



SASKATCHEWAN SOCIAL WORKER

Volume 14 Number 2

“Social Workers – Make a Difference”

June 2003 Edition

Message from the President

Exciting times are upon us this season as we enter into a process of regeneration and growth, both provincially and at the national level.

At the SASW Annual General Meeting, we elected five new members to Executive Council, representing members from across the province and various fields of practice. I welcome them to their special roles and look forward to their unique and fresh approach as we further the work of our Association.

The SASW strategic planning process is nearing completion. I would like to thank the Planning Committee for their commitment to change and each member for their contribution and input. The June workshop promises to be a productive and timely session as we embrace the task of finalizing our vision and mission statements. We will also evaluate our strategic alternatives and establish priorities as well as time-lines to guide the focus of General Council.

The SASW Annual Conference sponsored by the Moose Jaw Branch “Supporting Creativity and Competence” was well attended and successful. There, as members were given opportunities to learn, network, and to be entertained by Elvis and his bodyguards. A thank you is extended to the Moose Jaw Branch for organizing the conference.

At the national level, the provincial presidents and CASW Board will meet to review the proposed CASW mandate changes and discuss the draft ethical principles statement. SASW provided thoughtful input into this latter initiative via the Practice Ethics, Professional Conduct and Standards of Practice Committees.

Contributions to the newsletter are always welcome. Read any good books lately, working on an interesting project, have an area of interest that you would like to share with other people? Write to SASW Editor and see your name in print! Deadline for the next newsletter is September 30, 2003.

In closing, I wish to say one more time—Happy 40th Birthday SASW!

May you and your families have an enjoyable, safe summer.

Deb Buettner, MSW, RSW (Sask.)

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Members of the Editorial Board can be contacted through the e-mail addresses provided above or by contacting the SASW Office. We are interested in readers' stories, thoughts and ideas, letters to the editor, pictures and current events. The Board reserves the right to reject any article as well as edit submitted material. Publication does not imply endorsement by the Saskatchewan Association of Social Workers. The views expressed in the printed material represent the views of the contributors and do not necessarily reflect the view/policies of the Association.

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Message from the Executive Director

In the February newsletter we began to list on page 2 key particulars about the Association including leaders and their areas of responsibility, the editorial group and how to reach anyone you may need to be in touch with. We will continue to do this, as you see on this page of this edition. Please note that the publication times for the newsletter are also included.

Also in the February edition of the newsletter there was an update on the work being done with respect to *The Psychologists Act* and the provision for “defined practice” that it contains. In this regard, there was reference to the need for there to be a review of SASW’s Standards in Health Care for Registered Social Workers in Saskatchewan to ensure that our own standards in this area are as up to date in case there is a complaint or charge under *The Psychologists Act* against one of our members. This review has been done by Dennis Arbuthnott, Chair of the Standards of Practice Committee, and it is his conclusion that these standards are where they should be in light of the concerns we have about provisions within *The Psychologists Act*.

Further on this same topic, in response to our letter to the Minister of Health, we were referred to the College of Psychologists for further exploration. A meeting was held with their President, Registrar and Legal Counsel in late May. Attending from SASW was Deb Buettner, SASW President, Mona Acker, Chair of the SASW Professional Conduct Committee, Dirk Silversides, SASW Legal Counsel, and myself. There will obviously be more to report soon.

With reference to the child welfare area, we had the distinct privilege of having Ellen Oliver, President of CASW lead a seminar on the “solution-focused approach to child welfare” on April 30 in Regina. The event was co-sponsored by the School of Social Work, the Department of Community Resources and Employment, SASW and CASW. It was attended by over 50 participants who enjoyed Ellen’s personable style as she acquainted them with the experience she and others have had in St. John’s over recent years where a child welfare project has been underway to demonstrate a new approach to serving the needs of child welfare families. In this project there has been particular attention paid to the needs of the staff as they undertake this challenging work and Ellen shared the

continued on page 3

Message from the Executive Director, continued

nature of the improvements beginning to be seen in the way staff feel about their work. All of this, of course, is connected to the national project "Creating Conditions for Good Practice" to which reference has been made in recent issues of this newsletter. The CASW lead for this project is Margot Herbert from Alberta. Margot visited Regina on May 20, 2003, to do a presentation on the national project for the Child Welfare Reference Committee of the Department of Community Resources and Employment. This Committee is advisory to the Department on its child welfare redesign planning and SASW is one of many stakeholders that have been represented on this Committee since its initiation in March 2000.

Finally, in the next edition of the newsletter, we hope to have an article on the national initiative on third party payment. This project is led by the Ontario Association with participation from New Brunswick, Alberta, British Columbia and Saskatchewan, while CASW provides operational funding. The focus of this project is to target major insurance companies, unions and large employers to include social work services under private health plans and/or include social work

services in employee benefits plans and union contract agreements. Barriers being analyzed include confusion in some sectors about our qualifications, whether there is a demand for our services and the inability to deduct our services as a "medical" expense under the *Income Tax Act*.

Richard Hazel, MSW, RSW (Sask.)

NATIONAL DISTANCE EDUCATION PROGRAM

Maritime School of Social Work
is offering
BSW Distance Education &
MSW Distance Education
for part time students.

For more information contact:

Maritime School of Social Work, Dalhousie
University, Halifax, Nova Scotia,
Web site: is.dal.ca/socialwork/distance

Meeting the Challenge & Making the Difference



National Social Work Conference
June 5-8, 2004
Saskatoon, Saskatchewan

Featuring Keynote Speakers:

- **Stephen Lewis**, Veteran diplomat and UN Special Envoy for HIV/AIDS in Africa
- **Shan Landry**, Vice-President, Primary Health Services, Saskatoon Health Region
- **Linda McQuaig**, journalist and author—most recently published *All You Can Eat: Greed, Lust and the New Capitalism*
- **Ben Carniol**, Professor, School of Social Work, Ryerson University and author of *Case Critical: Challenging Social Services in Canada*
- **Chief Roberta Jamieson**, Six Nations Reserve—former ombudsman of Ontario, Member of the Order of Canada, recipient of the National Aboriginal Achievement Award

This national conference of social workers will feature a series of concurrent sessions on the entire spectrum of social work theory, practice, social policy and research.

Watch for details or visit the CASW Web site at www.casw-acts.ca



SASW Membership Adopts Mandatory Continuing Education

At the SASW Annual General Meeting held on April 30, 2003, in Moose Jaw, the membership present adopted by-laws making the **reporting of continuing education mandatory for all members**. To date, voluntary reporting and completing 40 hours of continuing education credits per year was expected of members.

Other professional social work associations across Canada and the U.S. have standards governing continuing professional education, so to insure mobility for our members under the Federal Social Agreement in Trade and the North American Free Trade Policy we want our members to be eligible for membership everywhere. Mandatory continuing education demonstrates the profession's intent to engage in current methods of practice, and to maintain a current analysis of social trends

impacting our clientele and us as service providers.

The earlier adoption of a continuing education policy by SASW Council had allowed members to report from a range of both so-called formal and informal activities. We hope the policy accommodates the range of activities members experience and engage in as continuing education; and challenges the members

Mandatory continuing education demonstrates the profession's intent to engage in current methods of practice, and to maintain a current analysis of social trends impacting our clientele and us as service providers.

to remain informed about their particular field of social work practice.

The Education Committee over the last two years had adopted an active developmental approach toward gaining members' cooperation with the voluntary process. We reminded members to submit their inventory of continuing education activities if they failed to do so at registration. In the 2003 renewal cycle more than 90 per cent of members submitted their forms. We provided members with a portfolio to aid them in tracking their activities throughout the year so to make reporting easier. We solicited and received input from members about the proposed requirements which we much appreciated—input which led to modifications in the reporting requirements and the policy.

We look forward to ongoing changes and challenges as we support the new by-law on mandatory continuing education. The committee is looking at developing accessible opportunities for members to help them meet the requirements. If you have ideas and/or energy to develop a continuing education activity in your area, please let us know for we may all want to participate.

*Ray Pekrul, MSW, RSW (Sask.)
Chairperson – Education Committee*



Canadian Mental Health Association

Won't Want To Miss This!

Come join us in welcoming the world renowned **Patch Adams** to Regina.

The Canadian Mental Health Association, Regina Branch is proud to be hosting the annual Provincial Conference, September 12th, 2003, where Patch will present an afternoon workshop and evening keynote address.

