

The Cuffer

A Newspaper for School Councils in Newfoundland and Labrador



Jan/Feb 2013



Message from the President

Ms. Ruby Hoskins

Another holiday season behind us, and I hope that everyone had an enjoyable and festive Christmas, spent with family and friends, as time spent with each other is the greatest gift we can give one another. A new year, brings new beginnings and a renewed sense of enthusiasm for the future. For school council members, this past year has brought many challenges and issues forward that continue even as we move forward in a new year.

Many of the issues are generic to all areas of the province, while some are district specific, they are issues, none the less, and school councils must focus their efforts on dealing with and finding amicable solutions for all involved.

Our Students, Our Future, four simple words, that have such a powerful message and are the driving force for school councils as we continue to advocate for improvements to our education system - changes that support and enable ALL

STUDENTS, to learn and be educated in an environment, that is conducive to learning.

As society continues to change and evolve, so does the challenges that we face as school councils. While advocating for academic improvements, such as increased teacher allocation, the infamous math curriculum, and supports for the existing inclusion model, we also have to deal with bullying issues, drug and mental health issues and the lack of supports available to deal with these issues. We also have to continue to advocate on the effects of school closures, maintenance issues (which impact student learning), safe and caring school policies, CRT results and public exam results.

School Councils work with many stakeholders in education and within the school itself, to ensure adequate supports and services are in place for our students. Our members support Grad and Prom committees and Student Council initiatives within the school and also act as a liaison between parents and guardians, and the school. While the task at hand can be daunting at times, the efforts and commitment of school councils in this province, has been task focused and their strong voice on many of these issues, has brought our education system to where it is today.

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President's message continued

School councils are a legislated entity and as we continue to work with Stakeholders in Education, it is becoming increasingly more evident, that we, collectively, have the power to evoke and bring forward positive changes to support our students through the K-12 education system.

As time ticks away quickly and we are moving-through the year, I would like to encourage our Membership to start thinking of another issue, that certainly holds an important opportunity for school councils to take their voice to the next level – the upcoming school board elections set for next fall. Who better to represent the vested interests of parents, guardians and students in your area than someone who has been involved with the schools system and education advocacy at the front lines.... than a school council member.

You have seen and dealt with, first hand, the challenges your school has faced and would be aware of issues and concerns of surrounding schools in your district. I am asking school council members to take a serious look and give thoughtful consideration, to putting your name forward in the upcoming School Board Election. You have so much to offer your community and district. Your knowledge and expertise are valuable assets, that we need as School Board Trustees, and you would be elected by the people that you have worked with side by side over the years.

Your experience would also provide knowledgeable and up to date input on areas or issues of concern and would ensure that your voice and our voice, is heard and representative of the people in your district.

School council participation has prepared you for the next step in volunteerism...in the role of a school board trustee.

Please consider this request and talk to other school councils and members of your community, solicit feedback from others and give serious thought to taking your expertise and knowledge to the next level.

Our Students, Our Future, relies on school councils and people with a vested interest in our youth - people like you!

If you have any questions, please feel free to contact me personally, or through our Executive Director, Denise Pike. We continue to make a commitment to our youth, through our participation on school councils... and together we can make a change!

rubyhoskins63@yahoo.ca

Media Interviews

Over the past few months President Ruby Hoskins has been repeatedly interviewed by the media on a number of issues affecting our schools, students and school councils.

(Bullying, Mental Health and Addictions among or youth, Proposed School Closures Bussing Regulations, School Maintenance, the roles and responsibilities of a School Council and the need for increased police presence in schools).

Last month ago she was interviewed by the Telegram on a story regarding school safety (the strategies and supports in place in NFLD as opposed to other provinces in Canada).

Ruby can heard most weeks on VOCM Radio (Open Line and Back Talk) or CBC (On the Go and Cross Talk) advocating for changes and improvements for the educational system.

Ruby was also asked to chair the committee "Stand Against Drugs on the Burin Peninsula" She is relentless in her efforts to voice the concerns of Schools Councils across the province.



Meeting with Eastern School District

On Monday, December 10, 2012 NLFSC President Ruby Hoskins; Executive Director Denise Pike, and Secretary Peter Whittle met with Eastern School District officials Dr. Bruce Vey, (Director of Education) Susan Ryan, (Assistant Director of Education for Rural Education and Corporate Services) and Milton Peach, (Chairman of Eastern School District).

The meeting focused on protocol relating to bussing and school maintenance, the roles and responsibilities of schools councils, and how to improve communication between NLFSC and the Eastern School District.

It was agreed by both Eastern School District and the NLFSC that the condition of a school is important in supporting a safe and caring learning environment. Both also agreed that the day to day operations of a school is the responsibility of the school Administrator.

