

CYC-Online

e-journal of the International Child and Youth Care Network (CYC-Net)



**A Journal for those who live or work
with Children and Young People**

Issue 243 / May 2019

ISSN 1605-7406



Contents

Editorial: Creative Presence	4
<i>James Freeman</i>	
First Aid for the Soul (Part 2 of 3)	9
<i>Andreas Krüger</i>	
Role Modelling, Being Liked, Boundaries and Loving – Major CYC Issues	15
<i>Jack Phelan</i>	
Tough Choices	21
<i>Hans Skott-Myhre</i>	
South Africa, Again and Again	32
<i>Kiaras Gharabaghi</i>	
Making Moments Meaningful	38
<i>Barrie Lodge</i>	
Swallow Your Pride	43
<i>Nicole Ostrowska</i>	
The Accidental Practitioner: 12 Learning Points from the Film “Short Term 12”	46
<i>Amy Kelly and Dale Curry</i>	
How Much Sleep Do We Need?	52
<i>Charles Karns</i>	
Voices of Youth	58
<i>Mark Freado, Andrea Crisp, Naia Sverdrup & Halley Riefle</i>	
Understanding Where We Stand: The View of a Child and Youth Care Student	67
<i>Jesse Sharpe-Schmid</i>	
Postcard from Leon Fulcher	70
Information	75



Relational Child & Youth Care Practice

Volume 32 Issue 1 / 2019



**SUBSCRIBE
HERE**



ISSN 2410-2954



press.cyc-net.org

Creative Presence

James Freeman

The US indie band *OK Go* is known for its creative music videos. They've shot one in zero gravity, danced on treadmills, been surrounded by over 500 printers, and used a rally car to play their instruments. For their 2014 video of 'The One Moment' they recorded 4.2 seconds of action and stretched it out in slow motion to fill the length of the song. You can watch the video at <https://okgosandbox.org/the-one-moment>

Their lyrics give us a poignant reminder and call to action to use our moments wisely:

*And this will be
The one moment that matters
And this will be
The one thing we remember
And this will be
The reason to have been here
And this will be
The one moment that matters at all*

(Kulash & Norwind, 2014)



May 2019

ISSN 1605-7406

Vocalist Damian Kulash explains, “We want to show that a single moment can contain so much wonder, so much beauty, and so much change”. Wonder, beauty, the process of change – all wrapped up in moments of presence and authenticity.

Those of us who live and work in family, group care, or classroom settings know the demands of moment to moment attending to the group – and sometimes wish we could slow them down as in the music video. We focus on learning and long-term goals, while at the same time being present in the moment of a relational exchange. It takes extreme presence and action:

When on the job one has to act, to reply to each situation while it is still happening. Also, one is immersed in the continuous flow of happenings without control over their timing or sequence. “Immediacy”, the concept we use to capture the realm of occurrences in [group settings] as well as their rhythm and timing, includes the experiencing of a situation, becoming aware of its effect on oneself, and acting while it is occurring, as part of the flow of events. It is acting on an incident and knowing that as soon as it is over or most probably even before it is, another incident will follow, yet not knowing what that one will be like.
(Guttmann, 1991)

Experience, awareness, reflection, and action all occur almost simultaneously. And as soon as that moment has passed, the next one arrives. Those who can remain in the present appreciate the wonder of the moment. It’s a demanding and creative task.



May 2019

ISSN 1605-7406

So, how can we be present in the midst of sometimes overwhelming days and demanding roles? First, there is a mental awareness that our presence is valuable. When we remember that each moment is sacred and that it will never be repeated it can motivate us to give attention to being present. Second, there is a stillness that is required. This stillness doesn't mean retreat or avoidance. It's an inner calm or settling that allows us to be grounded when the world is spinning all around us. When we are centered internally the external chaos can't throw us off balance as easily. Third, there is an intentional letting go of our personal agendas and attachment to outcomes. We are present simply to be there for the other person. Not planning the next part of the conversation, not looking for what might benefit us or help another. Simply being there. Attachment to outcomes keeps us from a deep presence in the moment.

Nurturing change in our world starts with us being centered and comfortable with where we are and being who we are. So, take a deep breath and get ready to be truly present with the next person you interact with. They will feel the difference and so will you.

As you read the articles in this month's issue of CYC-Online, we trust they will encourage and equip you in this noble calling of caring for children and youth. Thanks for letting us be part of your journey and experience.

References

- Guttman, E. (1991). Immediacy in child and youth care: The fusion of experience, self-consciousness and action. In J. Beker & Z. Eisikovits (Eds.), *Knowledge utilization in residential child and youth care practice* (pp. 64-82). Washington, DC: Child Welfare League of America.
- Kulash, D. & Norwind, T. (2016). The one moment. On *Hungry Ghosts* [Album]. Cassadaga, NY: Tarbox Road Studios.



May 2019
ISSN 1605-7406

2 - 4 July 2019

The National Executive Committee of the South African National Association of Child Care Workers (NACCW) and the Board of Governors of CYC-Net are proud to announce details of the 22nd NACCW Biennial Conference and the 4th CYC-Net World Conference to be held in Durban, South Africa. Conference delegates can look forward to a spirited professional experience blending diverse child and youth care work experiences from across the globe in engagements on practice, programs and child and youth care work policy in a city renowned for summer days all year round!

Venue

DURBAN INTERNATIONAL CONVENTION CENTRE
DURBAN, SOUTH AFRICA

45 Bram Fischer Rd, Durban, 4001



Registration Fees FULL 3 DAYS

Local & weak currency countries

Strong currency countries

NACCW Member

Non-member

NACCW Member

Non-member

Early Bird Registration until 30 April 2019

R1800

R2250

\$140

\$175

Late Registration until 31 May 2019

R 2100

R2625

\$160

\$200

Last Minute Registration until 15 June 2019

R 2400

R3000

\$180

\$225

Accommodation

Hostel accommodation has been secured at the Coastlands Hotel and Convention Centre - Durban. Accommodation is shared by 4 people in a room and includes a bathroom and kitchenette. Transport will be provided to and from the conference venue.

Guesthouses and hotel accommodation is available in the vicinity of the ICC.

per person per night Bed & Breakfast Bedding included

Local & weak currency countries

Strong currency countries

R350

\$35

Keynote Speakers

Dr. Kiaras Gharabaghi



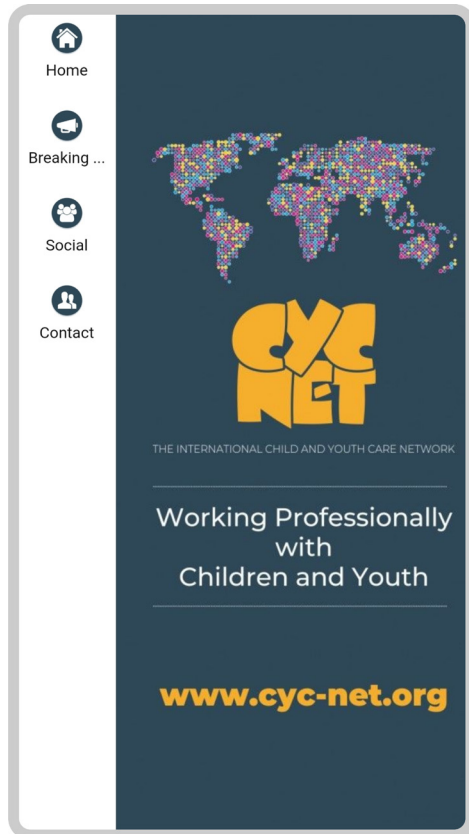
A renowned academic, researcher and thought leader in work with vulnerable and at risk children and the families, Kiaras believes that being present with young people, making moments meaningful, and working in the life-space of children, families and communities is much more than an intervention; it is a way of being in the world that promotes democracy...

Cornelius Williams



Cornelius Williams is Associate Director and global Chief of Child Protection for UNICEF's Programme Division. He has over 25 years of experience in managing child protection programmes in Western, Eastern and Southern Africa with UNICEF and Save the Children.

Install the CYC-Net App now!



First Aid for the Soul (Part 2 of 3)

Andreas Krüger

Editor's Note

This excerpt (part two of three) is from First Aid for the Soul: Trauma Self-Help for Young People by Dr. Andreas Krüger and translated by David West (2013). We met Andreas at the second World CYC Conference in Vienna, Austria and were impressed with his efforts to speak plainly to children affected by trauma. This three-part series is an excerpt from the opening of his book

For more information on the book, visit

<https://www.amazon.de/Powerbook-Erste-Hilfe-f%C3%BCr-Seele/dp/398142820X>

and

https://www.amazon.de/Powerbook-First-Soul-Andreas-Krueger/dp/3981428218/ref=sr_1_1?s=books&ie=UTF8&qid=1532459700&sr=1-1&keywords=powerbook+englisch+krueger

The second part of this series is concerned with solutions. These I discovered through my time with young people whose souls were threatening to fall apart. There was always the longing for healing. And such a longing has existed for as long as people have inhabited the planet. Away with this unbearable emotional pain! The longing for peace and calm, for more happiness, for the capacity to trust others, for good



May 2019

ISSN 1605-7406

company. This longing is always there because the soul, or the mind, is perhaps our most fragile – and most valuable – possession. But the wounds can strip us of our happiness and the love we have for ourselves and for other people. Because the pain we feel can hold us firmly in its grip. But how should this healing of the soul work? Provide some relief at least? How can a book help? When the soul overflows and there's no hope in sight after such a long struggle with yourself and your inner demons? How should a book make the images, the old films in the head, the oppressive feelings from the past, disappear? Recipes telling you how to take control of your life – you've maybe been given plenty of them already. 'Not another one, please, and definitely not a whole book of them!', you might want to say.

My approach is different. I want to accompany you, be something of an 'expert' in serious emotional injuries in our shared journey. The signs of trauma are well researched and easy to recognize if you've dealt with this subject a little. I think that it is precisely with serious emotional injuries that we can see that the mind functions like a separate body part – like the heart, for example.



Find us on:
facebook®



May 2019

ISSN 1605-7406

Research has shown that extreme emotional stress can leave behind real injuries to the brain, which can be made visible by special photographic techniques. Research carried out in the last few years has meant that we can now understand emotional injuries, or psychological traumatization, from processes in the brain. That's important because it shows that people with their signs of injury are not imagining things; rather, the inner suffering is visible, can be proven to exist. That has led to a recognition of people with their suffering. I wish for even more, though. And I want you yourself to be able to give more recognition and acceptance to your own (perhaps subconscious) efforts at healing. That in itself would be a very important step towards healing.

As you'll know, even if every person is different, there are signs of emotional injury that are the same or very similar for everyone – just as an arm always breaks in a certain way after a heavy fall. I want you to realize: 'Hey, that's where it comes from. So I'm quite normal. What I have experienced – that is mad'.