For more information on this exciting event please contact:

Louise or Kim at 525-9543



SASW
Toll Free Number
 (outside Regina)
1-877-517-7279

SASW Practice Ethics Committee

The purpose of this committee is to provide timely consultation to SASW members on ethical issues. Current members are: Victoria Walton, Della Yaroshko, Norlane Jensen, John Nicholson, Bernadette Prokopetz, Stan Dimnik and David Macknak.

Any request for consultation should be made to the SASW Provincial Office by letter, e-mail, telephone or fax. It should be concise and contain a clear expression of the ethical issue being posed to the committee. Sufficient detail should be provided to ensure the committee can make an informed response.

The member can ask that his or her identity be kept confidential by the chair, SASW office or the Executive Director, but the committee requires that someone be able to contact the caller for clarification if needed and to provide a written response to the enquiry. Members can also ask that specific committee member(s) receive no details of the enquiry and not be involved in the consultation. Anyone desiring one of these options should state it in their initial contact with the office.

The chair will receive the request from the SASW office. Any committee member may be assigned the task of researching the concern, organizing a discussion with the rest of the committee—usually by e-mail—and framing the response. The response is usually made in writing, sometimes by phone or both within a few days of receiving the question. The committee reviews responses at their monthly meeting to ensure consistency and improve the quality of future responses to similar inquiries.

Responses will be governed by the CASW Code of

Ethics, and SASW Standards of Ethical Practice for Professional Social Workers in Saskatchewan.

The committee aims at providing members with a studied, yet timely response, containing alternate ways of viewing and acting on ethical issues. The committee does not offer “the answers.”

Requests for consultation may be made through the SASW office by mail at: 2110 Lorne Street, Regina, SK, S4P 2M5; by phone to 545-1922; by fax 545-1895; or by e-mail to sasw@cableregina.com

Copies of the responses are retained by the committee and are submitted to the SASW office annually. The committee and the Provincial Office protect the confidentiality of all correspondence and documentation regarding the inquiry. The committee is responsible to the SASW Council and reports through regular Council meetings. An annual report containing non-identifying information is presented at the SASW Annual General Meeting.

*Victoria Walton, MSW, RSW,
Chairperson*

CREATIVITY WANTED

Is there an SASW member interested in designing, creating or drawing a graphic that could be used for the SASW 2004 Social Work Week?

The theme for the week will be “Social Workers for Social Justice.”

Deadline for submission of ideas has been set for September 30, 2003.

For more information, please contact Debb Fisher, SASW office.

DISTANCE ART THERAPY PROGRAM

Applications are invited for the

Master of Counselling: Art Therapy Specialization
offered by the

VANCOUVER ART THERAPY INSTITUTE

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British Columbia



CASW National Award

J. Rawd Bieber, Regina, Saskatchewan was presented with the CASW National Award at the Annual General Meeting of SASW on April 30, 2003, in Moose Jaw.

Rawd was born and raised in Wilkie, Saskatchewan. He moved to Regina upon graduation from Grade 12 to complete a nursing assistant program through the Wascana Institute in 1972 and worked in the nursing field for a period of time. In 1982, Rawd received a Bachelor of Arts Degree, majoring in Psychology, and in 1984 received his Bachelor of Social Work Degree from the University of Regina. Currently, Rawd is working towards a Master of Social Work degree.



Deb Buettner, SASW President, presents Rawd Bieber with the CASW award.

Rawd was employed as a social worker with Regina Pioneer Village, developing the mission statement, goals, objectives, policies and procedures as well as a quality assurance program for the Social Work Department at that facility. No social work program existed prior to Rawd's employment at Regina Pioneer Village. Rawd also has been employed as a medical social worker at Wascana Rehabilitation Centre and the Plains Health Centre.

Rawd has been actively involved in community activities. He has volunteered his time to AIDS Regina and has held positions such as board member/chairperson and has sat on committees for this organization. He developed support services for persons living with HIV/AIDS, facilitated an HIV/AIDS support group, and counselled individuals on the transmission of HIV. He has presented numerous workshops/presentations on HIV/AIDS to community groups, health care agencies, university classes, and the general public. Rawd was the co-founder and past board member of the People Living with AIDS Network of Saskatchewan. In 1989, Rawd received the AIDS Regina Community Service Award for his outstanding contributions to AIDS education and his generous support and acts of kindness to individuals battling HIV/AIDS. Rawd has been awarded the Sister Emilie Bandet Memorial Certificate of Merit (1998) in recognition and appreciation for his outstanding contributions to persons living with HIV/AIDS from the People Living with AIDS Network of Saskatchewan.

Rawd has been very committed to the Saskatchewan Association of Social Workers and has maintained an active and continuous involvement. He held the position of Registrar for the period of 1984 to 1986 and then was reappointed by Council to the Registrar's position in 1995. He continues to serve SASW in this volunteer capacity. Rawd is an integral member of both the Standards of Practice Committee and the Professional Conduct Committee with SASW. He represents SASW at the national level as a member of the National Registrars' Committee and in past years sat on the National Registrars' Competency Committee. In April 2000, Rawd received the SASW Distinguished Service Award for his unwavering commitment to promoting the profession of social work in Saskatchewan.

Congratulations, Rawd!

SASW Distinguished Service Award

Marlene Chatterson was raised at Wolseley, Saskatchewan. She received a B.A. from the University of Saskatchewan, a B.S.W. from the University of British Columbia and an M.S.W. from St. Patrick's College School of Social Work, University of Ottawa (now Carleton University School of Social Work).

Marlene worked for 14 years in the Child Welfare field, in various Saskatchewan locations as well as Calgary and Toronto. She was employed as a front line worker, supervisor and Regional Director. She worked for the Family Service Association of Metropolitan Toronto for 11 years as a marital and family counsellor and as a Regional Director.

After living in Ontario for 18 years, Marlene returned to her roots in Saskatchewan. She worked for the Department of Indian Affairs with the social assistance program and for Child and Youth Services as well as the Department of Social Services. She spent six years as Director of Social Work for the East Central Health District retiring in September 2002. Marlene continues to do Custody and Access assessments for the Department of Justice.

Marlene has been active in both learning and teaching in the social work field. In Toronto, she taught evening social work classes for Ryerson and was a sessional lecturer for the University of Regina for the past seventeen years. She has supervised practicum students from the universities of Toronto and Regina.

She was on the Board of the Toronto Branch of Ontario Association of Social Workers and has been a member of SASW for many years. She has served as a member-at-large and attended Council meetings for two years as Yellowhead East Branch representative. She has been active in the Yellowhead East Branch since 1996. She will be taking the role of CASW representative this fall.

Marlene is committed to the social work profession and its values. She has demonstrated a commitment to assisting students and colleagues in their development. She is active in the community, with the Canadian Federation of University Women and their book club, Red Cross and the Kidney Foundation. She enjoys bridge, golf, reading and travel. Marlene has one daughter, Kim, who was recently married and is close to obtaining her B.S.W.

Our thanks and congratulations to Marlene for her ongoing leadership and encouragement to all of us in the profession of social work.



Marlene Chatterson of Yorkton is the 2003 SASW Distinguished Service Award Recipient.

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camera ready

SASW Student Award

Ruth Ann Thomas of Saskatoon was awarded the 2003 SASW Student Award at the Annual General Meeting held in Moose Jaw on April 30, 2003.

This SASW Student Award is awarded annually to a Social Work student who is enrolled in at least one class with the Faculty of Social Work. The Student must be involved in community service, based outside normal requirements of employment or educational activity.

Ruth Ann is presently in her 4th year of the Bachelor of Social Work Program with the Faculty of Social Work, University of Regina – Saskatoon Campus.

Ruth Ann's interests spiral outward from her home. In part due to the years spent as a mother, she is interested in children and youth issues. As well, she has an interest in women's issues with specific concern for violence against women. Ruth Ann recently completed her practicum experience at the Family Support Centre, Domestic Outreach Program – Saskatoon. Through

this opportunity, Ruth Ann feels that she was further able to enhance her knowledge as well as develop specific skills through co-facilitating groups.

Interacting with people is an integral part of Ruth Ann's life. An appreciation for the environment and concern for it is reflected in her leisure activities of exercise and cabin life which feeds into her holistic approach towards wellness.

