Scw'exmx Child & Family Services Society

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(news/information)

June 2016

June 22-29 Provincial Exams at Secondary Schools (Days may vary)

June 29 Last Day of School

Scw'exmx Child & Family Services Society

85 Highway 8,
Merritt BC, V1K 0A7
Tel (250)378-2771
Or Call Toll Free 1-877-378-2773
Fax (250)378-2799

Need Help? If you don't feel safe, or you have concerns, you can call this number 24 hours a day:

Children's Help Line

250-310-1234

This number can be called from any phone for free

Moccasin Telegraph:

"If you know of anyone that you think would be a great caregiver, talk to them about working with us and our families. We would like to increase the amount of homes in our own communities"

And please don't get discouraged about the criminal record check, some records are minimal and/or very old, and may not discredit you as an applicant. If you have more questions about this or about becoming a caregiver, please call or come in and see our resource worker.

CALL A RESOURCE WORKER TODAY at (250) 378-2771

Announcements

Scw'exmx Child & Family Services Society office will be closed Tuesday June 21st 2016 in honor of Aboriginal Day. We will re-open regular hours on Wednesday June 22nd 2016.

Happy Fathers Day to all the Dads on June 19

Congratulations to the Grads of 2016 from the staff at Scw'exmx Child & Family Services Society

Exciting news...we have a new updated website www.scwexmx.com please check it out as well as our calendar for upcoming events. You can also find us on Facebook

Child Safety Tip....

If your child gets lost, do you have recent picture you could quickly produce? Solution....make this a once a month habit....take a new picture with your cell phone for each child in your care.

Summer is nearly here! Have you made your summer plans? Camping, picnics, hiking, lots to see and do!

Be sure you discuss summer plans with your child's social worker. You will need permission to take them out of Province and will need to notify them if you are going out of town. They need to know where the kids are at any given time.

Booster seats for kids up to 9 years old

All drivers must ensure all children over 18 kg (40 lb) use a booster seat until they are 9 years of age unless they have reached the height of 145cm (4'9") tall.

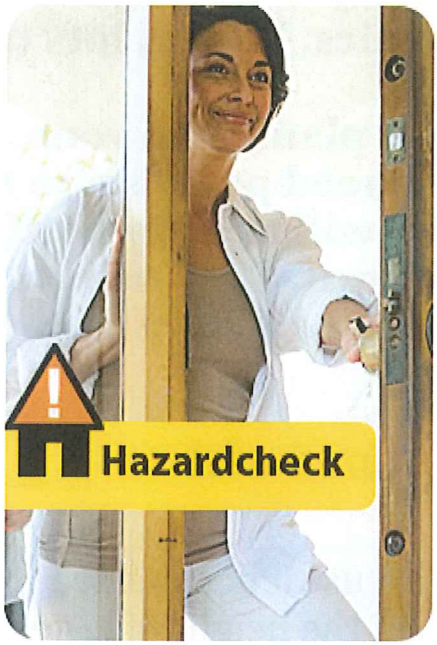
Look for a label that says the booster safety seat complies with Canadian Motor Vehicle Safety Standards (CMVSS). Insert graphic of label.

Seat belts are designed to fit adults.

Children under 9 who are using a seat belt without an appropriate booster seat are at increased risk of serious injury and/or death in the event of a crash.

If your child is over 18kg (40 lb.) a booster seat will correctly position the vehicle seat belt over your child's shoulders and across the hips, significantly reducing the risk of injury and/or death.

Hazards in your home



Canadians spend a great deal of time indoors. That's why it's important to make sure our homes are safe and healthy places to live.

Home health risks come in many shapes and forms. They can be found in the air, like smoke, radon, and carbon monoxide. They can also be found in household products, water and dust, like household chemicals and lead.

Learn about the more common health risks that may be present in your home, and the simple steps you can take to protect your health and the health of your family.

The basics: protect your home and family

Here are some of the basic things you can do to reduce your family's exposure to hazards in your home.

