

BC RECREATION AND PARKS ASSOCIATION

**EMPOWER**

**youth**

**Provincial Conference  
for Youth Workers**

**Saturday, November 3, 2018**

- Coal Harbour Community Centre •

**480 Broughton Street, Vancouver BC V6G 3H4**

- Pre-conference Workshop on Fri, Nov 2
- Post-conference Workshop on Sun, Nov 4

**For more information, please visit:**  
[www.bcrpa.bc.ca/conferences/empower-youth/](http://www.bcrpa.bc.ca/conferences/empower-youth/)  
or email [education@bcrpa.bc.ca](mailto:education@bcrpa.bc.ca)



## A SPECIAL THANKS

### A Special Thanks to the Planning Committee

<b>Alvin Li</b>	City of Richmond
<b>Graham Danziger</b>	City of Port Coquitlam
<b>Jon Jonson</b>	Vancouver Board of Parks and Recreation
<b>Krista Germyn</b>	City of Richmond
<b>Kristine Lewis</b>	City of Burnaby
<b>Melanie Clark</b>	District of West Vancouver
<b>Ryan Weber</b>	City of New Westminster
<b>Janet Rerecich</b>	BCRPA
<b>Stephanie Androsoff</b>	BCRPA
<b>Vanessa Sabitova</b>	BCRPA

Thank You to Our Sponsor!



BC Recreation & Parks Association  
Phone 604.629.0965  
Fax 604.629.2651  
[www.bcrpa.bc.ca](http://www.bcrpa.bc.ca)



## REGISTER ONLINE AT:

[www.bcrpa.bc.ca/conferences/  
empower-youth](http://www.bcrpa.bc.ca/conferences/empower-youth)

## Table of Contents

Acknowledgements & Thank Yous'	2
Policies	3
Registration Rates	3
At-a-Glance	4
Pre-Conference Workshop	4
Post-Conference Workshop	5
Plenaries	7
Concurrent Sessions	10
Presenter Bios	12

## Our Policy on Recording Presentations

Any recording (audio, video, still photography, etc.) of any presentations by any attendee or presenter is prohibited. Authorization to record, in accordance with the strict limitations, may be discussed with the BCRPA CEO. Conduct that violates this policy will be subject to sanctions pursuant to BCRPA's disciplinary policies.

## Our Refund Policy

Any request for cancellation must be submitted in writing to [registration@bcrpa.bc.ca](mailto:registration@bcrpa.bc.ca) and received prior to Oct 3, 2018. A partial refund of 70% of the registration fee will be given for cancellations received by the deadline. Cancellations as of Oct 4, 2018 are non-refundable. All registrations are transferable, and no fee will be charged.

## Registration Rates

### EMPOWER YOUTH CONFERENCE (NOVEMBER 3)

\* All prices are subject to GST.

#### FIRST EARLY BIRD RATES (Ending Aug 16)

Member	\$88
Non-Member	\$95

#### SECOND EARLY BIRD RATES (Aug 17 - Oct 3)

Member	\$99
Non-Member	\$107

#### REGULAR RATES (Starting Oct 4)

Member	\$120
Non-Member	\$130

*Registration includes lunch.*

#### PRE-CONFERENCE WORKSHOP (NOV 2):

##### HIGH FIVE® Principles of Healthy Childhood Development (PHCD)

#### EARLY BIRD RATES DO NOT APPLY

Member	\$85
Non-Member	\$85

*Registration includes lunch.*

#### POST-CONFERENCE WORKSHOP (NOV 4):

##### safeTALK Suicide Alertness for Everyone

#### FIRST EARLY BIRD RATES (Ending Aug 16)

Member	\$75
Non-Member	\$80

#### SECOND EARLY BIRD RATES (Aug 17 - Oct 3)

Member	\$80
Non-Member	\$85

#### REGULAR RATES (Starting Oct 4)

Member	\$90
Non-Member	\$95



## At-A-Glance

### Fri, November 2, 2018 • PRE-CONFERENCE WORKSHOP

9:30 am — 5:30 pm      **HIGH FIVE® Principles of Healthy Childhood Development (PHCD)**

### Sat, November 3, 2018 • CONFERENCE DAY

7:30 — 8:30 am      **Registration Check-in & Resource Fair**

8:30 — 8:45 am      **Opening Remarks**

8:45 — 9:45 am      **Opening Keynote:** Vancouver Theatresports League – Powering up!