Ruth Ann's community involvement includes:

- Volunteer for the Saskatoon International Women's Day Dinner
 - Member of the Skills Review Planning Committee, University of Regina
 - Notetaker for two university students who required assistance
 - Active volunteer at the YWCA Day Care
 - Canvasser/Coordinator for the Canadian Diabetes Association
 - Founding President of the North End Big Island Cabin Association
 - Treasurer for the 8th Pack Cubs
 - Member of the Autism Society of Manitoba
- Congratulations Ruth Ann!

Want some mind spinach? *Pop-Eye* is now available: Try it!

Complimentary copies of a national magazine of commentary, opinion, news and investigative journalism that has been launched in Saskatchewan can now be obtained. Sample copies of Volume 1, Number 1 have been sent to various locations, including the offices of the Department of Community Resources and Employment. The magazine is called *Pop-Eye*, with the title being an allusion to the idea of keeping an eye on the issues and trends impacting in significant ways on the health and wellbeing of Canada's population. The strong, cross-national correlation between strong social policies and the overall quality of population health places social workers directly at the centre of the magazine's target readership.

If you can't get a copy from your agency and you want one or if you want to make a contribution in the form of formatting ideas, ad placement, announcements, research or writing yourself, contact the Publisher/Editor (Dr. Richard [Rick] Thatcher – an SASW member) at:

Phone: 306-731-3819 Fax: 306-731-2283
E-mail: rthatch@msn.com



Ruth Ann Thomas, left, was presented with the SASW Student Award by Deb Buettner, President, at the April 30, 2003, Annual General Meeting.

The Conference Report

The 2003 Provincial Conference was a great success. Participation numbers far exceeded what has been the “norm” for a number of years. The conference had three goals: 1) learning new or validating old skills, 2) networking with colleagues and 3) changing gears to a slower pace to enjoy the fellowship and to enjoy the quiet/scenic atmosphere. The evaluations confirm that by far, our goals were met. It is interesting to note that several attendees have e-mailed the Moose Jaw Branch with their thanks and positive comments indicating that they had not completed an evaluation at the time of the conference.

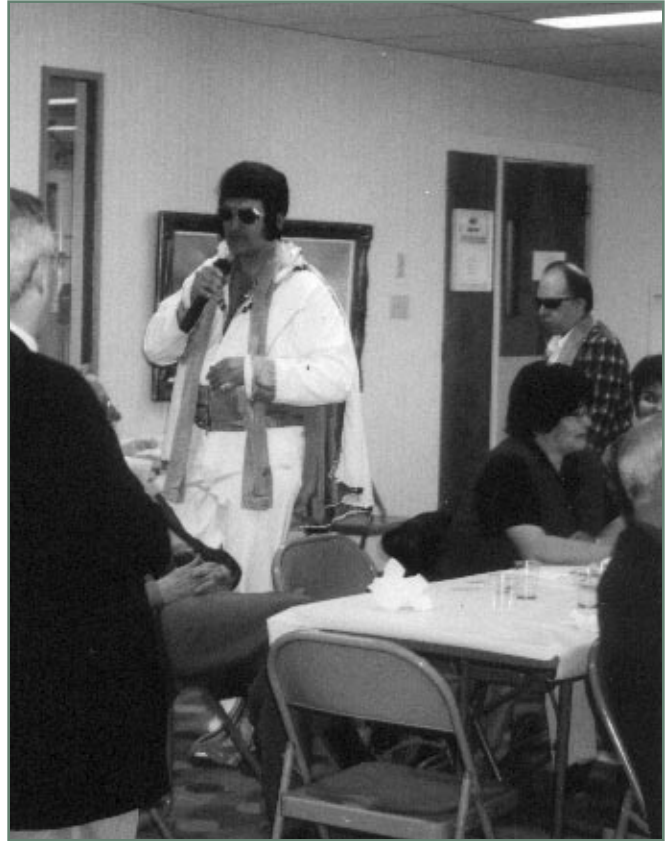
It is challenging to meet the individual needs and expectations of everyone who attends a conference. It is also a challenge to balance “learning,” “socializing” and “timing.” Overall, it was a great experience and I challenge other Branches to come forward and offer to host the next conference in 2005. Moose Jaw Branch will be completing an evaluation/critique of the experience and will forward this to the Provincial Office for others to review the “DO’s and DON’Ts” when planning.

Comments received on the evaluations included but were not limited to: “a panoramic view of nature which contributed to the relaxed mood of the conference”; “meals were wonderful with more than enough fruit and vegetables as well as good home cooking”; “the entertainment with Elvis and his buddies was very enjoyable. What an opportunity for the two men who were the bodyguards to enhance their confidence”; “really enjoyed dancing the Conga Line”; “well organized, good conference”; “having books to buy from the Adlerian Society was greatly appreciated.”

*Gloria Gale, BSW, RSW
Moose Jaw Branch*

SASW Celebrates 40th Birthday (1962-2002)

During the Annual General Meeting and Conference held in Moose Jaw, members of SASW celebrated the 40th birthday of SASW. In celebration a cake was served to conference participants. The cutting of the cake was done with cooperation from (L to R) Tom Seeley, President-Elect, Deb Buettner, President, and Frank Dornstauder, Treasurer.



Participants of the SASW Conference hosted by Moose Jaw Branch were entertained at the banquet by Elvis and his “bodyguards.” An oldie-but-goodie time was had by all!



Admin Section



Social Work Advocacy at the Local Level

It is often easy to think of advocacy on only a national or provincial level. It is important that professional social workers express their concerns to decisions makers in all levels of government. Too often, local politics are ignored by provincial and local social work associations.

Prince Albert City Council is currently reviewing its transit policy, and mainly as a cost savings mechanism, is considering eliminating both the special transportation services and even public transportation services after 6:30 p.m. on weekdays and Saturdays. As far as Sunday service is concerned, Prince Albert has not had public transit services for many years.

I was probably the only social worker who attended a transit review meeting and expressed concern about the proposed cutback in services. Why did I attend? I haven't used public transit more than about half a dozen times since I moved to this city 34 years ago. My most recent use was to get home after having cataract surgery at our local hospital. I plan to write to our daily newspaper, which from past experience, I have found to be the best way to get city council members to become aware of local issues.

Prince Albert is in a unique situation in Saskatchewan. We have had a private company contract for our public transit services for about 60 years. However, through our local taxes, we subsidize the operating losses of this service by about the amount provided through provincial subsidy.

At the public meeting, I pointed out that I subsidize fire and police services through my municipal taxes, although I hope I never have to use those services personally. Fortunately, I have never needed the fire department services, and only needed the police to investigate one break-in and damage incident at my private residence. Even though I seldom use public transit, I don't mind a reasonable subsidy for some basic services during the week in the evening.

I made the following point at that public meeting: Suppose a single mother on social assistance had the chance to get a part-time job at one of the "box stores" that have opened in our community, and those part-time hours were in the evening. That may be the only time she can find reasonable and reliable child-care services in her home. Yet, if she had to take a taxi to

and from work for the 3-hour minimum under the labour law, she would be working basically for the taxi company and it wouldn't pay for her to even try to become partially independent.

Given the plan proposed, my argument was that there should be public transit available until 10:00 p.m., Monday to Saturday, even if the routes were somewhat restricted and didn't cover every corner of the city, and required a person to walk a few blocks.

When I was raised in Montreal, as a teenager I had to walk several blocks to access quite a good transit service, as did many others. No transit service after 6:00 p.m. is unfair to people on low or minimum incomes, who by the Code of our professional association should be part of our professional concerns.

"I believe that social workers have an important role to play by speaking up about issues in their local communities, issues which tend to be easier to lobby for than many at the provincial or national levels."

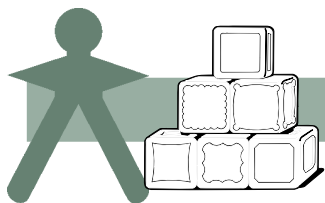
Peter Griffiths, MSW, RSW (SK)

*Wherever you go,
Whatever you do,
Say "I AM A SOCIAL WORKER"*

You would be surprised at how often social workers say they work with alcoholics or they do therapy or counsel troubled children or direct an employee assistance program. There is nothing wrong with these statements, but preface each with "I AM A SOCIAL WORKER" and then add the statement "...who works with troubled youth." What you will be doing is performing an invaluable service to education of the public which benefits the social work profession and ultimately yourself.

The best way to strengthen the image of the social work profession is for social workers to identify themselves as SOCIAL WORKERS.

