



rEal News

Amalgamation Proceeding



In the last edition of [rEal News](#), you heard about the exploration of an amalgamation of Vanier with Craigwood Youth Services, Oxford Elgin Child and Youth Centre and Western Area Youth Services. At their board meetings in September, the four boards voted unanimously in favour of proceeding towards amalgamation. The planned date by which a new organization will be formed is April 1, 2012. This is very big news and a decision which the boards did not come to lightly.

In the May newsletter, we described the large number of task groups and committees exploring every aspect of Infrastructure and Conceptual Model development. In the end, the final report of [Phase One](#) recommended amalgamation as a better way to serve children, youth and their families. It also recommended amalgamation as a better way forward for the sustainability and vitality of our organizations into the future in this community. (cont'd...pg. 2)



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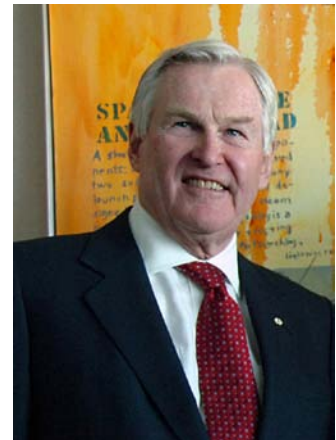
www.vanier.com

The coming year and more will be a time for detailed business and transition planning. Many “Integration Teams” are currently being formed for both Infrastructure (legal, human resources, financial, governance, unions, properties, fund development, etc.) and Service Model (intake, early years, youth justice, foster care, residential, in-home supports, etc.) made up of board members, managers and front-line staff from the four organizations. We will also continue to consult closely with youth, parents and community partners to find out what they hope will result from us coming together. The Centre for Organizational Effectiveness (Maria Sanchez-Keane, principal) will continue to provide facilitation and project management services.

We are grateful to the Ontario Trillium foundation (\$60,000) , the Sisters of St. Joseph (\$20,000), The Lorraine Ivey Shuttleworth Fund of the London Community Foundation (\$5,000) and a private donor (\$30,000) for grants to assist us with several of the expenses related to this phase of our process. Our May 2011 edition of **rEal News** will provide another update; however, do not hesitate to contact Vanier if you have questions.

Fall Events Successful

On September 30, The Honourable Michael Wilson, former Finance Minister, former Ambassador to the U.S. and Order of Canada recipient, spoke to 225 guests over breakfast. His topic, *“Canada’s Mental Health Crisis: The Social and Economic Cost”* was especially poignant as he also shared the story of his son’s death by suicide. Mr. Wilson also spoke at some length about the excellent work being done by Vanier in our community. At the event, the first annual May Court Community Recognition Awards were given to Tim Brown and Steve Hemming. The event raised \$12,100 for the HOPE (Helping Other Parents Excel) program.



On October 26 & 27, Vanier brought Dr. Bruce Perry, author of *The Boy Who Was Raised as a Dog* and recently *Born for Love: Why Empathy is Essential and Endangered* to London. On the evening of October 26, he spoke at the Central Library to 225 parents and community members at no charge to the participants. The following day, he provided a training session to 350 physicians, social workers, child & youth counsellors, educators and others on the treatment of childhood trauma. Of the 220 participants who evaluated the training event, 93% rated the “effectiveness of the speaker” as “excellent”. The event raised \$12,200 for the Focused Family Clinical Internship Training Program.

Parenting Tips

Submitted by Trish Cranmer

Community Mental Health Services Team

Setting Limits through Problem Solving

When children are given a voice in setting limits they often turn from being antagonistic into active participants willing to agree on limits. Ways to involve your child in setting limits:

1. State your child's point of view: Make sure you hear your child out. Listen to and acknowledge his feelings.
2. State your point of view: Say how you feel and describe the situation without being confronting with your child.
3. Define the problem: Restate the conflict as a problem that can be solved, expressing what each person wants.
4. Brainstorm for Ideas: Write down all ideas without evaluating or making fun of them.
5. Evaluate ideas and choose solutions. Now discuss which ideas you like and which you don't like. Be willing to compromise. Then choose the solution that works for everyone. Look for win-win solutions.
6. Finally when working through this process ensure everyone is in the mindset of cooperation as opposed to anger or fear.

Parenting Tips on Rules and Expectations

Children want and need clear limits or boundaries, even though they may sometimes fight against them. Rules, expectations and limits provide structure, but they need to be specific because when a youth or child does not clearly understand what is expected of them, it can lead to conflict.