May 2019
ISSN 1605-7406

There are certain techniques of self-control which could help you to cope better with these disturbing signs of disorder, or to switch them off altogether. Your mind is the greatest help here. I'm going to give you some self-help tips. My idea is that I can also reach young people who don't come to me in my practice with my work as a doctor. I'm convinced that you will suddenly understand a lot in you and a lot around you much better. A few 'Eureka!' moments await you.

And that's how to get further with yourself. Your mind and knowledge about things are important medicines in dealing with emotional injury. The image of a doctor's case full of good medicine for the soul is appropriate here. For many, the horror is that, even long after the events, you're still not yet over it in your head. Body and soul remember all too often the bad thing. You have to counter that with a lot of good so that you can feel more alive again. To discover or develop these sources, you need attention and mindfulness, which you give yourself. You're sure to have already done a lot to lessen your emotional pain. So that you can cope better with the stress, the stress which your injuries have caused. You could perhaps look there more intensively. Take more from it. Every person has this part within them. Some people talk of inner healers, and others of powers of self-healing. People also talk of resilience – that's what makes people psychologically resistant and contributes to self-healing. Call it what you want. It's definitely within you, too. Life. Life energy. Your life. Here and now. And your future. I want to encourage you to get hold of it in a targeted way. It'll be worth it. Promise!

Have I made you interested? Have I addressed something in you? Would make me very happy if that's the case. But what would make me even happier would be if you got started now, took something for yourself, and that you feel a little better afterwards.



How have I structured my book? It's divided roughly into two parts. Part I: Important knowledge on emotional injuries – How does a traumatization come about? Here I deal with recognizing and understanding signs of injury. We know loads about the brain. How it functions, both with and without signs of injury. Brain researchers have written piles and piles of books and articles. Even in summary form, it's still loads. I'll tell you now: that's a lot to get through! But I have to ask you to do it. I've already left out a lot of knowledge that doesn't necessarily have to be in the book.

So, even if the stuff looks a bit dry, try to get through it. You'll see later on that everything fits together. I also can't bear it when people go prattling on. But here I haven't written anything that I didn't need to. Everything that's here is what you need. It's like with music. If you want to learn to play an instrument, you first have to practise long and hard. Once you can read the notes and play, you discover for yourself the great music that is in the notes. So, take a break every now and again, put the book to one side for a day. But then carry on! It's worth it. Hopefully the insight will come afterwards and, with it, clarity and more calm in your life. I've used a lot of pictures to make our journey into the brain a little easier. I've tried really hard so that the difficult stuff comes over easily and sticks!

DR. ANDREAS KRÜGER is a child and adolescent psychiatrist and trauma therapist and author of *First Aid for the Soul: Trauma Self-Help for Young People*. He is founder of the trauma outpatient clinic at the University Medical Centre Hamburg-Eppendorf, head of the Institute of Psychotraumatology for Children and Young People in Hamburg (www.ipkj.de) and medical director of Ankerland Association (www.ankerland.org) where he provides help for traumatized children. He may be reached at info@ipkj.de



May 2019
ISSN 1605-7406

Relational Child & Youth Care Practice

Volume 32 Issue 1 / 2019



**SUBSCRIBE
HERE**



ISSN 2410-2954



press.cyc-net.org



Reclaiming Youth Seminars

Augustana University, Sioux Falls, South Dakota
July 16-20, 2019

Innovative strategies for all who work with youth

This unique event will inspire and rejuvenate professionals and those who mentor challenging children and youth. Network with the authors of the best-selling book, *Reclaiming Youth at Risk*—Larry Brendtro, Martin Brokenleg, and Steve Van Bockern—along with leading experts in the field from across the U.S.A. and beyond. Transform the way you work with children and families. Beneficial for everyone in education, prevention, treatment, youth care, and justice settings.



Keynotes and dozens of presenters explore timely topical strands:

- Trauma, Resilience, and Thriving
- Social and Emotional Learning in Classrooms and Schools
- Strength-Based Treatment with Children and Families
- Positive Climates in Residential Care and Juvenile Justice
- Native American and First Nations Youth and Communities

Visit reclaimingyouth.org for a list of speakers and topics.

Since 1994, the Black Hills Seminars on Reclaiming Youth have been at the leading edge of strength-based approaches with challenging children and youth. Now this annual conference is relocating to Augustana University in Sioux Falls where the Reclaiming Youth movement originated.

Optional Reclaiming Youth at Risk pre-conference takes place July 16-17 with Larry Brendtro and Mark Freado. This certification course addresses the Circle of Courage needs for Belonging, Mastery, Independence, and Generosity.

For more info or to register: reclaimingyouth.org
Email: info@reclaimingyouthatrisk.org

Schedule

July 16-17, pre-conference

Reclaiming Youth at Risk

Larry Brendtro & Mark Freado

\$395 (includes lunches & resources)

July 18-20

Reclaiming Youth Seminars

Hosts Martin Brokenleg,
Larry Brendtro,
Steve Van Bockern, &
Mark Freado

\$425 group rate (3 or more)

\$475 standard rate

(includes lunches & resources)

University credits available!

Sponsored by:



Growing Edge
Training, LLC



Straight Ahead
MINISTRIES
COURAGE BELONGING MASTERY INDEPENDENCE GENEROSITY



Turtle Island
Learning Circle



May 2019

ISSN 1605-7406

Role Modelling, Being Liked, Boundaries and Loving – Major CYC Issues

Jack Phelan

Relational CYC Practice is very complicated, sophisticated, and developmentally important for everyone involved and easily screwed up through poor intentions. I will try to describe some of the issues involved in relational work in a straightforward and practical way in this month's column.

A thorough understanding of developmental ideas should fundamentally change the practitioner's perspective about how to be useful to the person he is trying to support. Developmental awareness broadens one's ability to be empathic, allowing one to let go of the developmental dynamics that influence your own thinking and allowing you to take on another person's view of the world, which may be quite different than your own. The CYC practitioner is often very developmentally different from the youth and family members whom we are supporting. This is not a problem as long as the practitioner is aware of this dynamic, since it is clear that if the practitioner was at the same developmental position as the youth/family, it would be difficult to support them to move forward. Importantly, the youth/family members are also very aware of the different position in life development of the helper, which can be a barrier in relational practice. The youth or family member is acutely aware of the greater capability of the practitioner to get his/her needs met and they



May 2019

ISSN 1605-7406

16

perceive the helper to be far more problem-free than they are. Simply put, most youth and family members believe that the CYC practitioner would not survive in their environment, because he/she is not tough enough, meaning the practitioner is too trusting, vulnerable and naïve about the reality of the abusive and neglectful reality in their lives.

This disconnect between how helpers see themselves and how they are seen by the youths/families is a big problem when practitioners put a major focus on becoming a role model for youth, often reflecting a behavioral learning approach. Long standing ideas, reflected in books as fundamental as “The other 23 hours” (Treischman et al., 1969) describe relational work as creating a connection with youth that is based on the youth wanting to imitate the CYC practitioner’s behavior and attitudes. Actually, many youths see the CYC practitioner’s way of living as being useful as long as they are in the CYC program, but believe that it would be foolish and dangerous to act this way in their real lives. So, the carry-over value of these behaviors and attitudes is very limited.

Therefore, all attempts to get the youth/family member to accept the helper as a role model are actually not very useful in the long run. The youths often attempt to imitate the attitudes and behaviors of the practitioner while they are in the CYC program because it does work in that environment, but generally these things will not translate into effective life strategies later. It is not because the attitudes and behaviors of the helper are not good strategies, but because the youth or family member don’t believe that they fit into their reality. The practitioner’s relational focus on “be more like me” actually seems to work in the moment (while they are in the program) but has minimal value afterwards.

The way that the CYC practitioner thinks about relational practice, his/her intentions, must take this framework into account and adjust the purpose of his/her interventions. When the focus of relational work is to become admired



May 2019

ISSN 1605-7406

and attractive to the other person, so that they will imitate and model our attitudes and behavior, the practitioner is looking inward, being aware of how the youth/family perceives him/her. Many CYC practitioners think this way, ascribing success in their work when people like them and miss them. Connections are strong and there is often a need to maintain contact after the program ends to continue support. The problem here is that the focus of the practitioner's efforts is on him/herself and being seen as likeable/helpful, which is a commonsense idea, but really has limited value. The need to be liked and admired is too often the goal of CYC practitioner's connections, even though most practitioners would deny this.

Relational work should have the focus of building the self-image of the youth/family member so that they start to value/like themselves more, beginning to believe in their own likeability and self-worth. Basically, the goal of our relational interventions should be to build self-love in people through supporting them to believe that they are liked and cared about because they deserve this, which will increase their ability to care about others. The likeability of the practitioner is not particularly important.

This last statement can be hard to hear for many practitioners, since they are trying to build connections with people who fear closeness, so being safe and likeable is clearly a useful strategy to build closeness. The problem is not creating an attractive energy for others to want closeness, but in the intention of the practitioner for the overall purpose of the relationship. To put it simply, the CYC practitioner should want you to like yourself, not to like him/her.

JACK PHELAN is a regular contributor to CYC-Online. He teaches Child and Youth Care at Grant MacEwan College in Alberta, Canada. Learn more about him at <https://cyc-net.org/People/people-phelan.html>



May 2019

ISSN 1605-7406

18

**The CYC-Net Discussion Groups
have made the transition to**

facebook®

**Click here for our
General CYC Discussion Group**

**Click here for our
Students CYC Discussion Group**



May 2019
ISSN 1605-7406

COMPASSIONATE CARING

**Using our Heads and Hearts in
Work with Troubled Children and Youth**

**BRAND NEW
RELEASE**

ORDER NOW

Dr. LORRAINE E. FOX

Tough Choices

Hans Skott-Myhre

It has been nearly sixty years since Franco Basaglia refused to tie patients down to their beds in the Gorizia asylum in Italy. It was the beginning of the deinstitutionalization movement which changed the parameters of psychiatric care by ending the regimes of large asylums for those designated as mad. By the late seventies, there were no asylums operating in Italy and most asylums across Europe and the United States has been closed as well. We had entered the new world of community based mental health, or as Basaglia would later call it, the asylum on the outside.

This massive shift in the delivery of care didn't occur easily or overnight. It was uneven in its progress and in the end, Basaglia felt that it had been coopted by traditional psychiatry with its new modes of chemical incarceration and networks of mental health centers. But, over a period of twenty years or so, Basaglia managed to close down one of the most brutal and inhumane systems of "care" western medicine had produced. In the process, he wrote extensively about an alternative approach to caring that centered recipients of psychiatric treatment as agents of their own lives.