Social Workers – Make a Difference



The Family Tree Section

OUR FAMILY TREE

Preparation for this article grows as an exercise in admiration, humility, wonder, and even some amusement as I realize the scope of history provided by SASW pioneer members. I trust that readers will have memory triggers regarding significant interactions with those who are profiled. If so, then we can begin to recognize pieces of ourselves in the bigger picture of Our Family Tree. While learning more about the rich life of Gaynel McCaw, this writer spoke to him and to his daughter Anne in Vancouver, British Columbia. Some of those insights are included below.

GAYNEL McCAW (b. 1917)

Gaynel McCaw was born in 1917 on the farm, on a quarter section of land near Lampman, Saskatchewan (at that time, Northwest Territories). In 1920, his parents moved the family, with a total of six children, to Fort Qu'Appelle, where Gaynel attended elementary and secondary school. Gaynel particularly notes graduating from grade 12 in 1935 in "the height of the depression."

Gaynel had a keen awareness of world issues, economic and political events, and felt the positive influence of school principal John H. Sturdy, who later became Minister of Welfare in Saskatchewan. Prior to World War II (August 1938), Gaynel joined the Royal Air Force. He then trained as a pilot in England and received his pilot's wings in April 1939. Soon after, he was assigned to torpedo training school near Portsmouth, England, and practiced on the Swordfish, "a slow but stable two-seat biplane." On May 22, 1940, during solo practice from Northcoats, Gaynel crashed and subsequently spent time in hospital, during which he missed the battle at Dunkirk. He remained with the Coastal command, flying together with the RAF fighter command. Gaynel remembers passing "the city of London as it burned from the day attacks."

A decisive blow for Gaynel occurred on June 2, 1941; one described by Gaynel as "my last mission of the war." It was at that time, while flying the torpedo bomber

Beaufort, that he was shot down and taken prisoner.

Anne, Gaynel's daughter, relates that "Dad spent time in Stalag Luft III, where he took part in the Great Escape." Gaynel: "This was the low point in my life—one morning an officer in a great fighting force, respected and well treated—by evening the chattel of the enemy. How was it being a POW? We were prisoners—dirty, always hungry—but we were infinitely better off than concentration camp prisoners or the Russian POWs. Loss of freedom was worse for us and we walked the camp in pairs or groups. Fifty escapees were shot, and we thought we'd be used as hostages to protect the high ranking German officers."

Anne McCaw states that it was the experience in Stalag Luft III, during the Great Escape, that the 50 escapees were shot.

The POWs were released from duty in 1945, returned to England and celebrated in London before heading home on immediate leave. Gaynel returned to Canada in mid-July 1945 via France, Halifax, Montreal and then to Melville, Saskatchewan. He remembers being at the beach in southern Saskatchewan the day the first A-bomb was dropped in Japan. He remembers that some RCAF pilots got work with commercial airlines, but he returned to school in Regina where he ultimately studied Social Work Administration.

In the 1920s and 1930s, Gaynel remembers that his family had been a sort of social agency, albeit unofficially. They regularly "took in" people in need. This was a value base that ultimately became one of Gaynel's core approaches to his life and work. He attended McGill University, where he committed to getting his Master of Social Work with assistance from the Department of Veteran's Affairs. Since McGill University emphasized membership in the CASW, Gaynel joined and then also joined the SASW, of which he has been a committed member. In fact, Gaynel McCaw founded the Prince Albert Branch of CASW in 1956-57 and became President of SASW in 1967.

During his Social Work career, which has virtually spanned his lifetime in one capacity or another, Gaynel worked as a psychiatric social worker from 1952-1953 and as a financial assistance worker in the Prince Albert area beginning in 1953. He describes this time as feeling like "frontier work." In 1955, Gaynel became Regional Administrator of Prince Albert District. Throughout these years, Gaynel managed to find time to marry

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GAYNEL McCaw (b. 1917), continued

Mearl Draper. Together, they adopted two children; a son, Kim, and a daughter Anne. Anne McCaw remembers that “mom and dad had long-lasting friendships, and many of those originated in the Social Work Community. It is wonderful to hear them reminisce about their working days in rural Saskatchewan, travelling miles and miles in all kinds of weather on less than adequate road systems to make calls wherever they were needed.”

Gaynel remembers the Medicare Crisis as a “very difficult time since doctors and members of the public took active sides.” According to Gaynel, public servants were “purged” for political reasons during this time. Gaynel remembers also that “The Department tried to move me out of Prince Albert, but I resigned rather than give in to pressure to move.”

The decision to stay in the North resulted in his appointment as Assistant Director of the National Parole Service in Prince Albert for 1963-4. His POW experience during the war resulted in his feeling that he “could never really stomach the jails.” In 1964, Gaynel moved to Saskatoon to work with the Department of Indian Affairs. He continued in this role until 1980, moving to Regina where he would eventually take early retirement. Throughout that time, Gaynel felt that programs in support of the Aboriginal community were inadequate and was clear that the 1965 White Paper and Ottawa “sold natives down the river.”

Anne McCaw relates: “Kim and I have many wonderful memories of growing up, and we both have always felt so fortunate to have had mom and dad as our parents. We were raised with strong family bonds and by parents who taught us by example the virtues of kindness, compassion, tolerance, and an interest in the world and the value of friendship.”

Anne remembers spending summers camping in northern Saskatchewan, despite numerous storms and mosquitoes. She states these family times are among her best memories of her father. Anne also remembers “spending many Christmases in jail—with Margaret Heseltine and Ray Slough and family who were wardens of the men’s and women’s correctional institute in P.A.”

Skills are the flowers you get if you water your talent bush enough.

—*Arethusa Quigley (Spider Robinson)*

Anne: “Inevitably, some of the inmates would be around to assist with various Projects that were happening (even as babysitters for us) and that was all a normal part of life.”

Gaynel McCaw has seen life in Saskatchewan through the lens of one who was a child of the depression and as a RAF pilot with hero status. He was a prairie boy who reached for the stars and found himself captured as few of us might ever imagine as prisoner of war. He returned to the prairie, nurtured his family and countless people in this province through his commitment to helping others. He felt that the SASW could

It seems, in retrospect, that Gaynel was in fact one of the strongest rallying points in the SASW by virtue of being present, being involved, and being an inspiration to those who have come after him.

be more effective at that time in pressuring government to provide better programs, and better community services. In 1985, he stated that he wished that the CASW and SASW could be a better rallying point for social work and take strong vocal stands on issues when it might make a difference. It seems, in retrospect, that Gaynel was in fact one of the strongest rallying points in the SASW by virtue of being present, being involved, and being an inspiration to those who have come after him.

Gaynel’s wife Mearl, passed away in January of this year, shortly after she and Gaynel celebrated their 54th wedding anniversary. Since then, Gaynel lives with Anne and her family in Tsawwassen, British Columbia. Anne and her husband Michael have two adopted daughters, Courtenay and Abbey. Kim and his wife Linda have a son, Patrick and daughter, Maggie.

When we review these individuals and consider this as our heritage and as our SASW Family Tree, it is a great lesson to realize the humility of those who were in the vanguard of setting standards for the rest of us.

Brenda Stinson, MSW (Sask)

Note:

Remembrances by Gaynel McCaw taken from: Spicer, Michael J. (1986). *Saskatchewan Social Work, 1945-1975. The Saskatchewan Association of Social Workers Oral History Project*. Perkins Book Binders: Regina. (pp. 56-71).

Anne McCaw, personal conversation and correspondence. April, May 29, 2003.

Social Policy Principles

Recently the CASW issued a statement in which the strengths and weaknesses of the 2003 federal budget were identified. The strengths included: the introduction of a child disability benefit; new money for child care, affordable housing and homelessness; an increase in the child tax credit; confirmation of new funding for health care; and increased accountability through the creation of two new categories of transfers to the provinces and territories (one for health care and the other for education and social services). The weaknesses of the budget were the lack of new financial support for social services other than child care; a limited impact on the reduction of poverty; preferential tax cuts for middle and high income Canadians; and a failure to resolve federal-provincial-territorial disputes about responsibilities for social programs.

CASW Social Policy Principles

The following principles will be used by the Canadian Association of Social Workers to guide the evaluation of federal social policy initiatives. Each of the principles is accompanied by a short statement which identifies the linkage to practice:

Dignity and Respect: each individual has a right to self-fulfilment to the extent that the right does not encroach on the right of others. To that end, social policy measures should intrude as little as possible on the choices which individuals make to realize their own personal life goals.

Implication for Practice: Commitment to the values of acceptance, self-determination and respect for clients.

