



# HAND IN HAND

A Community Newsletter of  
St. Clair Child & Youth Services

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## Children's Mental Health Advocacy Committee of Lambton County

The idea for this committee started two or three years ago when efforts were made provincially to find representatives from each of the 69 children's mental health agencies in Ontario who would be prepared to work together to advocate for increased funding for services in Ontario. The initiative didn't go very far, but it did plant the idea that this is something that we could and should do in Sarnia/Lambton.

The facts, after all, spoke for themselves. Only one 3% increase in core children's mental health funding in almost 15 years while inflation had slowly eroded the value of each dollar leaving the agency with 30% less real spending power than it had in 1992. And nobody ever thought that funding was sufficient back then either. Over the years, agencies across the province had found ways to absorb extra costs, do more with less and trim back on services, but this had gone on for too long. Agencies were reaching, or were already at, breaking point.

The committee first met in the Fall of 2006. A small group consisting of community members and the parents of children with mental health issues, our focus quickly turned to how we could use the opportunity of the November 2007 provincial election to get our message out to politicians and convince them that votes were at stake. To get things rolling, 5,000 pamphlets were printed and put in just about every waiting room and professional office we could find, making them available across the entire city.

One early success came just days after we met with Caroline Di Cocco. Caroline has always been a supporter and friend of the agency and she took our message directly to the Minister. Undoubtedly the Minister had been hearing the same message from other sources, but ours may have been the final straw, because within days a 5% increase in funding was announced.

As the election approached, we kept up the pressure. Not only asking questions of the candidates, but arranging our own all candidates meeting on children's issues at the Sarnia Public Library. That gave us an opportunity to educate the candidates as well as put them to the test.

Since the election we have changed our focus to one of building awareness. Both Sarnia and Point Edward Councils have passed motions in support of our cause. As I write this, I'm preparing to speak to the Golden K tomorrow morning and we've started reaching out to teachers in the hope of gaining their considerable support.

Ontario presently spends less than 10¢/person/day on children's mental health services, or less than one half of one percent of the Provincial Budget. In terms of value for money, there surely can't be a better place to invest some extra money than in our children and their futures.

*Peter Smith, Chair (Email: psmith@stclairchild.ca)*



## The 2008 Sarnia-Lambton Chamber of Commerce Outstanding Business Achievement Awards



Our representatives at the O.B.A. Awards were Executive Director Rick Shields and staff members Cheryl Cassin & Craig McKenzie.

No horse-drawn pumpkin coaches lined Christina street on the evening of April 4<sup>th</sup> 2008, however the Imperial Theatre glowed with a resplendent 'Cinderella-like' Party when the Sarnia-Lambton Chamber of Commerce paid tribute to its 'brightest and best' at the Outstanding Business Achievement Awards Gala. This evening of 'glitz, glamour, and glory' marked the 19<sup>th</sup> Annual 'O.B.A.A.s'; recognizing significant accomplishments in the business and non-profit sectors in our community.

St. Clair Child & Youth Services is honoured to have been nominated for an Outstanding Business Achievement Award in the 'Not-For-Profit' Award category. Our agency is one of seven recognized for their commitment to excellence and innovation in Sarnia-Lambton this year. Our congratulations and 'hats off' to Goodwill Industries Essex-Kent-Lambton Inc., who was the winner of the category. We have been a proud member of the Sarnia-Lambton Chamber of Commerce since 2001, and continue to work towards building a better community through the families we serve. Thanks to all at 'The Chamber' for this esteemed tribute.



## Message From the Editor..

How can we help you help us? That's what a number of non-profit agencies are asking businesses around the world. The term Social Enterprise is springing up around the globe, with very positive results.

**FRONTLINE/World** has profiled a computer engineer in India who puts Internet kiosks in poor neighborhoods throughout his country, helping bridge the digital divide for thousands of children. In South Africa, a business entrepreneur invents and installs a merry-go-round pushed round by children that pumps enough water for a village of 2,500, making the delivery of clean water child's play. In Guatemala, an American coffee distributor helps develop organic growers among the region's poor farmers, whose beans can be marketed as "fair trade" providing them a living wage.

**XL Results Foundation** is a leading entrepreneur and social enterprise network. The XL 2020 Vision is to reach a Billion Dollar Challenge target by 2020, when it will have 25,000 companies participating in the XL Social Enterprise Accreditation Program, donating \$100 million from their \$1 billion in profits each year to their nominated causes. <http://xlresultscanada.com/blog/>

The results are phenomenal.

