

**ÉQUIPE PSYCHO-SOCIALE POUR ENFANTS
ET FAMILLES
DE S. D. & G**

L'Équipe Psycho-sociale pour enfants, adolescents et familles de S. D. & G. is recognized as a mental health centre operating under the authority of the Ministry of Community and Social Services/Ministry of Children and Youth Services

L'Équipe has a Board of Directors charged with the guidance of its operations. Services have been provided since August 4, 1980. We offer a variety of programs designed to respond to the needs of families that are living and coping with mental health difficulties. Operating costs are assumed by the Provincial Government. All the services that we provide are free of charge.

All our services are based on voluntary access. Applications for assistance may be submitted by parents, adolescents (on a voluntary basis), health professionals, the judicial system, the Children's Aid Society, and any other community agency.



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PROGRAMS AND SERVICES

FORWARD FROM THE EXECUTIVE DIRECTOR

It is with no small measure of pride and pleasure that we present what we consider to be the accomplishment of a project that began in 1980. This brochure outlines the numerous programs and services offered by L'Équipe Psycho-sociale. It is our intention, through the delivery of these programs and services, to respond to and meet the diverse needs of the children, adolescents, and families of our community.

We intend, in the coming years, to develop and evolve in harmony with the development and evolution of our community.

*Pierre Landry
Executive Director*



Vivre sans violence



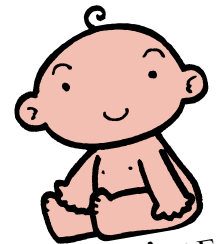
Services cliniques



Groupes d'habiletés parentales



Groupes de ges-



Bébé F.Ê.T.E.



Initiation à la vie



Partir d'un bon pas



Enrichissement scolaire

PARTIR D'UN BON PAS

DEFINITION:

A prevention program designed to meet the needs of children from 4 to 8 years of age in 4 Cornwall schools.

GOAL:

To provide additional assistance in the school setting while taking care to minimize the risk of branding or labelling students. Develop a measure of pride and a sense of appropriate self-regard in children and their families.

DESCRIPTION: (3 areas)

SCHOOL

- School-related activities
- Nutrition program
- Tutoring
- Awareness and stimulation services

FAMILY

- Family visits
- Parent-child workshops
- Workshop APEC (Apprentissage petite enfance Canada)
- Welcome Wagon
- FA&T (Family & School Working Together)
- BABY FA&T

COMMUNITY

- National Child Day
- Franco-Fair
- French Week
- Teddy Bear Picnic
- Volunteer's Banquet

ADMISSION CRITERIA:

Children 4 to 8 years of age in the four target schools.

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DAY CLINICAL SERVICES

DEFINITION:

The services are designed to provide psychosocial and/or psychological and/or psychiatric assistance to children, adolescents and families of the area.

GOAL:

Help children and adolescents to more effectively manage conflicts and difficulties encountered in their personal, family, social and school experiences.

DESCRIPTION:

Through a variety of individual, group, or family focused therapy approaches, children learn to thrive in their milieu and to adapt to their environment. Meetings may be held on a regular basis in the school setting or at the offices of L'Équipe Psycho-sociale, according to individual needs and circumstances. If required, an assessment service is also available.

ADMISSION CRITERIA:

- socio-affective and/or behavioural difficulties
- children and adolescents (0 to 18 years of age) and their parents

ACCESS TO SERVICES:

An application may be submitted by the parents, the family physician, the school, a community agency or by the client herself or himself.



LIFE SKILL TRAINING

DEFINITION:

Day program designed to meet the needs of clients who have an intellectual development delay.

GOAL:

To develop the necessary skills to function effectively in daily life settings in order to ensure a readier and smoother integration into society.

DESCRIPTION:

With regard to daily life routines, certain tasks or activities are repeated, such as crossing the street at street corners, learning to observe, recognize, and comply with traffic signals, etc. On other appropriate occasions, additional relevant issues will be dealt with, such as shopping, making change, identifying and choosing healthy food products, etc.

TARGET GROUP:

- adolescents and young adults who have an intellectual development delay
- residents of S.D.& G.



EARLY YEARS PROGRAM

DEFINITION:

Early identification, intervention, and treatment related to mental health for children 0 to 6 years of age in their family and environmental settings.

GOAL:

Early identification of children who are at risk of developing behaviour and/or mental health disorders and offer these children intervention services as early as possible.

DESCRIPTION:

Through family visits, the interveners are able to identify and observe difficulties so as to be in a position to more effectively interact with the child's immediate environment. In addition to other related issues, workers deal with discipline, attachment, the affective parent-child relationship, infant and toddler stages of development, etc.

Intervention may also take place in the family and/or child-care settings. Parenting skill groups are also available.

Admission Criteria:

- infants and toddlers 0 to 6 years of age
- referrals from parents, child-care and/or school settings, physicians, or other community agencies



INTERVENTION IN THE SCHOOL SETTING

DEFINITION:

Services provided in the school setting target the child's behaviour at school and may provide for a family support component.

GOAL:

Help the child to more effectively integrate in his or her school environment through the provision of adaptive methods and tools.

DESCRIPTION:

A worker meets with the student and the teacher, identifies the problems or difficulties, establishes a procedure with the participants, and determines an appropriate method of follow-up through regular meetings at the school. In addition, the intervener meets with the family in order to better assist in the helping process.