9:45 — 10:00 am      **Transition Break**

10 am — 11 am      **Concurrent Sessions A**

**A1 —** The Youth Experience of Social Media & Technology - Supporting Kids as they Navigate Communication Without Boundaries

**A2 —** From a Youth's Perspective: Creating Safe Spaces for All Youth

**A3 —** JUMP! into Experiential Education

11 — 11:15 am      **Transition Break**

11:15 am — 12:15 pm      **Plenary:** Youth Workers' Cafe — Hot Topics Discussion

12:15 — 1 pm      **Lunch & Resource Fair**

1 — 2 pm      **Concurrent Sessions B**

**B1 —** Incorporating Social-Emotional Learning into Practice

**B2 —** Burnout, Compassion Fatigue and Vicarious Trauma: Coping Tools and Strategies

**B3 —** Setting Indigenous Youth up for Success through Recreation Leadership

2 — 2:15 pm      **Transition Break**

2:15 — 2:45 pm      **Plenary:** Young Workers: How will you respond when they ask for help?

2:45 — 3:45 pm      **Closing Plenary:** Understanding & Healing from Addictions

3:45 — 4 pm      **Closing Remarks**

4 — 5 pm      **(OPTIONAL) Youth Workers Case Study**

### Sun, November 4, 2018 • POST-CONFERENCE WORKSHOP

9:30 am — 12:30 pm      **safeTALK Suicide Alertness for Everyone**

## PRE-CONFERENCE WORKSHOP

• Friday, November 2 | 9:30 am — 5:30 pm

### HIGH FIVE® Principles of Healthy Childhood Development (PHCD) | **Alex Kincek** | West End Community Centre, Auditorium



Providing direct leadership to youth in recreational settings can be a challenging experience. Join this 7.5 hour course to learn how to implement the five HIGH FIVE® guiding principles that contribute to a supportive and healthy experience for children. Although HIGH FIVE was designed for people working with 6-12 year olds, the 5 principles apply to older youth as well. Learn ways to make positive child-centred interactions, and effective, age-appropriate ways to address behaviour challenges. Consisting of training, resources and tools, the HIGH FIVE® system is based on years of research and consultation with experts, and is the only quality assurance standard in North America designed to specifically support the safety, well-being and healthy development of children in sport and recreation programs. Learn best practices for healthy childhood development, and get certified.

#### Alex Kincek

Alex Kincek is a Community Services Coordinator with the City of Surrey. Alex oversees the Early Years and Middle Years portfolios at the Fraser Heights Community Centre, and received her 20 year pin with the City of Surrey this year. Alex has been a HIGH FIVE trainer since 2007, and was involved in the development of the Tips for Consideration for Arts pilot project with HIGH FIVE National. Alex has travelled across the Province to over fourteen different communities to deliver PHCD and mentor new trainers.



## POST-CONFERENCE WORKSHOP

- **Sunday, November 4 | 9:30 am — 12:30 pm**  
(lunch is included with registration)

### **safeTALK: Suicide Alertness for Everyone |** **The Crisis Centre |** **Coal Harbour Community Centre**

safeTALK is a half-day alertness training that prepares participants to recognize suicide and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST. safeTALK is used in over 20 countries around the world and safeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks. Over the course of their training, safeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts might be present
- Recognize that invitations for help are often overlooked
- Move beyond the common tendency to miss, dismiss, and avoid suicide
- Apply the TALK steps: Tell, Ask, Listen, and KeepSafe

### **The Crisis Centre**

The Crisis Centre has been supporting people for almost 50 years, and are committed to empowering community members to support people who may be at risk of suicide. The safeTALK trainers are experienced, compassionate and bring both personal and professional wisdom to this session.

## PLENARIES • Saturday, November 3

*Opening Keynote* | 8:45 — 9:45 am

---

### POWERING UP! | Vancouver TheatreSports League

Vancouver TheatreSports will start off the Empower YOUth Conference with a high-energy, laughter-filled session that sets the stage for a day of collaboration, creativity, engagement and inspiration.

This interactive session will bring the group together in a highly supportive session to set the stage for a day of laughter and learning. Participants will create an environment where ideas will flourish, and Vancouver TheatreSports will highlight how the “Improve mindset” can be applied in your professional life.

### Vancouver TheatreSports League

---



For over 15 years, Vancouver TheatreSports has been energizing and strengthening organizations with the collaborative power of improv. As pioneers in the improv-based training sector, they've worked with companies, non-profits, government agencies and educational institutions in the areas of communication, teamwork, creativity, innovation and storytelling.