Equality: because of the intrinsic worth of every human being, each person shall be treated equally without unfair discrimination on the basis of disability, colour, social class, race, religion, language, political beliefs, sex or sexual orientation.

Implication for Practice: Affirmation of the importance of equal opportunity for clients to realize their full potential.

Equity: individuals and families are to be treated equally if they are in like circumstances; social inequalities are considered just only if they result in compensating benefits for the least advantaged in society.

Implication for Practice: Recognition of the need of affirmative action and targeting for some clients in order to minimize social exclusion.

Comprehensiveness: all persons in Canada are entitled to educational, health and social services and social security on uniform terms and conditions in a manner which assures a range of choice and maximizes respect for the individual.

Implications for Practice: Recognition that solidarity in society is a fundamental basis of cooperation with and among clients and significant others.

Quality Services: services are to be based on best practices and a participatory approach to their administration and improvement.

Implications for Practice: Empowerment of the client through excellence in the work place and involvement of the client in administrative decision-making.

Constitutional Integrity: social programs are to be financed, regulated, and provided with full regard to the jurisdictional responsibility and competence of each level of government.

Implications for Practice: Recognition of the regional and linguistic diversity of the country in the delivery of social services to clients.

Subsidiarity: social programs are to be provided at the lowest level of community possible unless it can be shown that they can be more effectively provided by higher levels of government.

Implications for Practice: Insuring that decisions, and the delivery of social services, are made as close as possible to the client.

Social Dialogue: governments should take all necessary steps to encourage and facilitate extensive consultation with relative social partners in the development of social policies the administration of and programs.

Implications for Practice: Recognition of the right, and obligation, of social workers to participate in professional and community associations in order to influence the development of social policies.

*Approved by the CASW Board
March, 2003*

CASW President Visits Saskatchewan

SASW was pleased to welcome Ellen Oliver, President of the Canadian Association of Social Workers (CASW), to Saskatchewan. Ellen gave greetings at the SASW Annual Meeting in Moose Jaw April 30, and opening remarks at our Conference the next morning. Ellen's time with us was busy as she also presented an educational seminar, "Solution Focused Approach to Child Welfare," co-hosted by the Faculty of Social Work, the Department of Community Resources and Employment and SASW and also attended a meeting of the Conference 2004 Committee.

Ellen travelled almost 4000 km to visit us—she lives in St. John's Newfoundland. She grew up in the small community of Black Head in a house only a few metres from the ocean. Ellen remarked on the amazing flatness of the Prairie—she was looking for a hill so that she could see where she was going. Conference participants shared with her their opinion that a hill just gets in the way of seeing where we are going and where we have been.

Ellen has been on the CASW Board for nine years. She served one term as vice-president and completed

the second year of her first two-year term as President of our national board at the end of May. Ellen has been nominated for a second two-year term as President. Member Organizations (provincial and territorial social work associations) are eligible to nominate one candidate for the office of President from among their own membership or from the membership of any other member organization. If an election were required, members of the CASW Board and Presidents of the Provincial/Territorial Associations would vote at the CASW Annual Meeting. Candidates for the position of President must be social workers who are members in good standing of their member organizations and who are presently CASW Board members or who were in the last three years.

Ellen was confirmed as President for the next two years at the Annual General Meeting June 1 in Halifax.

Ellen currently holds a temporary faculty position with the School of Social Work at Memorial University in St. John's Newfoundland. She has a background in front-line service delivery in Mental Health and Social Services and has worked in St. John's, Grand Falls and Happy Valley, Labrador. Ellen continues to do private counselling.

In her remarks, Ellen described social work as a profession that we grow into, rather than a profession that we were likely to have identified as one we wanted to do when we "grew up." She also recognized the creativity needed to flourish in more isolated, rural or resource-challenged areas of practice. Ellen herself has grown into the leadership role of our profession, provincially, nationally and internationally. She continues to use her creativity through challenging times for our national association and challenges us to do the same. Ellen has made a great contribution to both the national association and to the social work profession.

Ellen will come to Saskatoon, Saskatchewan, in June 2004 for the CASW National Conference.



Ellen Oliver, front, gave opening greetings at the SASW AGM held in Moose Jaw on April 30, 2003.

2002 SASW ANNUAL REPORTS

are available.

Please call the SASW office.



Greetings from the Faculty of Social Work. We have had a very successful 2002-03 academic year with respect to our practice, research, education and policy initiatives in Regina, Saskatoon, Prince Albert and in regional colleges in other centres in the province. Some direct evidence of this success is that we will have approximately 110 BSW, 30 BISW, 15 CISW, 3 CSW and 10 MSW graduates at Spring convocation this year. We, in the Faculty of Social Work, are very excited about the success of our students and we owe a great deal of this success to you because many of you have supervised students in practicum settings in your agencies. We appreciate your contribution to social work education in Saskatchewan very much. In fact, many of you are engaged in this important work at the moment because we have several BSW students doing their practicum in the Spring/Summer term. Thank you very much for your wonderful contribution to social work education.

An additional task we have been working on during this year is developing a report for our BSW and MSW

reaccreditation with the Canadian Association of Schools of Social Work (CASSW). All BSW and MSW degree programs in Canada are re-accredited every 5 to 7 years. An important purpose of this process is to ensure that the undergraduate and graduate programs are addressing contemporary and regional social work issues in the curriculum. We will submit our report on our BSW and MSW programs to CASSW in November of this year. We will then have an accreditation visit in early 2004 and we would be pleased to have SASW meet with the CASSW representatives to discuss any aspect of our undergraduate and graduate programs that you would like to raise. We look forward to your participation in this process over the next year.

We, in the Faculty of Social Work, look forward to continued collaboration with all of our colleagues in SASW in improving social conditions of life for all people in Saskatchewan.

Michael J. MacLean
Dean, Faculty of Social Work
University of Regina

The Canadian Association of School Social Workers and Attendance Counsellors – CASSWAC

CASSWAC grew out of a will on the part of a small group of Social Workers and Attendance Counsellors from the prairies who held their first meeting in Calgary in 1982. The purpose was to find a way to provide professional development and networking with other School Social Workers and Attendance Counsellors across the country. Out of this grew the first biannual conference hosted by Saskatoon in 1984. Since then our membership has grown to over 500 at its peak. The conferences continue to happen biannually in cities across the country, linking us together through common experiences, similar issues of social concern and a will to improve our practice.

School Social Workers and Attendance Counsellors provide unique services to students, families, schools and communities in order to help students attain maximum benefits from school programs. CASSWAC strives to provide a forum for distinct social work and attendance issues to be discussed and expanded with the focus on concerns particular to the educational setting.

Mandate and Structure

The mandate of CASSWAC is to promote and encourage the development of quality school social work and attendance counselling in Canada. This mandate has been fulfilled primarily through the newsletter and the biannual conference. However, 2001 marks the addition of the CASSWAC Web site, including the MEMBERS ONLY area. This area is a major step forward in meeting the mandate of the organization. CASSWAC members have the ability to use a message board to connect with other school social worker and attendance counsellors across Canada. Whether it is an important national, regional or local issue or just to connect with someone, who understands your difficulties or successes, the message board offers a wide range of a flexibility of communication for members. By January 2002 the newsletter will be available on the members portion of the CASSWAC site. This will definitely improve the quality as we take the newsletter electronic.

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The Canadian Association of School Social Workers and Attendance Counsellors - CASSWAC, continued

Function of the Association

CASSWAC is a national organization that links school Social Workers and Attendance Counsellors.

- A national conference is held every 2 years across the country with topics that relate to school social work and attendance issues within the educational system.
- The newsletter conveys issues of concern and news of current trends.
- As a national organization we have an opportunity to be heard on global and national educational issues.
- Raising the awareness and credibility of School Social Workers and Attendance Counsellors in the school system.
- To partner with other national, provincial and regional organizations.

How to Join

People who work in the educational system in the capacity of School Social Worker or Attendance Counsellors are eligible for membership. The yearly membership is \$25.00. The memberships run from September 1 to August 31.

