

# Status Report May / June 2015

## South Shore SchoolsPlus

Notes: Burris

<b>Municipal Alcohol Project</b>	<p>We continue to meet with and work with MAP to develop Youth Alcohol Project (YAP) An information meeting will be held 9 July to raise awareness with groups around the Youth Alcohol Project.</p> <p>Background –</p> <p>MAP – The Lunenburg County Municipal Alcohol Project (MAP) is an undertaking of many community partners concerned about the harmful use of alcohol and its impact on individuals, families and the community as a whole. Through focused advocacy and policy actions, the MAP Committee seeks to minimize risks and harms and to shift the culture of alcohol use at the community level.</p> <p>YAP – At a community forum carried out by the MAP Committee earlier this year, the issue of ‘youth engagement’ emerged as a key priority for action. The MAP Committee subsequently agreed to launch the development of a Youth Alcohol Project (YAP) – modeled in principle on the intentions and focus of the Municipal Alcohol Project (MAP) – as a concrete means to engage youth in alcohol-related advocacy and policy change efforts. While planning for YAP is still preliminary and provisional, it is intended that YAP will involve a diverse cross-section of youth from grades 9 to 11 (or of equivalent age). An initial meeting/working session involving youth recruited to the project is being planned for late August or early September 2015. (As background documents, please see attached ‘Together We Can’ Highlights Report of Community Forum and one-page Overview of the Youth Alcohol Project.)</p> <p>The ‘Ask’ –</p> <p>The MAP Committee is seeking the support of leaders and representatives of Lunenburg County youth-focused organizations to help move YAP forward. Specifically, the MAP Committee hopes for your support in principle for the project, and some assistance in the following ways:</p> <ol style="list-style-type: none"><li>1) to attend a brief meeting (of perhaps two hours) to discuss possible approaches and mechanisms to involve youth</li><li>2) to identify and to help recruit suitable youth members of YAP</li></ol>
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<b>Restorative Approaches</b>	<p>1. <b><u>FHCS - This report on Restorative Activities at FHCS was sent by Lindsay Welsford and Ray Johnson.</u></b></p> <p><b><u>Community Building</u></b></p> <p>Our LC Community Group has been a great success this year. Our intention when developing this group was to create a supportive network of families, school staff, and community agencies.</p> <p>The group has come together at various points to create our purpose. Our first meeting, held in June 2014 introduced the concept to parents and, as a group, we created our direction. The group decided upon specific topics to focus on throughout the year. Topics included social thinking/social skills, self-regulation, independent living Skills/life skills, leisure/recreation, applying assistive technology, and communication.</p> <p>This group has made some powerful changes for the lives of our students. As a group, we identified a need for additional recreational and social opportunities for our students in the community. We invited individuals to our meetings to brainstorm our needs and goals for our kids, and we were able to secure funding for an 8-week evening recreation program. Using the discussion circle, we were conscious</p> <p>That each member of the group had an opportunity to contribute their ideas to the project.</p> <p>We were able to hire a program facilitator and recruited five student volunteers to run our recreation program. To prepare for our program, the 5 student volunteers were trained in communication, empathy, and leadership. Some of the activities included a visit to the outdoor gym, camping, drama with a local dance instructor, and karaoke.</p> <p>Further group meetings were based around transitions, within school and from school to community. We met as a group to generate questions we had about transitions and gather information about who we could invite to our group to address these questions.</p> <p>Our final session of the year brought together representatives from community services, health and mental health, the school board, and</p>
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parents. From the questions generated at our previous sessions, we pulled out themes and invited the group to add to those questions or themes. We decided on one topic to discuss as a group. The topic chosen was independent living. Using a double circle, parents had an opportunity to voice their concerns, questions, and stories, with professionals listening from the outer circle. Our representatives then had the opportunity to address the same issues within the inner circle and we finished the evening with a larger group discussion, elaborating on any of the questions or comments made during the double circle. Parents came away from the evening feeling heard and included.

### **Daily Social Skill and community building**

We meet as a group daily to say good morning and check in. This group is highly structured for our students with special needs. We begin by saying good morning to a young man who is blind and non-verbal. He is learning to use his communication device to say good morning to each person, which also allows him to know who is in the classroom environment that day. We then have a check in question, which we pass the talking piece to answer and then we check in with our Zones of Regulation (our emotions). Students are able to elaborate on why they are feeling that way and who else may be feeling the same or different. The purpose of this is for them to further develop empathy and noticing how others are feeling. Finally we practice our mindful breathing, which allows us to prepare for times of stress outside of the circle. We have recently added an element that provides structure for our students to learn how to give compliments. Students choose the compliment; give the compliment and the recipient gives their thanks. This has increased the connection between our students. Students have also generalized this positive socialization outside of the circle.