Here are some small ways that you, too, can participate in this phenomenon:

- Consider getting your employees involved in volunteering their time in non-profit organizations.
- Choose a non-profit organization that you will sponsor.
- Offer your services or goods for a charitable receipt...you help them help you.
- Attach links to your website for the charities that support your business.

Consider how great you will feel when you know that you have helped the lives of children and their families, become "whole" again, leading fulfilling and rewarding lives. They too will feel the drive to "Pay it Forward".



*Teresa Bourque, Hand in Hand Editor*

## COMMUNITY BULLETIN BOARD



**Saturday, May 10**  
**Country Breakfast & Plant Sale**  
**At our Kendall Street Campus,**  
**129 Kendall Street, Point Edward**

Featuring: breakfast, plants and accessories for your garden, handmade greeting cards, and lots more! 8:00 a.m. – 12:00 noon. Come out to support us! Vendor space is available : contact us for further information.



**Saturday, June 7**  
**3rd Annual Community Girls'**  
**Home Classic Golf Tournament**  
**Bright's Grove Golf Course**

Calling all golfers! Support our Community Girls' Home by playing golf with us. Featuring: 9 holes of fun golf, prizes, contests, activities, great food, and a fabulous Silent Auction.



**Always Available...**  
**Handmade Greeting Cards**

Lovely handmade greeting cards for all occasions are always available at our Kendall Street site. \$2.00 each, 8 for \$12.00, 12 for \$20.00. Special orders are welcome.



**THANK YOU!**  
**Christmas Gift**  
**Wrapping Volunteers**  
**Lambton Mall**

A hearty 'thank you' to 75 volunteers who assisted us with the Gift Wrapping Station.



**Raffles!**  
 Our **Holiday Houses & Homes** Raffle, and the **Annual Breakaway/Getaway** Raffle were very successful. Thanks to all for your support, and congratulations to the winners!

**For more information on these and other upcoming fundraisers, contact Cheryl Cassin at (519)337-3701, ext. 262 or visit our website [www.stclairchild.ca](http://www.stclairchild.ca)**

# Off-Handed With...



*Bernie Brocklehurst*

Bernie Brocklehurst has volunteered on the Board of Directors of our agency since November 2003 and is currently serving as Board President. We are delighted to honour him in this version of "Off Handed"...

**1. What is your association with the agency and how long have you been with us?**

*I am Chair of the board and I have been a board member for over 4 years. My parents have been long-time supporters of the agency and when a former high school teacher (Pam Mundy) invited me to join, I jumped at the opportunity.*

**2. Share a favourite summer holiday memory...**

*My family spent a month (August 1991) driving across much of the U.S. and parts of Canada.*

**3. What was your first job?**

*Prior to starting EBTech, my only work experience was at restaurants serving Chinese food! I was a busboy at Tang's China House – Ironically, I followed that with a job at the Americana restaurant only to leave that prior to my final year of high school to start EBTech.*

**4. Do you have any hobbies?**

*I enjoy travelling, boating, 4-wheeling and skiing*

**5. What is your favourite vacation destination?**

*Any one that I'm going to that I haven't been to before.*

**6. What book or magazine are you reading right now?**

*Popular Science*

**7. Who was your hero growing up?**

*Mrs. Blumas - my enrichment teacher.*

**8. Are you an "early bird" or "night hawk"?**

*Neither—I need my sleep.*

**9. Are you a cat lover or dog person?**

*Dogs for sure.*

**10. Tell us about your "happy place".**

*Relaxing in the hot tub.*

**11. What TV show do you hate to miss?**

*48 Hours*

**12. What is your favourite restaurant?**

*Stoke's By The Bay and Tang's*

**13. What is the best way to spend a Saturday?**

*Saturday morning, sitting in a chair and a half with my wife, having tea and catching up on the week.*

**14. What is your greatest strength?**

*The quest for knowledge..*

**15. Any bad habits?**

*That I sometimes go too far with #14!*

**16. What is your favourite musical act?**

*Metallica (shouldn't I be saying something like "Mozart"?)*

**17. What was the last movie you saw?**

*I'm not really a movie fan—a comedy of some sort.*

**18. Name a Canadian whom you admire.**

*James Randi*

**19. Name three things that you are grateful for.**

*My wife, my family, and peanut butter.*

**20. If you could invite any four people to dinner, who would they be?**

*Penn Jillette, Albert Einstein, Warren Buffet, and Carlos Mencia*

## Kids Corner



Spring is in the air and summer is right on its tail so we asked kids what they 'like to do as a family' in order to stay active.