You can join via the Web site at www.casswac.ca or by contacting your provincial representatives:

Pamela Goulden-McLeod
Saskatoon Public School Div.
405-3rd Avenue South, Saskatoon, SK S7K 1M7
(306) 683-8128 or Goulden-mcleodp@spsd.sk.ca

Rona Armitage
Rivers School Div. No. 119
1090 Branion Dr., Prince Albert, SK S6V 2S8
(306) 763-6031 or rarmitage@paschools.pa.sk.ca

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IMPORTANT NOTICE



Legal Advice for Members of the Canadian Association of Social Workers

To reduce the risk of civil claims or disciplinary complaints against social workers, **Aon Reed Stenhouse Inc.**, in co-operation with the **Canadian Association of Social Workers** and your insurer, **Halifax Insurance**, have arranged for pro bono summary legal advice service to be provided by **Bell, Temple, Barristers & Solicitors**. Bell, Temple, in consultation with Halifax Insurance, will arrange for the appropriate referral to legal counsel in provinces other than Ontario.

Bell, Temple will provide confidential advice by telephone to all social workers participating in the **Professional Liability Insurance Program** administered by **Aon Reed Stenhouse Inc.** and co-sponsored by the **Canadian Association of Social Workers**. **Bell, Temple** will provide advice on questions regarding potential civil claims or disciplinary complaints including:

- ◇ Confidentiality – client files/records ◇
 - ◇ Release of information ◇
 - ◇ Response to a subpoena ◇
 - ◇ Conflict of interest ◇
 - ◇ Custody and access ◇
- ◇ Sexual involvement with a client ◇
 - ◇ Incompetence ◇
- ◇ Other professional misconduct issues ◇

ABOUT BELL, TEMPLE

Bell, Temple is a litigation law firm that has been involved in malpractice liability and health discipline matters for many years on behalf of many professional groups. Cameron C.R. Godden and Lisa E. Hamilton lead Bell, Temple's Health Discipline Group. They are well versed in the regulations, standards of practice and the ethical obligations of social workers. They have represented regulated professionals at every stage of discipline and civil matters, including assistance in the preparation of responses to complaints from the various Colleges, representation before discipline tribunals and the Health Professions Board, and related appeals. They are both available by telephone to provide free, confidential legal advice to avoid or reduce the probability of a claim or complaint.

Each telephone consultation is limited to 30 minutes per inquiry. The lawyer may consider it appropriate to review the issues and jurisprudence, and then call you back. The advice given will rely upon the accuracy and completeness of the information you provide.

Please be prepared with the following information:

- ◇ Your name, telephone number(s) and address ◇
- ◇ Your policy and certificate numbers ◇
- ◇ A concise summary of all relevant facts ◇
- ◇ Your specific question or concern ◇

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Yorkton KidsFirst Mental Health Consultant Role

It is intended that this section will be a regular section of the newsletter to provide program news. The idea is that there will be reflection on development challenges and policy analysis.

The Yorkton KidsFirst Mental Health Consultant is Brent McKee, Social Worker. A collaborative relationship was developed between KidsFirst and Mental Health Services, Sunrise Health Region, to facilitate and coordinate inter-agency issues, as well as assisting in the positive transitioning of families between services.

The Mental Health consultant has six key responsibilities:

1. Supporting home visitors. Clinical support is provided to each Home Visitor by making suggestions about strategies that they can use to meet the family's needs and support time for the invaluable work they are providing.
2. Provide training to staff and/or families on a variety of topics, *i.e.*, Assertiveness, Healthy Relationships, Mental Health Services Act, Stress Management, Alcohol and Drug Services, Family Violence and Boundaries in Working Relationships.
3. Alcohol and drug treatment planning. The role and scope of the mental health consultant is expanded to include alcohol and drug treatment planning. The Parkland Alcohol and Drug Abuse Society, Inc is providing training on treatment modalities and treatment planning for alcohol and drug abuse treatment. The consultant will oversee the integration and service delivery of the overall alcohol and drug treatment planning so as to address a family's needs in a holistic manner. A comprehensive assessment (Mental Health and Addictions), at a single point of entry, will reduce the number of workers/agencies involved with the families and will develop a comprehensive treatment plan. This in turn will create a higher level of success with the families.
4. Provides direct clinical services under the Mental Health Services Act. The consultant facilitates a group night twice a month in which the families identify topics. Topics have included: attachment and bonding, healthy relationships, STD and healthy lifestyle choices, alcohol and drug services, and First Aid/CPR. All topics are at the families' request. The consultant also provides individual counseling serv-

ices to families whose needs exceed what the Home Visitor is offering.

5. Community and service development. A few of the initiatives that Yorkton KidsFirst and the Mental Health Consultant are involved in include: a Fetal Alcohol Spectrum Disorder project, Good Food Box, Invest in Kids, Respect ED and supporting other community projects.
6. Provincial mental health coordination and support. A strong relationship is currently being created throughout the province. A "Best Practices Approach" is in its initial stages of development. This will ensure consistency in responses, allowing for the development of coordinated approaches throughout the province, and respecting regional differences.

"What I have learned is the best things happen over coffee. And, it's not about agencies or programs, rather, about people who care about our community. The other important lesson; partnership isn't the best way to do business, it is the only way to do business."

—Brent McKee

For more information on KidsFirst, contact:

Early Childhood Development Unit @ 787-5077 or
Brent M Kee @
Yorkton KidsFirst
83 North Street, Yorkton, SK S3N 0G9
Telephone: 306-783-7664
E-mail: brentkfk@sasktel.net

KidsFirst Fact Sheet

KidsFirst Vision:

- All children enjoy a good start in life and are nurtured and supported by caring families and communities. They receive the nurturing, stimulation, and the support they need for healthy growth and development to become contributing citizens.
- KidsFirst is a voluntary program that assists families in becoming the best parents they can possibly be by enhancing knowledge, providing support, and building on family strengths.

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Yorkton KidsFirst Mental Health Consultant Role, continued

- KidsFirst addresses the barriers that families are faced with today by providing transportation, early learning opportunities for their children and non-traditional methods of service delivery.
- KidsFirst program is designed to enhance existing programs already in our community, not replace them.

Who will benefit from this program?

- Vulnerable prenatal and post-natal women and their families, to ensure they receive the support they need to have the healthiest babies possible.
- Parents will benefit through support programs built around parenting, literacy, nutrition and other needs.
- Children will benefit through early learning opportunities, prevention and early intervention services. If parents are provided the supports they need, they in return can do a better job of nurturing their children.

Who are we trying to reach?

- Those who are hard to reach:
 - don't access programs and services
 - promotional materials may be beyond their reading levels
 - are apprehensive about using formal supports
- Receive little or no prenatal care – first contact is in the hospital at time of birth
- Begin having children in early teens and continue to bear children frequently, and/or
- Have complex socio-economic issues and tend to not recognize risk, nor accept support

Goals of KidsFirst:

- Children in very vulnerable situations are born healthy and remain healthy,
- Children living in very vulnerable circumstances are supported and nurtured by healthy, well-functioning families,
- Children living in very vulnerable situations are supported to maximize their ability to learn, thrive and problem solve within their inherent capacity,
- Children and families living in very vulnerable situations are appropriately served by KidsFirst program and supports

What communities are targeted?

- Communities were selected through a ranking process based on factors associated with poor childhood outcomes: poverty; low and high birthrates; infant

hospitalization rates; lone parenting rates; and number of births in the community. These are: Meadow Lake, Moose Jaw, Nipawin, North Battleford, Yorkton and all of Northern Saskatchewan as well as specific neighbourhoods in Regina, Saskatoon and Prince Albert.

What types of programs are available in Yorkton?

- Prenatal Outreach aims to ensure that pregnant women who are at risk of having poor birth outcomes are provided with the positive support they need. This includes prenatal nutritional supplements and access to the home visiting program.
- Home visiting is the cornerstone of KidsFirst. A team that includes home visitors, mental and social health and drug and alcohol services will offer support to vulnerable families in the comfort of their home before and after the birth of their children.
- Childcare and early learning programs are being expanded and developed based upon the needs of the families. These programs will help children develop social, emotional and cognitive skills and prepare for school.
- Family Support Programming is an essential element throughout all program areas and is based on the needs identified by families.

ATTENTION REGINA & AREA MEMBERS!

