

# Spring Time is Near



NIL/TU,O CHILD & FAMILY SERVICES

## WITH LOVE AND RESPECT - March Report from Mavis Underwood, Executive Director

Sometimes even people in charge get somewhat foolhardy and for a few months now I have been ignoring some very important signals from my body that I need to take time for proper rest, and I need to accept help and ask for help from time to time.

So I find myself knocked down right now by crippling pain in my neck, shoulder and back. I will be taking some extended time off from my duties here at NIL/TU,O which leaves me with some very mixed feelings. I am confident though that the Board and staff will be able to manage all of the challenges ahead.

We have navigating some difficult negotiations in the recent months with funding

issues, down-sizing staffing, and regular day to day demands.

I have been proud to see the numbers of children, youth, and families that we are involved with on a daily basis through a variety of contacts. I worry too that we have so much work to do to continue to be of help.

I was born with a slight curvature in my spine. With aging and wear and tear my cervical vertebrae are wearing out causing pinched nerves and muscle spasms that are pulling on my spine, thus pain in my shoulder, back and neck. First I tried to work it through by myself, and then I tried some medication which made me goofy and tired. Now I am prepar-

ing to take a good break while I undergo some medical evaluations, get some acupuncture, massage and the right blend of medication so that I can rest myself. Just getting the rest and relaxation of nerves and muscle spasms has been wonderful.

I truly felt out of control as I wondered what was going on in my body. I am glad to have understanding as I take a little side-road in my life. I am particularly glad at this time that my little Granddaughter Grace, and her Mommy, Geraldine are home for an extended visit.

This helps reinforce the need for me to look ahead at taking better care of myself.

I remember an article I wrote sometime back talking about the suicide prevention video, *Whisper*. I related a simple prayer, teachings from Patti Underwood and May Sam, the most simple prayer... "Help Me!" I am trying to use those teachings and accept help with carrying groceries, doing laundry, driving, and other minor things that we all take for granted.

I want to thank everyone at NIL/TU,O – Board of Directors and staff, for support and understanding, and bottomless compassion. Most of all I need to thank all of our infants, children, youth, and young families, Grand-parents, Great-Grandparents for inspiring so much positive change and growth in our communities. If we can continue to stick together as First Nations people and will focus efforts on positive encouragement, healthy guidance and support for each other, yes, even cheer-leading each other through life we can build a better future and help uplift troubled and tired spirits! HAPPY EASTER TO EVERYONE!

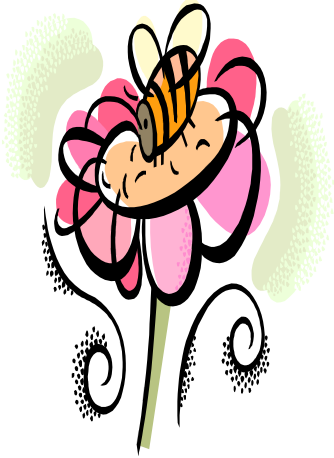
### Special points of interest:

- FROM THE EXECUTIVE
- HEALTHFUL INFORMATION
- JOB POSTING
- INFORMATION FOR PARENTS
- NIL/TU,O CHILD AND FAMILY SERVICES INFORMATION STAFF, BOARD OF DIRECTORS, MANDATE...

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## Spring Time is Near



### Decide to Have a Positive Day!

Our inner critic is the internal voice of negative judgmental self talk. It is the nagging feeling, the inner voice that makes us critical of ourselves and others. It is postulated that our inner critic developed early in life as a mechanism for reminding us of childhood rules and standards that we internalized about how we were supposed to think, feel and behave. We learn to be critical of ourselves as we learn to march to the drum-

mer of others wants and needs, we learn to be critical of others when they do not conform to what we want or expect. The inner critic speaks loudly in judgment of ourselves and other people. It is a voice that yearns to castigate. It is the voice of enslavement to our egos and to the wants of others. Sometimes our inner critic will leave us with feelings of self doubt; sometimes it will allow us to feel negative and critical of

others. When we listen to our inner critic, we listen to negativity that separates us from our best self and also from others. Our best personal and professional selves come from a place of self love and acceptance. When we can truly love and accept ourselves we can also see those in our world as collaborators on our path of personal learning. Love is a path which brings us closer to the seed of creation and to a place where

For helpful, healthful information check out:

[www.purica.com](http://www.purica.com).