Beginning in 1964 with a paper entitled, *The Destruction of the Mental Hospital as a Place of Institutionalization*, Basaglia made the argument that liberty for the patient was the first step towards a "cure." He argued that the work of psychiatry should focus, not on incarceration and discipline, but on assisting the patient in discovering their own liberation.



May 2019

ISSN 1605-7406

By the late 60's and into the 70's, Basaglia was putting his ideas into practice, flattening the hierarchies of the asylum, giving voice to patients, but also nurses and aides. He opened the doors of the asylum and brought in students, activists, artists and factory workers. He held "open meetings" in which anyone could say what they wished without censorship. He worked with the community to take patients out to work with them in the factories and had artists collaborate with patients to produce art that reflected their struggles.

In one instance, he had the staff and the patients go through the asylum with blow torches and sledge hammers to destroy the physical hydro-tubs, electroshock chairs and the bars on their cells. Artists collected the rubble of this destruction and with the patients built a monolith at the entrance to the asylum. In another instance, the artists and patients built a huge blue horse which they paraded through the town as a symbol of their new found freedom. In the late sixties, the asylums became centers of radical political organization with patients and leftist activists taking on the slogan "Freedom is therapeutic."



**NACCW 22nd Biennial
& 4th CYC-NET World
Conference 2019**
Nation-Building - One Child at a Time!
2-4 July
ICC Durban

[Click here for more information](#)



May 2019

ISSN 1605-7406

22

Basaglia wrote extensively about how perverse it was that psychiatry, which was ostensibly designed to cure and liberate people, instead turned into a mechanism of oppression and terror. He proposed that we must be diligent in continuing to challenge the tendency of institutions to create themselves within the social logic of their historical period.

The asylums were an extension of the brutality of industrial capitalism and the logic of the colonial system, in which human bodies were either inducted into the system of production or dispensed with as broken or useless. Basaglia warned us of the danger of becoming complicit in institutional systems that replicate any kind of social logic that marginalizes, incarcerates, or creates human lives as disposable. He marked a difference between workers in the asylum who he called technicians of practical knowledge and those he designated class traitors.

The technicians of practical knowledge were those workers whose identities became professionally assimilated into the logic of the institution. They became simply technicians who maintained the smooth functioning of the institutional machine. Class traitors on the other hand, were the staff, nurses, aides and psychiatrists who willingly undermined the machinery of domination through subversive acts that enhanced the freedom of the patients. These were traitors to their class status under capitalism.

Basaglia, pointed out, that it is the poor who are primarily the objects of institutional incarceration. Those trained and employed to control the poor through state driven institutions, are middle class. The staff and aides are lower middle class, the nurses and social workers are middle class, psychiatrists and administrators are upper middle class. To sustain one's class status, employees of the institution must administer the logic of capitalist rule over the poor. To collaborate or be complicit in aiding and



May 2019

ISSN 1605-7406

23

abetting greater degrees of deviance and/or liberation on behalf of those incarcerated within the institution is to be a traitor to one's class.

I have been thinking about Basaglia's remarkable work and the significance of one man's integrity in challenging and bringing down an entire system of brutal institutions. As I look around our world today, I wonder whether we have the same degree of integrity. Do we have the courage to challenge the brutality of the institutions of our time?

I wonder who we are? Are we technicians of practical knowledge who administer the logic of 21st century neoliberalism on the young people embedded in the systems of "care" in which we work? I am troubled at the brutality of programs that treat young people as cost centers. Within the logic of our current system of high capitalism, all of us are valued, in the end, by the cost/benefit algorithms of our time. What are we worth? What is our fiscal value? Certainly, our capacity for ethical and humane acts will not be factored into our credit score or our home mortgage application. The love and compassion that we show to others will not be taken into account if we miss a payment on our student loans. Within 21st century capitalism, we are all fodder for the machinery of global profit. If the logic of Basaglia's time was the induction of our bodies into the machinery of industrial capitalism, then the logic of our time is the appropriation of every bit of us, body, mind and desire into the machinery of neo-liberal capitalism.

Like the asylum, our programs, agencies, group homes, residential treatment centers are saturated with the logic of our time and that logic is the transvaluation of life into money. In that regard, I was not shocked by the recent case, in the United States, of a judge who sentenced hundreds of young people to incarceration in a for profit "treatment" center (really another form of jail) in exchange for kickbacks. Nor was I surprised to hear of a youth serving agency making millions by incarcerating



May 2019

ISSN 1605-7406

24

undocumented young people, some of whom had been forcibly removed from their parents. Reports that there are thousands of young people who were separated from their parents and may not be able to be located for possible reunification for years, because it would cost too much money, makes sense if what matters is economic value over human suffering. Putting children in cages, sexually trafficking them, sexually and physically abusing them within the “care” system, are all signs of a system that is more responsive to profit than human lives. The spread of questionable systems of diagnosis and scientifically dubious chemical interventions across the world of young people, holds its own logic of appropriation and oppression. The recent case of multiple physicians who illegally prescribed millions of opioid pills in the U.S., is indicative of a logic of greed that is indifferent to the devastation of addiction. The production of young people’s suffering and death as media spectacle, without any coherent social response, is a deeply cynical financial calculus.

Of course, there is also the rapacious machine of global capitalism that is decimating species, habitats, and the overall functioning of the planets ecosystem, leaving future generations to suffer and die from the effects of our actions. I recently heard a news report of temperatures of 111 degrees in India and 120 degrees in Australia (before allowing for humidity which could add up to 40 degrees). These are obviously unlivable temperatures and if they continue will force mass migrations across the planet. The cold calculation of profit that would allow human suffering of this scope is at some level unbelievable. But, the list goes on.

These are the grossest and most egregious instances of the algorithms of profit that are seriously eroding our networks of care for human life, inclusive of young people. However, there are more subtle ways in which we as CYC workers are being subjected to the logic of neo-liberalism as technicians of practical knowledge. Perhaps the most pernicious is the



May 2019

ISSN 1605-7406

25

reduction of the complexity of life, through encoding our aspirations into algorithms and formulas of “treatment” or social remediation. This is what Gilles Deleuze referred to as the society of control. A world in which our only value is measured in binary codes and our access to the necessities of life such as food, shelter, clothing is mediated through credit ratings, government identification such as social insurance/security numbers (in North America), and pass codes of various types that allow for access to buildings, airports, national borders, computer networks, and even cars.

In this emerging system of control, young people measure their progress through the world in a never ending series of certificates, degrees and trainings, none of which is ever really sufficient to guarantee any form of personal security. This is what Deleuze refers to a society of infinite postponement in which we never arrive, but are always expected to strive endlessly. Young people are admonished to be all they can be, but there is no clear definition of what that might be and an ever changing landscape of expectation for more and more and more.



[Click here for more information](#)



May 2019

ISSN 1605-7406



Reclaiming Youth Seminars

Augustana University, Sioux Falls, South Dakota
July 16-20, 2019

Innovative strategies for all who work with youth

This unique event will inspire and rejuvenate professionals and those who mentor challenging children and youth. Network with the authors of the best-selling book, *Reclaiming Youth at Risk*—Larry Brendtro, Martin Brokenleg, and Steve Van Bockern—along with leading experts in the field from across the U.S.A. and beyond. Transform the way you work with children and families. Beneficial for everyone in education, prevention, treatment, youth care, and justice settings.



Keynotes and dozens of presenters explore timely topical strands:

- Trauma, Resilience, and Thriving
- Social and Emotional Learning in Classrooms and Schools
- Strength-Based Treatment with Children and Families
- Positive Climates in Residential Care and Juvenile Justice
- Native American and First Nations Youth and Communities

Visit reclaimingyouth.org for a list of speakers and topics.

Since 1994, the Black Hills Seminars on Reclaiming Youth have been at the leading edge of strength-based approaches with challenging children and youth. Now this annual conference is relocating to Augustana University in Sioux Falls where the Reclaiming Youth movement originated.

Optional Reclaiming Youth at Risk pre-conference takes place July 16-17 with Larry Brendtro and Mark Freado. This certification course addresses the Circle of Courage needs for Belonging, Mastery, Independence, and Generosity.

For more info or to register: reclaimingyouth.org
Email: info@reclaimingyouthatrisk.org

Schedule

July 16-17, pre-conference

Reclaiming Youth at Risk

Larry Brendtro & Mark Freado

\$395 (includes lunches & resources)

July 18-20

Reclaiming Youth Seminars

Hosts Martin Brokenleg,
Larry Brendtro,
Steve Van Bockern, &
Mark Freado

\$425 group rate (3 or more)

\$475 standard rate

(includes lunches & resources)

University credits available!

Sponsored by:



Growing Edge
Training, LLC



Unlike the asylum with its walls and bars, there are no firm or concrete limits that structure our relationship with neoliberal institutions. The rules are always changing. We are told to be evidenced based in our practice, but the criterion as to what we are providing evidence for is ever shifting. Diagnosis and modes of psychiatric chemical intervention morph and shift with every new study and pharmaceutical innovation. For a while, we are obsessed with attachment disorder, then the frontal lobes of adolescents, depression, trauma, addiction, and on and on. We shape shift as workers between being behavior analysts, relational care givers, medication monitors, experts on damaged brains, re-constructors of family systems, life coaches, and neo-liberal brokers of casino capitalism. The specific logics are always changing, but the overall logic is the same. As Bob Dylan put it, “everything’s broken.” But in its brokenness, the system continues to make money at an astonishing rate. We, as a field of CYC workers, are always breaking down and being reconstituted with the next new thing. But the system in which this all occurs relies on the same old thing, that is the production of profit. That is the implacable logic of our time.

