

**Conference
Agenda**

2022

**October
21 – 22**

 BC COUNCIL FOR
FAMILIES

| *your family*



**Reconnect and Replenish:
Invigorating Young Parent Programs**

Alliance of Professionals Serving Young Parents

WHEN:

Friday, October 21st and
Saturday, October 22nd, 2022

WHERE:

Ponderosa Building, 6445 University
Boulevard, University of British
Columbia, Vancouver, BC V6T 1Z2

CONFERENCE REGISTRATION RATE:

\$55

REGISTRATION:

Registration is open on the BC
Council for Families' website at
[https://shop.bccf.ca/catalogue/
alliance-of-professionals-
serving-young-parents-2022-
conference_1122/](https://shop.bccf.ca/catalogue/alliance-of-professionals-serving-young-parents-2022-conference_1122/)

For more information, please email
bccf@bccf.ca or call 604-678-8884
ext. 101.

COVID PROTOCOLS:

General Health Protocols

In accordance with provincial health
recommendations for indoor events,
and to ensure the health and safety
of all participants, we encourage you
to wear a mask at all times (except
when eating). When possible, we
recommend that you maintain six feet
of distance between yourself and other
participants. If you are feeling unwell,
or are experiencing any symptoms of
Covid we ask that you stay home.

Food and Drink Protocols

The gathering on Friday evening, as
well as the lunch on Saturday will
be buffet style. All food surfaces will
be wiped down prior to use, and any
staff serving food will be requested to
wear a mask. Hand sanitizer will be
provided on food serving tables for
participants to use before touching
any communal surfaces.



Welcome to the annual Alliance of Professionals Serving Young Parents (APSYP) conference, the only one of its kind in BC that is specifically focussed on supporting Young Parent Program (YPP) staff!

We are more than excited to come together in person again; hence the theme this year of *Reconnect and Replenish: Invigorating Young Parent Programs*. After all that the Covid-19 Pandemic has thrown at you, we hope that the beautiful setting at UBC will create an environment where you can relax and recharge your batteries. We have many exciting and diverse sessions with knowledgeable presenters to choose from. You will be able to not only expand your knowledge and skills but connect with others providing services to the under-resourced youth and young children you support. One highlight (included in your conference fee) is a gathering on Friday with appetizers where you will be able to mingle with your team and other staff.

There are many people to thank for making this conference a reality: all of our knowledgeable presenters and facilitators for sharing their wisdom, Rebecca Kleinman for her support as Conference Assistant, the APSYP Regional Representatives for their guidance, and the staff at BCCF for all of their administrative support, especially our administrative assistant, Erica Simmonds. We also want to show our gratitude to the ECE Pro D Bursary—their generous grant made the conference rate more affordable, and allowed us to provide travel bursaries. Last, thank you to the Ministry of Education and Child Care for their financial support of APSYP and this conference.

Thank you for all that you do to diligently and creatively support young parents and their children in your programs. We hope you will leave the conference with new skills and ideas to continue doing this work, and that you feel reconnected and replenished.



Jennifer Westoby
Provincial Coordinator,
APSYP



Joseph Dunn
Executive Director
BC Council for Families

Reconnect and Replenish: Invigorating Young Parent Programs

Alliance of Professionals Serving Young Parents

CONFERENCE AGENDA

Friday, October 21 12:00 – 8:00 PM

11:00 AM	Registration
12:00 PM	Territorial Welcome and Opening Remarks
12:15 PM	Keynote
1:15 PM	A Workshops start A1 Being a Detective for Anxiety: How to Support Young Parents A2 Ministry of Education and Child Care Dialogue with APSYP A3 Creating Environments to Influence Positive Behaviour with Infants and Toddlers
3:15 PM	Break and refreshments
3:30 PM	B Sessions start B1 Understanding Anxiety and Supporting Young Children to Cope B2 UBC Childcare Centers Tour B3 Youth Workers Brainstorming Session
6:00 PM	Gathering in the Ponderosa Ballroom