### Decide to Have a Positive Day Continued!

We are all partners on a human journey, and the greatest challenge in our roadmap to personal and professional success is to cleave to our humanity, to the values of sharing and caring that make us brothers and sisters on the road of life. Take a day this week to stomp out the voice of your inner critic; to free yourself from self imposed

negativity and judgment. Silence all criticism and negativity for 24 hours. Concentrate only on the good in yourself and in others that you meet and interact with. Give the inner critic a day off, and in so doing spend a day with your highest, greatest and best self. By Irene Segal  
JUST COACH IT [http: just-coachit.com](http://just-coachit.com)



## Events From the Office

### DRUM NIGHT

every Tuesday from 5:30 pm to 6:30pm Thank You very much



Scott Sam  
Family Support Worker  
Nil/tu,o Child and Family Services  
1-2475 Mt. Newton X Rd.  
Saanichton BC V8M-2B7  
tel. 250-544-1400 ext 236  
fax. 250-544-1402

## Nobody's perfect with Michelle



NOBODY'S PERFECT is a series of six – once a week group sessions

It is an education and support program for parents of children from birth to age five. The program is built around colourful, easy-to-read books which are given to the parents free of charge. During the meetings, trained facilitators support participants as they work together to discover positive ways of parenting

Participation is voluntary and free of charge.

Lunch and Childminding provided

A waitlist is being taken for any parents that have children under the age of six and would like to participate in our Nobody's Perfect Program.

## ON—Call Reception

NIL/TU,O is now accepting resumes for a on— call reception, if you are interested please contact Evelyn Morris here at the office, or email your resume to

[evelynmorris@niltuo.com](mailto:evelynmorris@niltuo.com)

Evelyn will be in contact with those who meet the qualifications.



## Recipes

### Kool-Aid Play Dough



- 2  $\frac{1}{2}$  cups flour
- $\frac{1}{2}$  cup salt
- 2 packages unsweetened Kool-Aid powder
- 2 cups boiling water
- 3 Tbsp oil

- o Mix flour, salt, Kool-Aid, and oil together until well blended
  - o Add boiling water and mix until the dough is cool enough to knead by hand
  - o Knead by hand until the color is well mixed into the dough
- To store, keep in an airtight container or Ziploc bag, in the refrigerator

### Trail Mix

- 1 cup bran flakes
- 1 1/2 cups corn flakes
- 1/2 cup quick cooking oatmeal
- 1/2 cup dark raisins or dried cranberries
- 1/2 cup sliced almonds
- 1/4 cup flaked coconut, optional
- 1 teaspoon ground cinnamon
- 1/3 cup frozen apple juice concentrate, thawed
- 1/2 cup peanut or plain chocolate candies



Preheat oven to 300 degrees. In a large bowl, mix together all ingredients except candy. Spread mixture on a large baking sheet or roasting pan. Bake 20 minutes, stirring halfway through, or until mixture is crispy and golden. Cool and add candy. Store mix in an airtight container.

If you don't like raisins or cranberries, use your favourite dried fruit. If you leave out the candy, this mix is wonderful stirred into yogurt.





Looking for some good internet sites for you or your family, here are some sites that have both good information and fun things to do:



### Parenting



- Fathers' website: <http://www.fathers.com/>
- Mothers' website: <http://www.amomslove.com/>
- Parent magazine online: <http://www.parents.com/parents/>
- Parents: the anti-drug, a site dedicated to teaching parents how to talk to your children about drugs and alcohol: <http://www.theantidrug.com/>
- Parenting teens: <http://www.parentingteens.com/>

### Family sites

Ecokids, teaching about recycling caring for our planet through games and info: <http://www.ecokids.ca/pub/index.cfm>

Greater Victoria Public Library: <http://www.gvpl.ca/>

Free Puzzles.net, a site to create your own puzzles and games to print or play online: <http://www.free-puzzles.net/>

Airos Native Network, an online radio station dedicated to First Nations Music and news: <http://airos.org/>

### Health and Nutrition

Healthy eating: [http://www.kidshealth.org/parent/nutrition\\_fit/nutrition/habits.html](http://www.kidshealth.org/parent/nutrition_fit/nutrition/habits.html)