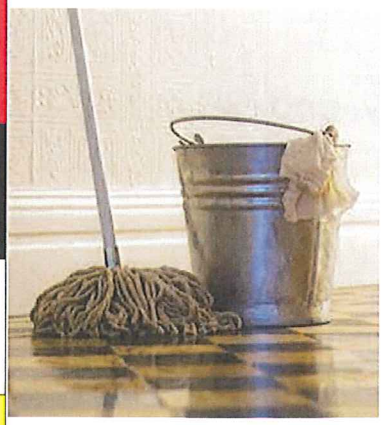
Ventilate your home

- **Let fresh air in.** Make sure you have enough fresh air coming into your home. The consumer publications on ventilation from Canada Mortgage and Housing Corporation are a good source of advice.
- **Use a fan.** Exhaust fans that vent to the outside should be installed in bathrooms and above stoves to remove moisture and pollutants produced indoors. Make sure to turn them on when showering and cooking, especially if you are frying or boiling water.
- **Open windows.** Open windows when using products that may release chemicals into the air, such as when you are painting, varnishing or installing new carpets.
- **Go low.** Choose low-emission paints, varnishes, glues, wood furniture, and building products. Look for an independent certification label to help you select low-emission products (like the EcoLogo program that sets standards for sustainable products).

Wash your hands often

- **Wash often.** Washing your hands often helps to prevent infection and reduce exposure to harmful substances. This is especially important before every meal.
- **Clean thoroughly.** To clean your hands thoroughly, scrub with soap and warm water for at least 20 seconds.
- **Use sanitizer.** When it's not possible to wash with soap and water, use an alcohol-based sanitizer.

Keep your floors clean



- **Take your shoes off.** The soil outside your home can contain substances you don't want inside. Taking off your shoes at the door is one way to help keep harmful substances out.
- **Vacuum often.** Vacuuming up dust and dirt is a good way to reduce your family's exposure to health hazards like lead, mould, and dust mites.

Keep carbon monoxide out of your home

Each year, Canadians die or become ill because of carbon monoxide (CO) poisoning. Protect your family by following these safety tips and installing CO detectors in your home.

Important!

If your CO alarm sounds:

1. Leave your home immediately and move to fresh air.
2. Do **not** try to locate the source of CO.
3. Once outside, call 911, your fire department or emergency services.

Do not return to your home until the problem has been fixed by a professional

5 Active Summer Activities for Family Fun

The pull of electronic games and social media is overwhelming, and at times, it seems impossible to get your family (and yourself) to look up from your phone to enjoy quality time with your loved ones. Add to that the importance of staying active, and it can seem like quite the mountain to climb. Luckily, summer offers several opportunities to have fun with your family, while also getting everyone moving and active. As an added bonus, you'll get quality bonding time and create memories with your brothers, sisters, kids and/ or spouse—something you'll appreciate now and in the years to come.

So pry away the phones and game controllers, grab your family, and get out of your house to try these five summer activities for family fun

1. Hiking

An easy and wallet-friendly way to get out of the house and have fun with your family is to go hiking. Head to your local trails or forested park and spend the morning or afternoon hiking. Your whole family will get some much-needed cardio exercise, and at the same time, enjoy nature and its refreshing effects. Pack a simple picnic of sandwiches, fruit and water, and bring a bug, bird, plant or animal guide to identify things you come across on the hike—this is especially fun and educational for children.

2. Gardening

While it may seem that gardening doesn't require much movement or isn't very active, you'd be surprised at what it takes to make a garden from scratch or push a wheelbarrow around, which can be quite strenuous. The kids will have fun helping to pick out the different flowers and plants to put in the garden, and the parents will be happy with the end result, a beautiful garden and nice landscaping. You could even plant a vegetable or herb garden, showing younger kids where food comes from. Plus, everyone will swell with feelings of pride at growing their own organic food.

3. Outdoor Scavenger Hunt

Outdoor scavenger hunts can be enjoyable for the whole family. Whether you're camping or at home, you can take advantage of your surroundings and make a scavenger hunt for everyone to enjoy. Items used in a scavenger hunt can be anything that's in your natural surroundings, to items you specifically place in hiding spots. Depending on what you decide to use, by pairing an adult or older kid in each group, they can verify that the item was indeed found if they can't bring it back (like a type of plant or tree on your list). Since it's a race to finish first, the hunt will get the whole family active while having a lot of fun.