The question becomes, what are we to do? Are we to be technicians that surf across the surface of the ever shifting world of neo-liberal social relations? Do we accept the world of money over life as inevitable and unassailable? Many of us, if not all of us now, work in programs where young people and staff are immersed in the logic of neoliberal perversions of care. The principles of CYC that we were taught at university become a series of fading calls to our humanity, that very probably would put our job at risk if we seriously attempted to take them into our workplace. We are subjected to an endless array of evaluative measurements that encode our relations with the young people we engage, our colleagues, and even how well “care” for ourselves. In the mist of this, our own ethical compass is constantly being recalibrated to accommodate the necessities of our



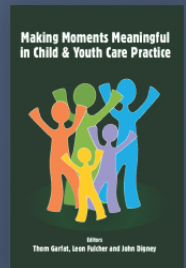
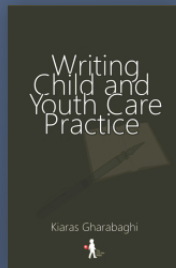
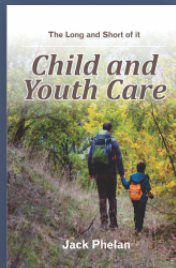
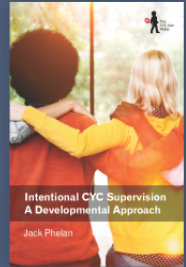
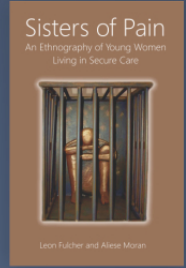
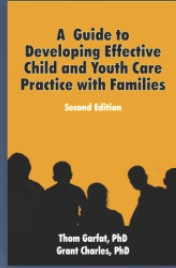
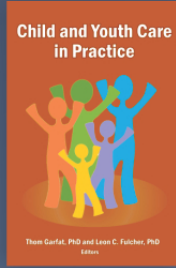
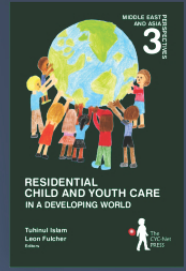
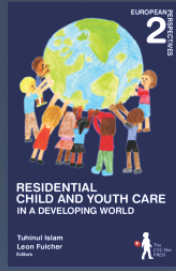
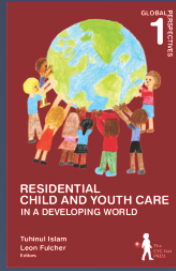
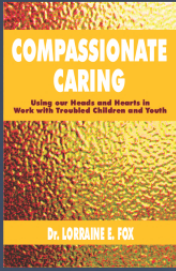
economic survival. The question is, what is to be done if we find ourselves in agencies and programs that cage children, warehouse young people, diagnose and overmedicate, reduce children's lives to cost centers? Do we accommodate what is truly the abuse of young people, both egregious and subtle, or do we have the courage to be class traitors? The cost of the latter path is potential quite high, but so is the gradual erosion of our humanity. These are tough choices that CYC will face as the future becomes the present. Basaglia made his choices, took his risks, and shifted the world for a moment. What about us?

HANS SKOTT-MYHRE is a regular writer for CYC-Online. He is a Professor of Social Work and Human Services at Kennesaw State University in Georgia (USA). He may be reached at hskottmy@kennesaw.edu



Find us on:
facebook®





VISIT OUR BOOK STORE AT
press.cyc-net.org

The
CYC-Net
PRESS
info@press.cyc-net.org

2 - 4 July 2019

The National Executive Committee of the South African National Association of Child Care Workers (NACCW) and the Board of Governors of CYC-Net are proud to announce details of the 22nd NACCW Biennial Conference and the 4th CYC-Net World Conference to be held in Durban, South Africa. Conference delegates can look forward to a spirited professional experience blending diverse child and youth care work experiences from across the globe in engagements on practice, programs and child and youth care work policy in a city renowned for summer days all year round!

Venue

DURBAN INTERNATIONAL CONVENTION CENTRE

DURBAN, SOUTH AFRICA

45 Bram Fischer Rd, Durban, 4001



Registration Fees FULL 3 DAYS	Local & weak currency countries		Strong currency countries	
	NACCW Member	Non-member	NACCW Member	Non-member
Early Bird Registration until 30 April 2019	R1800	R2250	\$140	\$175
Late Registration until 31 May 2019	R 2100	R2625	\$160	\$200
Last Minute Registration until 15 June 2019	R 2400	R3000	\$180	\$225

Accommodation

Hostel accommodation has been secured at the Coastlands Hotel and Convention Centre - Durban. Accommodation is shared by 4 people in a room and includes a bathroom and kitchenette. Transport will be provided to and from the conference venue.

Guesthouses and hotel accommodation is available in the vicinity of the ICC.

per person per night Bed & Breakfast Bedding included	Local & weak currency countries	Strong currency countries
	R350	\$35

Keynote Speakers

Dr. Kiaras Gharabaghi



A renowned academic, researcher and thought leader in work with vulnerable and at risk children and the families, Kiaras believes that being present with young people, making moments meaningful, and working in the life-space of children, families and communities is much more than an intervention; it is a way of being in the world that promotes democracy...

Cornelius Williams



Cornelius Williams is Associate Director and global Chief of Child Protection for UNICEF's Programme Division. He has over 25 years of experience in managing child protection programmes in Western, Eastern and Southern Africa with UNICEF and Save the Children.

South Africa, Again and Again

Kiaras Gharabaghi

In two short months, the biannual Child and Youth Care conference in Durban, South Africa will begin. I will be there, as will many colleagues from Canada, the US, Europe, Australia, New Zealand and countries from around Africa. Most importantly, however, this is where South African child and youth care practitioners gather, sing together, laugh together, learn together, debate, dialogue and discuss together. And let's face it; there is a lot to discuss these days. Quite aside from the usual challenges facing children and youth in South Africa, ranging from the effects of HIV/AIDS to poverty to violence and chronic youth unemployment, issues related to climate change, mass migration, land exploitation, racism, sexual exploitation and political violence, not only in southern Africa but indeed, around the world, have never been more acute. These kinds of issues threaten children and youth, women, and everyone who is not well connected to wealthy, politically powerful circles. We live in a precarious world, where peace, environmental sustainability, and economic opportunity are quickly eroding for most people. This is not an African problem; the dynamics of these issues are as prevalent in the rich global North as they are in the sometimes struggling global South. In working against this tide, we look for leadership, but it is probably fair to say that such leadership is hard to find. Political leaders with intelligence, foresight, empathy, and integrity are quickly disappearing and are being replaced by



May 2019

ISSN 1605-7406

32

arguably the most inept leaders we have ever seen. Yes, we are the ones who are electing these leaders, sometimes through fair and transparent elections, but the point of leadership is to ensure that the blindness of mass discontent does not result in a future of mass inequity, mass racism, mass poverty and mass marginalization. Sadly, whether we look to the US, Russia, China, Brazil, Turkey, or many other places, intelligence in leadership is nowhere to be found.

If we can't find leadership to help us reverse this tide of self-destruction at the level of the state, perhaps we need to look elsewhere. But this too is problematic. The United Nations is impacted by the increasing refusal of states to work collaboratively. This also impacts all of its agencies, including critically important ones such as UNICEF, the International Labour Organization or the Environmental agencies operating under the mandate of the UN. Other NGOs seem caught in branding exercises that have more to do with their own survival than with real and categorical action in response to global challenges. At regional and local levels, leadership emerges from time to time only to be thwarted by populist fools seeking glamour and power but having nothing whatsoever to offer with respect to the needs of real people in real places living real lives. My own home province in Canada, Ontario, is very much an example of that, having elected a former neighbourhood drug dealer whose first year in power has been dominated by an anti-youth agenda the likes of which we have never seen.

So where else can we look? Well, I think there is one organization, and its membership, that has demonstrated a kind of leadership that is perhaps the one and only hope for our collective future. This is the National Association of Child Care Workers in South Africa, and all of the child and youth care practitioners who are members (and also those who are not). The NACCW stands apart from other organizational forms that seek to



address issues of severe injustice and inequity. It is an organization and a membership of incredible people who have proven their credibility. Their systems have created meaningful service to hundreds of thousands of young people and families otherwise trapped in hopelessness. They have reintroduced play in the lives of children who had not been able to play for reasons of a lack of security, chronic poverty and widespread illness. They have changed policy in their own country, and they have planted the seeds for child and youth-focused policies in other countries in Africa and even the Middle East. They have taken child and youth care practice, a humble, grassroots way of being in the world, and they have turned it into a vehicle of national development and international collaboration. Child and youth care in South Africa is the leadership that can change the world. While the NACCW has undoubtedly been at the forefront of this movement, many other child and youth care organizations in South Africa have contributed and are leading the way in their geographic and cultural contexts. From being with young people as they face the uncertainties of unstable labour markets and inaccessible post-secondary education systems to responding to the urgent needs and the trauma of refugees from nearby war torn countries, child and youth care practitioners have been the leaders in social change, in social justice and in social innovation across South Africa and beyond.

When the biannual conference takes place in South Africa, these leaders come together to demonstrate what child and youth care actually is. It is not simply that face-to-face interaction, one child at a time, we often talk about in our journals and books. It is indeed a movement, one that is fearless, courageous, strategic, effective and determined to improve the conditions for life for young people, their families and their communities, many thousands at a time. It is a movement that grows from within communities rather than by imposing on communities. It is leadership by



May 2019

ISSN 1605-7406

34

example, by commitment, by sheer determination to succeed in spite of the challenges so acutely presenting themselves around the world. This is why at these conferences, child and youth care practitioners don't just present their latest success stories as if these were representative of the every day challenges of being with young people where their lives unfold. They instead create what is needed to make the world a better place; they use song to unite; kindness to generate the space for innovation; and ultimately, a sharp, reflective, critical, but forward looking perspective to tackle the next problem.

At a time of uncertainty and overt celebrations of injustice, we need to regain our confidence that there can be leadership with empathy, with a keen sense of social justice, with the capacity to translate visions of peace and well being into practices that reflect those visions. Come to South Africa. Come to the biannual conference of the NACCW. Come to witness the leadership that the world so desperately needs. Child and youth care, when driven by song, by kindness and by a real and authentic call to action, gives hope. South Africa gives hope. Be there for the first time, or be there again, and again.

KIARAS GHARABAGHI is the director of the School of Child and Youth Care at Ryerson University. He may be reached at k.gharabaghi@ryerson.ca



@CYCAREWORKERS



May 2019

ISSN 1605-7406

35

2 - 4 July 2019

The National Executive Committee of the South African National Association of Child Care Workers (NACCCW) and the Board of Governors of CYC-Net are proud to announce details of the 22nd NACCCW Biennial Conference and the 4th CYC-Net World Conference to be held in Durban, South Africa. Conference delegates can look forward to a spirited professional experience blending diverse child and youth care work experiences from across the globe in engagements on practice, programs and child and youth care work policy in a city renowned for summer days all year round!

Venue

DURBAN INTERNATIONAL CONVENTION CENTRE

DURBAN, SOUTH AFRICA

45 Bram Fischer Rd, Durban, 4001



Registration Fees FULL 3 DAYS	Local & weak currency countries		Strong currency countries	
	NACCCW Member	Non-member	NACCCW Member	Non-member
Early Bird Registration until 30 April 2019	R 1800	R2250	\$140	\$175
Late Registration until 31 May 2019	R 2100	R2625	\$160	\$200
Last Minute Registration until 15 June 2019	R 2400	R3000	\$180	\$225

Accommodation		
Hostel accommodation has been secured at the Coastlands Hotel and Convention Centre - Durban.		
Accommodation is shared by 4 people in a room and includes a bathroom and kitchenette.		
Transport will be provided to and from the conference venue.		
Guesthouses and hotel accommodation is available in the vicinity of the ICC.		

per person per night Bed & Breakfast Bedding included	Local & weak currency countries	Strong currency countries
		R350

Keynote Speakers

Dr. Kiaras Gharabaghi

A renowned academic, researcher and thought leader in work with vulnerable and at risk children and the families, Kiaras believes that being present with young people, making moments meaningful, and working in the life-space of children, families and communities is much more than an intervention; it is a way of being in the world that promotes democracy...