Saturday, October 22 9:00 AM - 4:00 PM

8:30 AM	Registration and Information Table
9:00 AM	C Workshops start C1 Trauma Aware Communication C2 Grief and Loss in Young Parent Programs C3 The 3 R's--Relational Practice, Responsive Curriculum and Reflective Practice with Infants and Toddlers
10:15 AM	Break
10:30 AM	Workshops resume
11:45 AM	Lunch starts; Workshop C3 ends, Workshops C1 and C2 break
1:15 PM	Lunch ends; Workshops C1 and C2 continue, Workshop C4 starts: Enriching Early Child Care and Education Programs using the BC Aboriginal Child Care Society Cultural Kits
3:30 PM	Workshops end
3:45 PM	Certificates handed out

WORKSHOP DESCRIPTIONS AND PRESENTER BIOS

Friday, October 21

TERRITORIAL WELCOME AND OPENING REMARKS

We would like to acknowledge that the conference will be taking place on the traditional, ancestral, and unceded territory of the Musqueam people. Opening Remarks by Jennifer Westoby, Provincial Coordinator of the Alliance for Professionals Serving Young Parents and Welcome by Joseph Dunn, Executive Director of the BC Council for Families.

KEYNOTE

“Why can’t all young people be successful?”

That is the question Trevor Stokes has based his entire teaching career on. In his keynote presentation, Trevor will delineate the principles and values he believes all individuals and organizations working with youth should follow.

Trevor will ask you to look at your own practice to determine if what you are doing is working. Are you connecting with these youth? Are you helping them get to where they want to go? He will challenge you to take ownership of your relationship to your job, your coworkers, and the youth you work with.

Using countless examples, Trevor will show how applying a simple, consistent and highly purposeful approach to youthwork can transform young people. He will outline what needs to be in place for a team to be successful and offer strategies on how to get there. He will provide tools and strategies that can overcome the chronic diminishment and marginalization of the very work that you do. By providing a blueprint backed by over 25 years of experience, Trevor will demonstrate how you can not only make a significant impact on the lives of young people but become happy and content while doing it.



Trevor Stokes has been teaching at the Streetfront Alternative Program since 1999. Under his leadership, Streetfront has become a world leader in motivating and inspiring at-risk youth. Over that time, Streetfront has built the largest cohort of high-school marathoners in the world and created the Street2Peak Project, which has brought inner-city students on international expeditions around the globe (Kilimanjaro 2015; Patagonia 2017, New Zealand 2019 and hopefully, Nepal 2023). Trevor bases his teaching philosophy on an unwavering belief that all students are capable of great things if given the tools necessary to succeed.

WORKSHOPS

A1 Being a Detective For Anxiety: How to Support Young Parents

In this workshop, we will learn how to support young parents dealing with anxiety by being good detectives. We will look at the variety of factors that may be causing stress, review the context in which anxiety is being exhibited (including intergenerational and socio-economic factors, their developmental age, and their support system), and learn how to recognize the signs and symptoms of anxiety. Through case studies and other interactive activities, we will solidify our detective skills by better understanding what to look for and how to support young parents when they are experiencing anxiety.



Karlie LeClaire holds a Bachelor of Arts in Psychology, a Master of Arts in Counselling Psychology, and is currently a PhD candidate in Counselling and Psychotherapy. Throughout her graduate work, Karlie focused on studying the psychological impacts of trauma on the child and youth population. She is a Registered Clinical Counsellor and Certified Canadian Counsellor. In addition to working in her own private practice, Karlie works at a child and youth mental health clinic called the LEAP Clinic. The LEAP Clinic focuses on supporting youth and their families with various mental health difficulties. Karlie strives to maintain an approach that our feelings, thoughts, and behaviours are a learned response to the environment we have matured into; she believes that if we can look at mental health from this lens, we will be more likely to understand, honour, and support both ourselves and others.

A2 Ministry of Education and Child Care Dialogue with APSYP

This session is an opportunity to meet with Ministry of Education and Child Care staff, and Jennifer Westoby, APSYP Program Coordinator. There will be a presentation by Child Care Division staff, who are now within the Ministry of Education and Child Care, where we will learn what is happening with the Child Care BC plan. Young Parent Program staff will have the chance to share what is working and what is challenging for them, along with a question and answer period.