Talking about sex with your children: <http://www.talkingwithkids.org/sex.html>

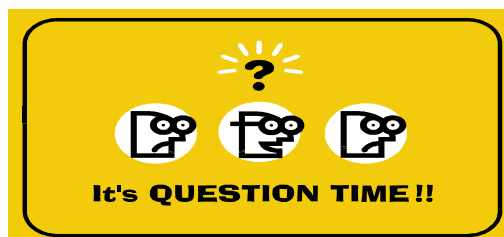
Diabetes: <http://www.diabetes.com/>

Asthma: <http://www.asthma.ca>

Caring for your teeth: [http://www.cda-adc.ca/en/oral\\_health/cfyt/index.asp](http://www.cda-adc.ca/en/oral_health/cfyt/index.asp)

- Pregnancy: <http://www.pregnancy-info.net/>

FASD: [http://www.phac-aspc.gc.ca/fasd-etcaf/faq\\_e.html](http://www.phac-aspc.gc.ca/fasd-etcaf/faq_e.html)





**NIL/TU,O CHILD AND FAMILY SERVICES**  
**1-2475 MOUNT NEWTON X RD**  
**SAANICHTON, BC, V8M 2B7**  
**PH: 250-544-1400**  
**FX: 250-544-1402**  
**Website: <http://www.niltuo.com/>**

**NIL/TU,O PROVIDES SERVICES TO: TSAWOUT, TSARTLIP, PAUQUACHIN, SONGHEES, BEECHER BAY, SOOKE, PACHEEDAHT.**

**Mandate**

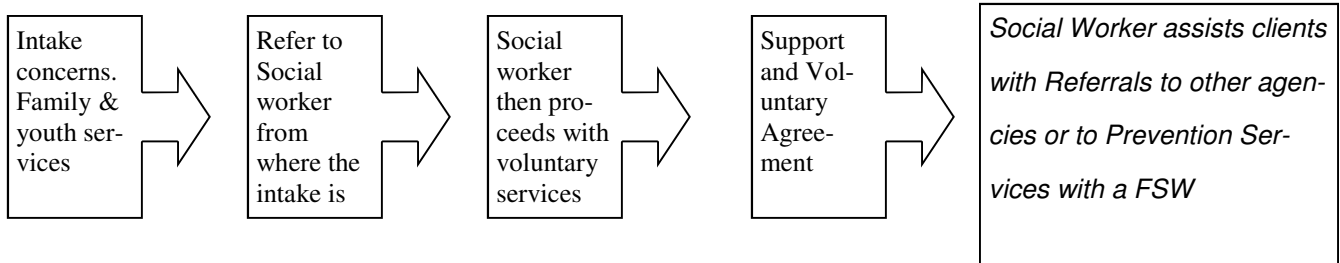
The Collective First Nations declares its responsibilities to safeguard the right of children to live safely and with dignity and shall:

Recognize the authority of the *Child, Family and Community Service Act* to deliver statutory services to families and children until such time as there is a First Nations Self Government Child and Family Services legislation or Government of Canada First Nations Child and Family Services legislation.

Recognize the authority of NIL/TU'O Child & Family Services to deliver non-statutory services to families and children.

**NIL/TU,O** is now providing Level 12 and Level 13 Delegated services to the collective first nations. Level 12 is Voluntary Services and Level 13 is Guardianship Service delivery.

**VOLUNTARY SUPPORT SERVICES**



**Intake**

A child, a Youth and Families request voluntary service to assist with addressing family issues, and the request comes from the person directly.

The NCFS Intake Worker receives the initial request for voluntary services, walk-ins, phone calls and when needed also assists with MCFD Protection concerns. Service needs are assessed the family begins to work a service plan to work towards healing processes. Services are provided:

- ✦ One to one
- ✦ Group
- ✦ As a family

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## **Prevention Services**

- One to One services for children or youth
- One to One services for adults
- Prevention Programs
- Referrals to Family Support Worker for Parenting Skill Building
- Community Requests
- FASD Services

## **Drug and Alcohol - NAADAP**

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## **Resources**

- Family Care Home Recruitment
  - Family Care Home Orientation
  - Family Care Home Respite Providers
  - Family Care Home Placements
- Family Care Home Applications

**NCFS is in need of Family Care Homes!!!!**

**If you are interested in making an application contact the NCFS Intake Worker at 250-544-1400**

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## **Family Support Services**

- Support Service Agreements
- Voluntary Care Agreements
- Respite Services
- FSW Referrals

ROOTS

## **GUARDIANSHIP**

NCFS has completed a transfer of services for Guardianship services, and providing services to children and youth in continuing care.

