

Child and Youth Care Worker

PROGRAM OBJECTIVES

The Child and Youth Care Worker Program is designed to teach students the necessary practical skills and theory to work with adolescents, children and families with challenging needs such as social, emotional, behavioral and mental health concerns. Students will identify the importance of collaborating with colleagues within their field including educators, medical and social worker professionals, correctional staff and community partners. Networking with these professionals will assist them when implementing appropriate prevention/intervention strategies that inspire change.

CAREER OPPORTUNITIES

You could enjoy a rewarding career as a youth worker, family support worker, child/youth care worker, or family-school liaison worker. Work settings include treatment centers, group homes, youth centers, family support programs, community based and foster care programs and schools. Many facilities operate 24/7 and shift work is common in these environments.

PREREQUISITES

- Grade 12 or equivalent
- Personal interview
- A written personal profile
- Clear Conduct Certificate
- Vulnerable sector search
- Child Abuse Registration

Clear Conduct Certificates: Students acquiring a Clear Conduct Certificate for admission into a program take on the reasonableness of its validity. Students are solely accountable for any offences not uncovered by the investigation being discovered and precluding the student from subsequent practicum, field placement or employment.

GRADUATION REQUIREMENTS

A student must complete all requirements of the Student Success Strategies, Career Planning and Preparation modules, the Field Experience requirements, as well as meeting the attendance requirements as outlined by the Department of Labour and Advanced Education throughout the duration of his/her program.

Field Experience: This program includes both practicum and field placement components. At the end of your first year you will spend time in a group recreation, group care or community program setting. During the second year you will spend time in a group care, community treatment program, or family support program or foster care setting. During each field experience you will keep a detailed journal used to write a personal reflection paper to highlight your applied learning.

Out of Town Field Placement: You may be required to go out of town for your field placement. You may incur additional costs associated with this (i.e.: travel, accommodations, etc.). At this time, field placement occurs only in Canada.

Practicums run concurrently with all core Child and Youth Care modules.

By the end of the program, the student will need to meet a minimum of 500 combined practicum/placement hours.

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PROGRAM OVERVIEW

Course	Hours	Individual Approaches	
Student Success Strategies	20	Introduction to Family Work	60
Software Lab: Computer Fundamentals	40	Family Work Practices	40
Professional Etiquette	20	Group Work	60
Introduction to Research and Writing	60	Child and Youth Care Practices	40
Cultural Awareness and Sensitivity	40	Career Planning and Preparation Level I	20
Child Development	40	Career Planning and Preparation Level II	20
Social Issues	40	Group Practicum	
Adolescent Development	40	Practicum	
Self Awareness/Personal Growth	20	Integration Seminar	
Adult Development	40	Field Placement**	6 weeks
Interpersonal Communication	60		
Mental Health Practices Awareness	60	Total Weeks (without breaks)	63
Family Ties	40	Total Weeks (with maximum* scheduled breaks)	69
Social Training	40		
Activity Programming	60	*Number of break weeks will depend on the student's start date	
Profession of Child and Youth Care	60	**Work terms/internships are scheduled for a minimum of 20 hours per week, but the total number of hours worked and the timing of hours scheduled are at the discretion of the employer/host to a maximum of 40 hours per week.	
Child and Youth Care Approaches	80		
Child and Youth Care Issues	80		

MODULE DESCRIPTIONS

Student Success Strategies

Instructor Led

In this orientation module, emphasis is placed on thinking about achieving success from Day One. This module stresses the importance of developing non-technical skills to enhance personal, academic, and career success. This includes understanding learning styles and honing practical study skills, such as memory, reading, note-and test-taking techniques. Personal exercises will focus on teamwork, decision making and problem solving skills, setting SMART goals and maintaining a positive attitude; techniques for managing change, stress and conflict will also be explored. Students will be evaluated through a variety of assignments, projects, presentations, quizzes and exams in addition to their participation throughout the course.

