



# Carmichael Connection

May 2016

**HEAD OFFICE**  
2219D McGarrigle Road  
Nanaimo, BC V9S 4M4  
Tel: (250) 585-2889 Fax: (250) 585-2861

**CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD**

**IN THIS ISSUE**

**BC POLICE, FIRST RESPONDERS TRAIN TO DEAL WITH PEOPLE WITH AUTISM**

**Excerpts from:** [Jon Azpiri](http://globalnews.ca/news/2621336/bc-police-first-responders-train-to-deal-with-people-with-autism/), Online News Producer, Global News  
<http://globalnews.ca/news/2621336/bc-police-first-responders-train-to-deal-with-people-with-autism/>

At the Justice Institute in New Westminster, Sgt. Linda Stewart trains new police officers in the art of effective communication with a newly increased focus on how to manage people with autism.

"The whole goal of this is allowing the subject time to communicate and co-operate with you," Sgt. Stewart said. "Sometimes we move in too quickly."

The course teaches officers how to de-escalate a situation. In a scenario using an actor, officers have to help an autistic man who needs to be removed from the SkyTrain platform.

Specific police training is critical considering one in 68 children are diagnosed on the autism spectrum. In the U.S., several people with autism have been shot or tasered by police over the years.

Joan Rush is thankful she lives in Canada. Last November, her profoundly autistic son Graeme disappeared from Burnaby's Central Park.

"Graeme acts oddly, especially if he's distressed and so he might have been sitting, rocking and banging his head," she said. "People would assume possibly that he was suffering from a drug overdose."

Fortunately, Graeme was found and returned to his family, thanks to Vancouver police and the RCMP, who are also actively educating recruits about autism.

"I think it was a bit of a learning experience, even for some of the people who found Graeme," she said.

Stewart hopes the course will give officers a better understanding of people with autism and arm them with the skills to diffuse situations that could turn tragic.



## barrier-free BC

**BARRIER FREE BC**

**Proposed Disability Act**

Page 3



**YOUTH FRIENDLY WEBSITES**

**Mental Health**

Page 4

## STAFF SPOTLIGHTS

happy  
birthday  
to you!

## Birthdays - May 2016

Shaiann	Ted
Ryan	Duff
Sharron	Bryan
Lenore	Baz
Heather M	Lisa
Jonathan C	Kara
Kevin B	Shauna



## Welcome New Staff &amp; Returns

Heather	Jennifer T
Stuart	Brayden
Melvin	

## RANDOM FAST FACTS



It is estimated that the Mexican Drug Cartel make \$152 million a year from growing and selling avocados.



A female oyster over her lifetime may produce over 100 million young.

## OOPS!

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



## Fitness: Choosing Activities That Are Right for You

Excerpts from: <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=zx3467#zx3468>

Look for activities that you enjoy and that fit your lifestyle. Answering the questions below may help you figure out what activities would be best for you. After you've thought about your answers, read this list of ideas for getting active.

- **Do you prefer being active by yourself or with others?** Joining a group or a class can help keep you motivated. But some people are more likely to stay with an activity or exercise if they do it alone.
- **Do you enjoy being outdoors when possible, or do you feel safer and more confident in an indoor setting?** Many people love being outside. But you may not like it when the weather is too hot, too cold, or too wet. Or you may be uncomfortable being alone outdoors away from home. If you're mostly an indoor person, keep that in mind when you choose an activity.
- **Do you prefer activities that involve some contact (basketball, ice hockey) or no contact?** Choose swimming over basketball, for example, if you don't like the idea of contact sports.
- **Do you prefer to compete with others, compete with yourself, or not compete at all?** Everyone is different. Some people do better if they have someone to compete with—even if that someone is themselves. Others do better when there's no competition to worry about. For example, choose gardening or dancing over team sports or tennis if you don't like competition.
- **Do you prefer activities that also involve some mental challenge, or do you prefer not to have to think or concentrate while you are being active?** Many team sports exercise your brain as well as your body as you think about what your next move should be. Mountain biking requires you to pay

close attention to your surroundings and where you're headed. If you'd rather shut off your brain and let your body do the work, try doing housework set to music, raking leaves, or going for a walk or take a jog.

- **Do you prefer being active in the morning, midday, or evening?** We all have different body clocks that make us more energetic at certain parts of the day. And our schedules often determine when we can take the time to exercise and when we can't. Which part of the day is best for you? The better you plan your activity times to match your energy levels and your daily schedule, the more likely you are to keep up your healthy activity habits.
- **Are you interested in taking classes or getting instruction to learn a new activity?** You may not know how much you'll enjoy a certain activity until you become familiar with it. A class or other type of lesson can help you find out. If you don't want to join a class, choose something you can learn or do on your own.
- **Do you prefer everyday activities, such as gardening, to more structured activities?** Many people find everyday activities easier to keep doing. Others feel they are more likely to stay with an activity if it requires them to show up for a class or for a game.
- **How much money are you willing to spend on gear or other expenses related to an activity?** There are activities to match every budget. You can walk around your neighbourhood without spending any money. Exercise DVDs involve a small one-time cost. You may be able to join a community yoga or tai chi class for a small fee.

## A Proposed British Columbians with Disabilities Act

Excerpts from: Transition Magazine | Spring 2016

<http://www.disabilityalliancebc.org/>

A Proposed British Columbians with Disabilities Act | by Rob Sleath

Many of us with disabilities continue to face many types of barriers in our communities— physical, legal, communication, attitudinal, technological and more. Some people hope to address these barriers by filing discrimination complaints with the BC Human Rights Tribunal. However, should one person or group be required to seek a legal solution, one barrier at a time?