4. Neighborhood Sport Tournament

Organizing a neighborhood tournament is fun, even in the planning stages. Kids are bound to get pumped up and enjoy organizing it, from choosing the sport to getting neighbors on board. And the building excitement for tournament day will be contagious, keeping everyone happy and anxiously looking forward to the event. Baseball or soccer tournaments are common options, since many city parks offer a diamond or field for community use. This is a fun way for the family to be active, while having the added bonus of spending time with other families in the area. And the street BBQ afterward is the perfect way to end the day.

5. Biking

Biking is a great cardiovascular exercise that strengthens several muscles, including your core, and can improve balance. While you can take the family out to have fun and be active with a bike ride in your neighborhood, biking is another activity that can be done almost everywhere. Pack a picnic and plenty of water, and head out to your local trails or go to a bike friendly beach. And make sure everyone has a properly fitted helment and wears it-they can help prevent serious injuries if someone falls off their bike.

Feel the Beat

ATTENETION:

Feel the Beat will be cutting back to 1 day a week for the month of JULY and AUGUST.

*if you haven't already like us on Facebook and follow us on Instagram!

Scwexmx Child and Family

feel.the.beat2016

June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Crafts	3	4
5	6	7 POWWOW ZUMBA!! Maddi McCullum	8	9 NO FEEL THE BEAT *Aboriginal Grad ceremony 6 pm	10	11
12	13	14 NO FEEL THE BEAT	15	16 Craft night! Bring your projects or start a new one at feel the Beat	17	18
19	20	Rotary Park 21 National Aboriginal Day Hosted by Conayt No Feel the Beat this evening	22 Provincial exams (as listed on the MSS site)	23 Powwow Night & Regalia repair	24	Merritt Ball fields 25 Stop the Violence →
26 Co-ed slo-pitch tournament →	27	28 Pictograph teachings of the Nicola Valley	29	30 Girl's night / Guys night! Fun fun fun!		

NOTICE: Activities planned for Feel the Beat are subject to change. Follow us on FACEBOOK for all the updates and any possible changes to the schedule. Or call 250-378-2771.

MERRITT COUNTRY RUN

Jumpstart.

Merritt Country Run Expo

June 11, 2016
Saturday
10:00am - 3:00pm

FREE ADMISSION EVENT

Please ask for a registration form
to set up a booth for your business

Forms must be submitted by
May 31, 2016

Come Join the Fun

Visit Local and Out of Town Business Exhibits

featuring
running apparel, nutritional, fitness
and many other health related products and services

Everyone Welcome

We all need some sun exposure — it's the top source of vitamin D, which helps our bodies absorb calcium for stronger, healthier bones.

But it doesn't take much time in the sun for most people to get the vitamin D they need. And repeated unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage, immune system suppression, and skin cancer. Even people in their twenties can develop skin cancer.

Most kids get much of their lifetime sun exposure before age 18, so it's important for parents to teach them how to enjoy fun in the sun safely. Taking the right precautions can greatly reduce your child's chance of developing skin cancer.

How to Choose

Look for SPF (sun protection factor) numbers on the labels of sunscreens. Select an SPF of 30 or higher to prevent sunburn *and* tanning, both of which are signs of skin damage. Choose a sunscreen that protects against both UVA and UVB rays (usually labeled as a "broad-spectrum" sunscreen).

Sunscreen sprays are convenient but should be used with caution. For starters, sprays are easy to breathe in, which can irritate the lungs. Some sprays also are flammable, so you need to avoid sparks or flames when applying them and wearing them. And, sprays make it hard to tell if you have applied enough sunscreen, which increases the risk of sunburn.

Other things to consider:

- Don't use sunscreens with PABA, which can cause skin allergies.
- For sensitive skin, look for products with the active ingredient titanium dioxide.
- If your teen or preteen wants to use a self-tanner sunscreen, be sure to get one that also has UV protection (many offer little or none).

Babies younger than 6 months should be kept out of the sun. When going outside, dress your baby in lightweight clothes that cover arms and legs — and don't forget a hat. If you can't avoid the sun, you can use a small amount of sunscreen on your baby's exposed skin, like the hands and face.