NLFSC recognizes that the Principal of a school is responsible for the day to day operations of their school and that the Principal is also responsible for prioritizing the maintenance needs of his/her school and submitting a request for proper maintenance and repairs to the School District. NLFSC values and respects our Principals and their leadership, and does not encourage councils to infringe or overstep their bounds, in any way, on the Principals role in school governance.

NLFSC encourages councils to always discuss any maintenance issue or concern with their school principal FIRST.

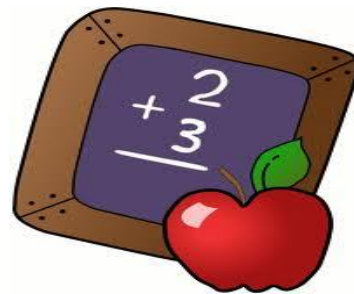
NLFSC and Eastern School District also recognized that one of the functions of a school council is “to advise the board on matters of concern to the school and community.” Therefore NLFSC believes there will be some circumstances in which schools councils should not only engage in discussions regarding

maintenance, but also forward these concerns to the school district. In cases where maintenance requests and concerns have been post-poned, are a safety concern, and not conducive to a good learning environment, NLFSC believes it is a councils responsibility and right to bring the concern to the school council table for discussion and then the attention of the school district.

NLFSC does not encourage, support or agree with a school council, including as part of their agenda, discussions on individual teachers, students, parents or guardians.

NLFSC also encourages councils not to engage in discussions relating to personnel or administrative issues.

While the condition of a school may sometimes be a focus, one of the important aspects of a council’s role is helping to improve the academic success of students through involvement in the School Development Plan. School Councils should receive and review, on a regular basis, all reports resulting from any assessment conducted within their schools. As part of their role in helping to improve student achievement, it is expected that school councils will review and monitor performance standards of students in their schools; recommend and support strategies to improve student achievement; communicate standards and strategies recommended to the school community and keep the school community informed of strategies implemented and student achievement results.



No Such Thing as a Bad Kid

On December 10,th President Ruby Hoskins attended a workshop, facilitated by Charlie Appelstein, entitled “No Such Thing as a Bad Kid: Understanding and Responding to Challenging Behavior in the Classroom.”

Charlie Appelstein has devoted his entire adult career to helping children and students, struggling with emotional and behavioral challenges, as well as those who guide them. Participants at the workshop were taught positive and inspiring strength-based approach/practices, (rather than flaw-fixing techniques) to help troubled children, youth and their families. The practices are based on the belief that every individual has the strength and past successes that can be utilized to stop problem behaviour and enhance decision making.

For more information on the speaker and his work visit his website at <https://affectivelearningwiki.atlassian.net/wiki/display/ALW/Our+Partners>

School Board Elections and Regulations

The School Board Elections for Newfoundland and Labrador will be held this coming fall.

School Boards are comprised of elected school trustees. This is why it is very important to be active within the community and to support your local School Boards.

School Boards exist, by the provincial Schools Act, to organize and administer the public schools throughout the province. This represents an expectation that these schools will provide for the optimum intellectual, social, moral, physical, emotional and vocational development for each registered student. Newfoundland and Labrador is broken into five School Board districts, Labrador, Western, Nova Central, Eastern, and Conseil Scolaire Francophone.

Your local School Board plays a key role in the development of our education system.

Schools Act

A number of our School Council members have inquired about the regulations governing school board elections and their eligibility to run in certain zones.

NLFSC continues to seek clarification on these concerns.

Some of the legislation found in the 1997 Schools Act on School Districts and the election of Trustees include:

School districts

52. (1) The province shall be divided into school districts as set by order of the Lieutenant-Governor in Council and the Lieutenant-Governor in Council may by order alter the boundaries or change the name of a school district.

(2) Where there is a dispute as to the boundaries of a school district, the minister shall determine those boundaries and that determination shall be final.

(3) An order made under subsection (1) shall be published in the *Gazette*

School boards

53. (1) There shall be a school board elected for each district.

(2) Each board is a corporation.

(3) A board shall be elected at the time and in the manner directed by the minister subject to the approval of the Lieutenant-Governor in Council.

(4) The number of trustees to be elected for each district shall be set and may be changed by order of the Lieutenant-Governor in Council.

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School boards continued

(5) Where fewer trustees are elected to a board than the number required by an order made under subsection (4), the Lieutenant-Governor in Council shall appoint those trustees necessary in order to satisfy the order.

(6) The trustees shall elect from among their members a chairperson and other officers, and the chairperson shall hold office until the next annual general meeting of the board.

