



Carmichael Connection

October/ November 2018

HEAD OFFICE
2221C McGarrigle Road
Nanaimo, BC V9S 4M4
Tel: (250) 585-2889
Fax: (250) 585-2861

CARMICHAEL ENTERPRISES RESIDENTIAL PROGRAMS LTD

IN THIS ISSUE

Canada's First Ever Road Side Saliva Test For Marijuana Is Approved

Excerpts from: MTL Blog

<https://www.mtlblog.com/news/canadas-first-ever-road-side-saliva-test-for-marijuana-is-approved>

Here's how it works. The Canadian police will soon have their first roadside device to test drivers for potential marijuana intoxication.

The test will screen for the presence of THC in the person's saliva. This will definitely be a step up from the current practice of using standardized sobriety test, which simply involves asking a driver to stand on one foot or walk in a straight line.

The new test from a German-based company is called Draeger Drug Test 5000, and it can detect recent drug use - from approximately a 6-hour window - by using a sample of human saliva.

The device is already approved in other countries, including the United Kingdom and Germany, however, it may be adapted to meet Canadian standards. Moreover, it's possible that the Canadian Society of Forensic Science continues to test and approve other devices which will be adopted later on. This is only the beginning.

The one very Canadian issue that may affect the efficacy of the test is temperature. Apparently, the test may not function properly in the winter. More testing and

subsequent feedback need to be done to confirm this, though.

That said, these devices and the overall training to recognize drug-impairment is not cheap. The federal government is dedicating \$81 million available over five years for provinces and territories to buy screening tests and train officers to spot drug impairment.

It doesn't stop there though, the government has also heavily invested in prevention education, and will be spending \$62.5 million over five years on public education initiatives, including advertising campaigns.

Looks like the federal government has definitely made some big advances in their mission to prevent and stop drug-impaired driving.



ANNUAL HOLIDAY PARTY

Page 3



SEASONAL AFFECTIVE DISORDER

Page 4

STAFF SPOT LIGHTS



Birthdays ~ October 2018

Andrea Jarrod Tamara Calvin
 Fay Alaina Priscilla Stephanie
 Noel Peter S Azeez Ian
 Mike

Birthdays ~ November 2018

Emma Justin N Melody Miranda
 Thierry Rasheed Selena Christine
 Carmela

Staff Draw Winners

September: Cathy
 October: Peter S.



Welcome New Staff & Returns

Timothy

RANDOM FAST FACTS



Babies are born without knee caps. They don't appear until the child reaches 2-6 years of age.



Tasmania is said to have the cleanest air in the world.

OOPS!

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



RAINBOWS CELEBRATES 30 YEARS OF GRIEF SUPPORT IN NANAIMO!

Submitted by: Carmela Taylor ~ Executive Administrator

<https://rainbowsnanaimo.ca>



10 phases of children's grief

- Denial— "It's not true!" "It is no big deal."
- Bargaining— "I'll behave." "I promise to keep my room clean."
- Guilt— "It's my fault."
- Fear— "What about me?" "Who is going to care for me?"
- Anger— "I hate you!" "Why me?" "Why my family?"
- Isolation— "I have no one to talk to." "Everyone is too busy or upset to talk with me."
- Pining— "I miss you."
- Confusion— "I don't know where I belong"
- Depression and Sadness— "Why bother?"
- Acceptance— "I am going to be okay."



30 years of Rainbows

Started in Nanaimo in 1988
 694 sessions: more than
 3080 kids
 90 teens
 1120 parents

250-751-7888
rainbowsnanaimo@gmail.com
 Program & Registration info:

THANK YOU to RM Society: Supporting Grieving Youth through Rainbows! This Society supports the current Director in her work of site development, training of coordinators and facilitators. Oursourcing the coordinators of all Rainbows programs on Vancouver Island.

Parksville, Port Alberni, Zetsuminus, Gabriola, Chemainus and Duncan offer programs at schools, agencies and churches.

In Nanaimo Christ Community church offers an evening program where we can serve the whole family starting with age 4. We hope to offer more evening programs.

In the last 10 years we have started some 24 new Rainbows and Spectrum sites in Nanaimo and School District 68. They are not all active at the same time. More and more children are able to participate. The schools can offer the program to those children who are unable to access the evening program, this has been an amazing opportunity for many children. Some years schools have put about 70 kids through the program in one school year.

I am very grateful for all the wonderful people who have put so much of their time, love and caring hearts in this program. It's a privilege to be part of Rainbows! Isabel VanGrouwel, Rainbows Director for CVI

- Pre-school (SUNBEAMS)
- Children ages 6-12 (RAINBOWS)
- Teens (SPECTRUM)
- Single Parents (PRISM)
- Adults (KALEIDOSCOPE)
- Crisis Response (SILVER LININGS)

Below are the 12 topics that are used at every program, these topics are introduced in their journals, through games and story books that each small group sees. The kids play and color and listen to stories. Parents also work through their journals and share their thoughts and feelings with each other. Mom: The group has been such a great support to me!