IDENTIFIED SCHOOLS:

The service is offered in the schools identified by the area French-language school boards (Catholic and Public).

ACCESS TO SERVICES:

Applications are submitted by the school boards.

SECTION 20 PROGRAMS

DEFINITION:

Mental health intervention programs for children and adolescents presenting behavioural difficulties in the school setting. These programs originate from the agreements between L'Équipe Psycho-sociale and Le Conseil scolaire de district catholique de l'Est ontarien. The programs are managed by L'Équipe Psycho-sociale.

GOAL:

Assist children and adolescents in the management of behavioural difficulties in order to allow the participants to eventually reintegrate the regular classroom.

DESCRIPTION:

In the classroom setting, the clients have access to services provided by a variety of workers and interveners. These services include individual and family interviews, according to particular needs and circumstances.

Elementary School Program:

Day school (4 to 13 years of age)

- located in the Équipe Psycho-sociale facilities at l'École Jean XXIII

Secondary School Program:

Day school (14 to 18 years of age)

- located in the Équipe Psycho-sociale facilities at École secondaire La Citadelle

ACCESS TO SERVICES:

Applications must be submitted by the schools and be presented to and approved by the Admission Committee of L'Équipe Psycho-sociale.

INTENSIVE INTERVENTION SERVICES

DEFINITION:

An intensive follow-up service designed to meet the needs of children, adolescents, and their families when all other services in the community have been exhausted.

GOAL:

Through the presence of an intervener in the child's family setting, the follow-up is intended to more precisely circumscribe the difficulties and to equip parents with "at home" methods and techniques. Observation in the family setting provides the advantage of a more refined and tailored approach.

DESCRIPTION:

The interveners attend the client's home in order to observe the family dynamics. This phase is followed by the development of a plan of therapy specifically tailored to the parents and the children and that focuses on clearly defined objectives.

DURATION:

On average, the duration of the program consists of 6 to 8 hours per week, over a 3 to 4 week period.

ADMISSION CRITERIA:

French-language children and adolescents of S.D.& G. who are under 18 years of age and who have had a recent and complete clinical assessment.



PROGRAM FOR ABUSED CHILDREN

DEFINITION:

Psychotherapy designed to assist children in dealing with physical or sexual abuse.

GOAL:

Assist children to manage their life experiences, increase their self-esteem and enable them to develop a functional self protection system.

DESCRIPTION:

Through individual assistance, the intervener identifies related issues, such as depression, anxiety, or attachment disorder. Subsequently, he or she deals with more specific problems, such as self-esteem, self-image, and self-assertiveness. Additionally, the intervener suggests self protection strategies as well as a security plan and, with the client, clarifies the notion of responsibility. These interventions are carried out through a variety of therapies: play therapy, zoo therapy, dance therapy, etc.

ACCESS TO SERVICES:

Referral by parents, a physician, a community agency (e.g., C.A.S.).



PARENTING SKILLS GROUPS

DEFINITION :

An intervention program designed to work with parents in the development of requisite skills and methods that will assist in the effective management of behaviour in connection with children from the following age groups: 6 to 9, 10 to 13, and 14 to 18 years of age.

GOAL:

Identify the problems, the expectations, and the needs of parents in relation to their children and adolescents.

DESCRIPTION:

Through group sessions (organized according to the various age groups of the children), parents are encouraged to share their own experiences with other parents who are going through similar situations in order to develop appropriate and relevant resources that fit their individual circumstances. The process is guided by two interveners. The activities are partially structured in order to provide the opportunity to become familiar with methods and approaches that are specifically adapted to the difficulties being experienced, while promoting sharing and exchanging amongst parents. At the end of each meeting, parents are given an activity, method or approach to be tried out and applied before the next weekly meeting. At the following meeting, a discussion is held, centring on the activity, method or approach.

DURATION OF THE PROGRAM:

- 2 hours per week for 8 weeks

TARGET GROUP:

- clients of l'Équipe Psycho-sociale



LIFE WITHOUT VIOLENCE PROGRAM

DEFINITION:

A service provided for women and female adolescents (16 years of age) who are victims of violence likely to provoke injury, and/or physical or sexual pain, or psychological distress, including threats of injury, pain or distress and confinement or deprivation of freedom, whether in their public or their private lives.

GOAL:

Break the cycle of violence and allow women to reclaim power over their own person.

DESCRIPTION:

Meetings involve individual psychotherapy and counselling.

ACCESS TO SERVICES:

An application may be submitted by the client herself, through community agencies, physicians or other professionals.



INTERVENTION PROGRAM FOR MOTHERS AND CHILDREN WHO HAVE WITNESSED OR HAVE BEEN VICTIMS OF SPOUSAL ABUSE

DEFINITION:

Therapeutic intervention and support focusing on the security and well-being of the child and the mother, in a confidential, secure and non-judgemental setting.

GOALS:

- provide support to children at a time when they are beginning to attend to the emotional effects brought on by the witnessing of parental violence.
- provide support for mothers in their attempts to help their children overcome and heal the effects of violence.

DESCRIPTION:

Support group for mothers and children working separately on identical themes of emotions, discipline, conflict resolution, anger, self-esteem, a security plan, etc.

DURATION:

- 8 weeks—5:30 p.m. to 7:00 p.m.
- babysitting and travel expenses are reimbursed

ACCESS TO SERVICES:

- clients of l'Équipe
- referrals from C.A.S. or other agencies