Job Posting

Scw'exmx Child & Family Services Society

(1)Full-time Aboriginal Child and Youth Mental Health Clinician

Scw'exmx Child and Family Services Society (SCFSS) is seeking a highly motivated and dynamic individual to join our team as an Aboriginal Child and Youth Mental Health (ACYMH) Clinician. As an integral member of a multi-disciplinary team, the Clinician will provide culturally appropriate services and information which enhance the relationships and wellness of children and families who are experiencing significant challenges, in the Merritt area.

The position is under the direct supervision of the Executive Director. Evening and weekend work as required.

RESPONSIBILITIES:

- Connects and collaborates with appropriate referral sources
- Conduct intakes
- Conduct mental health assessments and develop assessment reports
- Conduct provisional DSM diagnosis
- Develop and execute treatment plans
- Maintain appropriate Clinical and administrative records

KNOWLEDGE, SKILLS AND ABILITIES:

- Awareness of First Nations culture and issues affecting First Nations families and communities
- Develop and maintain working knowledge and relationships with natural partners and supports in the communities
- Demonstrated expertise and knowledge in Clinical Mental Health assessment, diagnosis and treatment
- Ability to conduct suicide assessments and assist with crisis interventions
- Comfortable with conducting both Psycho-educational and treatment focused group sessions to various ages
- Excellent interpersonal and communication skills

EDUCATION AND EXPERIENCE:

- Master's Degree in Social Work, Educational Counselling, Clinical Psychology, Child and Youth Care, or comparable degree with strong clinical skills
- Education in DSM diagnosis and related treatments for common Mental Health challenges
- Registered with a professional association
- Related experience with responsibility for providing mental health services to children and families
- Experience working with Aboriginal communities
- A valid BC class 5 driver's license and criminal record check are mandatory

Start Date: ASAP As Needed

Pay: Rate will be negotiated based on experience

Those who are shortlisted will be invited for an interview

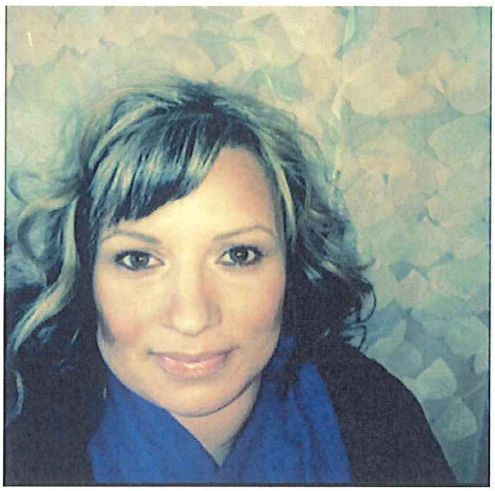
For full job description contact SCFSS.

Apply by submitting your cover letter and resume by E-mail

Scw'exmx Child & Family Services Society thanks all those who apply, however, only qualified candidates will be contacted for an interview.

Scw'exmx Child & Family Services Society

Hello, my name is Robyn McDonnell and I would like to introduce myself as the new Administrative Assistant. I was born and raised in Merritt although I did move away for a few years, I came back once my daugther was born to be closer to family. You may recognize me from working at Interior Savings Credit Union or the Aborginal Mentoring and Training Assocation. I am looking forward to starting this new chapter of my career with Scw'exmx Child & Family Services and I also look forward to meeting each of you.



Scw'exmx Child & Family Services Society Staff

ADMINISTRATION TEAM:

Yvonne Hare – Executive Director
Crystal Narcisse – Executive Assistant
Robyn McDonnell – Administrative Assistant

SOCIAL WORK TEAM:

Susan Thompson – Clinical Supervisor– On Leave
Chris Pearson-Bronsch– Acting Clinical Supervisor
Simone Lampreau – Child Protection Worker
Ashley Stump – Guardianship Worker
Connie Nicholson – Resource Worker
Vivian McBee – Kinship Care Worker

RESTORING BALANCE TEAM:

Lucinda Seward – Restoring Balance Coordinator
Vacant – Child & Youth Mental Health Clinician
Darlene Vallee – Family Preservation Worker
Robin Humphrey – Cultural Youth Support Worker
Connie Nicholson – Family Circles Coordinator
Stephanie Lindley – Cultural Youth Worker

FINANCE TEAM:

Marjory Moyes – Finance Manager
Marsha Sterling – Finance Clerk