



Carmichael Connection

July / August 2016

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CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD

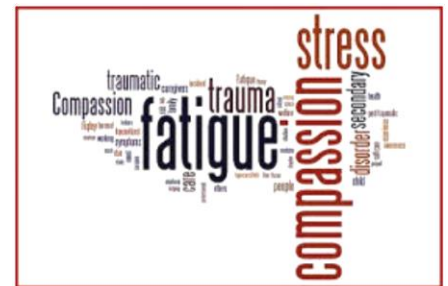
IN THIS ISSUE

GLOBAL SPONSORSHIP FUNDRAISER – JUNE 18, 2016

Submitted by: Mike Taylor ~ Executive Director

Carmichael Enterprises Residential Programs would like to thank all the people that came out to support our fundraiser for Little Children of the Philippines orphanage in Dumaguete City. Great turn out of friends and great donations from several local businesses made for a great evening of fun, food, and friendship. The fundraiser raised over \$4,000.00 dollars and we have been able to purchase numerous items for the special needs school program at the centre as well as huge amount of school supplies for the other

programs at the orphanage. The remainder of the donations will pay for a new roof on a school house outside of the city.



GOOD READ

COMPASSION FATIGUE

Page 2



TOP 12 STEPS

TIPS FOR HELPERS

Page 4

STAFF SPOT LIGHTS



Birthdays ~ July/August 2016

Kiran	Kevin N
Sam	Al
Jonathan C	Joelene
Jack	Russ
William	Chris M
Patricia	Aquila
Nicole	Lindsay
Pamela	Brandie
Mark	Kelsey
Jason	Fred



Welcome New Staff & Returns

Kiran	Aquila
Selena	Faqiru
Fred	

RANDOM FAST FACTS



The acid in your stomach is strong enough to dissolve razorblades



The tooth is the only part of the human body that can't repair itself

OOPS!

If we have missed anyone off the Staff Spotlights please contact the office so we may correct in the next issue. Thank you!



What can be done to prevent Compassion Fatigue?

Excerpts from: Françoise Mathieu, M.Ed., CCC., Compassion Fatigue Specialist @ www.compassionfatigue.com

Recommended books on Compassion Fatigue and Vicarious Trauma:

Figley, C.R. (Ed.) . (1995) Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized. New York: Brunner/Mazel.

McCann, I.L.; & Pearlman, L.A. (1990). Vicarious traumatization: A framework for understanding the psychological effects of working with victims. Journal of Traumatic Stress, 3: 131 - 149.

Stamm, B.H. (Ed.). (1999). Secondary traumatic stress: Self-care issues for clinicians, researchers, and educators, 2nd Edition. Lutherville, MD: Sidran Press.

Recommended Self-Care books for Helpers:

Borysenko, J. (2003) Inner peace for busy people: 52 simple strategies for transforming your life.

Fanning, P. & Mitchener, H. (2001) The 50 best ways to simplify your life

Jeffers, S. (1987) Feel the fear and do it anyway.

O'Hanlon, B. (1999) Do one thing different: 10 simple ways to change your life.

Posen, D. (2003) Little book of stress relief.

Richardson, C. (1998) Take time for your life.

SARK, (2004) Making your creative dreams real: a plan for procrastinators, perfectionists, busy people, avoiders, and people who would rather sleep all day.

Weiss, L. (2004) Therapist's Guide to Self-care.



'THIS IS NOT A CRY FOR PITY': NON-SPEAKING TEEN WRITES PROFOUND LETTER EXPLAINING AUTISM

Excerpts from: Carmen Chai, Global News

<http://globalnews.ca/news/2716409/this-is-not-a-cry-for-pity-non-speaking-teen->

He couldn't speak and he couldn't respond. For the first 15 years of his life, Gordy Baylinson's parents thought their son, who has severe autism, didn't understand what they were saying to him.

But after he learned how to type with a new technology, Baylinson penned a heartfelt letter that explained he has been very aware of his surroundings.

