

Family School Liaison Worker

Presentation to the Board

January 24, 2023

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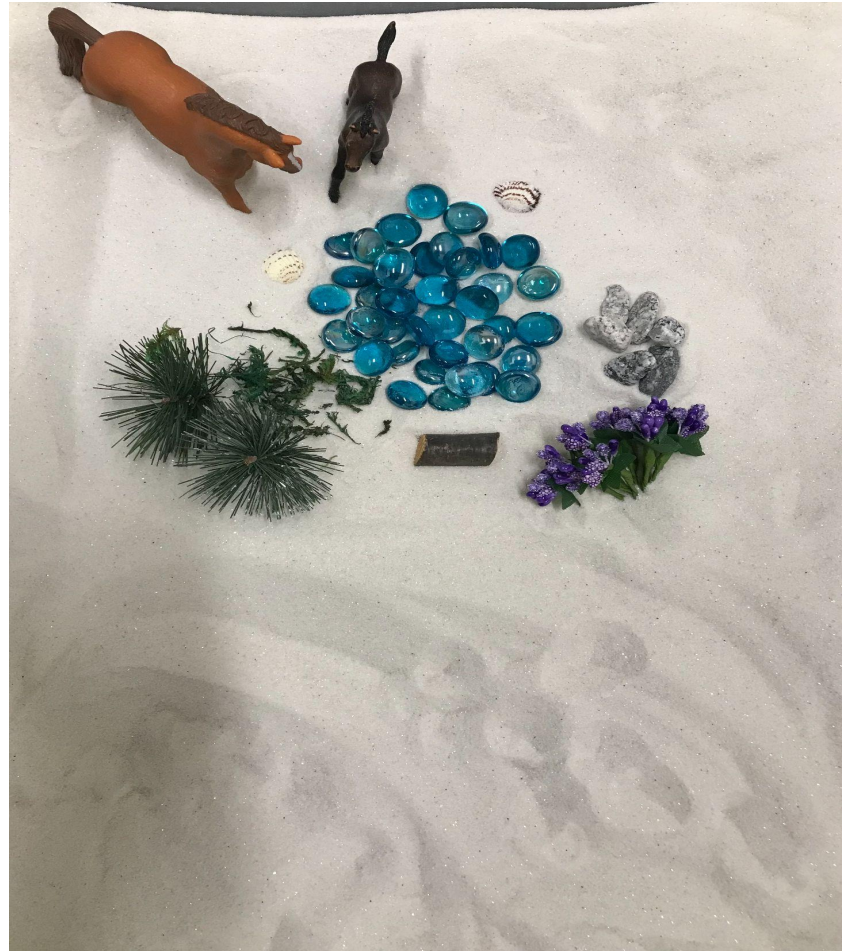
Dr. Ken Sauer & Vincent Massey
MHHS
Crestwood & Webster Niblock
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Connaught
Division Support
Division Support

Therapeutic Modalities & Interventions

What Does A Session Look Like?

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We use a variety of techniques and tools to support the mental wellness of our students and help children and adolescents learn to understand and process their emotions and experiences.



Sandtray representation of a student's safe space

Games!



Helps builds relationship

Creates relaxed atmosphere

Allows client to open up

Assessment tool

It's fun!

Using Games in Counselling

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Social skills

- Turn taking
- Following rules
- Learning how to win and lose gracefully
- Communication skills
- Reading social cues - Engaging in “trash talk”
- Conflict Resolution

Executive Functioning skills

- Frustration tolerance (emotional regulation)
- Finishing a game even when losing (perseverance)
- Developing, using strategy (working memory, scanning, processing, planning, mental flexibility)
- Not cheating (self-control/impulse control)
- Problem solving

Overarching goal is to help students develop skills and integrate them into their peer and family relationships.

Stories in Therapy

- The use of stories can help children develop and understand the concept of empathy
- Reading stories with children can enhance the therapeutic relationship and create feelings of connectedness and belonging for children who feel alone
- Stories can be used to enhance self-awareness, mindfulness, emotion identification and regulation



Stories as Interventions

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Everyone has a story; we can use stories as part of our therapeutic interventions to help students feel empowered and take control of their own story.

- Narrative Therapy
- Cognitive Behavioural Therapy
- Bibliotherapy
- Play Therapy
- Art Therapy
- Sand Tray Therapy



Art Therapy

Curiosity and the CAT

C- Curiosity/Connection

A- Attention

T- Therapeutic Work



Community Early Learning Program (CELP)

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- Supporting children 3-5 years old enrolled in community early learning programming

- Referred by community early learning teachers (CELT) who identify children and families needing extra supports



Interventions

- Family supports (parenting skills, community referrals, goal setting)
- Circle of Security program (attachment-based parenting)
- One-to-one counselling support with children
- Children learn and express themselves through play which make play-based therapeutic interventions a preferred modality
- Interventions are trauma-informed and based in attachment theory



Whole School Wellness and Inclusion

Connection to the Role- New FSLW

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As a new FSLW, relationship building is crucial. This can be done in many different ways such as participating in activities, lunch groups or simply standing in the hallway to say “good morning”, and acknowledging each student we see.