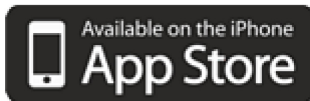


Cornelius Williams

Cornelius Williams is Associate Director and global Chief of Child Protection for UNICEF's Programme Division. He has over 25 years of experience in managing child protection programmes in Western, Eastern and Southern Africa with UNICEF and Save the Children.



Install the CYC-Net App now!



Making Moments Meaningful

Barrie Lodge

Every Christmas the entry doors to the lounge were locked. No matter what time was waking up time ... and Christmas was predictably an early morning. No access to the presents under the tree. Entry was denied until gran (Gogo) and grandpa (Pa) arrived. The lounge door opening was a ceremony of great show. We entered in order. Children first, then parents, then grandparents. The Christmas tree lights blinked away. For all the pent-up excitement, the garden bound wait, it was a life-time memory maker. Unforgotten.

One year, the National Association of Child Care Workers (NACCW) dedicated a full year to the theme "making memories" in its Journal: The Child and Youth Care Worker. Such is the importance of making meaningful moments in the practice of child and youth care.

I'm not sure if the Christmas locked door ceremony was a ritual which became a rite, or just an event. It was certainly more than just an activity. I believe it became a ritual.

We do, however distinguish among these in our child and youth care programmes. We plan. We design each.

If it was a mandatory ceremony marking a passage from one life status to another, it would have been a rite. I remember well the various rites of passage we designed and instituted as a facility and as child and youth care workers.



May 2019

ISSN 1605-7406

38

Life passage moments deserve a rite. It is a memory making moment. It connects us to our culture and to one another. For us, as adults: baptism, becoming of age, marriage, graduation, various inaugurations, ordination and death. With the children and young people in care: admission (welcoming engagement), birthdays, entering manhood or womanhood, return from leave of absence or absconding, death of a child in care, passing matric, moving from one unit to another, leaving the programme. Rites are not to be confused with organisational procedures such orientation, or education on rights.

We have to design rites.

I have a leaning toward the use of candles (perhaps because of my involvement in the church) and towards designing rites in which young people and children sit in a circle. A centrally placed set of symbolic objects speak of the occasion. Most frequently we used candles and chocolates in a bowl. The outer circle of young people were given candles, cards, or a small nicely bound journal type booklet in which to write messages and to give as a memory box keepsake. (the child's memory box is designed as a place to collect and retain keepsakes of memorable moments) and a final gift.



So, for example, if a child was leaving the programme or facility, (disengagement) we placed a bowl of sweets and a lit candle in the centre of the circle of seated young people. An especially decorated chair was provided for the leaving youngster who sat with a lit candle at the feet and his/her memory box on the lap. One after the other each young person lit their candle from the leaver's candle. When doing this, they told the leaver what good they had learnt from having known and spent time with that young person, how that young person's presence enriched their life. They took a sweet from the central bowl and told the leaver their wish for his/her future. The lit candle is a symbol of the good I received, the sweet a symbol of the good I leave you with. Cards or the journal booklet or anything else the young people thought of was put in the memory box. The leaver then went round the circle and did the same. Then the leaving gift was presented. The group now placed their lit candles behind their backs and the child and youth care worker explained that although they will no longer see the leaver, his/her memory light would still shine for each of us. They would then eat the sweets to take the memories inside of themselves and go for a candlelight meal together, after which the candles were extinguished.



[Click here for more information](#)



May 2019
ISSN 1605-7406
40

The candle ritual became a rite of passage, somewhat Euro centric, but a rite. It fitted the children and young people in the facility at that time.

To design, create, rites of passage in South Africa, the 'Africanness' of who we are has to be ritualised.

To start thinking traditionally, I got advice from the mother of a traditional healer and a university lecturer in community social work well versed in traditional rites. Although the use of candles was regarded as OK, here are some of the suggestions and some of the must do's: The dress codes of African people involved in rites must be adhered to; traditional dress is strongly recommended; some of the more relevant indigenous objects used ceremonially are pots, mahewu (traditional drink), snuff, mphephu (an African styled incense); gifting was important; a blanket, a stick, beadwork. Then the meal. It has to be a traditional meal prepared according to tribal custom. There is however some tribal commonality in meal, ritual and rite. I think that the young people themselves will be helpful when creating them.

Somehow, it seems, rites of passage in child and youth care practice are good experiences for young people in care programmes. They appear to be useful developmentally. The evidence in practice is that young people gain an experience of being recognised, valued, connected, unforgotten, held in esteem. Rites stroke the young person's self-value. They create good life-time memories.

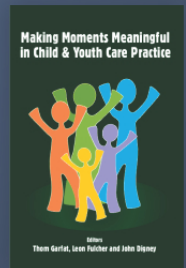
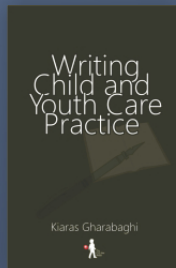
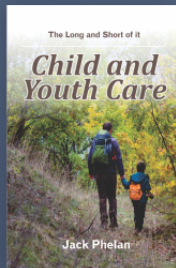
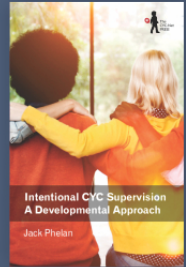
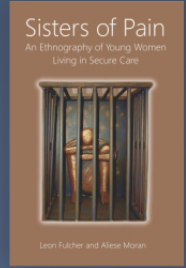
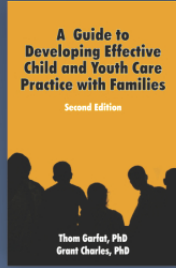
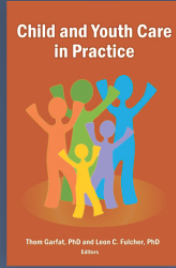
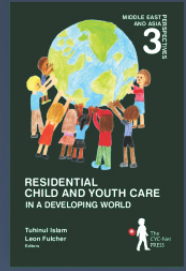
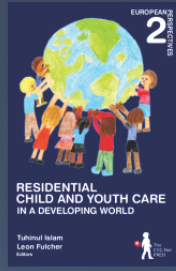
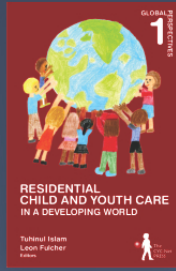
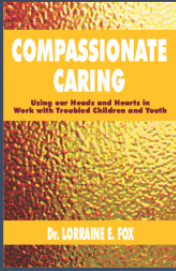
They make meaningful moments.

BARRIE LODGE is a Child and Youth Care worker near Johannesburg in South Africa. He has served as a teacher, clinical manager, and director of two children's homes. Visit Barrie's blog, from which this column was originally published, at <http://childandyoungcaretalk.blogspot.com>



May 2019

ISSN 1605-7406



VISIT OUR BOOK STORE AT
press.cyc-net.org


The
CYC-Net
PRESS
info@press.cyc-net.org

Swallow Your Pride

Nicole Ostrowska

I haven't been in school for child and youth care for very long – I'm in my second semester and already there is one lesson that I intend to take with me everywhere I go: *Swallow your pride*.

In my first semester, one of my professors shared an experience with my class that really impacted me. He had worked directly with youth in a program and, with the recent addition of some new responsibilities, his time spent with youth was reduced. One day, not too long after this change, one of the youths spat in his face. His response? Walk away. Through a colleague asking him when the last time was that he had spent time with that particular youth and some self-reflection, my professor realized that he really hadn't spent the usual amount of time with the youth and he never explained to them why. To the youth, a major support in their life had gotten to be too busy to see him (was he not worth the time anymore?). What did my professor do? He went back to the youth and apologized to the youth. He acknowledged the part he played in the youth *spitting in his face*. This was shocking to me. I have to apologize when someone spits on me? But they're the one who is behaving inappropriately. It was then that my professor's words finally clicked in my head: this youth doesn't have many supports, I was his support, and I left him.

It made me realize that everything I do will affect the kids I will be working with and I will absolutely have to apologize when I take away from them the support that I hope to become. I will have to swallow my pride



May 2019

ISSN 1605-7406

43

because it will never be about me. We're not in this field because it benefits us. We're here because we want to ensure kids have every opportunity to become something great and something happy. Everything I do will have repercussions on the youth I work with. If something new is happening in my life, I can't just leave and focus on me. Self care is essential to Child and Youth Care, but showing kids that they can trust adults again and that they can put their faith in people is equally essential in this field. I want to be the Child and Youth Care practitioner that kids trust and go to when they are having problems, when they are sad, confused, and even angry. I want to prove that adults can be trusted. I want to help guide them towards making the decisions that are right for them. And, when a youth spits right in my face because I left them without telling them why, you can bet I'll be marching right back to them and apologizing because I will need to swallow my pride and be the support they deserve.

NICOLE OSTROWSKA is a first-year student in the Child and Youth Care program at Sheridan College in Ontario (Canada). Growing up with an older sister on the autism spectrum has given her an insight into the lives of those with unique challenges and she hopes to contribute her knowledge and experiences to the child and youth care field while being inclusive of everyone and acknowledging every person's uniqueness and cultural and human differences. She may be reached at nikoladanusia@gmail.com

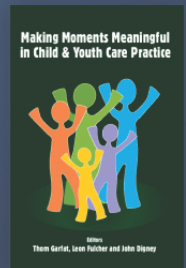
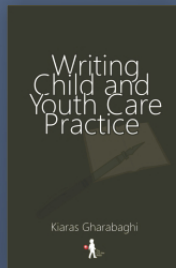
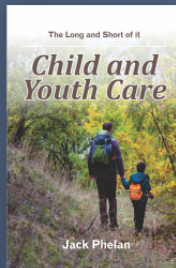
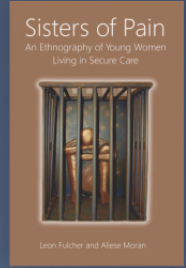
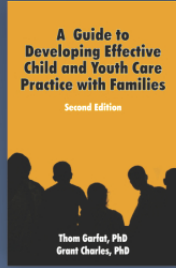
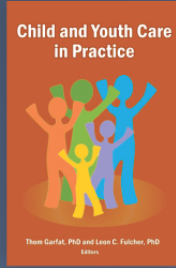
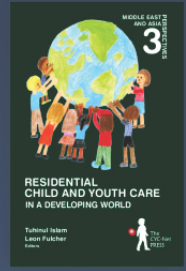
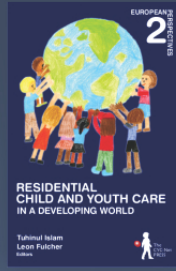
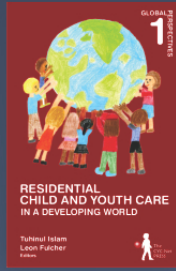
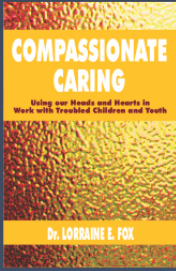


@CYCAREWORKERS



May 2019

ISSN 1605-7406



VISIT OUR BOOK STORE AT
press.cyc-net.org

The
CYC-Net
PRESS
info@press.cyc-net.org

The Accidental Practitioner: 12 Learning Points from the Film “Short Term 12”

Amy Kelly and Dale Curry

Although many of us have found our way into child and youth care accidentally, we can be intentional about our continuing professional development. The planful use of video is one strategy that can effectively be used to model skills as well as prompt discussion for further reflection.

