

Child and Youth Care with Addictions Support 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, behavioural 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

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 obtain an overall grade, in each module of at least 70% in order to graduate and receive a diploma. A student must complete all requirements of Student Success Strategies as well as the field experience requirements.

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 400 combined practicum/placement hours.

- Volunteer hours: 84 hours
- Field Placement & Integration Seminar (6 weeks): 204 hours
- Programming Hours for Activity Programming: 32 hours
- CYC Work Experience Observation: 80 hours

NOTE: In order to continuously improve our programs, Eastern College reserves the right to modify programs at any time. Program delivery order may vary depending on program start date. This diploma program may not be available at all campuses.

Child and Youth Care with Addictions Support Worker



PROGRAM OVERVIEW

Course	Hours	Individual Approaches	60
Student Success Strategies	20	Family Issues	40
Career Planning and Preparation: Level I	20	Family Work Practices	60
Software Lab: Computer Fundamentals	40	Group Work	60
Diversity, Equity & Advocacy	40	Child and Youth Care Practices	40
Social Issues	40	Psychology of Addictions	80
Professional Etiquette	20	Case Management	40
Self-Awareness/Personal Growth	20	Addiction Treatment	60
Profession of Child and Youth Care	40	Career Planning and Preparation: Level II	20
Human Growth and Development	100	Field Placement - Child and Youth Care with Addictions Support Worker	204
Interpersonal Communication	60		
Social Training	40		
Mental Health Practices Awareness	60	Total Weeks	72
Family Ties	40		
CYCW Professional Observation	80	**Work terms/internships are scheduled for a minimum of 30 hours per week in the field and 4 hours a week in the classroom for a duration of 6 weeks, but the total number of hours worked and the timing of hours scheduled are at the discretion of the employer/host.	
Activity Programming	60		
Child and Youth Care Approaches	100		
Child and Youth Care Issues	80		

MODULE DESCRIPTIONS

Student Success Strategies

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.

Career Planning & Preparation: Level I

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 II.

Software Lab: Computer Fundamentals

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.

NOTE: In order to continuously improve our programs, Eastern College reserves the right to modify programs at any time. Program delivery order may vary depending on program start date. This diploma program may not be available at all campuses.

Child and Youth Care with Addictions Support Worker



Diversity, Equity and Advocacy

As a foundational principle, the profession of Child and Youth Care values family, community, culture and human diversity as integral to the developmental and interventive process. As the ever-changing landscape of the Canadian population becomes increasingly diverse, there is a need for CYC practitioners to develop a diversity consciousness that enhances professionalism and promotes harmony. This course will define diversity, discuss challenges experienced by diverse populations in Canada and help students identify personal biases and strengths. Topics explored include class, race, ethnicity, sexual orientation, gender and religion. Upon course completion, students should be able to analyze the evolution of diversity issues and how they affect personality development, tolerance, belief and value systems.

Social Issues

Many Canadian children, youth, and their families face multiple barriers that impede healthy development and success. Introduction to Social Issues will provide CYCW students with introductory concepts, tools and frameworks from within the field of sociology that will help illuminate the causes of social issues and their impact on individuals, families, and communities. Students will learn how to critically analyze, research, and discuss field related social issues. This course will allow students to apply sociological tools and concepts with the purpose of interpreting social issues and their relationship to the personal self, children, youth and their families.

Professional Etiquette

In this course, students will develop a professional persona by applying industry standards of conduct and self-regulated behaviour. Topic exploration includes, overcoming workplace challenges, effective workplace communication and developing an understanding of 'self' as a professional practitioner. Students will use varying methods of evaluation including self-discovery, group work and peer review methods. Areas explored include the elements needed for developing a professional work ethic; strategies for presenting oneself professionally; the importance of various interpersonal skills to function effectively in the workplace; and the value of developing problem-solving and critical-thinking skills for job performance success.

Self-Awareness/Personal Growth

Human beings are complex and diverse. The purpose of this module is to support CYCASW students develop an understanding of themselves in many areas in order to become an effective practitioner in the field of human services. Key areas for self-awareness include our personality traits, personal values, habits, emotions, and the psychological needs that drive our behaviours. With a sense of who CYCASW students are and a vision of the person they want to become, a plan for professional or personal development will be developed. Self-awareness will allow learners to motivate themselves and manage their stress better, in order to be able to lead and motivate others more effectively.

Profession of Child and Youth Care Worker

Child and Youth Care professionals adhere to a professional Code of Conduct while engaging in a full range of prevention, intervention and treatment strategies. This course familiarizes students with professional competencies required of child and youth care practitioners. Students will explore topics including; statutes that impact/influence child and youth care work nationally/provincially; the federal Youth and Criminal Justice Act; the Child and Youth Care Code of Ethics; professional boundaries; and advocacy. Students will explore practical and ethical dilemmas in child and youth care practice. Upon completion of this course, students will gain an understanding of the professional expectations of child and youth care practitioners.