"You see life for me and others like me is a daily game, except not fun, of tug-of-war. My brain, which is much like yours, knows what it wants and how to make that clear. My body, which is much like a drunken, almost six foot toddler, resists," the boy wrote in a letter to a police officer running an Autism Safety Fair in Maryland.

"This letter is not a cry for pity, pity is not what I'm looking for. I love myself just the way I am, drunken toddler body and all. This letter is, however, a cry for attention, recognition and acceptance," Baylinson said.

Baylinson was diagnosed on the autism spectrum disorder when he was 17 months old.

Last year, Baylinson's therapist showed him a tool – called Rapid Prompting Method – that helps him communicate by typing one letter at a time with his index finger.

He wrote the letter with the help of his therapist one afternoon, but no one coached him, edited his words or told him what to say, according to a Washington Post report about the story.

It took him two hours to write the 400-word note.

In it, he explains that he's hopeful the community will learn to recognize the signs of non-speaking autism.

"If you can recognize the signs, then you will be able to recognize our differences which then leads to the understanding of those differences, which brings us to the wonders of acceptance," Baylinson wrote.

"With these simple ingredients, together we can create a safe, welcoming and happy environment for both autistics and neurotypicals alike," he said.

Some hints he said people can pay attention to include flapping hands, or making words or noises that seem uncontrollable.

He says nothing means more to people with non-speaking autism than respect.

Gordy's parents say they didn't know their son had so much awareness of his environment.

"We had no clue...and here he is writing this eloquent, even funny letter, with such empathy," his dad, Evan Baylinson, told TODAY.

"We were just floored, completely floored."



UP COMING EVENTS



International Self-Care Day

July 24, 2016

<http://isfglobal.org/international-self-care-day/>



CARF Canada

Behavioral Health, Child and Youth Services, and Opioid Treatment Program Webinar: Maintaining a Safe & Healthy Environment

Thursday, August 18, 2016

12:00 PM - 1:30 PM

Eastern Time

<http://www.cvent.com/events/behavioral-health-child-and-youth-services-and-opioid-treatment-program-webinar-maintaining-a-safe-a/event-summary-61116eec2ed848f88ef3e4dedac94928.aspx>



World Humanitarian Day

August 19, 2016

Transforming Compassion Fatigue into Compassion Satisfaction: Top 12 Self-Care Tips for Helpers

Excerpts from: Françoise Mathieu, M.Ed., CCC., Compassion Fatigue Specialist @ www.compassionfatigue.com

1. Take Stock-What's on your plate?

You can't aim to make changes and improvements without truly knowing where the problem areas are. Start by taking a nonjudgmental inventory of where things are at in your life. Make a list of all the demands on your time and energy (Work, Family, Home, Health, Volunteering, other). Once you have the list, take a look at it. What stands out? What factors are contributing to making your plate too full?

2. Start a Self-Care Idea Collection

With friends: Over a glass of wine or a cappuccino, interview three friends on their favourite self-care strategies. Start making a list even if they are not ideas that you would do/are able to afford at the moment. Something new might emerge that you had not yet thought of yet.

At work: If you are doing this at work, you could even start a contest for the best self-care idea of the week or have a "self-care board" where people post their favourite ideas. You could have a "5 minutes of self-care" at each staff meeting, where someone is in charge of bringing a new self-care idea each week. Once you have a really nice long list, pick three ideas that jump out at you. Make a commitment to implementing these in your life within the next month. Ask a friend/colleague if they would commit to supporting you (and you them) in maintaining your self-care goals.

3. Find time for yourself every day – Rebalance your workload

Do you work straight through lunch? Do you spend weekends running errands and catching up on your week without ever having 20 minutes to sit on the couch and do nothing? Can you think of simple ways to take mini breaks during a work day? Not everyone has control over their caseload, but many of us do, providing we see all the clients that need to be seen. Would there be a way for you to rejig your load so that you don't see the most challenging clients all in a row? Make sure you do one nourishing activity each day. This could be having a 30 minute bath with no one bothering you, going out to a movie, or it could simply mean taking 10 minutes during a quiet time to sit and relax.