(7) A person shall not be elected or serve as a trustee where that person

(a) is an employee of the department unless prior written approval is given by the minister;

(b) is an employee of the board; or

(c) has a contract or interest in a contract with or for the board.

(8) The chairperson, or in his or her absence, the vice chairperson or a chairperson elected for that meeting shall preside over meetings of the board and of the executive committee and shall have the same right to vote as other trustees.

(9) Where a vote is tied, the question shall be considered as resolved in the negative.

District zones

54. For the purpose of ensuring that all parts of a district are represented by trustees, the board shall divide the district into 2 or more zones and shall define the boundaries of those zones.

Vacancy

58. Where a vacancy of a trustee position exists or where a trustee no longer resides in the zone for which he or she was elected, or the trustee absents himself or herself from 3 consecutive meetings of the board without good reason the board shall inform the minister who shall declare that position vacant.

Membership Renewal and Fees

It's time to renew your annual membership in the NLFSC. If your school is not already a member of the federation, please consider renewing now. A membership application form is enclosed with this issue of *The Cuffer*. If you have any questions, please call us (Toll Free) at 1-877-739-4830; or locally at 834-7300.

Don't forget to complete the membership application and send it in along with your cheque. If you would like to be added to our listerv, please include your e-mail address and the e-mail addresses for any other members who would like to be part of the listerv.

The NLFSC listerv is a tool used by the NLFSC office for requesting and distributing information to hundreds of School Council representatives from all across the province. It allows us direct contact with our membership. The information and feedback provided guides the executive with their advocacy and decision making.

Thank you to those who have already paid their membership fees!



NLFSC's 2013 Annual General meeting

Please mark your calendar for the NLFSC Annual General Meeting, April 26-28 at the Greenwood Inn in Corner Brook.

To ensure a room please book early by calling the Greenwood Inn at 709-6345391 or

Toll Free: 800-399-5381

The meeting will include an election of officer's for the positions of **President** and **2nd**

Vice-President. If you decide to offer yourself for a position on the executive, please contact the NLFSC office as soon as possible so your information can be included in the AGM mail-out scheduled for the end of February. Nominations can also be made from the floor during the AGM.

Any member may nominate another member for a position on the provincial board.

These are volunteer positions for a two-year term.

Only members of school councils in good standing (paid membership) may be elected as officers.

Please consider taking an active role in the governance of your federation.

The primary responsibility of an elected executive is to participate in the development of policy and major decision-making at board meetings held at least two times a year.

Another key responsibility is to be active on an ongoing basis on the executive committee of the board.

Please consider running for President or 2nd Vice-President on the Board of Directors.



Teacher/Staff Appreciation Week

This year's annual national **Teacher /Staff Appreciation Week will be held February 10-16.** NLFSC encourages our membership to acknowledge and celebrate the hard work and care our teachers and support staff give to our children on a daily basis.

Outside the family unit, our teachers and school staff are the greatest influences in our children's lives. They don't just teach, drive a bus, clean or do administrative work. They care for, guide and help our children become the best that they can be as students, individuals and citizens.

Celebrating this important week gives us all an opportunity to publicly salute and recognize the significant contribution our teachers and school staff make to our children and our province.

What Teachers and School Staff Do

Teachers and our school staff have some of the toughest jobs. They are there for our children day in and day out, often under trying circumstances and with less than adequate resources and support. Their professionalism, dedication, and expertise form the cornerstone of our nation's public education system. Without the hard work of teachers, Canadian scientists, artists, and political and business leaders would not be among the best in the world.

Many education leaders suggest that the most effective way to improve education in this country is to give teachers the status, support, and recognition they genuinely deserve. To help focus national attention on the outstanding contributions our teachers and school staff give to us individually and collectively, Feb. 10th - 16th has been designated as Teacher/Staff Appreciation Week.

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TSAW continued

Teacher/Staff Appreciation Week is dedicated to recognizing exceptional teachers and celebrating the great things being accomplished in schools. Many School Councils and PTA's across the country plan special events to show appreciation for our teachers and school staff. They host appreciation breakfasts and luncheons, sponsor special student activities, and involve other school clubs, community groups, and local businesses in the week-long event. There are a lot of fun activities and simple things you and your children can do to celebrate TSAW. (Suggestions, by NLFSC, has been sent out on our Listserv)

Showing Appreciation Year Round

Recognizing our teachers and school staff for all they do, does not need to be time-consuming, expensive, or reserved for one special week during the year. One of the greatest ways parents can show their appreciation, to those who work in our schools, is by being actively involved in their child's education all year long. Parents should establish a good working relationship with teachers/school staff early in the school year. Talk to your children's teachers on a regular basis, not just at scheduled parent-teacher conferences. Find out how you can help with homework assignments and reinforce at home what is being taught in the classroom. By being an involved parent, you are showing your respect and appreciation for your child's teachers and the school. When parents and teachers establish open communication and good working relations, great things get accomplished for students.