NOTE: In order to continuously improve our programs, Eastern College reserves the right to modify programs at any time. Program delivery order may vary depending on program start date. This diploma program may not be available at all campuses.

Child and Youth Care with Addictions Support Worker



Human Growth and Development

This course focuses on human growth and development from conception, through childhood, adolescence and adulthood thru to death. It also identifies some potential challenges that could occur during various stages of development. The emphasis is on the physical, cognitive, emotional and social aspects of development as a knowledge base for child and youth care practice with children, youth and families. Students will become aware of the major theoretical frameworks of lifespan development and outline factors which will support and foster resilience and healthy development throughout the ages. During the module students will be required to apply these theories to problem solving practical scenarios with children, youth and families.

Interpersonal Communication

This module introduces students to basic interpersonal counselling skills, such as attending behaviours, verbal intervention techniques and SOLER skills. Students will demonstrate practical knowledge through the development and analysis of role-play scenarios.

Social Training

As an adjunct to classroom learning, students are required to obtain several critical field related certifications. Training covered in this module include: Non-Violent Crisis Intervention (NVCI) or Theme-Centered Interaction (TCI); First Aid/CPR; and Acquired Suicide Intervention Skills Training (ASIST).

Mental Health Practices Awareness

This module is designed to introduce students to the signs, symptoms and causes of emotional, social and behavioural disorders. Students will learn various preventative and intervention strategies such as behavioural techniques, as well as the effects of psychotropic medications. This module will cover the effects of childhood trauma on individuals and families.

Family Ties

This course introduces students to the idea that their families have played a large part in their identity development and that we are not able to understand the individual without understanding the family as a whole system. Students will directly apply the knowledge from this module to themselves and their families to truly grasp how their families have shaped their identity. Students will be challenged to shift their thinking from one of an individualized framework to a family framework. Students will learn that systemic attention is needed when dealing with children and youth to provide an all-encompassing healing experience. Students will explore what a family is, and family structure and the family lifecycle, they will learn about family systems theory and how to read, use and build genograms, ecomaps and timelines to create a picture of a family. Students will also explore roles and rules of the family, triangulation and its impact on self, birth order and its impact on identity, and differentiation of self.

CYCW Professional Observation

This module aims to introduce students to a Child and Youth Care work environment through a placement opportunity. Learners will have the opportunity to shadow a Child and Youth Care practitioner through the routines of their day. Students will enjoy a blended experience of theory and practice, by being in the field and coming back into the classroom during the course of their professional observation block.

NOTE: In order to continuously improve our programs, Eastern College reserves the right to modify programs at any time. Program delivery order may vary depending on program start date. This diploma program may not be available at all campuses.

Child and Youth Care with Addictions Support Worker



Activity Programming

During this module, students will explore different components of activities programming. Students will learn how to be effective leaders when facilitating individual activities. Participants will explore the steps involved in planning and designing programs that will be facilitated in a community recreation organization. Students will also learn what it means to “take initiative.”

Child and Youth Care Approaches

Over the past several decades, child and youth care has developed a distinct identity as a unique field of professional practice with a focus on children and youth using strengths-based, holistic, and ecological approaches that includes active engagement with children, youth, and families across multiple and diverse settings. In response this child and youth care practitioners are required to employ a wide range of therapeutic techniques and strategic intervention and prevention approaches. Throughout this course, students will discover and apply strength based approaches used in the field of child and youth care such as, Solution Focused Therapy, Narrative Therapy, cooperative and competency based approaches, The Zones of Regulation, Cognitive Behavioural Therapy (CBT), Trauma Informed Care (TIC), Functional Analysis, and the ABC’s of behaviour. Students will also learn alternative therapeutic methods such as music, art, and Aboriginal approaches to child and youth care.

Child and Youth Care Issues

Child and Youth Care Practitioners are committed to improving the lives of vulnerable children, youth, and their families. This course provides insight to intellectual, biological, physical, emotional, and social factors that create vulnerability for children and youth. Students will explore factors that create additional challenges to development including: environmental/societal factors; legal and ethical issues; family problems; school issues; individual characteristics; school dropout; substance use and addiction; teenage pregnancy; juvenile delinquency and youth violence; and youth suicide. Students will also explore the role of the Child and Youth Care Practitioner in providing strategies for prevention, intervention, and treatment.

Individual Approaches

This module is the second of three counselling modules. Students are introduced to essential interviewing skills and will integrate these skills with counselling foundation skills previously learned in the Interpersonal Communication module. Students will apply skills and theory from Child and Youth Care Approaches. Students will have the opportunity to apply critical reasoning when selecting appropriate counselling responses. This module is practical in nature. Students have the opportunity to integrate both old and new skills in small and large group role-play scenarios.