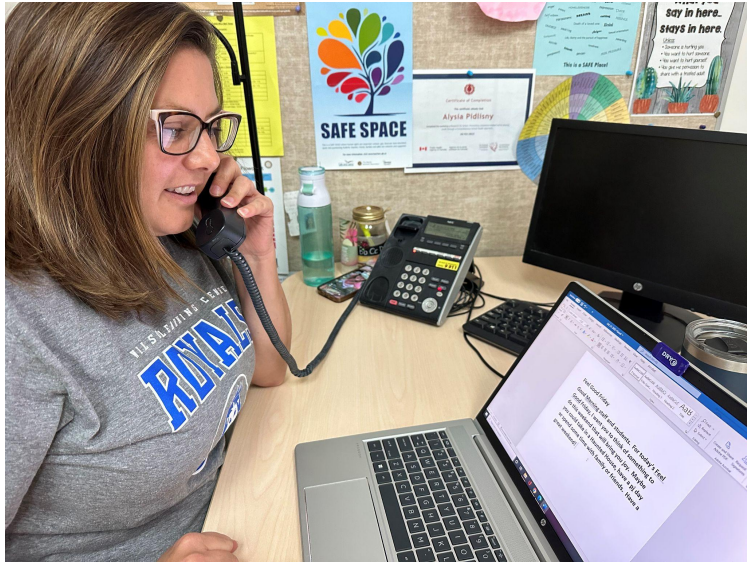
Unique aspects of the FSLW role:

- Frequent and flexible time with students
- Creative and “in the moment” supports
- Ability to break down more barriers



Our Commitment to Fostering Inclusive Spaces

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FSLWs work to support a culture of wellness within our schools by:

- Supporting comprehensive school health teams
- Facilitating lunchtime programs
- Providing English Language Learning supports
- Group work
- Whole school mental health activities and announcements

2SLGBTQ+ Inclusivity Initiatives

As a part of our ongoing commitment to inclusion, FSLWs:

- Engaged in professional development on 2SLGBTQ+ best practices
- Promoted opportunities for learning to parents and students
- Increased visibility and equity





Community Connections

MHPS: School Resource Officers

Cst. Brent Bohrn
Community Support Unit
School Resource Officer
Crescent Heights High School



Having FSLWs in the schools to work directly with us SRO's is a huge asset! FSLWs often have a wealth of knowledge about the students we are dealing with that can help us build rapport with the student. They have inside knowledge of the students and often form a bond with students, especially the ones that are struggling. Students often come to Police to talk about issues at home and school (which don't always require police intervention), and we are able to put them in contact with an FSLW to have additional supports within the school community.

AHS: CHYL

(Child & Youth Liaison team)

Savanah Schmidt, RSW BSW
Mental Health Therapist
Children and Youth Assessment
Consultation and Liaison Team
Addiction & Mental Health



The relationship between the Child and Adolescent Liaison Team (ChYL Team) and the FSLW team is invaluable. FSLWs and ChYL frequently consult to identify student mental health needs, communicate safety plans, and advocate for additional supports both for mental health and academics. This collaboration is vital to ensuring a continuation of a unified care plan while students transition between acute care and community. In addition, parents are able to focus on supporting their children while ChYL and FSLWs implement needed supports, thus taking some pressure off of parents to find the necessary services.

Children's Services

Brenda McLaren
Casework Supervisor
Children's Services



For those of us at Children's Services, FSLW's are the bridge between us and the education system.

They are able to gather information from teaching staff, assess concerns, address many of the concerns and call us when they need to. FSLWs are a lifeline for kids who struggle. Many of our families have a difficult time accessing resources in the community that require them to make appointments and travel to an office. FSLWs can address concerns at school where kids feel safe and are often most open to intervention. FSLWs keep kids out of the Child Welfare system by providing early intervention and supporting kids before problems escalate.

Bridges Family Programs

Danielle Braithwaite
Medicine Hat HUB Navigator
Bridges Family Programs



Having a partnership with the FSLW's has been beneficial as an in home family support worker. Working collaboratively with the school has helped establish patterns and continue skills learned from school into the home and vice versa. Working in partnership brings a greater knowledge to certain patterns or behaviours. Being able to access knowledge from various angles bridges the gap to creating a more successful outcome for children.



McMan Youth HUB

Carley Dennis

Youth Outreach Worker

McMan Youth, Family and Community Services Association



The McMan Youth Hub provides outreach services by collaborating with the FSLW's in the school division and attending the schools weekly. Youth Outreach Workers can connect with the students within the school that need family, financial, employment, or independent living supports. By collaborating with the FSLW's, Youth Outreach Workers can reduce barriers for the students such as transportation, warm transfers to other community resources, and one-on-one supports outside of school. It ensures that the needs of the students are met both within their school and at-home environment.

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AHS & MHP MyPlace / HUG team

April Welshman
Program Manager
HUG/MyPlace



Partnering with the FSLW's has opened opportunities to engage in collaboration throughout the division. They have participated and advocated on several projects such as division wide wellness themes, meaningful lunch and school wide activities and have assisted in helping with targeted groups.

They encourage students on their caseload who need additional connection to join the MyPlace/HUG activities and often participate until the student feels comfortable enough to come on their own.

— With both teams working together we promote whole-school wellness.

City of Medicine Hat: Community Resource Workers

Anabell Marroquin
Community Resource Worker
City of Medicine Hat



The FSLW team can reach out to do resource and information consultation with a Community Resource Workers so the FSLW can provide supports to the parent, caregiver or child(ren) and youth in the community who may not fit under the mandate of the FSLW program. The Community Resource Workers and FSLW in the past have had opportunities to do community school development projects and initiatives as well, which have been empowering to schools, students and community members involved. It's been an impactful partnership!

Questions