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2. Bridgewater / Queens (Bridgewater Police, Queens RCMP, and SchoolsPlus) Youth Advisory Committee (since merged to South Shore YAC) completed a year of training and workshops to build skill and leadership in the area of Restorative Approaches and Conflict Resolution. Youth plan to take their skills back to their schools to support restorative environments. Awareness materials will be distributed at the Bridgewater Exhibition parade and at our exhibition booth. Posters and visual media are due to be completed in July.



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### South Shore Youth Advisory Committee YAC



Our Lunenburg County RCMP / *SchoolsPlus* YAC and our Bridgewater / Queens Bridgewater Police Services/ RCMP / *SchoolsPlus* YAC have merged. Henceforth the merged group will be known as the South Shore Youth Advisory Committee, and will consist of approximately 50 members. Youth who participate represent every junior / middle/ senior high in the SSRSB area, in Lunenburg and Queens counties. As in past, the group will meet once monthly, in various schools, where we will work on the goals for the coming year, which are:

#### **OBJECTIVES 2015-2016**

1. Luring and Cyber crime
2. Name the Shame – Program for the prevention of sexual harassment and assault
3. Youth Alcohol Project
4. Newsletter / PR
5. Restorative skills will be incorporated in all our work, and was a main feature of the BW/Q group this year. Celebrations of our work were held end school year.

Summer activities include participation in the Bridgewater Ex parade; running a display and information booth at the exhibition; participating in four day camps for younger children, where safety will be a theme.

Our work and group(s) have been supported by partners and funding from Nova Scotia Crime Prevention grant, Leadership grant (SSRSB), RCMP funds and Bridgewater Police Services funds, and Department of Justice support with Richard Derible, Project Lead Restorative Approaches in Schools Project Department of

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Justice.

We look forward to our opening meeting in the fall where the merge will be celebrated!



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### South Shore Community Justice

This summer, South Shore Community Justice staff has kindly made loan of their staff member Charlene Flint, Youth Outreach, who will be supporting South Queens youth until a new SchoolsPlus Community Outreach worker is hired. Thanks Susan and Charlene!

### Name the Shame Project

**NAME the SHAME:**  
A Program to Support the  
Prevention of Sexual Harrassment and Assault

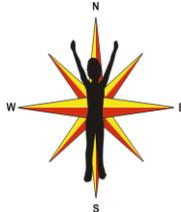


Camp newsletters  
attached at end

The Name the Shame project – Youth developed strategies for prevention of sexual harassment is a multi-year program of strength-based, youth engaged processes which support youth success, growth and development in areas including health and wellness, safety, relational skills, social awareness, human rights, and youth leadership, among others. These principles align with our collaborating agencies in the SchoolsPlus Advisory Committee, namely, Health and Wellness, Justice, Education, and Community Services, as well as other community agencies and organizations.

Activities:

1. YAC awareness material – luring prevention campaign



2. **GPS**  
GIRLS' POWER and STRENGTH  
FIND YOUR DIRECTION!  
Sponsored by SOUTH SHORE SCHOOLS PLUS  
Girls' Power and Strength camp at which the following workshops were presented: (details in attached newsletter)

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- a. **Luring Protection and Awareness**
- b. **Self-Defence**
- c. **Self Esteem**
- d. **Setting Personal Boundaries**
- e. **Positive Image**
- f. **Sexual Health and Healthy Relationships**

Volunteers facilitating the workshops were SchoolsPlus Facilitator and Staff (Shirley Burris, Sharon Brown, Charlene Flint, Sarah Haughn), Holland College intern, Erica Langille, Constable Rod Francis (RCMP), Julie Veinot, Director of the Sexual Health Centre Lunenburg County, Bridgett Morgan, DEC, BA, RSW, BSW



