alike. We are also busy meeting with youth around the high schools in Moose Jaw, along with restarting our girls groups.

Population Health Promotion

The last few months in Population Health have been super busy...and super exciting at the same time! More than 700 grade 7 & 8 students from throughout the Five Hills Health Region participated in the 2nd annual Addictions Awareness Youth Conference at Riverview Collegiate on Monday, November 28th. The day included Kevin Brooks (kevinbrooks.ca) as our keynote speaker (and celebrity of the day!) and presentations from the MJPS Canine Unit, MJ EMS, Open Connection, Mental Health and Addictions Services, and the Saskatchewan Lung Association. We had tons of prizes, tons of dance breaks, and tons of fun – all while learning how we can each make healthier choices that benefit both ourselves and others. Professional photographer Dane Roy (daneroy.ca) joined us over lunch to capture some powerful Fears. Vs. Dreams footage that will be released in a yet-to-be-decided way in the next few weeks. Keep your eyes peeled or, in the meantime, drop into Community Youth Services and check out the Fears Vs. Dreams wall and ask yourself: “What is your biggest fear?” and “What is your greatest dream?” – You might be surprised how powerful those two little questions can really be!

A new year means...a new anti-bullying project! After massive success last year (6,600 T-Shirts to be exact...), the 2012 Anti-Bullying T's, Hoodies, and Bracelets are starting to make their way around town and across the province. Grant applications for youth-led anti-bullying initiatives will be coming out in the next few weeks but, while you wait, make sure to drop into the Moose Jaw Police Service, Guys & Dawls, or Hart & Soul, to get your products today! The response has been great already and, as we get closer to the big day in mid-April, I imagine we will all be seeing a lot more pink around town again this year. Any questions or comments on this or any other pop health project? Call Erin @ 691-1578.

At Community Youth Services we recognize youth as a vital part of our society and believe every youth has the inherent potential for success. We work with youth to encourage the discovery of their abilities and strengths, and the development of skills to achieve wholeness in all aspects of their lives.

Best Practices When Working With At Risk Youth

As part of our training as staff at Open Connections, we attended a two-day course on a brief counselling approach called Motivational Interviewing (MI). This approach is very youth friendly and client-centered, applying strategies to help facilitate client commitment and motivation toward positive choices and a decrease in substance use. The key assumptions when coming from an MI mind frame are the following:

- Motivation is not an innate character trait
- Motivation is the result of interpersonal interactions
- Ambivalence to change is normal and acceptable

The MI model asserts that it is normal for youth to question and challenge authority figures as they develop autonomy. As youth workers and counsellors embrace the beliefs of MI, they are able to have patience and respect for youth as they become autonomous. Allowing youth to express their frustrations and ambivalence enables them to build a trusting relationship with the worker. The helper's role is simply to help the youth weigh out the pros and cons, benefits and consequences of their choices and actions. Some key skills for helpers to develop within the MI model include:

- Reflective listening
- Open-ended questioning
- Summarizing reflection
- Identifying discrepancies between personal goals and behaviours
- Affirming strengths
- Encouraging small-step plans and behaviours

MOTIVATIONAL INTERVIEWING

**FIVE HILLS
HEALTH REGION**

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Services
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SOURCE: Health Canada's *Best Practices: Early Intervention, Outreach and Community Linkages for Youth with Substance Use Problems*, P. 37

It was a high counsel that I once heard given to a young person, "ALWAYS do what you are afraid to do."

Ralph Waldo Emerson