Software Lab: Computer Fundamentals

Instructor Facilitated

Through a combination of theory and hands-on-practice, this module examines the role and use of the computer in today's workplace. Emphasis is placed on those computers outfitted with the Microsoft Windows operating system. Students will review basic computer concepts, Windows OS usage, and complete hands-on training exercises in business-standard software applications, including Microsoft Outlook and Microsoft Word. Keyboarding skills are also honed via daily keyboarding exercises and drills. Students will be evaluated through a variety of assignments, projects, quizzes and exams in addition to their participation throughout the course.

Professional Etiquette

Instructor Led

Students will learn to demonstrate the knowledge and understanding of the chain of command. Students will learn about the importance of boundaries, confidentiality and customer service. This module covers the steps included in conflict resolution. Students will analyze prospective professions and professional conduct through a variety of learning experiences such as case studies and role play. Professional behavior covered in this module will include punctuality,

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attendance, professional dress, and appropriate use of cell phones. Students will be evaluated through a variety of assignments, projects, and presentations in addition to their participation throughout the course.

Introduction to Research and Writing

Instructor Led

This module aims to help students improve all of their communication skills: writing, reading, speaking, and listening. The main emphasis, however, is on writing skills. Students will write an expository and persuasive essay, summarize written text, and apply principles of clear and correct writing to their own compositions. Students will learn research and documentation strategies and will strengthen and expand their writing skills so they can write more effectively for a variety of audiences and purposes. Students will be evaluated through a variety of assignments, projects, quizzes and exams in addition to their participation throughout the course.

Cultural Awareness and Sensitivity

Instructor Led

The emphasis of this module will be to identify local minorities in provincial areas and the various norms, practices, values and beliefs of these minorities. Students will design and present an oral presentation on a specific ethnic or cultural background different from their own. Students will discuss and demonstrate the awareness of subcultures in our society and social issues and challenges facing minorities and subcultures. This module also focuses on cultural differences in the workplace as it relates to both colleagues and clients and will identify the various cultural associations and organizations in the area. Students will be evaluated through a variety of assignments, projects, quizzes and exams in addition to their participation throughout the course.

Child Development

Instructor Led

This module will identify major developmental milestones and challenges from conception to 11 years of age (middle childhood). Students will become aware of the theoretical frameworks of childhood development and will apply these theories to problem solving practical scenarios with children and families. This module will outline factors which support and foster resilience and healthy development in childhood. Students will be evaluated through a variety of assignments, projects, presentations, quizzes and exams in addition to their participation throughout the course.

Social Issues

Instructor Led

This module will equip the students with the ability to learn to think, read and write critically while becoming aware of current sociological concepts and forms of analysis. Students will identify and discuss contemporary social issues using these concepts and forms of analysis. This module will allow students to demonstrate sensitivity to differing perspectives and the variety of possible social policy issues. Students will be evaluated through a variety of assignments, projects, and presentations in addition to their participation throughout the course.

Adolescent Development

Instructor Led

This module focuses on the ways which adolescent develop physically, cognitively, socially and emotionally and identifies the challenges that could occur during adolescent development. Students will apply adolescent development theories to problem solving practical scenarios with youth and families. This module will introduce factors which foster resilience in healthy development in adolescence and will identify sexual differences amongst adolescents. Students will develop an understanding of how individual beliefs and values impact ones approach with youth. Students will be evaluated through a variety of assignments, projects, quizzes and exams in addition to their participation throughout the course.

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Self Awareness/Personal Growth

Instructor Led

This module is designed to allow the student to identify and understand the stages of burnout, strength, and development for the human services worker. Students will learn to generate coping strategies and how to design a self-care plan. Students will be evaluated through a variety of assignments, and projects in addition to their participation throughout the course.

Adult Development

Instructor Led

This module will teach students how to identify the physical, social, cognitive and emotional development in adulthood along with the challenges that could occur. Students will become aware of theoretical frameworks of adult development and apply these theories to problem solving practical scenarios with adults. The module covers factors which support and foster resilience in healthy development in adulthood. Students will learn how values and beliefs impact ones approach with adults. Students will be evaluated through a variety of assignments, projects, presentations, quizzes and exams in addition to their participation throughout the course.