3. **Orient Survive Excel** Off the Grid Day Camps (details in attached newsletter)
  - a. Senior Boy's Day Camp 3 June, 2015 –
    - i. Camp took place at Keji Park, where cultural and physical activities took place during the day. Morris Green B.P.E., M.S., Coordinator – Youth Health, Public Health Branch, Nova Scotia Department of Health and Wellness consulted around workshops for youth on **healthy relationships, maturing to adulthood, and personal safety.**
    - ii. Boys representing all schools in Lunenburg and Queens Counties (grades 8-12) and YAC members, attended.
    - iii. Facilitators for the workshops and activities included the SchoolsPlus Community Outreach team (Dave Brennan, Ryan Sperry, Sarah Haughn, Sharon Brown, and intern Erica Langille) as well as consult with Morris Green B.P.E., M.S., Coordinator – Youth Health, Public Health Branch, Nova Scotia Department of Health and Wellness, and Keji staff.
  - b. Junior Boys' Day Camp 10 June, 2015
    - i. Camp took place at Keji Park, where cultural and physical activities took place during the day. Shirley Burris, Facilitator SchoolsPlus, provided an RCMP designed workshop for youth on **luring and internet safety.**
    - ii. Boys representing all schools in Lunenburg and Queens Counties (grades 5-7) and YAC members, attended.
    - iii. Facilitators for the workshops and activities included the SchoolsPlus Community Outreach team (Dave Brennan, Ryan Sperry, Sharon Brown, Sarah Haughn, and intern Erica

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	<p>Langille) as well as Keji staff.</p> <p>4. Safety will be a component of some of our youth camps and activities running this summer.</p>
<p><b>SchoolsPlus Community Outreach Workers Provincial PD day – 1 May</b></p>	<p>South Shore Outreach staff and intern attended the Provincial Outreach PD day coordinated by Tara Moore, SchoolsPlus Co-ordinator, Nova Scotia. Presentations heard included IWK Mental Health and Addictions- Choices Program ~ Charmaine Atkinson and Self Harm~ IWK, Garron Centre Inpatient Unit.</p> <p>We appreciate Ryan Sperry for the excellent display he created for the South Shore group, and thanks to Dave Brennan and Ryan Sperry for the presentation they gave around our Horizons' program.</p> 
<p><b>Shirley Burris – meetings , presentations, caseload and other</b></p>	<p>Meetings and presentations, etc.:</p> <ul style="list-style-type: none"> <li>• Youth and caseload support</li> <li>• Roundtables and Intake assistance / home visits</li> <li>• Complex case meetings</li> <li>• Parent Supports</li> <li>• Department of Ed SchoolsPlus Provincial Steering Committee (Monthly)</li> <li>• SchoolsPlus Advisory Meeting</li> </ul>

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- Inter-agency meetings (6)
- Case conferences / debrief meetings
- Expansion planning and other planning meetings with Darren Haley
- Attendance Project work sessions and meetings
- Phone conferences / round-tables planning – youth and families
- Caseload follow-up
- Facilitate YAC (BW/Queens and Lun) – henceforth these will be merged to South Shore Youth Advisory Committee
- Lunenburg County RCMP / SchoolsPlus YAC
- Budget and planning prep, meetings, and reports
- Staff evaluations (ongoing)
- Intern Orientation and planning (ongoing)
- Restorative Approaches – follow up and PR work
- Team Meeting
- Intern Evaluations
- GPS co-facilitations
- OTG co-facilitations
- Sexual Assault Services Lun / Queens table
- Medical appointments for youth and families
- Transition meetings
- Transporting student to new home area and orienting
- Agency meetings
- Planning summer events
- Family of Schools Meetings
- Problem-solving meetings with schools
- Visual media construction for summer events

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Notes: Burris

	<ul style="list-style-type: none"> <li>• Municipal Alcohol Committee meetings – planning for Youth Alcohol Committee framework and timeline with agency tables.</li> </ul>
<p><b>Upcoming:</b></p>	<ul style="list-style-type: none"> <li>• Summer camps</li> <li>• SchoolsPlus / RCMP Day Camps (four Tuesdays in July and August)</li> <li>• Summer activities planning: city outings, Queens outings, Horizon’s Project outings</li> <li>• Interviews</li> <li>• Attendance Supports work (relational) – contact with families</li> <li>• Restorative Approaches planning for fall</li> <li>• July - Big Ex – parade and booth for both YAC groups</li> <li>• August – Expansion activities</li> </ul>
<p><b>Sarah Haughn 50% NQ and Greenfield (Teaching remaining time)</b></p>	<p>In addition to client caseload and complex case follow-up:</p> <ul style="list-style-type: none"> <li>• Debrief Meetings with facilitator</li> <li>• Team Meetings</li> <li>• Intern Shadowing (both interns) / Mentoring interns</li> <li>• Meetings with Staff/Students/Families</li> <li>• Providing individual support for students</li> <li>• Options to Anger – Wednesday Afternoons</li> <li>• Supporting BWQYAC – organize youth, and drive, and support Restorative Approaches - Organizing for YAC at NQCS</li> <li>• Transporting youth and attending a Youth Advisory Committee Meeting</li> <li>• Facilitating Friends for Life Program with grade 3 students, Thursday mornings at GES</li> <li>• GPS camp planning and supports, transportation and mentoring, and</li> </ul>

