

Upcoming Event

- In-House Trainings

Two Day CPI Training	Thursday & Friday, March 13 & 14, 2014
One Day Refresher CPI Training	Friday, January 24, 2014

Alderwood's Each One, Teach One Mentorship Program

The Each One, Teach One Mentorship Program allows senior students from St. George's School to mentor Alderwood students on a bi-weekly basis. Multiple research studies provide evidence towards the benefits of mentorship for vulnerable children and youth. As a program invested in its mentorship component, we were excited to visit St. George's School on October 8th to meet and train the mentors. We divided St. George's volunteer mentors into three groups and rotated them between the three presentations on FASD, trauma and learning disabilities. Amalia and Lisa's presentation on FASD included an experiential exercise that focused on sensory challenges. Siobhan and Trinity presented the mentors with information on learning disabilities and engaged them through a meaningful discussion. Lindi and Asli walked mentors in the shoes of a child who have experienced poverty and trauma through a hypothetical but a realistic story reflecting the challenges our students are dealing with.

Through these presentations we were not only hoping to match our Alderwood students with more insightful and better equipped mentors but we were also hoping to expand St. George's students' worldviews and increase their understanding our clientele. St. George's educates some of the future policy makers, politicians, employers and other community leaders. We would want these leaders to be insightful about the issues that affect our students. We believe in the importance of community awareness and connection as well as the benefits of mentorship, thus, we are looking forward to continuing our partnership with St. George's School.

- Asli Kucukbumin, Alderwood Clinical Intern



Alderwood teachers, Siobhan and Trinity, leading St. George's mentors in a 'Learning through Play' session.

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Dreams Really DO Come True

On October 22nd, five lucky Children's Foundation kids spent a day at the happiest place on earth, DISNEYLAND!!!

Three children from the Family Care Support Program and two from Vancouver's Key Worker Program experienced a once in a lifetime day of dreams, thanks to Dreams Take Flight.

Our special day started at 3:00 AM as we arrived at the Air Canada hanger. The kids were excited and full of anticipation. The kids were geared up with new shoes, track suit, hats and a pack full of goodies ranging from sunglasses to a brand new digital camera.

Our day included 16 rides from Dumbo to Indiana Jones, with no wait times and VIP treatment. Unlimited food and candy kept the kids going strong all day long.

Each child also received \$40.00 Disney bucks to spend on souvenirs for themselves. As we boarded the plane

home the kids were loaded with toys and board games from Mattel. Mickey Mouse stuffy and Mickey ears were also handed out. The plane ride home was quiet as a mouse as each child cozied up with their new Dreams Take Flight blanket and stuffy. They quickly fell into a deep sleep with dreams of all their memories from this wonderful day.

It was a magical day full of surprises and memories that will last a lifetime.

For more info visit www.dreamstakeflight.ca



James Stumph and five children from TCF Family Care Support Program and Key Worker Program had a magical day full of surprises and memories.

- James Stumph



“What Works” in Therapy Workshop by Scott Miller on October 25

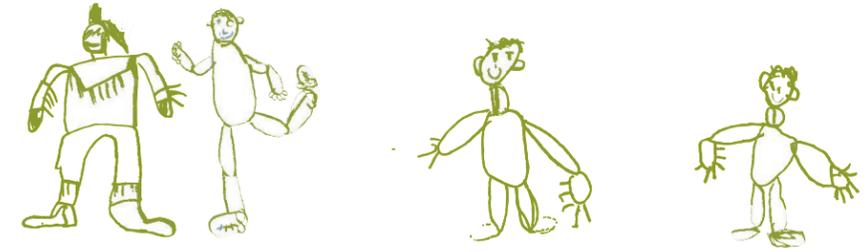


On October 25, 2013 at beautiful La Perla ballroom in New Westminster, situated overlooking the Fraser River, The Children’s Foundation hosted an insightful and engaging presentation from Dr. Scott D. Miller, co-founder of the International Centre for Clinical Excellence. With over 100 attendees mostly consisting of clinical counselors/therapists, teachers, and mental health workers, Dr. Miller shared with humour, his experience and cases to emphasize the effectiveness and efficiency of using on going client feedback to tailor services to the individual. Overwhelming positive feedback confirmed that Dr. Miller’s workshop on “What Works” in Therapy: Translating 40 years of Outcome Research into Strategies for Effective Clinical Practice, exceeded the participants’ expectations and they were able to take away new strategies and researched data to help them work more effectively with clients.

- Angie Casoria



Monthly Health & Safety Planner



November is Safe Driving Month

Drivers who are engaged in the following distractions are more likely to be in a crash or near crash event compared with non-distracted drivers.

- Text messaging (or texting) on a cell phone — 23 times more likely
- Talking on a cell phone — 4 to 5 times more likely
- Reading — 3 times more likely
- Applying makeup — 3 times more likely
- Reaching for a moving object — 9 times more likely
- Dialing on a hand-held device — 3 times more likely
- Talking or listening on a hand-held device — 1.3 times more likely

Before you drive:

- Allow plenty of travel time
- Review all maps and directions prior to driving
- Put all reading material in your trunk
- Keep the vehicle tidy and do not use it as a place to store things
- Stow and secure loose objects in their proper place
- Prepare children with everything they need prior to driving
- Secure pets properly prior to driving
- Preset climate control and radio prior to driving
- Pre-program route on GPS devices prior to driving

While you are driving:

- Allow phone calls to go to voicemail
- Do not text, surf the web or read emails
- Do not eat, drink or groom
- Do not smoke
- Stop at safe locations (rest stops or commuter lots) to make and receive calls
- Keep two hands on the wheel for better control and less fatigue
- Keep your eyes and mind on the road



- Lisa Lowe

Evacuation Emergency Procedures—Fire

All fire needs heat, fuel, and air to burn. Remove one of these components and the fire will go out.

If you spot a fire:

- Activate the fire alarm to alert others.
- Call 911 and report the location of the fire.
- Only if safe to do so—use the appropriate fire extinguisher to put fire out—if doubt, GET OUT!

When fire alarm activated:

- Evacuation following your building evacuation procedures—remember to close windows and doors behind you.
- Never assume that it is a false alarm.
- Use the fire exit closest to you.
- Use stairways for exit routes—DO NOT USE ELEVATORS.

Evacuation:

There are a variety of emergency situations that may require evacuation from your building. Some include: fires, hazardous materials releases, bomb threats and earthquakes. Prepare yourself in advance by knowing your emergency assembly areas and how to get there. Know how many doors you must pass to get to an exit in the event that you cannot see exit signs due to smoke.

- Follow instructions from Emergency Wardens/ Emergency Personnel.
- If appropriate, secure any hazardous materials and turn off mechanical equipment.
- Calmly proceed to the nearest exit.
- Use stairwells for exits—not elevators.
- Walk—do not run or push the crowd. Use handrails in stairways and remove high heels.
- Move to your emergency assembly area and stay there so that all persons may be accounted for.
- Never re-enter the building until notified by Emergency Warden that it is safe.

- Lisa Lowe

There will be no Newsletter in December. Thank you all for your support for our TCF Newsletter in 2013. We wish you a Merry Christmas and Happy New Year! See you in the new year!

- TCF Newsletter Publication Team