What is Continuing Care?

At a time when a child/ youth has been removed under the Child, Family, and Community Service Act (CFCSA) there is a certain amount of time the children can be under the legal Guardianship of a MCFD Protection Order, such as a Temporary Custody Order. When there are cases of children/ youth not returning to their parents the Ministry makes an application for a Continuing Custody Order.

Continuing Care involves long term planning, and placement for children / youth under a Continuing Care Order (CFCSA).

## CHILD / YOUTH PROTECTION CONCERNS

In cases where a person / individual has a concern in regards to safety or abuse of children or youth the concerns are to be reported to the Ministry of Child and Family Development.

### Contacts for MCFD Protection Teams

MCFD Esquimalt Office Second Floor Aboriginal Team 1195 Esquimalt Rd PO Box 9710, STN PROV GOVT Victoria, BC V9A 3N6 PH: 250-952-4073 FX: 250-952-4102	MCFD Peninsula Office Aboriginal Team 103-7851 East Saanich Rd Saanichton, BC PH: 250-544-3300 FX: 250-544-3315
MCFD Sooke Office 2145 Townsend Rd South Sooke, BC V0S 1N0 PH: 250-642-7748 FX: 250-642-7751	If you have any Child Protection Reports or concerns contact one of the closest Child Protection MCFD Offices as noted.  <b>After Hours</b>  <b>Phone the help line for children:</b>  <b>310-1234</b>

### NIL/TU,O COMPLAINT PROCESS:

Steps of the Client Complaint Process Policy

Step 1 Complainant speaks with the social worker in an effort to resolve the issue.

Step 2

- If the Complainant is not satisfied with the outcome of the meeting with the social worker, they contact NIL/TU,O Child and Family Services Executive Director and meet with Director to resolve the issue.
- The Executive Director reviews the complaint and establishes a review plan. The Executive Director conducts the review process. The review would involve interview with the complainant, a client file review and an interview of the involved staff.

Step 3

- Upon completion of the review, the Executive Director meets with the complainant to share the review findings and recommendations. The complainant is provided the recommendations in writing.

## COMPLAINT PROCESS CONTINUED

### Step 4

- If the person is not satisfied with the recommendations, the Executive Director and the complainant schedule a mediation or resolution process in an effort to obtain resolution.
  - The mediation or resolution process will produce a review and written recommendations in consultation with Executive Director, complainant and other appropriate parties.
  - The Executive Director will meet with the complainant to review the recommendations.
- Authority-this process has the authority to review and make recommendations re the administrative conduct of the case. It does not have delegated authority to over ride the decisions of the Director of Child Protection.

Angie Underwood  
Case Work Supervisor

Mavis Underwood  
Executive Director

### Board of Directors

<b>Tsawout</b>	<b>Tony Underwood</b>	<b>Lou Claxton</b>
<b>Tsartlip</b>	<b>Ivan Morris</b>	<b>Robin Cooper, Don Tom</b>
<b>Pauquachin</b>	<b>Bruce Underwood</b>	<b>Isaac James</b>
<b>Songhees</b>	<b>Helena Sam</b>	<b>Linda St. Marie</b>
<b>Beecher Bay</b>	<b>Anna Sawyer</b>	<b>Phyllis Charles</b>
<b>Sooke</b>	<b>Linda Bristol</b>	<b>Michelle Thut</b>
<b>Pacheedaht</b>	<b>John Paul Jones</b>	

### About Staff at NIL/TU,O :

<b>Management Team</b> Mavis Underwood, Executive Director Emmy Morris, Administrative Officer Angie Underwood, Casework Supervisor Cyril Morris, Manager Carol Antoine, Prevention Supervisor Henrietta Charlie, Finance Officer		
<b>Administration</b>	<b>Prevention</b>	<b>Social Workers</b>
Irene Horne, File MNG	Scott Sam	Shelliea Cooper
Joni Sam, Reception	Michelle Anderson	Ardina Jones
	Ian Gladstone	Tracy Underwood
Maintenance	Adeline Murphy	Sylvia Jones
Roberta Sinclair	Lawrence Desjarlais	
Page 9	John Sinclair	

