

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

1. Student has Grade 12 or equivalent.
2. Student must complete the Child and Youth Care Worker Personal Profile document.
3. Student must provide a clear Criminal Record Check.
4. Student must provide a clear Vulnerable Sector Check.

Clear Criminal Record Check: Students acquiring a Clear Criminal Record Check 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.

PLEASE NOTE: Employers and Placement Hosts may require a Social Development Check in order to accept a student or graduate into their organization. It is the responsibility of the student to ensure that they have no contraventions on file under the Family Services Act.

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 Professional Observation: 80 hours

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PROGRAM OVERVIEW

| Course | Hours | | |
|--|-------|--|-----------|
| Student Success Strategies | 20 | Family Work Practices | 60 |
| Career Planning and Preparation: Level I | 20 | Group Work | 60 |
| Digital Literacy for Professionals | 40 | Child and Youth Care Practices | 40 |
| Diversity, Equity & Advocacy | 40 | Psychology of Addictions | 80 |
| Social Issues | 40 | Case Management | 40 |
| Professional Etiquette | 20 | Addiction Treatment | 60 |
| Self-Awareness/Personal Growth | 20 | Career Planning and Preparation: Level II | 20 |
| Profession of Child and Youth Care | 40 | Field Placement – Child and Youth Care with Addictions Support Worker (6 weeks) | 204 |
| Human Growth and Development | 100 | | |
| Interpersonal Communication | 60 | Additional graded Field Placements that run concurrently with the program: | |
| Social Training | 40 | Volunteer Hours | 84 |
| Mental Health Practices Awareness | 60 | Programming Hours for Activity Programming | 32 |
| Family Ties | 40 | | |
| CYCW Professional Observation (w/ Field Placement) | 80 | | |
| Activity Programming | 60 | Total Weeks | 72 |
| Child and Youth Care Approaches | 80 | | |
| Child and Youth Care Issues | 100 | *** Work terms/internships are scheduled for a minimum of 34 hours per week in the field 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. | |
| Individual Approaches | 60 | | |
| Family Issues | 40 | | |

MODULE DESCRIPTIONS

Student Success Strategies

In this orientation module, you will focus on achieving success from day one. You will develop non-technical skills to enhance your personal, academic, and career success. You will explore learning styles, including visual, auditory, and kinesthetic learning. You will also enhance your 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. You will also explore techniques for managing change, stress, and conflict.

Career Planning & Preparation: Level I

This module will introduce you to and provide practice in using the tools required for a successful job search. The concepts covered in this module will help you maintain a career-focused approach throughout your studies so that you are better prepared to conduct a job search after graduating. Specifically, you will learn how to identify your soft and hard skills and how to articulate your abilities in a clear and concise Elevator Pitch that will appeal to employers and resonate with industry contacts. You will learn about the job search resources available to you including using career websites, creating Linked In profiles, accessing the “hidden” job market, and networking. You will examine sample resumes and cover letters and begin the process of creating your own professional resumes and cover letters that align with current conventions for content, organization, and formatting. You will also learn about the role of references, thank you letters, workplace philosophies, and strategies for success including maintaining a professional image and using proper etiquette when communicating with potential employers and industry contacts.

An introduction to Occupational Health and Safety is also provided with specific focus on employees’ rights and responsibilities, workplace health and safety policy and programs, hazard identification and control, and safety training options such as WHIMIS and First Aid.

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Digital Literacy for Professionals

This course has four units that introduces you to the fundamental concepts and principles of learning and working in a digital environment. The first unit introduces you to using devices and handling information with topics on operating systems (Windows, MAC, and Linux), computer organization (folder management and naming conventions), cloud storage (including Microsoft OneDrive), types of web browsers including Google Chrome, Mozilla Firefox, and Apple Safari), and fundamental troubleshooting. In the second unit, you will become familiar with creating and editing information through learning about file formats (pdf, mp4, docx), productivity (including iWork and Microsoft Office Suite) and creativity (Adobe, Canva, iMovie) platforms, and basic introduction to Microsoft Word, Excel, and PowerPoint. The third unit on communicating and collaborating will introduce you to web conferencing applications (Slack, Zoom, Microsoft Teams), mail applications (including Microsoft Outlook and Gmail), project management tools (Trello, Asana), and time management tools (including Todoist, Outlook Calendar, and iCal), and building rapport virtually. In the final unit, you will gain an understanding on netiquette, cybersecurity, and digital wellness. After completing this course, you will have enhanced digital literacy skills as a professional in the working and learning environment.

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

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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.

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.

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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, to gain a better understanding of the professional environment. 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.

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.

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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.

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

This module is meant to be both theoretical and practical in nature. Students will take 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

In this module, students learn case management philosophy and effective case management skills. With an emphasis on client-centered case management, this module explains various models of case management and service delivery. 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

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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.

Career Planning and Preparation: Level II

This module builds on concepts and skills introduced in the Career Planning and Preparation Level 1 prerequisite module. In this subsequent module, you will update and refine your resume and LinkedIn Profile. You will continue writing cover letters and learn the value of customizing cover letters to specific job postings. You will have the opportunity to apply this knowledge as you conduct a job search and write a cover letter tailored to an ideal job post. Through research, you will create a list of top employers and target current industry opportunities. You will learn about current methods for applying to job postings using technology. You will also gain an understanding of the job interview process, typical interview questions and possible responses, and expectations of both the interviewer and interviewee. In addition, you will engage in practical application of the interview process through role-plays. Topics such as negotiating salary, self-management, and on-the-job success for placements and post-graduate employment will be also covered.

Field Placement - Child and Youth Care with Addictions Support Worker

Field Placement is an essential part of the Child and Youth Care program, and all students must successfully complete the Field Placement component in order to graduate their program. Each student is required to work at his/her field placement for a minimum of 34 hours per week for six weeks, for a total minimum of 204 hours. Students are required to engage in active discussions with their instructor and peers via a social technology platform in order to debrief sessions, apply theory and skills gained from program course work at a practical level, post journal reflections, provide constructive feedback to peers and request for support and feedback on placement experiences. Discussions may involve topics such as professional and ethical conduct in relation to field experience, personal challenges, strategies for improvement, problem solving, and case reviews. Students are advised to keep a journal, documenting their placement experience, and maintaining a log of questions, thoughts, and ideas. 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.

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