A3 Creating Environments to Influence Positive Behaviour with Infants and Toddlers

In this workshop, we will examine how, directly and indirectly, we can shape our environment to navigate behaviours throughout our day working with infants and toddlers. We will explore ideas, experiences, and inspirations through photos, shared stories, and collaborative work. We will discuss not only how the environment influences infants and toddlers but how it influences the educators in their approach to children, families, coworkers, and the curriculum.



Ward Nakata has been an Early Childhood Educator for over 30 years. He lives on the unceded land and waters of the Musqueam people with his wife (also an Early Childhood Educator) and his two children. Ward is very dedicated to enhancing this sector through education. He has served six years on the Board of Directors of ECEBC and is an advocate for this profession.

B1 Understanding Anxiety and Supporting Young Children to Cope

There are many factors that contribute to all mental health issues. Anxiety is one aspect of mental health that is frequently seen in children, and its root is also complex. When young children exhibit challenges with mental health, it shows up in several ways, especially in their behaviours.

In this workshop, we will learn how to support young children dealing with anxiety by exploring the signs and symptoms, preventative aspects, and treatment tools. Through interactive activities, we will learn how communication is connection and how to get back to basics with these youngsters to help them regulate and improve their well-being.



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B2 UBC Childcare Center Tour

This will be an opportunity to visit one or two of the well-known UBC child care programs. Visitors will tour with a guide where they can ask questions and take photographs (note: any photos taken must be restricted to the setting and equipment) in an effort to learn new ways to provide early childhood programs in their own communities.

B3 Youth Workers Brainstorming Session

Calling all support workers, coordinators, or other roles in a young parent program where you work with youth! This session is for any staff member who works with young parents and wants to brainstorm with others about supporting them effectively. Whether you are new to your program or have been working with young parents for years, if you want to ask questions about how other programs work and/or share ideas, this session is for you! We will brainstorm in small groups and come together as a big group to share knowledge.



Saturday, October 22

WORKSHOPS

C1 Trauma Aware Communication

Being aware of how trauma presents in people is a critical skill for family support professionals. In this workshop, we will explore how we perceive and filter information and learn communication strategies that are based on understanding trauma.

In the first part of this workshop, we will discuss the 10 most common ways we interpret events. Participants will learn to understand how trauma can affect the way people filter information and lead to cognitive distortions (for example, all-or-nothing thinking, mental filtering, and mind-reading). Through self-compassion and non-judgemental, experimental “playing” with these distortions, participants will be able to see how information is filtered and perceived.

The second part of this workshop will examine communication styles, including a high-level introduction to non-violent communication, as well as “I language” and “demands vs. requests.” Participants will also explore mindful communication techniques.

Past participants have shared that this workshop has highlighted the importance of personal responsibility in communication. Others have shared that it helped make a positive shift in their workplace as employees/co-workers started to communicate differently, using “I language,” and a better understanding of how they are communicating and perceiving information.



Kate Toye is a Self Compassion Coach who weaves together mindfulness, wellness, somatic, and intuitive coaching, self-compassion, Compassionate Inquiry, and Internal Family Systems to support her clients in her private practice. She is a certified Compassionate Inquiry Practitioner, a psychotherapeutic approach developed by Gabor Mate, and is a certified Mindfulness, Wellness, and Somatic Coach through the Mindfulness Coaching School. Kate has a love of learning and continues to enroll in courses to grow her knowledge and the ability to support her clients. Her greatest teachers are her three kids. Self-compassion and compassionate inquiry have transformed who she is and how she is with her kids, her partner, her parents, and herself. Kate loves to share with anyone wanting to create a stronger relationship with themselves and their loved ones.

C2 Grief and Loss in Young Parent Programs

Grieving professional losses is important and necessary to help prevent compassion fatigue and burnout in any human service work, including young parent programs. As the saying goes, “the only cure for grief is to grieve.”