Short Term 12 is an award-winning film that had limited site showings but was previously shown on Netflix and is now available on DVD, Prime Video, and other sources. Writer and director Destin Daniel Cretton based the film partly on his own youth work experiences in a group work setting. The film is an extremely well-written and acted drama illustrating youth work in an out-of-home care setting that provides numerous potential learning opportunities for students and practitioners. The main youth worker (Grace) is portrayed by Academy and Golden Globe awards recipient Brie Larson who also stars as the lead character in the recently released film *Captain Marvel*. (We always knew child and youth care workers were superheroes.) Academy Award winning actor Rami Malek plays the role of Nate in the film.

This one hour and thirty-six minute film can be enjoyed by watching in entirety in one time period. An even more effective strategy might be to periodically pause the film to reflect or highlight key learning points and/or



May 2019

ISSN 1605-7406

46

prompt brief learning discussion times. Although, we are highlighting only 12 potential learning points below, many more exist throughout. In conjunction with viewing the film, you may want to review the Garfat & Fulcher, 2011 seminal article “Characteristics of a Child and Youth Care Approach” and revisited article in 2018 by Garfat, Freeman, Charabaghi, & Fulcher. Many of the 25 characteristics are displayed and can easily be highlighted when displayed. The written script of the film can also be downloaded from the following website:

https://www.oscars.org/sites/oscars/files/scripts/cretton_short-term-12.pdf.

After viewing the film several times, the script may be helpful in deciding where to pause the film to emphasize key points and/or facilitate more in-depth discussion.

Highlights or points for conversation include:

1. Intervention within the life space (including de-escalation strategies and recovery).
2. Relational child and youth care in action.
3. Workers balancing an emphasis on building relationship with concern for program structure and limit setting (use of authority).
4. Stressors on youth and staff.
5. How personal issues can affect performance.
6. How past issues/experiences bring many of us to this work and how these experiences can make us more effective and how they can potentially hinder our effectiveness.
7. The "power" and potential impact of youth workers "hanging in" during good and bad times and the lack of formal power given to youth workers by some administrators and other professionals.
8. How workers may be "introduced" to the job. While not the main character, a worker (Nate) is oriented to our work on his first day



May 2019

ISSN 1605-7406

47

and subsequently continuing to learn from his supervisor, co-workers and young persons.

9. The commitment and relational skills of child and youth workers and their advocacy efforts for youth.
10. When and when not to use self-disclosure in connecting with youth (provides an opportunity to trigger discussion). Are the professional boundary principles in child and youth care different from other helping professions? Is it okay to sit on the bed of a young person when intervening in the life space?
11. The use of profane language with youth (is it appropriate at times or unprofessional?).
12. The importance of storytelling in passing on the knowledge base (the film begins and ends with a youth work story).

If using the film to teach students or train workers, you may want to keep a few instructional tips in mind.

- Before using the film with learners, preview the film several times identifying key learning and pausing points.
- Introduce the film by asking the viewers to keep in mind key learning points. You may want to provide a worksheet of the key learning points (such as the 12 listed in this article). I also provide a list of the 25 Child and Youth Care characteristics (Garfat & Fulcher, 2011).
- As mentioned previously, periodically pause the film throughout to emphasize key learning points.
- Never leave the room. Watch the learners' reactions to the film- there are some powerful moments in the film. You will need to be prepared to process from a child and youth care perspective. We



May 2019

ISSN 1605-7406

48

sometimes use the phrase I over E – Intelligence over emotion. We need to be in-tune with our feelings but use our professional child and youth care knowledge to understand.

- Have good lighting to see the film without encouraging drowsiness.
- Always debrief.

Consider having a few times for small group discussion with a worksheet to guide discussion. Some questions that I have used include the following:

- What feelings does Nate experience throughout his first day as an employee at Short Term 12?
- What does Nate need? What support would be helpful for Nate?
- Which of the 25 Characteristics of Child and Youth Care Workers has Nate displayed on his first day? Have any of the other workers showed any of these characteristics?
- What feelings did you experience on your first day at your agency?
- What did you need on your first day? What support would have been helpful?
- Which of the 25 Characteristics of Child and Youth Care workers were you able to display on your first day? Which took you longer to adopt?
- How can child and youth care agencies support new employees?
- What strategies can administrators adopt to ease a worker's transition into a child and youth care role?
- How are the youth workers interacting with the young persons in their everyday lives?
- To what extent are the youth workers focusing on the young person's needs?



May 2019

ISSN 1605-7406

49

- What are some examples of the youth workers “hanging in” and “hanging out”?
- In what ways are the youth workers engaging with the young persons?
- How are the youth workers balancing their use of relationship with their use of authority?
- How would you describe the interactions between Grace and Jaden?

While we may certainly disagree with how many things are handled (and the lead character certainly goes too far letting her past issues affect her judgment), this is the first “made for a general audience” movie we are aware of that so realistically portrays the life of youth and youth workers in out-of-home care - yet it does so in such an entertaining and powerful way.

References

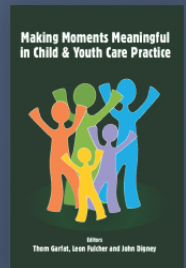
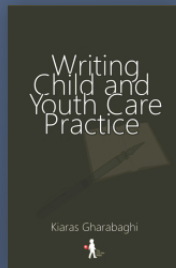
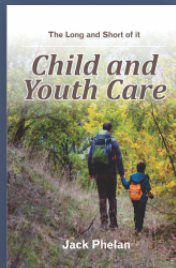
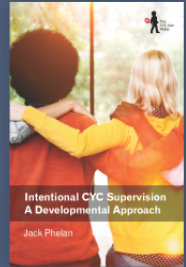
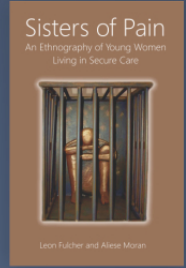
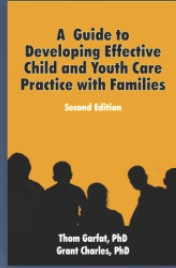
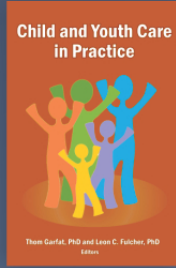
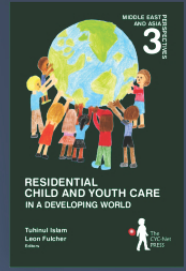
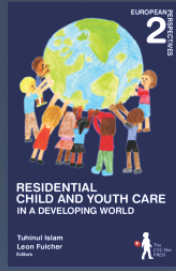
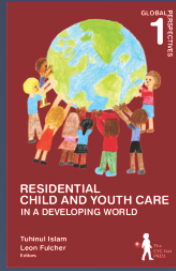
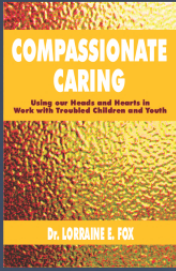
Garfat, T., Freeman, J., Gharabaghi, K., & Fulcher, L. (2018). Characteristics of a relational child and youth care approach revisited. *CYC-Online*, 236, 7-45.

Garfat, T., & Fulcher, L. (2011). Characteristics of a child and youth care approach. *Relational Child and Youth Care Practice*, 24(1-2), 7-19.

AMY KELLY, B.S., M.A., CFLE, is an Adjunct Faculty Member at Kent State University and the Outreach/Volunteer Services Coordinator at Safer Futures. She can be reached at akelly13@kent.edu

DALE CURRY, Ph.D., LSW, CYC-P is an emeritus professor and past director of the International Institute for Human Service Workforce Research and Development in the school of Lifespan Development and Educational Sciences at Kent State University. He has also served as the research chair for the Child and Youth Care Certification Board. He may be reached at dcurry@kent.edu





VISIT OUR BOOK STORE AT
press.cyc-net.org

The
CYC-Net
PRESS
info@press.cyc-net.org

How Much Sleep Do We Need?

Charles Karns

Editor's note

One of the most essential biological needs of children and teens is getting sufficient sleep. Teens for example need 8 to 10 hours a day which is often a difficult task in residential or group home settings. Start Sleeping is an organization that provides information and resources to 'help those in need get a good night's sleep'. They don't accept advertising or donations, and make it clear that the information provided is not a substitute for professional medical advice. Applicable to various practice settings and across the lifespan, we've featured this excerpt to highlight this practical resource for Child and Youth Care practitioners. Visit www.startsleeping.org for more resources including articles on the importance of bedtime reading, tips to sleep better, the sleep calculator, or access sleeping related stats and resources.

The National Sleep Foundation published a study by 18 sleep scientists and researchers in Sleep Health that shows the number of hours needed by all ages, divided into 9 age divisions. They're listed as ranges because gender has an influence, as well as lifestyle and health.



May 2019

ISSN 1605-7406

52

Newborns and Infants

Newborns don't have an established circadian rhythm; it isn't established until they're 2-3 months old. Infants tend to sleep in several phases throughout the day (polyphasic), sleeping from 2.5 to 4 hours at a time. By around 12 months, infants start sleeping more at night. At this point, they start to sleep more like adults in that there are no bodily movements during rapid eye movement (REM) sleep, which is when people dream. Previous to 12 months, babies will move during REM sleep.

School-Age Children

School-age children need 9 to 11 hours of sleep each day. Recognizing when school-age children aren't sleeping enough can be difficult as tired kids tend to not slow down, they speed up. They'll engage in behaviors that look like ADHD. This includes resisting going to bed at night, even though they're tired.