Family Issues

This module focuses on the issues that impact the families that Child and Youth Care Workers interact and work with directly and indirectly. Students will explore different styles of parenting and how parenting plays a role on the individual and the parent-child relationship as well as sibling relationships. It will also look at parenting children with different temperaments and challenges. Students will also explore conflict within family relationships including spousal violence, power and decision making, child abuse, neglect and addiction and the impact these issues have on the family system. Students will look at the trauma that can exist within perpetual crisis within the family systems by studying the WAR cycle. The module will also look at the resilience’s within families and students will develop and explore ways to foster their resilience’s and use them to better the life of the family. This module will also look at diversity issues among families such as cultural considerations and socio-historical factors that contribute to family conflict and stress. For example, unique problems facing indigenous families, refugee families, and economic statuses impact on family relationships.

NOTE: In order to continuously improve our programs, Eastern College reserves the right to modify programs at any time. Program delivery order may vary depending on program start date. This diploma program may not be available at all campuses.

Child and Youth Care with Addictions Support Worker



Family Work Practices

This module introduces and explores the different frameworks and theories child and youth care workers use pertaining to assessment, preventative early identification and subsequent intervention, as well as intervention strategies when working with families in diverse settings. Students will apply their past knowledge of a strength-based approach, human development, family life cycle and family systems theory to the approaches discussed in this module. Students will be introduced to a variety of interventions used to promote positive ways of improving family patterns when challenges arise. Students will explore and practice creating family intervention plans and recognize the importance of developing these plans in collaboration with the family to provide developmental supports and/or interventions.

Child and Youth Care Practices

Child and Youth Care Workers are often responsible to create or contribute to client case files, documents, client case notes, client assessment records, case plans and referral records. These documents require maintenance and must be kept in accordance with organizational procedures and with consideration of confidentiality. This course is both theoretical and practical in nature. Students will synthesize the skills and theories learned each day and apply them to practice exercises. Students will learn how to record information factually, objectively and professionally. Topics include respecting the rights of children, youth, and families; accountability; confidentiality; professionalism; ethics in CYC work; record keeping and report writing. Students will also be introduced to creative journaling, learning and applying skills to enhance self-awareness and promote self-care.

Group Work

During this module, students will study the characteristics of group counselling 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 also develop a group work program to be implemented in a child and youth care workplace.

Psychology of Addictions

This module will introduce students to the field of Addictions. Students will learn about the most commonly abused drugs and the most current street drugs. Students will become aware of the differences between a behavioral, psychological and physical addiction. In this module, students will learn to identify vocabulary words and signs of withdrawal that will help them function in the addictions field. As students explore current and future trends in the addictions field, they will start to develop their own theories around causes and possibilities for treatment.

Addictions Treatment

Students will become familiar with how addictions have been viewed in the past, how views are changing and what that means for the future of treatment. Students will be able to connect information from previous modules to this one and apply it to the treatment setting. During this module, students will discover how mobile devices are being used in recovery and aftercare. Local treatment facilities will be explored so students can compare methodologies.

Case Management

This module will provide students with the opportunity to experience what it would be like to be a Case Manager in a treatment setting. Students will explore the various roles of a case manager, possible scenarios that could arise, find solutions to overcome problems. This process will be facilitated as they create their own case studies as a Case Manager. Students will demonstrate what it would be like to coordinate services for someone from intake to discharge in a treatment setting.

NOTE: In order to continuously improve our programs, Eastern College reserves the right to modify programs at any time. Program delivery order may vary depending on program start date. This diploma program may not be available at all campuses.

Child and Youth Care with Addictions Support Worker



Career Planning and Preparation: Level II

This module continues to build on the concepts and skills introduced in Career Planning and Preparation Part 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 finalizing their professional resume, portfolio and career correspondence. Students will learn to identify the different types 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 - Part I will be reviewed, with a focus towards on-the-job success in both internships or placements and post-graduate employment.

Field Placement - Child and Youth Care with Addictions Support Worker

The field placement is a diploma requirement and is designed to provide the student with on-the-job experience and an opportunity to utilize newly acquired skills. The placement must be conducted in a legitimate, field-related, and supervised environment. Upon completion of the placement, the host employer will complete an evaluation which assesses the student's technical skills, professional conduct, and the ability to handle the work assigned. The evaluation will be made available to the student for review after the placement. Students must complete the required number of field placement weeks specified for the CYCWAS program in order to fulfill all diploma requirements. During each field experience students keep a detailed journal used to write a personal reflection paper to highlight 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.

NOTE: In order to continuously improve our programs, Eastern College reserves the right to modify programs at any time. Program delivery order may vary depending on program start date. This diploma program may not be available at all campuses.