



## WELCOME TO NANCY MATTHEWS, DM MCYS



Trish Moloughney YJSD Nancy Matthews MCYS

The Board welcomed Deputy Minister Nancy Matthews and Trish Moloughney, Director of Operational Supports YJSD, to our November Board Meeting in Toronto.

### Discussion Highlights:

Ms. Matthews has been DM at MCYS for a little over a year, coming from an interim DM appointment at the Ministry of Education, and previous experience at the Ministry of Environmental Change and with the City of Toronto.

Ms. Matthews is guided by a consistent commitment in leadership to: assessing how services and policies actually make a difference to clients and communities; making cooperation and collaboration between services a priority; maintaining a common goal and alignment for all stakeholders focused on improving the lives of children; breaking through service silos that have become barriers to clients and families.

**Ms. Matthews acknowledges and appreciates the history of strong collaboration between the Ministry and the YJ service providers.**

The Board emphasized that the changes brought about by the YCJA have transferred a lot of the burden for dealing with youth criminal behaviour onto other youth-serving systems, particularly Education, Child Welfare, and Mental Health. More than ever, it is important that the Ministry capitalize on the extensive and intensive training that has been invested in the YJ system to transform our services to support these other systems (and to break down the silos that keep this from happening). Ms. Matthews highlighted the need to be strategic in integrating middle level regulations, policies, and funding to make services and systems better able to respond quickly and flexibly. The focus needs to be on what changes can be made to improve the lives of the children caught up in these barriers and silos.

The Board articulated the concern felt by YJ service providers in light of the reducing trends of arrest and incarceration, and the increasing trends of suicide and desperation in our First People's communities. Our sector has submitted dozens of proposals for dealing with these situations (and other local

pressures) in an innovative and creative manner, but we have not heard word yet on where these proposals stand in terms of approval. Ms. Matthews explained that the Ministry wants to have a comprehensive and coordinated response to such proposals, so the matter is complex and multi-systemic. A further confounding consideration is where the Ministry stands in terms of the election cycle.

The Board highlighted our sector's concern about the wage and resource inequity between the Transfer Payment and Direct-Operated sectors and the impending impact this is having on union negotiations and labour relations.

Further discussions centered on: impact of Bill 148 & 145; staff recruitment and maintenance; aging staff demographics; concerns about the broadening of the Probation Officer role and consultation on this matter; the development of the new CYFSA and regulations; and our role in local community networks.

Ms. Matthews was invited to continue the discussions at a future Board Meeting.

## SAVE THE DATE



## A THOUSAND BLOSSOMS DIVERSION, EJS, EJM

YOUTH JUSTICE ONTARIO invites representatives from your organization to participate in a Forum on the current challenges and desired future direction for Diversion, Extrajudicial Sanctions, and Extrajudicial Measures programs.

**DATE: 17 May 2018**

**TIME: 10:00 AM – 4:00 PM**

**LOCATION: TORONTO (Chelsea Hotel)**

*A detailed Agenda and Registration information will follow at the beginning of April*



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## CONFERENCE 2018 SAVE THE DATE



Our Conference this year is sponsored by Zone 4 – *and we are going to the wild streets of the Distillery District!* Conference details and Early Registration will follow by the end of March.

**DATE:** 25 – 28 September 2018

**PLACE:** *Hotel Novotel Toronto Centre  
Toronto, Ontario*



**Conference Theme:** *Youth Justice & Mental Health*

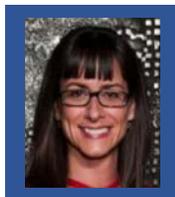
### TO EVERYTHING THERE IS A SEASON?



Youth Service Bureau Ottawa has asked YJO to let our members know that **Gord Boyd** (Past President of YJO) will be retiring this coming June. Gord has been a longstanding champion of our sector and one of the founding fathers of the association. His diligence, passion, and wisdom have guided the association

through the many challenges and changes faced by the transfer payment service sector. We all wish Gord the best in his new venture.

YJB is also announcing that **Melanie Bania** will be assuming Gord's responsibilities upon his retirement. Melanie is well-known in our sector as a consultant, researcher, facilitator, and presenter at our Conference workshops. We heartily welcome Melanie and wish her the best in her new position.



## 2018 OARTYCONFERENCE: LEADING THE WAY, TOGETHER



The 2018 OARTY Conference, **Leading the Way, Together** is being held June 6th to 8th at Hidden Valley Resort in Huntsville, Ontario, and incorporates sessions on practices focused on better supporting youth in care, from an anti-oppression and equity lens. You can access the **Program Outline here**, along with online registration.

### MEMBER PROFILE #15



### KINARK CHILD AND FAMILY SERVICES

*Kinark Child and Family Services* is a leading provider of community-based services for children and youth aged 0 -18 years of age. Our program areas include child and youth mental health, autism, and forensic mental health/youth justice services. We also offer child care services, supervised access for children whose family is experiencing divorce, and recreational and respite services at the Kinark Outdoor Centre.

Our Mission is to help children and youth with complex needs achieve better life outcomes. With close to 850 employees working in more than 20 different locations across the regions of York, Simcoe, Durham and Halton as well as Peterborough and Northumberland, Kinark serves almost 10,000 children and families a year.