Children with ADHD can cause sleep loss in children, as well as other issues such as sleep apnea (when people stop breathing for periods throughout the night). It was previously believed that sleep apnea only occurred in adults, but now the American Academy of Pediatrics recommends ask about and screen for sleep apnea in children.

Teenagers

Sleep needs for teenagers range from 8 to 10 hour each day. According to the National Sleep Foundation, circadian rhythms shift after puberty, making teens want to go to bed after 11 pm and wake up later. With teenagers having the earliest start times, they are often getting up at 5 am to be at school by 7 am, which makes it rarer that a teen will get enough sleep. One study found that only 15% of teens reported sleeping 8.5 hours per night.



Because teens are sleep-deprived during the week, they sleep more on the weekend, which can make the problem worse. One of the top recommendations from sleep experts is to fall asleep and wake up at the same time every day.

A problem that many teens share with adults is the use of back-lit devices late at night, which can prevent sleepers from getting quality sleep.

Lack of sleep in teenagers has a long list of drawbacks, including:

- Drowsy driving leading to car accidents
- Reduced emotional control, leading to more fighting with parents, siblings, and peers
- Poor cognitive ability, focus, decision making, and reaction time, leading to poor grades, athletic performance, and choices
- Poor impulse control, which can create and strengthen bad habits
- Skin issues such as acne



**NACCW 22nd Biennial
& 4th CYC-NET World
Conference 2019**
Nation-Building - One Child at a Time!
2-4 July
ICC Durban

[Click here for more information](#)



May 2019

ISSN 1605-7406

54

Adults

Adult sleep need range from 7 to 9 hours each day. Adults tend to not get enough sleep for a list of reasons:

- Stress from job and family
- Consuming caffeine too late in the day
- Looking at blue-light emitting devices within 90 minutes of going to bed
- Inconsistent sleep schedule
- Eating too late
- Lack of exercise
- Issues with the mattress: too hot, too soft or hard, and/or old

Seniors

Many adults aged 65 and older nap during the day because they don't get enough quality sleep at night. One of the reasons they don't sleep well is because of medical conditions such as restless legs syndrome (RLS). The National Institutes of Health estimate that 10-35% of seniors have RLS, which results in uncomfortable sensations in the legs creating an irresistible urge to move them. Symptoms occur in the evening and often during sleep. Around 80% of people with RLS also have periodic limb movement disorder (PLMD), and one study found that around 45% of all seniors have at least mild PLMD.

Many seniors also suffer from illnesses and take medications, both of which can disturb sleep.

Another common issue among seniors is that it takes them longer to go to sleep, with one study showing 13% of men over 65 and 36% of women taking more than 30 minutes to fall asleep.



May 2019

ISSN 1605-7406

55

According to the National Sleep Foundation, seniors have trouble sleeping for several reasons. One is the change in the phases of sleep, where many seniors spend more time in the lighter phases of sleep and less in the deeper, more restorative phases. Sleep fragmentation (waking up during the night) is also common, which greatly reduces the ability to wake up well rested.

According to the National Sleep Foundation, 35% to 40% of adults in the United States have problems falling asleep or with daytime sleepiness. According to researchers at the University of Michigan, globally only a handful of nations get the recommended average of 8 hours per night.

Dr. Matthew Walker, director of the Center for Human Sleep Science at the University of California, says “The silent sleep loss epidemic is one of the greatest public health challenges we face in the 21st century.” He claims that chronic sleep deprivation leads to higher rates of cancer (bowel, prostate, and breast), diabetes, obesity, depression, anxiety, Alzheimer's, and many other grave health consequences.

CHARLES KARNS is the Director of Communications for startsleeping.org and may be reached at charles.a.karns@gmail.com.



Install the CYC-Net App now!



Voices of Youth

Mark Freado, Andrea Crisp, Naia Sverdrup & Halley Riefle

Editor's note

*This selection was previously published in the May 2018 issue of *Thriving: Children, Youth, Families from Growing Edge Training*. View the original post at http://growingedgetraining.com/wp-content/uploads/2018/05/Voices_of_Youth_vol_3-3_.pdf.*

For the past five years I have worked with the Wentzville School District in Wentzville, MO, a growing community 40 miles west of St. Louis. Despite the stress of building schools and accommodating hundreds of new students each school year, the district has worked consistently to develop in a trauma-informed, strengths-based manner throughout every grade level. My work there has been in training Life Space Crisis Intervention and The Art of Kid Whispering: Reaching the Inside Kid as well as providing consultation, coaching and direct intervention in schools throughout the district.

In one of those schools, Pearce Hall, an alternative school for high school and middle school students, I attended on a day some of the students were presenting poetry they wrote. The teacher who led the students in this inspired activity is Andrea Crisp. She explained that “in the spring of 2017 I watched a documentary, *Louder Than a Bomb* about a grass roots group of high school students in Chicago who started a spoken word poetry program. The whole program and idea caught me on fire. I was

determined to bring that kind of creative and free expression to our students at the Alternative Program. I had no idea that all I had to do was provide the forum. The students have jumped in, and share their heartbreaks and triumphs openly with each other. I feel honored and blessed to be a part of this healing process through spoken word poetry.

It was a very moving experience to watch the students stand in front of their peers and express themselves in deeply personal ways. The following are two of the numerous presentations I heard that day. The students are pleased and proud to share them with you.

I Am More

by Naia Sverdrup

*What people don't understand
Is that I am more than my diagnosis
I am more than the labels that people throw at me
I am more than my limitations
I am not a cardboard cut out for doctors to play with
Like a party game for them to try and win
All they do is throw more diagnoses at me
More labels
Muscular dystrophy
Postural tachycardia
Depression
Schizophrenia
Anxiety
Each diagnosis coming with implications and expectations
Of how I'm supposed to exist
Each diagnosis coming with limitations*



May 2019

ISSN 1605-7406

*And struggles that pull me down
I would like nothing more than to smile for once
Without my weakened muscles getting in the way
I would like to go back to horseback riding
Without the struggle of muscles too weak to stay on
I would like to make it through a day without the demons
And without the voices
Without the darkness that clouds my mind
I would like to be able to stand up without struggle
Carry my books without struggle
But I can't.
Because my disorders and diagnoses try to hold me back
They try to hold me down
The labels that try to dictate my life
Each label pushing me further and further down
Until I can't breathe from all the weight put on me
From the diagnoses and labels
But what I am learning is
I am more than the labels
More than the diagnoses thrown at me
I am a writer, a poet, a friend, a daughter
I am a student, a graphic artist, an advocate
I am more than my diagnoses
More than the labels
Because above all of that
Above all my limitations and labels
I am me
And that is enough*



The Misconception of Anxiety

by Halley Riefle

*The misconception of anxiety,
Is it's not just a feeling of uneasiness,
Or a weird fear of not being able to go somewhere alone.
But it's much more.
Anxiety isn't just shaky hands and a racing heart.
It's like every irrational thought is scraping the sides of my
skull, every time it swirls around with the
same repeating negativity.
Every situation is turned into an uncertainty of whether they
mean what they say.
Or if they're lying just to use me... like the last person I chose
to let in.
Anxiety isn't just being needy.
It's needing reassurance that you still love me.
Because every thought in my brain is telling me otherwise.
It's not that I think you never loved me, it's that I think
something has changed.
I can see the change of how you text, and I think I've messed
up the whole relationship.
If you sent a "k" I'll end up wondering what I did.
Because every thought turns into a chain reaction that
morphs any happy moment into an investigation
of whether they want me in their life.
Even if you told me you adore having me in your life last
week,
I'll still question your intentions today.*



May 2019

ISSN 1605-7406

Anxiety is needing to hear that you want to see me, because I'm so afraid to text first.

Because I can't text first, if I text first, I'll seem needy. And no one wants an annoying needy person on their shoulder... right?

Or is this the anxiety talking.

Anxiety is not knowing whether your thoughts are rational. Not knowing whether to act on them or not.

Not knowing whether to tell them everything I fear, or shut them out completely.

Anxiety isn't something a "deep breathe" can fix.

The misconception of anxiety is that it can be cured by medicine.

Anxiety is part of your thought process.

No matter the amount pills they prescribe you, And no matter how many appointments you go to, You'll always think those same thoughts, but morphed. Instead of focusing on the things going on in your life.

You're focused on your arm that has a weird pain, wondering if this is how you die.

Wondering if this is a side effect of the medicine.

Maybe I'm having a stroke...or a heart attack... I can't remember.

Or maybe I've found something I'm actually allergic to.

What if the allergy is deadly?

No. You're fine. You aren't gonna die from a side effect.

This is just the anxiety.

If you search up anxiety into google, and look at the images,



May 2019

ISSN 1605-7406

62

*You'll find random people stressed out, most in the fetal position,
Grabbing their head like they're going insane.
This is a misconception.
Although anxiety can get this bad.
A lot of us can have a panic attack sitting in the middle of the classroom.
Staring blank at the wall, findling with our hoodie strings.
Your mind could be a natural disaster... and you could look as calm as the morning fog.
Another misconception is the nail biting, yes some bite their nails.
But it's not what you think,
Not just a "nervous tic kicking in."
It's a "anytime something is out of your control" type of thing.
And trust me, my life is not under control.
And it's not pretty little delicate short nails.
Its beaten up, rough, unhealthy nails.
And you know you're making things worse, but you can't stop because it's still not perfect. But it'll never be perfect.
And when there is no more nail for us to 'fix'.
We start picking our skin.
This is the reality.
Anxiety is spinning out of control, and all you can try and control is yourself.
It's this constant need to be in control.
And I'm not saying every anxiety filled person, thinks this.*



*I'm not a doctor.
And I'm not a professional.
But no one can talk about anxiety in the most accurate
way,
Except for the ones who go through it.
Don't tell me the pills will help and don't tell me it will take
the edge off,
Because although it may slow my breathing,
It will not slow the tornado going on in my brain.
I'm not saying I don't want help,
I'm just saying don't tell me this will fix me.
When anxiety is a part of me.
Anxiety is not being able to make a choice on my own
because I don't trust myself to make my own
decisions.
It's trying to decide if I love myself or not.
But I keep coming back to my flaws.
Anxiety is trying to shuffle through my playlist of insults I
throw at myself:
"Stupid."
"Annoying."
"Dumb."
"Fat."
"No one wants you."
Anxiety is crying in your car, and you feel like you can't
breathe.
It's wanting to never see anyone ever again because if you
do,*



You have to try and figure out every single thought, by trying to read their facial expressions.

Trying to figure out if your joke was funny or not by staring at their cheekbones.

Trying to see if they like me, from the stress on their eyebrows.

Anxiety makes your mind race, ridiculing yourself for the stupid joke.

Anxiety is a little brother that follows you around, pointing out every flaw.