## PLENARIES • Saturday, November 3

*Plenary* | 11:15 am — 12:15 pm

### YOUTH WORKERS' CAFÉ: HOT TOPIC DISCUSSION | Facilitated by the Conference Planning Committee

Facilitated by the Youth Workers Conference Committee members, this session includes all delegates and provides an opportunity to discuss “Hot Topics” around working with youth. Discussion topics will be released to delegates closer to the date of the conference.

*Plenary* | 2:15 — 2:45 pm

**WORK SAFE BC**

### YOUNG WORKERS! HOW WILL YOU RESPOND WHEN THEY ASK FOR HELP? | Robin Schooley

Come to participate in some interactive scenarios highlighting the workplace health and safety challenges faced by young workers. Get some tips on how you can support and empower them to make informed decisions that could prevent them from being injured at work.



## PLENARIES • Saturday, November 3

### *Closing Plenary* | 2:45 — 3:45 pm

#### UNDERSTANDING AND HEALING FROM ADDICTIONS | Ross Laird

Addiction is the most common and most misunderstood challenge we face. Most of us find addictions somewhere close by: in our families, in our peers, sometimes in ourselves. Yet, it's tough to know what addiction really is: a habit, a means of coping, a way of just having fun? At what point does having fun become something darker and much more difficult? Despite the mysteries and complexities of addiction, we do know quite a bit about how it starts: in adolescence, typically, with a series of situations and events that tend to lead people toward addictive behaviour. We also know a great deal about

how to heal addictions: through education, self-awareness, healthy relationships, mentorship and meaningful experiences.

In this workshop we will discuss the matter of addiction: what it is, how to understand it, how it is connected to mental health, and how to deal with it. We will talk about the different kinds of addictions and will explore the skills and knowledge required to be safe and self-aware, and the new developments in addictions and mental health research. This is an open forum for discussion, debate and learning.

#### Ross Laird, PhD



Ross Laird is a best-selling author, award-winning educator and scholar, and clinical consultant. His work focuses on the interconnected themes of trauma, addictions, mental health and creativity. Dr. Laird has worked with hundreds of organizations and thousands of individual clients, from Vancouver's Downtown Eastside to corporate boardrooms and university classrooms across North America.

For more information please visit [www.rosslaird.com](http://www.rosslaird.com).

## CONCURRENT SESSIONS • Saturday, November 3

Concurrent Sessions A | 10:45 am — 12:15 pm

.....

### A1 — THE YOUTH EXPERIENCE OF SOCIAL MEDIA & MOBILE TECHNOLOGY — SUPPORTING KIDS AS THEY NAVIGATE COMMUNICATIONS WITHOUT BOUNDARIES | Jesse Miller

The session will be a focus of youth, technology concerns (current and emerging), and best-practices in educating kids on how to better prepare themselves for online experiences and sourcing balance in technology use. The closing pieces of this session will focus in education, relationships, and communication with trusted adults. The benefits for those participating will be learning outcomes that focus on supporting the vulnerable sector when social media, communication, or tech concerns arise, and how to source solutions with program stakeholders.

### A2 — FROM A YOUTH'S PERSPECTIVE: CREATING SAFE SPACES FOR ALL YOUTH | PANEL from the "Whatever" Youth Committee

Anyone can open a drop-in space, but ensuring it's safe and welcoming to *all* youth requires you to know and understand your audience, and to work intentionally and thoughtfully with them to do so. Join members of the West Vancouver 'Whatever' Youth Committee as they describe and discuss how to best support and welcome LGBTQ+ youth into your various spaces and programs.

### A3 — JUMP! INTO EXPERIENTIAL EDUCATION | Monica Davis

An engaging, interactive JUMP! workshop to explore: what facilitation is, the theory behind how it works and how to intentionally apply it. You will gain models, tools and activities that can be directly applied to your next youth program. JUMP! will share best facilitation practices and tips from around the globe so you walk away feeling more empowered to facilitate and create connections.

## CONCURRENT SESSIONS • Saturday, November 3

### Concurrent Sessions B | 1 — 2 pm

#### **B1 — INCORPORATING SOCIAL-EMOTIONAL LEARNING INTO PRACTICE | Katy Bigsby**

In this one-hour session, we will look at how being aware of our own reactions and triggers helps us in our work with youth with challenging behavior. Using a Social-Emotional Learning framework, we will discuss case scenarios and how using reflective questions, self-awareness and self-management facilitates self-care.