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	<p>workshop facilitation</p> <ul style="list-style-type: none"> <li>• OTG camp planning and supports, transportation and mentoring</li> </ul>
<p><b>Paula Davison</b>  <b>Full Time BES,</b>  <b>BJSHS, WNES,</b>  <b>NGES, NGRHS</b></p>	<p>In addition to client caseload and complex case follow-up:</p> <ul style="list-style-type: none"> <li>• Team meeting</li> <li>• Attended and participated in PD day on June 23<sup>rd</sup>.</li> <li>• Debrief Meetings with facilitator</li> <li>• Team Meetings</li> <li>• Intern Shadowing (both interns) / Mentoring interns</li> <li>• Meetings with Staff/Students/Families</li> <li>• Providing individual support for students</li> <li>• Advocating for student for swim program</li> <li>• Transition activities for student (ongoing) Grades 6 to 7. Transition project for two BES students who will be going to BJSHS next year and helping them to get use to the school through weekly visits and participating in projects at BJSHS. Every Tues lunch for 1.5 hrs.</li> <li>• Obtaining supports from United Way for eyeglasses for youth</li> <li>• Zones training with a parent from WNES, in the works to get a bigger group involved this month, will be looking at this in collaboration with guidance.</li> <li>• Working with a child at BES on oppositional behavior strategies to support the team, working with him and the puppy and this is going really well.</li> <li>• Elementary student supports around on dealing with the death of his mother.</li> <li>• Working with a student who is needing collaborative post-natal supports</li> <li>• Clothing supports students</li> <li>• Food supports families</li> <li>• Self-esteem supports</li> </ul>

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	<ul style="list-style-type: none"> <li>• With Guidance doing restorative circles and restorative work around fitting in</li> </ul>
<p><b>Sharon Brown Full Time – All South Queens schools</b></p>	<p>We are sad to see Sharon leave for a year's leave of absence. The replacing outreach will be hired during summer months. We wish Sharon every success in her new ventures.</p> <p>In addition to client caseload and complex case follow-up:</p> <ul style="list-style-type: none"> <li>• Debrief Meetings with facilitator</li> <li>• Team Meetings</li> <li>• Intern Shadowing (both interns) / Mentoring interns</li> <li>• Meetings with Staff/Students/Families</li> <li>• Providing individual support for students</li> <li>• Incredible Years Parenting Training</li> <li>• Support and co-facilitation for GPS camp for girls</li> <li>• Transportation and mentoring for both OTG camps</li> <li>• Interagency meeting</li> <li>• Supporting BWQYAC – organize youth, and drive, and support Restorative Approaches</li> <li>• Attending Inter-agency meetings</li> <li>• Continued community partner meetings to maintain and strengthen connections within the community</li> <li>• Informal meetings with students not on caseload; supporting school, teachers, guidance, admin and student body</li> </ul>

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**Ryan Sperry**  
**40% - New Ross**  
**(teaching remaining**  
**time)**

In addition to client caseload and complex case follow-up:

- Preparing displays and presenting at PD training day – provincial 1 May
- Co-facilitating, planning, and transportation for two OTG camps
- Summer planning
- Outings
- Debrief Meetings with facilitator
- Team Meetings
- Intern Shadowing (both interns) / Mentoring interns
- Meetings with Staff/Students/Families
- Providing individual support for students
- Supporting Inter-agency meetings
- HORIZONS PROGRAM
  - Horizons group working on personal qualities and values
  - After School group every Wednesday – horizons Program Activity
  - Horizons' Boys' group – Wednesdays following recess for one hour  
- Focusing on communicating with others, complimenting others, and how we talk and act may make others feel a certain way, personal qualities and values
  - Survival bracelets
  - Making key chains
  - After school activities
  - Biking
  - Making key chains
  - Sports
  - Mentoring youth leaders
  - Peer mentoring

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	<ul style="list-style-type: none"><li>○ Curling</li><li>○ Softball</li><li>○ Homework Help</li><li>○ Archery every Wednesday after school</li><li>○ Floor Hockey every Friday after school</li><li>○ Boys' Sportsmanship group</li><li>○ Making Horizons' shirts with iron-on transfers</li><li>● Dental appointments for youths</li><li>● Entrepreneurship – selling bracelets youths have made</li><li>● Making videos and picture/ slide shows</li></ul>
<b>Dave Brennan</b> <b>Full Time FHCS,</b> <b>CAMS, CDES,</b> <b>ACES</b>	<p>In addition to client caseload and complex case follow-up:</p> <ul style="list-style-type: none"><li>● Team meeting</li><li>● Attended and participated in PD day on June 23<sup>rd</sup>.</li><li>● Participation in the Attendance Supports process (Eastern area)</li><li>● Planning and co-coordinating Summer Day Camp</li><li>● Outings</li><li>● Preparing and presenting for PD training day – provincial - 1 May</li><li>● Debrief Meetings with facilitator</li><li>● Team Meetings</li><li>● Interagency meetings</li><li>● Preparing and facilitating two OTG camps June</li><li>● Transportation</li><li>● Youth and family advocacy with agencies</li><li>● Intern Shadowing (both interns) / Mentoring interns</li></ul>