<b>Peninsula Communities</b>	<b>Western Communities</b>
<ul style="list-style-type: none"> <li>• Tsartlip</li> <li>• Pauquachin</li> <li>• Tsawout</li> </ul>	<ul style="list-style-type: none"> <li>• Songhees</li> <li>• Beecher Bay</li> <li>• Sooke</li> <li>• Pacheedaht</li> </ul>
Angie Underwood, Casework Supervisor	Cyril Morris, Supervisor
SW Sylvia Jones (Tsar, Pauq, Pach)	SW Traci Underwood (Song, Beecher, Sooke)
Resources	Guardianship
SW Shelliea Cooper	SW Ardina Jones
<b>Prevention Services</b>	
NADAP – Lawrence Desjarlais	One to One Support with Family Support Workers
FASD Key worker – Carol Antoine	Supervised Visits
ROOTS – Ian Gladstone	Community Requests
Cultural – Scott Sam	AA Meetings (Tuesday at 8:00 pm)
Programs – Michelle Anderson	Drum Night (Tuesday at 5:00 pm)

**NCFS is in need of Family Care Homes!!!!**

**If you are interested in making an application contact the NCFS Intake Worker at 250-544-1400**

**Family Care Homes**

NIL/TU,O is seeking foster parents and is in need of people that are interested in providing family care to children / youth in need of a foster placement.

Information packages are available at NIL/TU,O for anyone interested in applying to be a foster parent.

Family Care Home Application:

1. Criminal Record Check
2. Canada Record Review
3. FCH Application
4. Consent form for Medical
5. Medical
6. References
7. Home Study Assessment
8. Home Study Summary
9. FCH Agreement
10. FCH Standards Checklist
11. Confidentiality Agreement
12. Participation in Family Care Orientation

Upon completion and approval foster parents will:

- o Enter into a family care home agreement
- o Review the family care home standards
- o Sign confidentiality agreement

Attend foster parent training

What is Family Violence<sup>3</sup>

**Family Violence takes many forms:**

**Physical abuse** is any physical act intended to harm, injure or inflict pain on another person, including slapping, punching, burning, kicking, biting, pushing, hair-pulling, choking, shoving hitting, with an object, threatening with an object such as a knife or gun, and any action that causes physical harm to another person.

**Psychological violence** involves the abuse of power and control over another person. It includes inducing fear by intimidating, terrorizing or threatening, humiliating, insulting, degrading, destroying property, isolating a son from friends and family and withholding emotions of love, or caring.

**Sexual abuse** includes all acts of unwanted Sexual attention or exploitation, including inappropriate touching or molesting, exposing a victim to pornographic materials, Sexual assault with an object, forced bondage, date rape, gang rape, rape within an intimate relationship and sexual harassment.

**Child sexual abuse** is any sexual contact inflicted on a child and includes all acts described above under Sexual Abuse.

**Incest** is any form of sexual contact or attempted sexual contact between relatives, no matter how distant the relationship.

**Financial abuse** is any act which involves the deceitful or immoral use of another person's money or belongings (for example, the misappropriation of resources, using another person's money or resources to exert power and control over them, taking pension money or other forms of family support, forcing parents to provide free child care, denying one's family of money for food or shelter).

**Spiritual abuse** entails the erosion or breaking down of one's cultural or religious belief system.

An individual can be subjected to various types of abuse by the same abuser.

***“Everyone has a responsibility for eliminating family violence in Aboriginal communities. The first step in the process, whether for an individual, family or Community, is to break the silence and acknowledge that there is a problem.”***

[http://www.phac-aspc.gc.ca/ncfv-cnivf/familyviolence/html/fvabor\\_e.html](http://www.phac-aspc.gc.ca/ncfv-cnivf/familyviolence/html/fvabor_e.html)

If you or anyone you know is interested in receiving NIL/TU,O Newsletter please let us know

Phone: 250-544-1400

Email: [reception@niltuo.com](mailto:reception@niltuo.com)