4. Delegate - learn to ask for help at home and at work

Are there things that you are willing to let go of and let others do their own way? Don't expect others to read your mind: consider holding a regular family meeting to review the workload and discuss new options.

5. Have a transition from work to home

Do you have a transition time between work and home? Do you have a 20 minute walk home through a beautiful park or are you stuck in traffic for two hours? Do you walk in the door to kids fighting and hanging from the curtains or do you walk into a peaceful house? Do you have a transition process when you get home? Do you change clothes? Helpers have told us that one of their best strategies involved a transition ritual of some kind: putting on cozy clothes when getting home and mindfully putting their work clothes "away" as in putting the day away as well, having a 10 minute quiet period to shift gears, going for a run. Do you have a transition ritual?

6. Learn to say no (or yes) more often

Are you the person who ends up on all the committees at work? Are you on work-related boards? Do you volunteer in the helping field as well as work in it? Are you the crisis/support line to your friends and family? It can be draining to be the source of all help for all people. As helpers, we know that learning to say no is fraught with self-esteem and other personal issues and triggers. Do you think you are good at setting limits? If not, this is something that needs exploring, perhaps with a counsellor. Can you think of one thing you could do to say no a bit more often? Conversely, maybe you have stopped saying yes to all requests, because you are feeling so depleted and burned down, feel resentful and taken for granted. Have you stopped saying yes to friends, to new opportunities? Take a moment to reflect on this question and see where you fit best: Do you need to learn to say no or yes more often?

7. Assess your Trauma Inputs

Do you work with clients who have experienced trauma? Do you read about, see photos of, and are generally exposed to difficult stories and images at your work? Take a *trauma input survey* of a typical day in your life. Starting at home, what does your day begin with? Watching morning news on TV? Listening to the radio or reading the paper? Note how many disturbing images, difficult stories, actual images of dead or maimed people you come across. Now look at your work. Not counting direct client work, how many difficult stories do you hear, whether it be in a case conference, around the water cooler debriefing a colleague or reading files? Now look at your return trip home. Do you listen to the news on the radio? Others say the reverse, which they are so desensitized that they will watch very violent movies and shows and feel numb when others around them are clearly disturbed by it.

8. Learn more about Compassion Fatigue and Vicarious Trauma

Compassion Fatigue (CF) and Vicarious Trauma (VT) are serious, profound changes that happen when helpers do their best work. Learn more about CF and VT, including ways to recognize the signs and symptoms and strategies to address the problem. Consider attending a workshop or read more on the topic. Visit our website for more information:

9. Consider Joining a Supervision/Peer Support Group

Not all places of work offer the opportunity for peer support. You can organize such a group on your own (whether it be face to face meetings or via email or phone). This can be as small as a group of three colleagues who meet once a month or once a week to debrief and offer support to one another.

10. Attend Workshops/Professional Training Regularly

Helpers with severe compassion fatigue often speak of feeling de-skilled and incompetent. Researchers in the field of CF and VT have identified that attending regular professional training is one of the best ways for helpers to stay renewed and healthy. There are of course several benefits to this: connecting with peers, taking time off work, and building on your clinical skills. Identify an area of expertise that you want to hone. If you are not able to travel to workshops, consider taking online courses.

11. Consider working part time (at this type of job)

Managers often cringe when we say this in our workshops, but studies have shown that one of the best protective factors against Compassion Fatigue is to work part time or at least, to see clients on a part time basis and to have other duties the rest of the time.

12. Exercise

We tell our clients how important physical exercise is. Do you do it on a regular basis? Can you think of three small ways to increase your physical activity? One busy counselling service hired a yoga instructor to come once a week to their office and everyone chipped in their 10\$ and did yoga together at lunch. Another agency said that they had created a walking club, and that a group of helpers walk outside for 30 minutes three times a week.

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Connection

Serving Nanaimo to Campbell River

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