Setting family Rules

- Keep rules simple and easy to understand
- Keep the number of rules at a minimum
- Repeat the rules often
- Change the rules as youth and child mature
- Make sure the rules are followed by all family members
- Rules treat everyone with respect

Ask Yourself

- Is this a reasonable rule
- Is this rule age appropriate
- Is the rule clearly stated
- Has everyone's voice been heard

**For referral information, please contact:
 "Crisis-Intake Team" (C.I.T.) at 519-433-0334
 Services d'accueil aussi disponible en français:
 519-433-3101, poste #228**

C.I.T. offers 24/7 supports to families: information, crisis counseling, waiting-list support and includes referrals to Vanier for children 0 to 14 and to Craigwood Youth Services and Western Area Youth Services for teenagers

In the News

0-12 Re-Engineering

Over the past three years, the City of London has led a comprehensive process which will significantly change the way in which child and youth services are offered in our community. The Child & Youth Network has focused on four priority areas: Poverty, Literacy, Healthy Eating & Healthy Activity and Neighbourhood Hubs. Amazing progress has been achieved in all four areas as over 120 non-profits providing child and youth services have worked together. By December 31, 2010, all Boards of Directors of the participating organizations are being invited to write a Letter of Commitment to support the system re-engineering for 0-12 year olds in the form of Neighbourhood Child & Family Centres. Over the coming several years, it is hoped that up to 42 neighbourhood hubs, based in schools, will provide the first point of contact for families needing services for children 0-12. Vanier - and the other organizations with whom we will be amalgamating - have been actively involved in the work of the C&Y Network.



Cornerstone

Our Cornerstone residence has been open since January 27 2010. The update is good news for our community and the children and families we serve. We have had our 6 beds occupied since July 2010.

One main area that we have focused on over the past 10 months has been to establish a residential treatment team who could create and ensure living environment that is predictable, consistent, non-punitive, safe, and structured. We have developed an approach to assess the family from a strengths perspective and bring these strengths together to create an individualized treatment plan for each child and their family. We work to create a therapeutic experience that helps the child work through the negative impact on them (that is, how they think, feel and behave) of their previous experiences. Cornerstone staff understand that every person is an individual and that it is their subjective "take" on what has happened to them that matters, and has influenced their development. Planning is done with this in mind, after a thorough examination of the client's background and life experience.

We are happy to report that the children are responding positively and working with the staff to make changes that support the goal of family reunification. Children are participating in community schools, visiting with family members, and community recreational activities.

Refurbishing of Interview Room

Louise West

Room 123 is being refurbished with funds donated from the Agapé Foundation. The room will take on a whole new look and will be a welcome addition to the already existing interview rooms. We have decided to go with new furniture created by Corcan, as well as new paint, flooring and 5 new works of art created by our Vanier kids. The paint will be in a calming colour and will be user friendly for both kids and staff. The furniture is being built to our specifications in British Columbia. It is a new kind of furniture which may prove to be a stepping stone for Vanier and other agencies to use in the future. The work will be complete in early January. Stay tuned for the official opening with an open house of sorts being planned for the second week in January.

We appreciate the donation from the Agapé Foundation to complete this transformation.

Support Vanier

You can direct your donation to a specific program or contribute to Vanier's highest priority needs. Donations can be made through:

- One-time donation
- Monthly or annual pledge
- In-memoriam of a family member or friend
- Planned gift
- Tribute gift in honour of a special occasion such as a birthday or anniversary
- In-kind donations of toys, food vouchers or gift cards are also welcome

To learn more about Vanier Children's Services and planned giving, please contact Gary Wood 519.433.3101 x 169 or gwood@vanier.com

To make a donation to Vanier through Canadahelps.org, [click here](#).

Focused Family Therapy Program

Don Efron

The Focused Family Therapy Program provided family therapy service for more than 100 families in the last year. This out-patient service is available for the families of children aged 6-14 who are experiencing behavioural and/or emotional problems at home, at their school, or in the community. Typical issues for the children include aggressive acting out, bullying or being bullied, peer relationship problems, conflict with siblings, school refusal, and temper tantrums. Typical family problems include poverty, divorce/separation, parental inconsistency and histories of abuse or addictions.

The Focused Family Therapy Team is made up of students from mental health programs such as King's College and The Counselling Psychology Program at Western. In addition, volunteers from the community participate as therapists or co-therapists. The students and volunteers are supervised by veteran Vanier staff.

Your support today provides real help and real hope to children and families who need it most.

With your helping hand, we can make a difference.