It's hard to love yourself with the bees swarming your head.

But I have to remind myself,

People love me,

And they care about me.

But there's always the truth hiding in the back of my head.

Well, if they want me in their life, they'll text, they'll tell me.

And anxiety is left on the edge of his seat, waiting for a text.

Anxiety is trying not to text the people that ignore you.

Because it's torture to know they don't want to talk to you.

I'm not saying I'm attached.

What I'm saying is I have a bucket of hope sitting in the closet, praying it doesn't go to waste.

Because everytime someone looks at me with a smidge of affection.

I'm holding onto them hoping they'll calm my feelings.

When I was thirteen, I stopped talking out loud... it all just stayed inside my head.

Because at that time, I was alone. I developed issues.

I was thirteen when I was diagnosed.



*I was still so young.
I didn't know myself.
I don't know who I am without anxiety.
They say anxiety isn't a part of you,
But that's a misconception.*

Install the **CYC-Net App** now!



Understanding Where We Stand: The View of a Child and Youth Care Student

Jesse Sharpe-Schmid

It may seem impossible to believe that a student who has yet to graduate, and who has admittedly had some fall backs in the Child and Youth Care program, would be able to understand where we as a profession stand in society. As a soon to be graduate of a Child and Youth Care program I need to be as aware as possible of the field I am going into and the difficulties I will face within society, such as the misunderstanding of what a Child and Youth Care practitioner truly is. Many of us choose to identify as whatever position we fall into such as after-school worker or youth advocate, sometimes even social worker as it is more easily recognized. This is not simply because it is what we choose to do, it is what we feel we need to do to have other professionals and clients who we work with have an understanding of who we are. Simply stating, “I am a Child and Youth Care worker”, may have more people baffled or immediately jumping to conclusions such as, “Oh, is that another form of Early Child Education”, or even being referred to as a glorified babysitter. It is hard to argue what you are when people have never heard of such a profession. So, what do we do?

Currently we are making larger steps as a profession and have started to get close to the numbers we need to be fully recognized as a profession



May 2019

ISSN 1605-7406

67

across the province where I live. Of course, recent events within our provincial government has made it much more difficult for many professions in the health and wellness fields to be able to perform their jobs and even and to advocate for themselves.

Maybe we should be angry and frustrated with how society and other professions treat us, but in the end what good does stewing over the details do. It is times like this where we must do some of the more simplistic things which may very well be continuing to push our agenda or join the provincial Child and Youth Care association. I do not know all there is to know about the struggles we face as a profession as of yet, but this also means I am a blank slate preparing myself to enter a field in which I truly believe I can make an impact. If we all thought of it in that sense would there really be any concern for how other professions see us. I will always choose to see myself as a Child and Youth Care worker, with whatever title I have stapled on afterwards. I will continue to advocate for the presence of Child and Youth Care practitioners across Canada and the need for them. I will take the time to explain in detail to each individual who says to me, "What does that profession entail?", even if it means that is one more person out of hundreds of thousands who now know what the purpose of a Child and Youth Care practitioner is.



So where do we stand in society, the country and even the world? We stand on the brink of proving ourselves to be more than just a helping hand to other professions, more than “glorified babysitters”. I believe we are about to show the world that we are soon to be a major role in everyday life that will have the same sway as saying I am a doctor or a social worker. It may take time, but as Child and Youth Care practitioners we are aware of how things such as these will take time and we are more than patient enough to work through it. This is the insight of a soon to be Child and Youth Care professional.

JESSE SHARPE-SCHMID is a soon-to-graduate student in a Child and Youth Care college program in Ontario, Canada. Jesse may be reached at shar0264@algonquinlive.com

SAVE THE DATES: 15-17 SEPTEMBER 2019
GLOBAL IMPLEMENTATION CONFERENCE | SCOTLAND

MASTERCLASSES
SEPTEMBER 15
UNIVERSITY OF STRATHCLYDE
GLASGOW

CONFERENCE
SEPTEMBER 16 & 17
AT THE SEC
GLASGOW



Postcard from Leon Fulcher

Remembering on ANZAC Day

Kia Ora Koutou,
colleagues.
Little more
than a month has
gone by since the
Christchurch Mosque
massacres. While New
Zealand carries on
with the aftermath of
our tragic loss of lives,
we take some solace in
the fact that tighter
gun laws have passed
into legislation and
already military style

rifles are being turned in to the police. We are pleased this initiative moved so quickly into law supported by 7 out of 10 New Zealanders. Today New Zealand celebrates ANZAC Day!

ANZAC Day takes New Zealanders and Australians back to the military landing at Anzac Cove on Sunday, 25 April 1915 as part of the amphibious invasion of the Gallipoli Peninsula by the forces of the British Empire. This was the beginning of the land phase of the Gallipoli Campaign during the



Lest We Forget... Australia and New Zealand Remember the Sacrifices and Losses



May 2019

ISSN 1605-7406

70

First World War, a brutal event referred to as a military disaster where some 58,000 young Allied soldiers died in just a few days. A further 82,000 Ottoman Turks also died fighting the allies, and at least 300,000 more young men on both sides returned home seriously wounded.

Because Anzac Day is close to our own Christchurch Mosque massacres, even greater consideration and security has been built around this year's Remembrance ceremonies. All the young men of many small communities in New Zealand went off to war and none returned. All that remains in these villages are the stone memorial reminders of a prosperous farming life that once was.

As post-traumatic stress responses moved past the days immediately following the Christchurch Mosque massacre, old wounds emerged amongst young people who had only begun to settle into their new, New Zealand homes. Long-term issues



Dawn Remembrance Service at Anzac Cove, Turkey



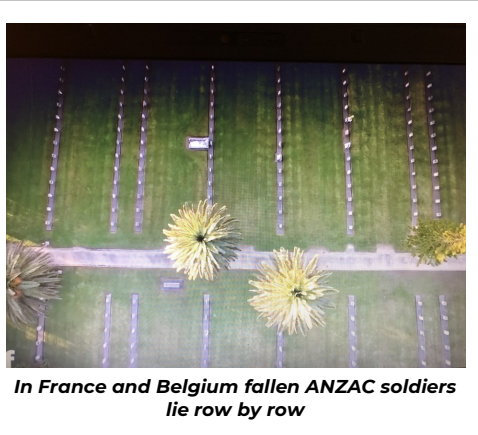
Mosque shooting survivor from Turkey stands with Kiwis at Anzac Day dawn service



associated with family visas, unpaid mortgages and loss of family wage earners are slowly being addressed, and mostly with positive results.

Then, just before New Zealand paused to remember ANZAC Day, the world was shaken again by orchestrated suicide bombings targeting 3 Christian churches during Easter services in Sri Lanka, along with 3 Western hotels. As information emerges, it appears that six young middle-class, Western-educated men volunteered to carry out these deadly suicide bombing missions.

How does one get their head around what is involved with becoming a suicide bomber? I just don't get it. What educational tenants does one have to embrace in order to start thinking about such a path? These are said to have been educated young men, one seen stopping to pat a child on the head on this way to detonating his backpack bomb on the journey to Paradise.



In France and Belgium fallen ANZAC soldiers lie row by row



Then there were the Sri Lankan Easter Day suicide bombings

Another day in our world and more burials, this time following different religious rituals after the Easter Day massacres. The Sri Lankan Jihadis sought to make connections between their Easter Day bombings and the Christchurch Mosque massacres but no connections have been found.

As New Zealanders and Australian gathered in their memorial places to remember lessons learned from ANZAC engagements over the last century, it's important to remember to *do something about it!*

Family members of all ages in New Zealand come together in remembrance. To date, however, we have tended to forget the wars that took place in both New Zealand and Australia before April 25, 1915!



Yet more burials through different religious rituals



Anzac Day Dawn Service at the Auckland War Memorial



Family Members of All Ages Pause to Remember



Passing on Important Traditions about Remembering

Information

Publishers

CYC-Online (ISSN 1605-7406) is an open-access e-journal published monthly by [The CYC-Net Press](#)

Founding Editors

Thom Garfat

thom@cyc-net.org

Brian Gannon (1939-2017)

Editor

James Freeman

james@cyc-net.org

Associate Editor

Mark Smith

m.z.v.smith@dundee.ac.uk

Assistant Editor

Janice Daley

janicedaley@waypointsnl.ca

Correspondence

The Editors welcome your input, comment, requests, etc. Write to cyconline@cyc-net.org

Advertising

Only advertising related to the Child and Youth Care profession, programs, courses, books, conferences etc. will be accepted. Rates and specifications are listed over the page, or email advertising@cyc-net.org

Columnists

Kiaras Gharabaghi – Ryerson University, Canada

Jack Phelan – Grant MacEwan University, Canada

Hans Skott-Myhre – Kennesaw State University, USA

Leon Fulcher – Transformation, New Zealand

Doug Magnuson – University of Victoria, Canada

Tara Collins – Ryerson University, Canada

Aurora De Monte – Fleming College, Canada



May 2019

ISSN 1605-7406

75

Permission to Reproduce Material

Readers are welcome to reproduce any part of this journal as desired.

Writing for CYC-Online

CYC-Online is a monthly journal which reflects the activities of the field of Child and Youth Care. We welcome articles, pieces, poetry, case examples and general reflections from everyone.

In general:

- Submissions should be no longer than 2500 words
- The style of a paper is up to the author
- We prefer APA formatting for referencing
- We are willing to work with first-time authors to help them get published
- We accept previously published papers as long as copyright permission is assured
- We are open to alternative presentations such as poems, artwork, photography, etc.

Articles can be submitted to the email address below for consideration.

Please note that authors retain joint copyright privileges.

Send submissions to: cyconline@cyc-net.org

Opinions and views expressed by authors are their own and don't necessarily represent the views or opinions of CYC-Net, its editors, or its supporters.



May 2019

ISSN 1605-7406

76



Advertising in *CYC-Online*

	1 x insertion	3 x insertions	6 x insertions	12 x insertions
Size				
Full page	\$250.00	\$200.00	\$150.00	\$100.00
½ page	\$200.00	\$150.00	\$120.00	\$90.00
¼ page	\$125.00	\$100.00	\$75.00	\$50.00

Prices in US\$ per monthly issue, per insertion. Full amount payable at first insertion. Deadline: 7 days before month-end

Material specifications

All artwork to be sent to admin@cyc-net.org

Files: Only TIF, PDF and JPG files will be accepted. All images should RGB at 300dpi resolution.

Fonts: All fonts should be embedded. We accept no responsibility for incorrect font rendering.

Sizing information

Finished Size	Layout	Width	Height
Full page	Portrait (5mm bleed)	150mm	200mm
½ page	Portrait	70mm	200mm
	Landscape	150mm	90mm
page	Portrait	70mm	90mm