Thank Them for Being Teachers

Teachers play a critical role in the lives of our children. It takes a lot to give a lot. Patience, Understanding and kindness are constantly required to nurture a class full of young minds and personalities. Teachers also play a very important role in promoting self-discipline in our children and in establishing guidelines and rules

for participating in a classroom or group. Their guidance helps our children develop social skills and become competent in group situations. That's why it's important for parents to remember those little, often overlooked qualities that make teachers such special people in our children's lives. Be sure to tell teachers and our school staff how much you appreciate who they are.

Give Teachers/School Staff More Quality Time

One thing that parents probably don't think about is that the "quality time" teachers and school staff spend spent with our children is just as important to them as it is for parents. Quality time for teachers means teaching. Often teachers are asked to assume a range of clerical and other school duties that take time away from teaching our children. When you advocate for teachers, advocate for giving teachers the time they need to teach. Let your teachers know you value their profession and support their needs. Be their advocate and you will find them advocating for you and your children!

A little gesture can make a huge difference. When parents take time to thank teachers, it makes both the parents and teachers feel good about working together. And when parents and teachers work together, student achievement soars!



ELECTRONIC CIGARETTES – A GROWING CONCERN

Over the last number of years ACT has made every effort to support teachers in the classroom by providing them with countless brochures, promotional items, class presentations, etc. ACT provides grants to schools that plan and implement a healthy activity which addresses tobacco free living.

Teachers and parents make a difference in tobacco control and it is for this reason that a continued strong partnership between ACT and the teachers/school councils of our province is very important.

It is with this in mind that the Alliance for the Control of Tobacco wants to make teachers and parents aware of a product that may become an issue in our schools in the days ahead. Reports out of other provinces suggest that electronic cigarettes (e-cigs) are being used on school property and indeed inside schools with the argument from students and maybe even parents and others that these are not actual cigarettes so the rules connected to smoking or tobacco products do not apply.

Reports indicate that in some cases teachers, doctors and others are promoting the use of e-cigs as a cessation support or because they believe it is better than smoking itself. As you can imagine the use of these devices in your schools or on your school properties brings with it many concerns. First and foremost, e-cigs are not approved by Health Canada and those with nicotine included are not permitted to be sold in this country. As well, their use challenges your smoke free schoolyards and smoke free schools policies since students actually appear to be smoking real cigarettes in defiance of the policy. This makes it very challenging for teachers and supervisors who have to address smoking issues.

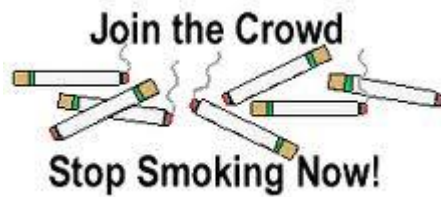
What can you do in preparation for what possibly might be coming your way? This issue could be put on an agenda for a school council

meeting so that administration, teachers, parents and students begin the discussion about electronic cigarettes.

The following link provides valuable information about e-cigarettes so you and your teachers can get a better understanding of why they pose a threat to youth:

http://www.nsra-adnf.ca/cms/index.cfm?group_id=2293

Over the next few months ACT will make every effort to provide your teachers, students and parents with information on this issue. Please do not hesitate to contact the ACT office at 709-753-0079 or email: melissamoore@actnf.com if you have any questions, or if you wish to share your thoughts on this issue.



Many thanks to the Newfoundland and Labrador Teachers Association for printing this newsletter!

**When you study great teachers...
you will learn much more from
their caring and hard work than
from their style.”
— William Glasser**

School Council of the Year Award

NLFSC is currently accepting nominations for The School Council Person of the Year Award

Purpose

The purpose of the Award is to publicly recognize significant and outstanding achievements of School Council Members.

Candidates

Candidates for the award may be any school council member from member school councils (i.e. parents, teachers, students, community reps, principals). Candidates who contribute by actions and efforts to the development of a positive learning environment may be nominated by their colleagues, students, or parents.

Criteria

Performance of volunteer duties at a high level at all times.

A significant school and/or system-related achievement.

A specific innovation or achievement of significant value or importance to the school community, or a unique circumstance considered worthy of recognition by the NLFSC Board.

A member of a school council in good standing with the NLFSC.

Nomination Procedure

Nominations will be submitted on the Award nomination form by:

Individual School Council members

Students, Parents, or School Council as a whole.

Nominations must include:

The name of the candidate(s) and school council location.

Names of at least two nominators and their positions; or the school council chair on behalf of the entire school council.