In BC, this is often the only alternative. However, imagine if our province had a strong, effective and enforceable British Columbians with Disabilities Act. In November 2015, a grassroots group of individuals with diverse disabilities ratified 13 principles for a yet-to-be-developed British Columbians with Disabilities Act.

A non-partisan campaign branded Barrier-Free BC was launched and began calling upon BC's Legislative Assembly to create a strong, effective and enforceable Act. A British Columbians with Disabilities Act would set out a comprehensive legislated plan to remove existing barriers and to prevent the creation of new ones.

Both the Canadian Charter of Rights and Freedoms and the BC Human Rights Code make it illegal to discriminate against people with disabilities. However, those laws do not set specific, detailed standards for accessibility.

In the last decade, some Canadian provinces have enacted disability acts. At the federal level, the Honourable Carla Qualtrough has been given the mandate to create an

engagement process with provinces, territories, municipalities and stakeholders leading to the passage of a Canadians with Disabilities Act. When enacted, it will require programs, services and facilities that only fall under federal jurisdiction to be accessible to Canadians with disabilities.

Premier Clark announced her government's initiative, Accessibility 2024, in 2014. While this was a positive step, the initiative is neither mandatory nor enforceable. The print material circulated that day, with the heading Inclusive Government, stated the government would "consult on options for a made in BC approach to accessibility-related legislation." Barrier-Free BC believes it is time for the Legislative Assembly to just say "Yes!" to the enactment of a Disabilities Act.

For more information, we invite you to visit [www.barrierfreebc.org](http://www.barrierfreebc.org)

You will find our principles, an Action Kit and an opportunity to support our proposal. Inquiries are welcome at [barrierfreebc@gmail.com](mailto:barrierfreebc@gmail.com).

Rob Sleath is a member of the Barrier-Free BC Steering Committee



we are all  
connected

### UP COMING EVENTS



## Child & Youth Mental Health Day

May 7, 2016

<http://www.familysmart.ca/may-7th>



## CARF Canada

CARF Canada Advanced Performance Measurement

Dates: May 4-6, 2016

Simon Fraser University at Harbour Centre  
515 West Hastings Street  
Room 7000  
Vancouver, BC V6B 5K3

<http://www.cvent.com/events/carf-canada-advanced-performance-measurement/event-summary-85e51d5fa35c423c9991f9867d45a784.aspx>



## Victoria Day

Monday May 23, 2016

## YOUTH FRIENDLY WEBSITES

Excerpts from: Kelty Mental Health Resource Centre <http://www.familysmart.ca/resources-links>

### AnxietyBC Youth Website <http://www.youth.anxietybc.com>

An interactive website that includes information on common problems related to anxiety, cognitive behavioural therapy, sleep strategies, tools, stories, videos and resources.

### Bullying Canada [www.bullyingcanada.ca](http://www.bullyingcanada.ca)

Toll Free 1-877-352-4497

Bullying Canada is a bully support service run by youth for youth, providing phone support, online chat, and resources.

### Dealing with Depression Web Application <http://dwdonline.ca>

A Canadian website providing useful and on-the-go strategies to help teens understand low mood and depression, and to learn and apply effective coping skills.

### Depression Hurts <http://www.depressionhurts.ca>

A Canadian website with information on depression, which includes a self-assessment quiz, information on how to talk to your physician, treatment options, and management options.

### Drug Cocktails <http://www.drugcocktails.ca>

Facts about mixing medicine, booze, and street drugs.

### Erase Bullying [www.erasebullying.ca](http://www.erasebullying.ca)

Provides information on a variety of topics related to bullying, including cyber bullying, and allows parents and youth an opportunity to report bullying

### Here to Help <http://www.heretohelp.bc.ca>

A Canadian website on mental health, including information on symptoms, causes, diagnosis, treatment, and how to help a friend or family member.

### TeenHealth <http://kidshealth.org/teen>

A US-based website providing general health and healthy living information for kids, teens, and parents, including information on causes, related issues, coping skills, and more.



### Mindcheck <http://www.mindcheck.ca>

A Canadian website focused on prevention and early intervention of mental health challenges in youth. Contains information, quizzes and resources.

### MindShift Mobile App <http://anxietybc.com/mobile-app>

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

### Mind Your Mind <http://mindyourmind.ca>

A Canadian website for youth by youth providing resources to help manage stress, and mental health issues. Includes personal stories, coping tools, music, and a blog.

### NIDA for Teens [teens.drugabuse.gov](http://teens.drugabuse.gov)

NIDA for Teens provides science-based facts about how drugs affect the brain and body so youth have the information to make healthy decisions.

### Psychosis Sucks <http://www.psychosissucks.ca>

The Fraser South Early Psychosis Intervention Program website. This site promotes early detection, education about psychosis and provides direction for seeking help.

### ReachOut Psychosis <http://www.reachoutpsychosis.com/>

ReachOut is a program for youth with takes information about how to spot and get treatment for psychosis as early as possible so they can help their friends get help early.

### Taking Care: Child and Youth Mental Health

<http://takingcare.knowledge.ca>

Interactive site focusing on child and youth mental health issues related to anxiety, behaviour, depression, and psychosis.

### Teen Mental Health

<http://teenmentalhealth.org/understanding-mental-health/mental-disorders>

A Canadian website with evidence-based information on teen mental health, including anxiety. The site has a number of videos explaining different types of anxiety.

Carmichael  
Connection

Serving Nanaimo to Campbell River

Randi's Place - Wellington Place - Oceanside Place - Creekside Place - Shamrock Home - Hammond Place - Uplands Home - Harbourview Place - Matt & Dan's Home - Buckley Bay Home - Bronte's Home - Outreach Home - Lost Lake Home