Helping professionals often form strong workplace bonds, putting them at risk for complex feelings of loss when these bonds end or change. Losses may include organizational restructuring, the departure of a co-worker, the end of a client relationship, or, in more serious circumstances, when someone dies. Experiencing strong feelings during these times can be confusing, as these emotions may not be acknowledged or validated by social workplace norms; this is known as “disenfranchised grief.”

In this workshop, participants will learn how to identify, acknowledge and process losses; honour and work with grief in a professional context; maintain professional boundaries, and practice restorative and compassionate self-care.

Workshop Highlights

- Identifying and understanding ambiguous and disenfranchised grief
- Honouring emotions while remaining boundaried in our work
- Supporting yourself and others through loss in professional practice
- Practice examples and scenarios



Jodie McDonald is a Registered Social Worker with over 20 years experience in the non-profit sector, working in crisis and suicide intervention, family support, and mental health. She has an MSW specializing in Community Development and is particularly interested in the impact of frontline human service work on the worker, the traits and experiences that draw workers to this field, and how to best support these valuable people in their essential work. Jodie teaches in the Studies in Women and Gender Department at Vancouver Island University, and is also an Integrative Body Psychotherapist in private practice.

C3 The 3 R's--Relational Practice, Responsive Curriculum and Reflective Practice with Infants and Toddlers

In this workshop, we will consider the ways in which relationships, curriculum development, and critical thinking are interrelated and impact our practice with infants and toddlers. Together we will share our stories and insights on how all three are interdependent and interwoven. Through images, video, and lived experiences we will explore and discuss strategies to successfully implement these practices as we flow through our day. We will consider and challenge our pre-conceptions of how we, as educators, care for very young children.



Ward Nakata has been an Early Childhood Educator for over 30 years. He lives on the unceded land and waters of the Musqueam people with his wife (also an Early Childhood Educator) and his two children. Ward is very dedicated to enhancing this sector through education. He has served six years on the Board of Directors of ECEBC and is an advocate for this profession.

C4 Enriching Early Child Care and Education Programs using the BC Aboriginal Child Care Society Cultural Kits

In this interactive workshop, you will explore BCACCS Cultural kits which were developed to support the teaching of Indigenous knowledge, values and cultural practices, highlighting, in particular, our important relationship to land and place. Participants will discuss important considerations about protocols in sharing cultural knowledge with children, think about how to build relationships with cultural teachers in their communities, and have a chance to discuss experiences for children focusing on the materials in two of our BCACCS Cultural Kits.



Klara Schoenfeld is a Provincial Child Care Advisor with the BC Aboriginal Child Care Society. She has worked for many years working with children in childcare centers, forest schools, continuation schools, youth correctional facilities and homes for street youth. She is a life learner, who has studied early childhood education, outdoor education, cultural anthropology, international development, yoga, nutrition and compassionate communication. Klara loves spending time with her husband, daughter and their dog in nature - going for beach walks, forest hikes and bike rides. She also enjoys spending quiet time cooking, crafting, reading and knitting.



Alliance of Professionals Serving Young Parents

The Alliance of Professionals Serving Young Parents (APSYP) is a provincial network of Young Parent Program professionals. Young Parent Programs offer safe havens for young parents and their families in communities across British Columbia. Within these programs, they provide a huge level of support, including, but not limited to, child care, parent education, mental health support, and community referrals.

The Alliance connects in person and through phone calls to share best practices, exchange ideas, and learn from new research. APSYP also holds an annual conference focused on strengthening Young Parent Programs in BC and supporting professional development, typically held on the provincial professional development day in October. Together, APSYP members advocate for the needs of their programs and work to enhance positive outcomes for the young parent families they serve across the province.

APSYP was established in 1990, and the BC Council for Families has been committed to its provincial coordination since 2007. Funding support is provided by the BC Government through the Ministry of Education and Child Care. Alliance members are Young Parent Program professionals from 32 communities across BC, and the network is directly supported by the BC Council for Families' APSYP Program Coordinator.

APSYP also connects through regional and provincial meetings, which take place two to four times a year for the following groups:

- All APSYP group
- The Lower Mainland APSYP group
- The Interior/North group
- Vancouver Island APSYP group
- Regional Representatives

For all inquiries or support, please contact:

Jennifer Westoby

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