Signature of the administrator or School Council Chair, or in the case of either/both being a nominee, an equivalent and a short rationale for the nomination.

The provision of supporting documentation (letters of support, etc.) is important because it provides background information for members of the selection committee.

Nomination forms must be submitted to the NLFSC Office by March 1, 2013
(Nomination form enclosed)

Mental Health and Addictions

The importance of healthy mental and physical development for children cannot be overestimated. Many people recognize the importance of a healthy childhood, but few understand the critical part played by mental and emotional problems and how important and harmful they can be for children and youth throughout the growing years. As many as one in four young Canadian adults between the ages of 15 and 25 suffer from some degree of depression, substance dependence or anxiety disorder. NLFSC believes that: *unless these problems are treated appropriately and effectively, these young people never reach their full potential and will underachieve their entire lives.*

Advocating for supports for Mental Health Issues and Addictions among our youth has been two of the main goals of the NLFSC over the past few years.

We often hear from parents who are searching for Mental Health and Addictions counselors for their children.

NLFSC believes more Mental Health providers, who specialized in children and adolescents, and more Treatment Centres are needed in this province. The NLFSC executive will continue to lobby government for these supports. In the meantime, in an attempt to help our membership, parents and students, pages 9 - 19 of The Cuffer contains the names and contact information of all the **Mental Health and Addictions Teams across the province.**

**Personnel List/Telephone Directory for
Mental Health & Addictions Teams/
Acute Care Teams across the province**

EASTERN HEALTH

**Mental Health & Addictions Programs
Services Directory**

**CHILDREN & ADOLESCENT MENTAL
HEALTH & ADDICTIONS SERVICES (St.**

John's)

CENTRAL INTAKE services for Janeway Family Centre, Janeway Psychiatry, Family Services Program, Bridges Program, Youth Services Mental Health Counselors and Adolescent Addictions Services/Rowan Centre.

Tel: 777-2200 Fax: 777-2211

ADDICTIONS SERVICES

WATERFORD HOSPITAL - CONCURRENT MENTAL HEALTH/ADDICTIONS ISSUES

Tel: 777-3330 Fax: 777-3918

ADDICTIONS OUTPATIENT –

Individual/group counseling for Individuals/family members affected by substance use / gambling.

Tel: 752-4929 Fax: 752-4920

RECOVERY CENTRE (16 years+)

Residential withdrawal management Program

Tel: 752-4980 Fax: 752-4985

OPIOID TREATMENT CENTRE

Tel: 752-4478 Fax: 752-4012

**MENTAL HEALTH/ ADDICTIONS
COUNSELLING OFFICES**

BAY ROBERTS Tel: 786-5224

Fax: 786-5221

BELL ISLAND Tel: 488-2701

Fax: 488-2703

BONAVISTA Tel: 468-5318

Fax: 468-7690

CLARENVILLE Tel: 466-5700

Fax: 466-5718

C.B.S. Tel: 834-7906

Fax: 834-7918

FERRYLAND Tel: 432-2931

Fax: 432-2012

HARBOUR GRACE Tel: 945-6512

Fax: 945-6588

HOLYROOD Tel: 229-1551

Fax: 229-1591

PLACENTIA Tel: 227-1624

Fax: 227-4749

PORTUGAL COVE Tel: 895-7056

Fax: 895-7050

SHEA HEIGHTS Tel: 752-4313

Fax: 752-4302

TORBAY Tel: 437-2210

Fax: 437-2203

TREPASSEY Tel: 438-2802

Fax: 438-2375

WHITBOURNE Tel: 759-3373

Fax: 759-3377

WITLESS BAY Tel: 334-3944

Fax: 334-3940

CASE MANAGEMENT SERVICES

BONAVISTA Tel: 468-5319

Fax: 468-7690

CLARENVILLE Tel: 466-5734

Fax: 466-5718

HABROUR GRACE Tel: 945-6591

Fax: 945-6588

HOLYROOD Tel: 229-1159

Fax: 229-1591

ST. JOHN'S Tel: 777-3438

Fax: 777-3410

Eastern Directory continued

SPECIALIZED SERVICES

ACT – Assertive Community Treatment Team,
Majors Path

Tel: 752-3511 Fax: 752-3535

AMBULATORY CARE

– Waterford Hospital

Tel: 777-3332 Fax: 777-3920

DAY TREATMENT PROGRAM

Structured group program (physician
referred only)

St. Clare’s Hospital

Tel: 777-5252 Fax: 777-5093

EARLY PSYCHOSIS PROGRAM

– Waterford Hospital

Tel: 777-3614 Fax: 777-3553

GERIATRIC Psychiatry Referral
Coordinator

- Waterford Hospital (65 years+)