#### **B2 — BURNOUT, COMPASSION FATIGUE AND VICARIOUS TRAUMA: COPING TOOLS AND STRATEGIES | Jen Vishloff**

We are going to take a radical look at front line worker burnout, compassion fatigue and vicarious trauma. How can you recognize symptoms? What systemic factors contribute to and prevent worker burnout and vicarious trauma? How can we cope as individuals and as teams? And maybe most importantly, how can we hold organizations accountable for the health and wellbeing of their employees. This is not your run of the mill “self-care” workshop.

#### **B3 — SETTING INDIGENOUS YOUTH UP FOR SUCCESS: STORIES AND STRATEGIES TO BUILD THE CAPACITY OF YOUTH THROUGH RECREATION LEADERSHIP | Emma Sutherland**

This interactive workshop will explore ‘cultural competency’ as the foundation for long-lasting effective relationships. Through real examples and group activities, participants will develop an understanding on a “heart” level of the barriers to health, happiness and success that Indigenous Youth face, as well as their resiliency and strength. This workshop will examine how the respect and compassion that arise from this understanding are essential to building relationships.



BC RECREATION AND PARKS ASSOCIATION

EMPOWER

you<sup>th</sup>

Provincial Conference  
for Youth Workers

## Presenter bios

---

### Emma Sutherland

Emma Sutherland is the Founder and Executive Director of Red Fox Healthy Living Society, a registered charity that uses physical activity and mentorship to empower Indigenous and vulnerable youth and children to overcome barriers and build successful lives. Emma has grown Red Fox from four programs in East Vancouver in 2007, to 34 programs in six Metro Vancouver municipalities. Her passion for bringing out and supporting the potential of youth to take on leadership roles in Red Fox and society is matched by her commitment to help bridge the gap between the Indigenous and non-Indigenous communities to find new ways of working together for success.

### Jen Vishloff

Jen Vishloff is a Registered Clinical Counsellor and specializes in supporting those who work in helping roles to develop healthy boundaries and effective self-care strategies, and cope with the impacts of trauma, vicarious traumatization, and secondary traumatic stress. Jen supports her clients at the Boucher Institute of Naturopathic Medicine, Family Services of Greater Vancouver, and Peak Resilience. She is passionate about the work she does and is a lifelong learner.

### Jesse Miller

Jesse Miller (MA, PgDip) is a recognized authority on the topics of Internet safety, social media education, and digital literacy trends. Based in Vancouver, Jesse is an international speaker who has addressed thousands of participants in primary, secondary, and post-secondary education. Jesse is in high demand as a keynote speaker and consultant within education and public safety delivering presentations to schools and non-profit groups who seek to facilitate change for youth online, and because of this specific audience, his presentations are continually developing as social media and communication trends evolve with youth.



BC RECREATION AND PARKS ASSOCIATION

EMPOWER

you<sup>th</sup>

Provincial Conference  
for Youth Workers

## Presenter bios

### Katy Bigsby

Katy Bigsby has worked with children and youth with behavioral and social-emotional issues in school and community settings for the past 25 years. Her formal training is in Social Work and Education. She is currently completing her Masters of Leadership in Community Engagement and Adult Education at the University of Victoria. For more information about Katy and her work, visit [www.bigsbyconsulting.com](http://www.bigsbyconsulting.com)

### Monica Davis

Born and raised in Vancouver, Monica has a myriad of experience event planning and facilitating regionally and nationally. Some of her projects include: the 2010 Olympic Torch Relay, two tours with The David Suzuki Foundation (ENGO), and TED Talks.

After working with JUMP! on contracts for 5 years, she was impassioned to start the JUMP! Canada hub in Vancouver in 2017. She is now focused on empowering youth and educators around: personal development, community building, global mindsets and learning service through JUMP!'s experiential learning programs. Monica graduated from Capilano University with a B.A. in Tourism Management.

### Robin Schooley

Robin Schooley joined WorkSafeBC in 2001 where she worked in communications and media relations before joining the Young and New Worker team in 2008. Today, Robin is part of a team that works to develop essential injury prevention resources and foster partnerships with members of community and industry to build knowledge and awareness to help keep young and new workers safe on the job.

### Whatever Youth Committee

The Whatever Youth Committee helps raise community awareness, and plans and promotes activities and events for LGBTQ+ youth and their allies in West Vancouver.