Interpersonal Communication

Instructor Led

This module introduces basic interpersonal skills such as attending and, SOLER skills in both practical and challenging situations. Students will learn to apply basic interviewing skills in both practical and challenging situations. Students will conduct a 15 minute video demonstrating the learned skills and analyze to demonstrate an awareness of strengths and areas for improvement. Students will be evaluated through a variety of assignments, projects, quizzes and exams in addition to their participation throughout the course.

Mental Health Practices Awareness

Instructor Led

This module is designed to introduce students to the signs, symptoms and causes of emotional and social behavioral disorders. Students will learn the various preventative and intervention strategies. This module covers the effects of childhood trauma on individual and families and the effects of psychotropic medication. Various behavioral techniques will be discussed. Students will be evaluated through a variety of assignments, projects, and presentations in addition to their participation throughout the course.

Family Ties

Instructor Led

During this module, students will develop and analyze genograms and the impact of triangles on family dynamics. Students will learn about the changing family life cycle and develop an awareness of the operational system of their family of origin and its relevance to the person. Students will also learn to identify family strengths and resiliencies. Students will discuss rules and roles of the family system. Students will be evaluated through a variety of assignments and projects in addition to their participation throughout the course.

Social Training

Instructor Led

Training covered in this module includes: Non-Violent Crisis Intervention (NVCI) or Theme-Centered Interaction (TCI); First Aid/CPR; and Acquired Suicide Intervention Skills Training (ASIST). Occupational Health and Safety training will also be provided. Students may be evaluated through a variety of assignments, projects, quizzes and exams in addition to showing a demonstrative understanding of the material delivered.

Activity Programming

This module allows the student to explore the different components of activities programming and effective leadership skills. Students will learn to facilitate individual activities and identify the needs of an individual while designing an activity based on those needs. This module will explore the steps involved in planning activity programs (i.e. scheduling).

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Students will learn to develop a program to implement in a community recreation organization while demonstrating and understanding initiative. Students will be evaluated through a variety of assignments, projects and presentations in addition to their participation throughout the course.

Group Work Practicum (Completed during Profession of Child and Youth Care and Child and Youth Care Approaches)

Students will be required to do 4 hours per week (approximately 24 hours practicum experience) one day per week. Students will implement the 6 week group work program developed during Activity Programming module. Students will create a journal that follows their experiences throughout.

Profession of Child and Youth Care

Instructor Led

This module familiarizes the student with the statutes that impact/influence child and youth care work provincially. Students will examine the federal Youth and Criminal Justice Act and how it influences child and youth care work. Students will demonstrate an awareness of child and youth care roles in various settings. This module will expose the student to knowledge of the Child and Youth Care Code of Ethics. Students will explore practical and ethical dilemmas in child and youth care practice. This module will allow students to gain the professionalism and awareness required as it relates to provincial/community services available for youth and families. Students will be evaluated through a variety of assignments, projects, quizzes and exams in addition to their participation throughout the course.

Child and Youth Care Approaches

Instructor Led

This module is designed to explore the concepts of cooperative and competency based approaches to treatment and solution focused therapy and its use in the child and youth care field. Students will explore developmental considerations, Cognitive Behavioral Therapy (CBT), narrative therapy, functional analysis, and ABC's of behavior as related to child and youth care workers. Students will learn alternative therapeutic methods such as music, art, and laughter therapy. Native American approaches to child and youth care will be explored as well as adventure based therapy approaches. Students will discuss the principles of effective limit setting. Students will be evaluated through a variety of assignments, projects, quizzes and exams in addition to their participation throughout the course.

Child and Youth Care Issues

Instructor Led

This module focuses on exploring attachment issues; sexual abuse and trauma; Sexually Transmitted Infection (STI) and AIDS; street trade and human trafficking; and domestic abuse. Students will learn about the issues of homelessness and will be able to identify the causes and effects of substance abuse. Students will discuss the issues facing the Lesbian Gay Bisexual Transgender Questioning (LGBTQ) community. Students will learn about the adolescent sex offender and the intervention strategies applicable. This module also covers autism, fetal alcohol syndrome and related issues. Students will be evaluated through a variety of assignments, projects, and presentations in addition to their participation throughout the course.