Tel: 777-3486 Fax: 777-3481

LEMARCHANT HOUSE

– Individual, couple, group therapy

192 Lemarchant Road

Tel: 777-5622 Fax: 777-5654

MENTAL HEALTH DISCHARGE

LIAISON NURSE

- Waterford Hospital

Tel: 777-3486 Fax: 777-3779

Health Sciences

Tel: 777-8426

OCCUPATIONAL THERAPY

– Waterford Hospital

Tel: 777-0901

Fax: 777-3006

RENATA ELIZABETH WITHERS

CENTRE FOR HOPE (HOPE Program)

Community treatment program for eating
disorders, Majors Path (15 years+)

Tel: 777-2041 Fax: 777-2042

START

– Urgent Clinic; Short term assessment,

referral & treatment (physician referral only) St
Clare’s Hospital

Tel: 777-5390 Fax: 777-5093

TERRACE CLINIC

– Community psychology/psychiatry services

Majors Path

Tel: 777-3450 Fax: 777-3468

TRAUMA PROGRAM

– Ropewalk Lane

Tel: 777-3282 Fax: 777-3912

EDUCATION/EMPLOYMENT

COLLEGE OF THE NORTH ATLANTIC

Waterford Campus

Tel: 777-3360 Fax: 777-3037

COMMUNITY CONNECTIONS –

employment, education, social/recreation

information and referral service

Cathedral St.

Tel: 777-3639 Fax: 777-3660

EMPLOYMENT SUPPORT

Majors Path

Tel: 777-3427 Fax: 777-3708

HOUSING

ACCESS

133 Empire Ave

Tel: 752-4145 Fax: 579-1939

COMMUNITY CARE

Waterford Hospital

Tel: 834-0801 Fax: 834-0824

Eastern Directory Continued

FAMILY CARE
Waterford Hospital
Tel: 777-3340 Fax: 777-3385

LEISURE

MEETING PLACE
Waterford Hospital
Tel: 777-3978 Fax: 777-3446

OUTPATIENT THERAPEUTIC RECREATION
Waterford Hospital
Tel: 777-3336 Fax: 777-3446

CENTRAL

Baie Verte Peninsula Health Centre
1 Columbus Drive
Baie verte, A0K 1B0
Fax:532-4632

Todd Parson (Mental Health case Manager)
Tel: 532-5219
Ann Bath (Clerical)
Tel: 532-4632

Fogo Island Health Centre
Fogo, NL
A0G 2B0
Fax: 266-2409

Jessica Baggs (Social Worker)
266-3426

Gander
James Paton Memorial Regional Health Centre
125 Trans Canada Highway,
Gander, NL, A1V 1P7
FAX: 256-5667

Anita Burns, Mental Health Nurse
256-5465
Renee Etheridge, Mental Health Social Worker
651-6326

Sherry Kelly, Mental Health Case Manager
651-6231

Kerry Ann Maidment, Clinical Psychologist
256-5756

Laurie Pike, Mental Health Social Worker
256-5447

Carrie Simpson, Addictions Counsellor
651-6196

Renee Isaacs, Addictions Counsellor
651-6196

Nadine Dove, Addictions Counsellor
651-6255

Social Work

Daphne Crane-Burt Social Worker
Tel: 256-5672 Fax: 256-5474

Cynthia Kelly, Social Worker
Tel: 256-5685 Fax: 256-5474

Donna Flynn, Social Worker
Tel:256-5959 Fax: 256-5952

Grand Falls-Windsor mental Health and Addictions Team

Grand Falls-Windsor Community Health Building

Location: 36 Queensway

Mailing Address: 50 Union Street

Grand Falls-Windsor, NL A2A 2E1

FAX: 489-8182

Lana Anstey, Addictions Counsellor
Tel: 489-8178

Dannette Darrigan, Clinical Psychologist
Tel: 489-4394

Stefany Squires (Shannon Furey M/L) Mental Health Social Worker

Tel: 489-8163

Jamie Howell, Regional Addictions Coordinator

Tel: 489-4387

Lori Howell, Occupational Therapist

Tel: 489-8162

Directory Continued

Heather Hynes, Regional Mental Health
Promotion Consultant

Tel: 489-4169

Lauren Josselyn, Regional Addictions
Prevention Consultant

Tel: 489-4389

Denise Sceviour, Mental Health Nurse

Tel: 489-8164

Angela Seaward, Addictions Counsellor

Tel: 489-8188

Leanne Hutchcraft, Krista Sharpe (M/L) Mental
Health Nurse

Tel: 489-8181

Magda Szymanska, Clinical Psychologist

Tel: 489-8165

Kim Brown, Regional Knowledge Exchange
Facilitator

Tel: 489-8846

Michelle Ryan, Occupational Therapist, YTC

Tel: 489-8852

Penny Ralph, Nurse Practitioner, YTC

Tel: 489-6173

Ruth Parsons, Social Worker III, YTC

Early Psychosis/Case Manager

Nancy Stewart, Early Psychosis Case Manager

Tel: 489-4181

ACTT (ASSERTIVE COMMUNITY TREATMENT TEAM)