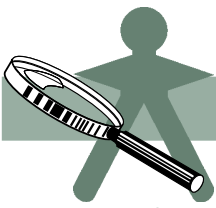
***A meeting to plan the reconvening of the
Regina Branch of SASW will be held:***

***Tuesday, September 16, 2003
Time: 11:45 a.m. – 1:00 p.m.***

***Place: Child & Youth Services
1601 College Avenue, Regina, SK***

***Joanne Phillips, Program Manager – Child &
Youth Services, will chair this first meeting and
will arrange lunch. Among other things on the
agenda, will be a story from the old days by
Gayle Fulton and plans for a Halloween Party.***

***If you would like to attend this meeting,
please contact: Joanne Phillips
Email: joanne.phillips@rqhealth.ca
Phone: (306) 766-7400***



Tamara's House Releases Study

The Cost of Insured Health Care Services to Survivors of Childhood Sexual Abuse (CSA)

Twelve women survivors of child sexual abuse (CSA) took part in a participatory action research project to determine the cost of their health care services in Saskatchewan over a 10- and 11-year period. The research was undertaken jointly by Tamara's House, a community based service in Saskatoon dedicated to providing holistic complementary and alternative services to women survivors of CSA, the Prairie Women's Health Centre of Excellence, and the Faculty of Social Work, University of Regina. Sandra Burgess, a social work Master's student fulfilling her project requirement at Tamara's House, was the principal investigator.

The purpose of the study was threefold: first, to determine the cost of health care services used by the 12 women survivors of child sexual abuse; second, to determine whether insured health care services helped in the healing process; and third, whether there are other means of providing healing which fall outside insured health care services. Health care services include medical services (such as visits to physicians, medical specialists and chiropractors), hospitalization, emergency room services and prescription drugs.

Each of the 12 survivors requested and obtained their 1989-1999 health records from Saskatchewan Health. They reviewed their own health records to determine their utilization of health services, to measure the costs of these health services and to record their reflections on their interaction with the health care system. Health care service costs were analyzed and compared to appropriate benchmarks, adjusted where possible for age and gender.

The cost of insured health care services for the 12 women survivors of childhood sexual abuse was 4.1 times the population average after adjusting for age and gender. The average annual cost of publicly funded health care expenditures per survivor was \$4,387 as compared to \$1,100 for the population average.

The adjusted utilization-to-benchmark ratios showed that, on average, the cost of medical services used by the survivors was 3.7 times the population average. The average costs of hospitalization for the survivors were 3.8 times the population average and 76 per cent of the cost of hospitalization was spent on psychi-

atric care. The average cost of medications prescribed to the survivors was 9.4 times the population average.

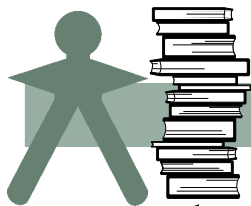
The survivors reported that some of the positive consequences of insured health care services included various stabilizing effects such as control of symptoms and the ability to function in society. They reported that the negative consequences of health care services included failure of health care providers to detect CSA which may have led to a diagnosis which overlooked the underlying cause, excessive use of psychotropic drugs, and continued fragmentation of various helping systems including health care, social services, and justice.

In response to the question, are there other means of providing healing which fall outside insured health care services, the survivors said yes. They reported that a number of complementary and alternative therapies worked well for them and that other services and treatment aimed at sustained inner healing, not merely the remediation of symptoms, were of benefit. One of their recommendations was that Saskatchewan Health look into the possibility of including selected therapies as publicly insured health care services.

The women who took part in this study have continued to meet and as a result they have developed a series of educational resources, including brochures and a poster for survivors of child sexual abuse and health care providers. These resources are being distributed by Tamara's House in conjunction with a series of training workshops for health and human service professionals. The workshops are aimed at improving the quality of care for survivors of child sexual abuse. Social workers interested in this material and/or having a workshop on the results of the research can contact Erin Scrivers or Carol James at Tamara's House, at (306) 683-8667.

Copies of the final report entitled "*I couldn't say anything so my body tried to speak for me*": *The Cost of Providing Health Care Services to Women Survivors of Childhood Sexual Abuse* are available from Tamara's House Web site at <http://www.tamarashouse.sk.ca> or to obtain a hard copy contact Carol James.

Ailsa M. Watkinson, Ph.D.



Books about Healing, Grief and Growing Up

The following books have come to my attention since the last newsletter. More detailed reviews of them can be found on my personal Web site: www3.sk.sympatico.ca/petecope, clicking on the "Recent Rural Roots Columns" and then checking out the titles for the year 2003.

Found Through Loss, (Northstone Press, 2003) by Nancy Reeves, a United Church layperson, and a writer and counsellor on grief issues, demonstrates how hearing and telling stories are such an important part of healing. Being a Christian, some of her stories are related to, or about, grief stories within the Bible. But most of her stories are about ordinary people, who were paralyzed by grief because they could not talk about their grief and tell their stories. Many stories don't even mention God within them.

One couple had lost a baby through sudden infant death syndrome. They were adamant they didn't need counselling, even though they were quickly drifting apart emotionally. However, their pet dog was grieving the death of the baby intensely, and they were worried about the dog. By working with the dog's grief, with

them being present (but still adamant that they didn't need counselling) Nancy was able to break the silence of their pain, that had completely blocked dealing with their own personal grief.

Reeve's stories come from different cultures, different religious traditions, or even non-religious backgrounds. Her wisdom and skill, as seen in her stories, is in finding ways for people to express what they need to say about their grief or loss. *Found Through Loss* (ISBN 1-896-836-49-6) by Nancy Reeves is published by Northstone Press, \$24.95 and includes 2 CDs of many of the stories, accompanied by music composed by Linnea Good. It is available through bookstores and can be ordered at 1-800-263-2775.

You can learn to have fun on a school night. Life has become more pressured for most people, regardless of what work they do. People are now expected to do more, often with fewer resources, in less time. The result is often stress and burnout. Don Rosin is a Manitoba teacher, who, besides teaching, was also a resource counsellor to his fellow professional educators. In coping with his own life, and in helping others learn to cope better with theirs, he developed stories and strategies, recently published in the book *I Can Have Fun On A School Night?* The title comes from his mother's admonishment to him, as a child, "You are not supposed to have fun on a school night. Save your best time and energy for school." This was the first, and only, thing that came to his mind when he found himself, unexpectedly and unprepared, speaking to a large conference. His message to them, was that we need to give ourselves permission to be in charge of ourselves, and to take care of ourselves. If we don't, we reach the point where we have nothing more to give, and can't even enjoy having fun, when we get around to it. Rosin's book is a series of short vignettes about relationships and taking care of oneself, particularly with respect to others. In talking about "balance" in one's life, Rosin discusses patience, pace, and protection.

He states, "Patience is about dealing with other people's expectation of you. People in your life (students, colleagues, clients, family, neighbours) will continue to want a piece of your time and energy. Just because they expect that from you, is not a reason for

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Social Work Related Web Sites

<http://www.nyu.edu/socialwork/wwwrsw/>
<http://casw-acts.ca/framepg1.htm>
<http://gwbweb.wustl.edu/websites.html>
<http://www.socialworker.com/>
<http://www.idrc.ca/socdev/index.html>
<http://www.welfareinfo.org/>
<http://www.corpwatch.org/>
<http://cpmcnet.columbia.edu/dept/nccp/>
<http://www.peace.ca/>
<http://www.sc.edu/swan/index.html>
http://www.gradschools.com/listings/distance/social_work_distance.html
<http://www.fmhi.usf.edu/famu/childwelfare.html>
<http://www.childwelfare.ca/>
<http://www.mentalhealth.com/fr13.html>
<http://mentalhelp.net/>
<http://www.state.sc.us/dmh/clinical/treatment.htm>
<http://www.healingwoman.org/>
<http://www.guerrillamedia.org/home.htm>
<http://online.socialchange.net.au/>
<http://www.griefworksbc.com>

Books about Healing, Grief and Growing Up, continued

you to continue meeting their expectations, or to get frustrated and angry with them, and end up harming yourself. When you get angry, there is cell damage and it takes seconds off your life. Rather than undisciplined anger, the healthier way to deal with their expectations is with patience. Thank them for thinking of you, for wanting you, for valuing you. However, having thought it out, your final response might be something like, 'Despite what you want from me, this is what I'm prepared to do.'"

By "pacing" Rosin refers to consciously changing the speed at which you live, even the speed at which you speak to others. Consciously, talking calmly helps reduce anger. "Being angry rarely works in a relationship; talking about your anger is more effective."

The third P of "protection" that Rosin refers to, occurs when you choose your own pace, and don't get caught up in the hectic pace of others around you.

Rosin's book contains over 80 succinct gems of knowledge, each only a page or two long. By regularly reading them over, you are bound to find ways to make changes, which will protect you from the stresses and pressures from others, and allow you to "have fun on a school night." In any field of work, taking care of oneself is the first step in being able to take care of anyone else. *I Can Have Fun On A School Night?* is self-published by the author, Don Rosin. (ISBN 0-97399490-8) It is available in bookstores for \$15.95, or can be ordered for \$18.95 (taxes and shipping included) from Don Rosin, 178 Elm Street, Winnipeg, Manitoba R3M 3P2.