Please visit our website at: [www.kinark.on.ca](http://www.kinark.on.ca)



## HELPING YOUTH FIND THEIR VOICE THROUGH ART

By Barbara Collins, MA, RP, RCAT, CTS

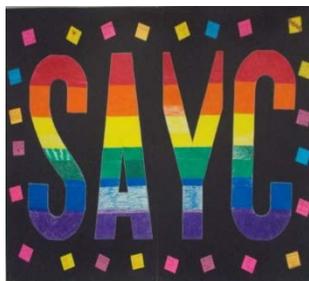
Art therapy is a mental health profession that uses the creative process of art making to help individuals improve their physical, mental and emotional well-being. Research in the field of art therapy suggests that the creative process involved in artistic self-expression helps people to resolve problems, develop interpersonal skills, manage behaviour, reduce stress, increase self-worth and self-awareness, and achieve personal insight. Art therapy is compatible with the creativity of adolescents, and is a mode of communication that they find non-threatening, pleasurable and within their control.

The art therapy program at *Syl Apps Youth Centre* (SAYC) offers youth the opportunity to explore difficult memories while giving them a vehicle for containment, and distancing them from issues that may be overwhelming when they try to articulate the experience in words. Individual youth are referred to the art therapy program by their clinical team. Treatment goals that youth are encouraged to explore during their weekly session include exploring their strengths, expressing their creativity to develop mastery, building relationships that foster growth with self and others, and finding ways to cope with difficult emotions. As part of the ongoing research in the art therapy program, youth are requested to complete a satisfaction survey.

*"I think the most helpful aspect was being able to express what I am feeling and what I was going through in both words and in art. I felt understood."*

- As reported on a satisfaction survey by a youth in the art therapy program.

In order to help as many youth as possible to use art to find their voice, several art-based youth engagement activities are facilitated each year. Youth engagement activities explore current social and cultural themes such as Black History Month, Anti-Bullying Pink Shirt Day and PRIDE LGBTQ Awareness Day. Youth attend these workshops as a group providing for spirited conversations from a psycho-educational perspective. Youth are asked to create a piece of art in response to the discussion. Their voice is reflected in their individual art work which contributes to larger art installations located on the many walls at *Syl Apps Youth Centre*.



An example of using art to create community, while giving a voice to the people involved, is the recent art installation entitled *What Lifts You Up in 2018?*

This installation was inspired by the international street artist, Kelsey Montague. In early January, youth, SAYC staff and teachers from the Halton District School Board were given a feather and asked to consider one word that defines their goal or focus for the year. To help the youth decide on their word,

they were encouraged to reflect on where their life is now, and where they would like their life to be at the end of 2018. They



were asked to consider what they need to add, change or let go of to achieve their goal. Some of the goals recorded for 2018 include: family, behave, resilience, joy, believe in myself, action, courage, balance and harm-reduction. The next step was to write their word on the feather and design or personalize it. Each feather contributed to creating an 8-foot set of wings which is currently on display in the visiting area of our facility. When youth and staff walk by the wings, they can locate their feather and be reminded of their goal for 2018. Through the art, they are intrinsically able to feel a sense of belonging to a larger community. The individual feathers in *What Lifts You Up in 2018?* provide a voice for the artist and inspire other people to embrace the hopeful and inspiring words that are part of these wings. Using art to build community continues as staff is encouraged to step into the wings for a photo op and become part of this living work of art.

Art therapy and art-based youth engagement workshops provide many opportunities to engage youth in a non-threatening and creative manner, allowing relationships to develop that are built on trust and mutual respect. This shared understanding can be the stepping stones for a therapeutic alliance that feels safe and welcoming for the youth to begin to explore their emotional needs.

*Barbara Collins is a Registered Art Psychotherapist who works at Syl Apps Youth Centre—home to Kinark's forensic mental health/youth justice program—in Oakville, Ontario where she helps youth explore themselves and their life challenges through art.*

## MEMBER AGENCIES 2017/2018

African Canadian Community Services  
Anago (Non) Residential Resources Inc.  
Associated Youth Services of Peel  
Banyan Community Services  
Canadian Mental Health Association (Sudbury/Manitoulin Branch)  
Community Justice Alternatives - Durham  
Crisis Centre North Bay  
Dalhousie Youth Support Services  
Dawn Patrol Child & Youth Services  
Elizabeth Fry Society of Peel  
Fernie Youth Services  
Griffin Centre  
John Howard Society of Peterborough  
Kairos Community Resource Centre  
Kennedy House Youth Services Inc.  
Keystone Child, Youth & Family Services  
Kinark Child and Family Services  
Lutherwood  
Mee-Quam Youth Residence  
Morton Youth Services  
Murray McKinnon Foundation  
Native Child and Family Services of Toronto

Near North Youth Centre  
New Path Youth & Family Services  
North Eastern Ontario FACS  
Northern Youth Services - Sudbury  
Pine Hill Youth Residences Ltd.  
Point in Time Centre for Children, Youth and Parents  
Ray of Hope Inc.  
Rebound Child and Youth Services  
Restorative Justice Chatham-Kent  
RNJ Youth Services  
Salvation Army (London)  
Simcoe Muskoka Connexions  
Springboard  
St. Lawrence Youth Association  
St. Leonard's Community Services (London)  
Turning Point Youth Services  
W.J.Stelmaschuk & Associates - Northern Youth Centre  
Wendigo Lake (Project Dare)  
William W. Creighton Youth Services  
Youth Diversion Program (Kingston)  
Youth Now Canada  
Youth Services Bureau of Ottawa