Grand Falls-Windsor Community Health
Building

FAX: 489-4843

Tara Champion, Occupational Therapist

Tel: 489-4300

Paula Evans, Peer Support Worker

Tel: 489-4300

Andy Fudge, Mental Health Nurse

Tel: 489-4300

Lilly Hodge, Mental Health Worker

Tel: 489-4300

Lorelei Kelly, Social Worker

Tel: 489-4300

Laura Vardy, Addictions Counsellor

Tel: 489-4300

Andrea Coombs, Mental Health Nurse

Tel: 489-4300

BrendaLee Woodworth, Social Worker

Tel: 489-4300

Dr. Salumu Selemani, Psychiatrist

Tel: 489-6074

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Grand Falls-Windsor NL A2A 2E1

FAX: 292-2582

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Kathy Byrne, Social Worker 292-2310

Lesley McRae, Social Worker 292-2567

Shannon Murray, Social Worker 292-2309

Diane Stuckless, Social Assistance
Worker 292-2181

Central Directory Continued

Management

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Central NL Regional Health Centre
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Dale Gill, Manager Inpatient Unit/Operations
Manager 2E for Therapeutic Residence
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Tel: 535-0918
Tina Young, Addictions Counsellor
Tel: 535-3082
Dale Pope, Mental Health Social Worker
Tel: 535-0497

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The Regional Resource Centre
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St. Alban's, NL A0H 2E0
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Catherine Bourden, Mental Health Social Worker -538-3896
Carolyn Fowlow, Mental Health Nurse
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St Alban's Directory Continued

Mandy McGrath, Addictions Counsellor
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Christopher McDonald, Early Outreach Youth
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Department of Health & Community Services
Box 130
Eastport, NL AOG 1ZO

**WESTERN HEALTH
Mental Health & Addictions Programs
Services Directory**

Corner Brook

Adult Mental Health Services (age 19 & over)
Addiction Services
Humberwood Centre
Case Management/Early Psychosis
Program/Methadone Nurse
35 Boones Road
Corner Brook, NL A2H 5A2
Telephone: (709) 634-4506
Facsimile: (709) 634-0160

Blomidon Place
133 Riverside Drive
PO box 2005
Corner Brook, NL A2H 6J7
Telephone: (709) 634-4171
Facsimile: (709) 634-4888

West Lane Recycling
24 Brook Street
P.O. Box 2005
Corner Brook, NL, A2H 6J7
Telephone: (709) 634-9313
Fax:(709) 634-9314

Assertive Community Treatment Team (ACCT)
129 Riverside Drive
Corner Brook, NL A2H 6C7
Telephone: (709) 639-1723
Facsimile: (709) 639-1795

Deer Lake

Mental Health & Addiction Services
20 Farm Road
Deer Lake, NL A8A 1J3
Telephone: (709) 635-7830
Facsimile: (709) 635-5211

Stephenville

Mental Health Services & Addiction Services
Case Management

Sexual Abuse Community Services
127 Montana Drive
Stephenville, NL A2N 2T4
Telephone: (709) 643-8740
Facsimile: (709) 643-9054

Burgeo

Mental Health & Addiction Services
Calder Health Care Centre
P. O. Box 614
Burgeo, NL AON 2H0
Telephone: (709) 886-2185
Facsimile: (709) 886-2301

Port aux Basques

Mental Health & Addiction Services
3-6 Barhaven Drive
P.O. Box 100
Port aux Basques, NL AOM 1C0
Telephone: (709) 695-6250
Facsimile: (709) 695-7990

Western Health Continued

Norris Point

Mental Health & Addiction Services
 Bonne Bay Health Centre
 P. O. Box 70
 Norris Point
 Bonne Bay, NL AOK 3V0
 Telephone: (709) 458-2381, Ext. 266
 Case Management 458-2381, Ext. 260
 Fax: 458-2943

Port Saunders

Mental Health & Addiction Services
 Rufus Guinard Health Centre
 P. O. Box 40
 Port Saunders, NL AOK 4H0
 Telephone: (709) 861-9125
 Fax: (709) 861-3762

Mental Health and Addiction Services

All Mental Health and Addiction Services promotion, education and prevention services, consultation, assessment and counseling services to individuals, families, groups and communities for mental health/mental illness-related issues and substance use/gambling issues.