Nurturing Resilience in Our Children, a recently published book has many positive ideas for all people who deal with children, whether they are a parent, a teacher, a counsellor, or even a teenager earning spending money through babysitting.

The ten guideposts to nurturing and promoting resilience in children which the authors, Robert Brooks and Sam Goldstein, explore, mainly through answering questions received from parents who want to do a good job at being nurturing adults, are:

1. Being empathic.
2. Communicating effectively and listening actively.
3. Identifying and rewriting negative scripts.
4. Believing in a child's worth.
5. Being accepting.
6. Focusing on strengths.
7. Viewing mistakes as learning opportunities.

8. Fostering a sense of responsibilities.

9. Building self-esteem.

10. Using discipline to teach.

Nurturing involves all of the above, each of which could be topic for several columns.

There is no major answer to all the questions we may have, or have had in the past about nurturing or parenting. The value of this book is in the parents who reached out with their questions, knowing that they didn't have, or have to have, all the answers. Parents who do so, and share with others, often become more effective at nurturing their children, since they, as parents, practice what they preach. *Nurturing Resilience In Our Children*, (ISBN 0-658-02110-9) 2003, \$19.95, is published by Contemporary Books, a division of McGraw Hill.

Linda Lee Foltz has published a collection of children's experience with being sexually abused, usually in retrospect as it often takes years for people to be able to admit to this experience either to themselves or to others. Appropriate name and situation changes have been done to protect privacy. The book *Kids Helping Kids Break the Silence of Sexual Abuse* is a series of true stories by people who have been damaged and have also had the courage to enter into the journey of healing from sexual abuse. After each story, Foltz adds her helpful comments and insights, both from her own abuse and healing, and also from her ongoing learning that occurred through people having the courage to share their stories. The bright aspect of this book is that instead of having to wait until their later adult years, and because counsellors, teachers and friends now are no longer shocked and want to silence those who have been sexually abused, several of the contributors to this book are sharing while still in their teens. My own 40 years of experience as a counsellor clearly me that the longer abuse was kept secret, the harder it was to eventually share it. As a profession, we as social workers need to keep the issue of child sexual abuse in the public eye, even if some people would rather not acknowledge it or look at it. *Kids Helping Kids Break the Silence of Sexual Abuse*, collected, edited and partially written by Linda Lee Foltz, was published in March 2003 by Lighthouse Point Press, 100 First Ave., Suite 525, Pittsburgh, PA. 15222. The soft cover price is \$14.95 US.

Peter Griffiths, MSW, RSW (SK)

Handout Resource Collections Being Upgraded

Shortly after Peter Griffiths began working at the Prince Albert Mental Health Centre in 1968, he began to collect handouts for clients. This project grew like Topsy and by the time he retired in 1999, there were two large wide file cabinets filled with handouts for clients to access on their own, together with binders indicating the titles of handouts on a variety of topics, including Addictions, Anger, Assertiveness, Bereavement, Communication, Depression, Eating Disorders, Guilt, Loneliness, Mental Health, Parenting, Relationships and Marriage, Separation, Spouse Abuse, Suicide, Stress.

He has recently been upgrading these lists and they are now available on Microsoft Word. The handouts which were previously only available in the wait-

ing room for the Mental Health outpatient services are now also available in Prince Albert in a downtown location at Central Therapies (just adjacent to the MacIntosh Mall where many provincial helping services are located) and also in the retirement and resort community of Candle Lake, housed in the Candle Lake Community Church Hall.

Some of these handouts are in the collection of handout material, which was distributed by Saskatchewan Health to health regions many years ago, and many of the handouts originated in his weekly columns in *the Prince Albert Daily Herald* and *The Western Producer*, which are on the Internet, accessible through www.lib.sk.ca/booksinfo/DailyHerald/intro.html

Kinsmen Telemiracle Offers Hope

The Saskatchewan Kinsmen Telemiracle Foundation has a goal to raise money to assist Saskatchewan residents with extraordinary equipment and Health related costs. When I received an opportunity to travel to Edmonton, Alberta, for an Islet Cell Transplant I immediately applied to Telemiracle for assistance. I have had Type 1 diabetes since age eight and have

recently experienced severe management problems. I view having this transplant as a way to rectify my diabetes management problems and to, essentially, “cure” my diabetes. The transplant procedure was developed in Edmonton and is known as the Edmonton Protocol. The procedure is fairly simple and involves doctors inserting separated islets through the portal vein and into the liver of the recipient. Once established these transplanted islets function and control glucose levels. This “cure” is only available to Type 1 diabetics and, as with any transplant, a rigid follow up routine must be followed. I expect to stay in Edmonton for 9 months to one year and the Kinsmen are providing funds for travel to Edmonton and money to rent an apartment in Edmonton. Without this help from the Kinsmen I would not have been able to afford this transplant.

It takes two pancreases to secure enough living islets for one transplant and the procedure generally requires two or three transplants. To this end I want to promote organ donation. Canada has the worst record of organ donation among industrialized nations worldwide and, as a Canadian, this is a fact that I regret very much. I implore all of you caring people to please consider signing an organ donor card. Talk it over with your families and, together, we can make a big difference for a lot of people.

Thank you.

Lorelee Manning, BA, BHJ, BSW, MSW, RSW(SK)

The following Standards of Practice are available from the SASW Office:

Standards of Ethical Practice for Professional Social Workers in Saskatchewan, Revised January 2001.

Standards for Social Work in Schools, October 1999.

Standards in Child Protection Services for Registered Social Workers in Saskatchewan, October 1999.

Standards in Health Care for Registered Social Workers in Saskatchewan, March 2001.

Standards for the Private Practice of Social Work, Revised 1999.

Standards in Custody/Access for Registered Social Workers in Saskatchewan, March 2001.

UPCOMING CONFERENCES, WORKSHOPS & EDUCATIONAL EVENTS

Reality Therapy and Choice Theory Training Basic Intensive Week

August 20, 21, 22 and 23, 2003
Regina, Saskatchewan

For more information, or to obtain a pamphlet,
please contact:

Carole Eaton at 569-1977
Linda Routledge at 949-4420
E-mail: linda@accesscomm.ca

Addiction Services – Community Education Course

September 15-18, 2003
October 20-23, 2003
December 8-11, 2003
February 9-12, 2004
April 19-22, 2004

For more information: Gloria Jones
Addiction Services/Community Out Patient Services
Saskatoon Health Region
Phone: (306) 655-4107

13th Annual Provincial Hospice Palliative Care Conference

End of Life Care: Celebrating Diversity

September 25-26, 2003
Winnipeg, Manitoba

Contact: Brenda Hearson
Phone: (204) 889-8525

Women's Substance Use Treatment

September 25-26, 2003
Vancouver, British Columbia

For more information:
University of British Columbia (604) 822-6156

Family Service Canada – 2003 National Conference

October 23-25, 2003
Ottawa, Ontario

For more information: Family Service Canada
National Conference
404- 383 Parkdale Avenue, Ottawa, ON
Email: info@familyservicecanada.org

9th Annual Dreambuilders Education Conference

October 30-31, 2003
Calgary, Alberta

More information: Jean Silzer, Conference
Coordinator

Bethany Care Society
Phone: (403) 277-7377
Email: conference@bethanycare.com
Web site: www.bethanycare.com

15th Canadian Biennial Symposium on Employee & Family Assistance Programs in the Workplace

November 16-18, 2003
Ottawa, Ontario

For more information:
Humber College, 205 Humber College Blvd.,
Toronto, Ontario
Phone: (416) 675-6622, Ext. 4559
Fax: (416) 675-0135

4th Canadian HIV/AIDS Skills Building Symposium

November 20-23, 2003
Calgary, Alberta

For more information: www.hivaidsskills.ca

13th Annual Provincial Hospice Palliative Care Conference

"End of Life Care: Celebrating Diversity"

Winnipeg, Manitoba

More information:
Hospice & Palliative Care Manitoba
2109 Portage Avenue, Winnipeg, MN
Phone: (204) 889-8525

4th International Conference on Social Work in Health & Mental Health

May 23-27, 2004

Quebec City, Quebec
Phone: (418) 523-3555
For more information: www.swh2004.com

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