Individual Approaches

Instructor Led

This module will explore various counseling approaches and techniques while discussing solution focused therapy. Students will explore challenging behaviors of clients and role of the child and youth care worker. This module will cover the 6 skills of problem exploration and clarification and discuss Cognitive Behavioral Therapy (CBT) in depth. Students will create a 15 minute video demonstrating the skills learned throughout the module. This module will teach the student to analyze the roles of counselor and client and to demonstrate an awareness of life space crisis interventions. Students will be evaluated through a variety of assignments, projects, and presentations in addition to their participation throughout the course.

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Introduction to Family Work

Instructor Led

This module focuses on the impact of abuse within family systems. Students will discuss the preventatives and intervention strategies with families; complexity issues related to family support work; impact of addictions within family systems; depth of perpetual crisis within family systems; and resiliencies within families. Students will be able to describe methods on how to establish safe relationships with families and various parenting skills. Students will be able to apply family systems work to practical case studies. Students will be evaluated through a variety of assignments and projects in addition to their participation throughout the course.

Family Work Practices

Instructor Led

This module places focus on defining the role of the Family Support Worker (FSW) and identifying and applying various methods of family assessment. Student will learn to apply developmental theory and family life cycle theory to family work. Students will practice System Fault Tolerance (SFT) approaches to Family Support Worker (FSW). Students will be evaluated through a variety of assignments, projects, and presentations in addition to their participation throughout the course.

Group Work

Instructor Led

During this module, students will explain the characteristics of group counseling and understand the stages of group work development. Students will explore group dynamics; ethical issues and confidentiality; leadership skills; challenges that arise in group work; and how to apply strategies to address those challenges. Students will develop a group work program to be implemented in a child-youth care workplace. Students will be evaluated through a variety of assignments and projects in addition to their participation throughout the course.

Child and Youth Care Practices

Instructor Led

Throughout this module students will learn to develop intervention plans, treatment plans and examine personal narratives and their impact in the treatment process. Students will be evaluated through a variety of assignments, projects, quizzes and exams in addition to their participation throughout the course.

Career Planning and Preparation Level I

Instructor Led

This module introduces tools for planning and preparing for a successful job search, so that students can maintain a career-focused approach throughout their education program. Students will learn about the "Hidden" Job Market and ways to access it in their upcoming job search, how to research opportunities and network for industry contacts, and use appropriate etiquette when communicating with prospective employers. Students will identify their personal skills, values and preferences for the workplace, begin preparation of a professional resume and references, and organize proof documents for their career portfolio. Class discussions on various self-management topics introduced in Student Success Strategies will round out this module, which is a pre-requisite for Career Planning and Preparation - Level II.

An introduction to Occupational Health and Safety will also be discussed, specifically the definition of occupational health and safety; an individual's safety rights; responsibilities under Nova Scotia law; hazard identification and control; WHMIS, First Aid and fire safety requirements. Students will be evaluated through a variety of assignments, projects, and quizzes in addition to their participation throughout the course.

Career Planning and Preparation Level II

Instructor Led

This module continues to build on the concepts and skills introduced in Career Planning and Preparation - Level I. Students will learn how to conduct an effective job search and identify various methods of applying for work with today's technology. Students will create a personal list of "Top Employers" and target current industry opportunities, while

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finalizing their professional resume, portfolio and career correspondence. Students will learn to identify the different types and forms of interviews, practice responding to typical questions, and practice follow-up, evaluation and negotiation techniques they can use to ensure success. Self-management topics from Career Planning and Preparation - Level I will be reviewed, with a focus towards on-the-job success in both learner placements and post-graduate employment. Students will be evaluated through a variety of assignments, projects, and quizzes in addition to their participation throughout the course.

Integration Seminar

Instructor Led

Students will participate in an integration seminar once a week throughout field experience. Students will facilitate group discussions based on their field experiences and design a self-care plan. Students explore challenges and positive experiences and journal these experiences throughout their field work as well as, completing a reflection paper to highlight the experiences, knowledge and skills gained, while identifying the areas in need of improvement.