Blomidon Place, Corner Brook

Blomidon Place is an interagency counseling service that provides mental health promotion, education and prevention services, consultation, coordination, assessment and counseling services to children, youth (under age 19 years) and their families who have mental health issues and/or mental illness. Also provides addiction services to children, youth and their families. Serves Corner Brook, Bay of Islands and Pasadena area

Humberwood Treatment Centre, Corner Brook

Humberwood Treatment Centre is a provincial inpatient addictions treatment program for adults age 19 years and over who are dependent on alcohol, drugs and/or have a gambling addiction. An assessment is required prior to admission into

the program. Contact your local Addiction Services' office for additional information on referral process.

Assertive Community Treatment Team (ACTT)

ACTT is a comprehensive community based treatment team working with individuals living with severe and persistent mental illness (mainly bipolar disorder and schizophrenia) in achieving their recovery goals and enhancing quality of life. This service is available to individuals residing in Corner Brook, Bay of Islands, up to and including Deer Lake. An assessment is required prior to admission into the program.

West Lane Recycling Program, Corner Brook

West Lane Recycling Program provides a supportive work environment for adults (19 years and over) with mental illness. An assessment is required prior to admission into the program.

Sexual Abuse Community Services (SACS), Stephenville

Sexual Abuse Community Services provides education, assessment and counseling services to children and adults affected by sexual abuse, and to children under age 12 who have sexually intrusive behavior. SACS also promotes community awareness and sensitivity to issues related to sexual abuse and provides consultation services.

Case Management Services

Available to individuals 18 years and older with severe and persistent mental illness and limited supportive services. Available in Stephenville, Port au Port Peninsula, Port Aux Basques & Bonne Bay area

Early Psychosis Program

Support to individuals (and families) experiencing a first episode of psychosis. Available in Corner Brook, Bay of Islands, east to Pasadena and west to Stephenville.

Board and Lodging Supplement

A supplement available to an individual with a psychiatric disability living with a relative and receiving treatment for a mental illness. Their illness is such that it interferes with everyday functioning and the capacity to live independently. Other criteria apply which is assessed through a clinical assessment and financial assessment to determine eligibility.

Rehabilitation Nurse

This service provides short-term supportive care to individuals with mental illness and their families. This support is offered through individual or group counseling. As well, a weekly Neuroleptic clinic is offered. This service is offered in the Corner Brook area.

Mental Health Crisis Line (24/7)

737-4668 or 1-800-737-4668

Gambling Help Line (24/7)

1-888-899-4357

Labrador Grenfell Health

Mental Health & Addictions Programs Services Directory

Regional

Sandy Penney, Regional Director
CWJM Hospital, 410 Booth Avenue
Labrador City, NL
A2V 2K1
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E-mail: sandy.penney@lghealth.ca

Elaine Lyall, Regional Addictions Prevention /
Mental Health Promotion Consultant
14 Royle Street
Happy Valley-Goose Bay, NL
A0P 1E0
Tel: 896-0559, Fax: 896-0640
E-mail: elaine.lyall@lghealth.ca

Tina Coombs, Knowledge Exchange Facilitator
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178-200 West Street
St. Anthony, NL
A0K 4S0
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Makkovik Clinic

April Andersen, Mental Health & Addictions Counsellor
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Upcoming Events

FREEDOM TO READ WEEK

February 24–March 2, 2013

Freedom to Read Week is an annual event that encourages Canadians to think about and reaffirm their commitment to intellectual freedom, which is guaranteed them under the Charter of Rights and Freedoms.

Freedom to Read kit is suitable for librarians and educators. It includes a poster, extensive background material on freedom to read and some classroom exercises. For more information visit their website at <http://www.freedomtoread.ca/kits.index.htm>

National Nutrition Month

March is Nutrition month across Canada. This year's theme, "Eat Right, Your Way, Every Day," encourages personalized healthy eating styles and recognizes that food preferences, lifestyle, cultural and ethnic traditions and health concerns all impact individual food choices. Registered dietitians play a critical role in helping people eat right, their way, every day. National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. This year is the 40th anniversary of National Nutrition Month

Physical Education SIC Conference

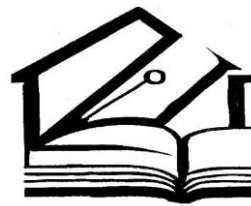
February 21-23

Grenfell College. Memorial University, Corner Brook

Theme: What's Your Summit? Reaching New Heights

National Heritage Day

Heritage Day was established in 1973 by the Heritage Canada Foundation, and is celebrated the 3rd Monday of February to encourage the preservation and promotion of Canada's nationally significant historic, architectural, natural and scenic heritage.



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