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- Meetings with Staff/Students/Families
- Providing individual support for students
- Meets with interagency group monthly at FHCS
- Ongoing collaboration with Ryan and Shirley - Horizons Program

### HORIZONS PROGRAM

- ACES... every Friday
  - knitting
  - playing board games
  - hiking
  - videoing
  - camera and photo walks
  - gardening
- CAMS... every Thursday
  - Knitting,
  - hockey,
  - hiking,
  - dog obedience and
  - catching up on homework
  - gardening
  - building computer
  - electronics board
  - wood carving
- CDES... every Tuesday
  - dog obedience,
  - Lego,

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	<ul style="list-style-type: none"> <li>○ gym time (hockey, basketball) and</li> <li>○ board games</li> <li>○ gardening</li>   <li>● FHCS... every Monday             <ul style="list-style-type: none"> <li>○ Woodworking,</li> <li>○ dog obedience,</li> <li>○ gardening</li> <li>○ wood carving</li> <li>○ overdue assignments,</li> <li>○ and the Open Air Society (Open Air Society, partnered with Chester Rec, is after school on Tuesdays and involves expanded to accommodate another youth group from FHCS, CAMS, and, CDES)</li> </ul> </li> <li>● Wednesday is for whatever is needed and for any school needing</li> <li>● Horizons videos have begun</li> <li>● Boys' and girls' Options to Anger groups partnered with Community Justice and teaming with Charlene Flint, and with Mental Health</li> </ul>
<p><b>Charlene Flint FHCS (20%) (Remaining time with South Shore Community Justice)</b></p>	<p>In addition to client caseload and complex case follow-up:</p> <ul style="list-style-type: none"> <li>● Team meeting</li> <li>● Attended and participated in PD day on June 23<sup>rd</sup>.</li> <li>● Case notes and monthly reports.</li> <li>● Year-end wrap up.</li> <li>● Knowledge seeking about Pride Health at the IWK to assist a case with advocacy issues.</li> <li>● Team meeting on June 29<sup>th</sup>.</li> <li>● Meeting with teacher to coordinate the referral of a new student in need of</li> </ul>

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	<p>advocacy support.</p> <ul style="list-style-type: none"><li>• Discussion with mental health for updates on mutual clients.</li><li>• Communication with facilitator for case review and update for meetings.</li><li>• Case review with facilitator.</li><li>• Youth and family advocacy</li><li>• Problem solving and monitoring of active cases including doing follow ups and meeting with school and mental health workers who are involved with some of cases to ensure best care practices.</li><li>• Intern Shadowing (both interns) / Mentoring interns</li><li>• Providing individual support for students</li><li>• Supporting Inter-agency meetings</li><li>• Supporting inter-agency</li><li>• Follow-up post-natal</li><li>• Voices program Monday second and third class with youth mentor / leader assisting</li><li>• Boys' and girls' Options to Anger groups through Community Justice and teaming with Dave Brennan and Mental Health</li><li>• Peer mentor support in Voices program – training mentors</li><li>• Participation outreach PD day - provincial</li></ul>
<b>Erica Langille (intern Holland College)</b>	<ul style="list-style-type: none"><li>• Shadowing all outreach</li><li>• Meetings to interview agencies</li><li>• Supporting grant writing and planning</li><li>• Preparing presentation and participation in provincial outreach PD</li><li>• Evaluation meetings</li><li>• Planning and learning meetings</li></ul>

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	<ul style="list-style-type: none"><li>• Attended Advisory</li><li>• Attended roundtables and debriefs</li><li>• Co-facilitate YAC with RCMP and SchoolsPlus</li><li>• Camp planning</li><li>• Co-facilitating and facilitating workshops at GPS camp</li><li>• Mentoring GPS and OTG camps through May and June</li><li>• After school programs at FHCS co-facilitate</li><li>• Interagency meetings</li><li>• Transition meeting</li><li>• General shadowing and assisting outreach and facilitator</li></ul>
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