- "Go to the park" (Camryn, girl age 4)
- "Bike riding adventures" (Chloe, girl age 4)
- "Go to the Animal Farm" (Jessica, girl age 5)
- "Camping!!!" (Alexis, girl age 7)
- "Going to the beach" (Ethan, boy age 4)
- "Swimming" (Joshua, boy age 5)
- "Play hockey" (Adam, boy age 6)
- "Scavenger Hunt in the park" (Kurt, boy age 6)
- "Fishing" (Matthew, boy age 7)

*Submitted by Chantal Mino*

## Crunch Strawberry-Banana Breakfast Parfaits

Ingredients

- 2 cups (500 ml) low-fat strawberry yogurt
- 2 cups (500 ml) Nesquik cereal
- 1/3 cup (83 ml) sunflower seeds
- 2 bananas, sliced
- 4 fresh strawberries

For each serving, spoon ¼ cup (62.5 ml) yogurt into bottom of tall glass. Add ½ cup (125 ml) cereal. Top with 1 Tbsp (15 ml) sunflower seeds, several banana slices and 2 Tbsp (30 ml) yogurt.

Repeat with cereal, banana slices and 2 Tbsp (30 ml) yogurt. Sprinkle with remaining sunflower seeds. Top with strawberries.



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*"Serving Children,  
Building Stronger Families"*

**Visit Our  
Website:**

[www.stclairchild.ca](http://www.stclairchild.ca)



*We've gone **GREEN!** If you would prefer to receive this newsletter in electronic format, please contact us and we will make the change for the next issue.*

*Not a regular recipient of Hand in Hand? Don't miss out... simply get in touch with us and we'll gladly add your name to our mailing and/or email lists.*

## CBT Training and Certification

As an organization, St. Clair Child & Youth Services has made a commitment to two strategic directions. The first of those is to ensure that all the programs we offer are grounded in evidenced based, best practice models of service. Simply put, we want to incorporate the best knowledge science has to offer to derive maximum benefit for the children and families we serve. Secondly, we are committed to forging partnerships and collaborations that strengthen our ability to contribute to the community.

In March of 2008 St. Clair Child & Youth Services and Huron House Boys' Home, in partnership with the Centre for Excellence in Children's Mental Health and the Centre for Children and Families in the Justice System, launched a unique training program to bring a state of the art skill set to our residential programs and beyond. Cognitive Behavioural Therapy, (otherwise known as CBT) provides a well-researched framework to understand and modify the connections between thinking, feeling and acting. The training, now underway, is expected to be complete in 12 months, leading to certification. This is an exciting undertaking and will not only benefit our Community Girls' Home and Huron House Boys' Home, but in the next several years, we are confident it will become the standard for training in CBT across the province.

*Rick Shields, Executive Director*



### Life Moments

**Better watch what you say...**

**One day as we were getting ready to leave the house my**

**3½ year old daughter insisted on wearing her 'smartie pants'. I looked high and low for pants that either had poke-a-dots or multi-colors on them. I soon gave up and asked her to point them out for me. She pulled out a pair of green camouflage pants which didn't look anything like 'smarties' so I asked her why and she said that last time she wore those pants grandma told her, "Aren't you the smartie pants!"**

## COPEing WITH TODDLER BEHAVIOUR PROGRAM



The COPEing with Toddler Behaviour Program is an 'Evidence Based Intervention' that targets the mental health of children and their families, especially those at risk for social, emotional or behavioural difficulties. It is designed for parents wishing to learn more effective ways of handling their toddler's behaviour. It is an 8-session course for parents of 12-36 month old children. The program is run by 2 trained facilitators and is designed to improve your parenting knowledge and reduce the stress you feel as a parent. Through videos, discussions and skill building exercises you will learn about encouraging and nurturing a good relationship with your child and to use strategies to promote positive behaviour and prevent challenging behaviours.

*By Chantal Mino, Children's Program Worker*