- Sell—One of a kind
- Feelings— Inside Out
- Loss—Why My Family
- Adjustments—Making the Bed for
- Parenting—Blow Ups & Self Down
- Anxiety—Facing Fears & Wishes
- Family—We are a Family
- Belonging—Where do I fit?
- Re-Mapping—Step Family
- Accessance—Trials & Beginnings
- Coping—Weathering the Storm
- Compassion—Reaching Out



- You are Loved
- Who can I Trust
- Forgiveness
- Coping Tools

A different kind of Rainbows story...

I run Rainbows at one of my schools and on my 8th session with one of my groups, I fell ill. I had Verigo which meant I couldn't leave my bed and we didn't know when I would be able to return to work. On the second week of my absence, my Rainbows group was asking the school staff when I would return and were expressing concerns about missing the time together with their Rainbows peers. On the third week of my absence, they decided that they missed each other too much and would take matters into their own hands. This group of students (grade 6 and 7s who had not previously hung out with each other) asked their parents if it was possible to get together with their Rainbows friends after school hours, and began to meet weekly at the Woodgrove mall food court on Friday evenings. Their parents would drop them off and they would have a meal together in the food court and talk about life, how their week was going, and their families etc. This continued on until my return to work 3 weeks later. Rainbows brought together kids who were in different classrooms, grades, and social circles to the point that they were meeting socially and now have made strong lasting friendships. I was so thrilled to hear this because it speaks to the power of the Rainbows program and how with a safe, caring, open atmosphere anything can happen for kids. I am so glad to be a part of the Rainbows program and to watch kids benefit from what they learn, as well as the relationships that they form, and the bonds that come from sharing and caring. Thanks.....

Child Youth and Family Support Worker
 School District 68 Nanaimo and Ladysmith

CARMICHAEL ENTERPRISES ANNUAL HOLIDAY PARTY

Submitted By: Carmela Taylor, Executive Administrator/ Co-Owner

Carmichael Enterprises

ANNUAL HOLIDAY PARTY

After dinner there will be presentations, prize draws for staff members and plenty of dancing! Please dress for the occasion!

December 8, 2018 6:00 pm to Midnight	Felice Cavallotti Lodge 2060 East Wellington Road Nanaimo, BC	6:00 pm Cocktails 7:00 pm Dinner
---	---	-------------------------------------

Please RSVP to Melody at melody.carmichael@shaw.ca
 Or call her at (250) 585-2889 with your name & plus one!
 Deadline: November 23, 2018

UP COMING EVENTS



TRANS CARE BC

Provincial Health Services Authority

TRANSGENDER AWARENESS MONTH

November 2018

<http://www.phsa.ca/transcarebc>
<https://transvancouverisland.ca/>



CARF Canada

CARF Canada Employment and Community Services, Behavioural Health, and Child and Youth Services 202 Webinar

Dates: November 6, 2018

12:00 PM - 5:00 PM
 Eastern Time

<http://www.cvent.com/events/carf-canada-employment-and-community-services-behavioural-health-and-child-and-youth-services-202-we/event-summary-e96ef83ac51a47a69aef8d98d344bf1c.aspx>



REMEMBRANCE DAY

November 11, 2018

SEASONAL AFFECTIVE DISORDER (SAD)

Excerpts from: Mayo Clinic <https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer.

Symptoms

In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses.

Fall and winter SAD

Symptoms specific to winter-onset SAD, sometimes called winter depression, may include:

- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy

Spring and summer SAD

Symptoms specific to summer-onset seasonal affective disorder, sometimes called summer depression, may include:

- Trouble sleeping (insomnia)
- Poor appetite
- Weight loss
- Agitation or anxiety

When to see a doctor

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or think about suicide.

Causes

The specific cause of seasonal affective disorder remains unknown. Some factors that may come into play include:

- **Your biological clock (circadian rhythm).** The reduced level of sunlight in fall and winter may cause winter-onset SAD. This decrease in sunlight may disrupt your body's internal clock and lead to feelings of depression.
- **Serotonin levels.** A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD. Reduced sunlight can cause a drop in serotonin that may trigger depression.
- **Melatonin levels.** The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and mood.

Risk factors

Seasonal affective disorder is diagnosed more often in women than in men. And SAD occurs more frequently in younger adults than in older adults.

Factors that may increase your risk of seasonal affective disorder include:

- **Family history.** People with SAD may be more likely to have blood relatives with SAD or another form of depression.
- **Having major depression or bipolar disorder.** Symptoms of depression may worsen seasonally if you have one of these conditions.
- **Living far from the equator.** SAD appears to be more common among people who live far north or south of the equator. This may be due to decreased sunlight during the winter and longer days during the summer months.

Complications

Take signs and symptoms of seasonal affective disorder seriously. As with other types of depression, SAD can get worse and lead to problems if it's not treated. These can include:

- Social withdrawal
- School or work problems
- Substance abuse
- Other mental health disorders such as anxiety or eating disorders
- Suicidal thoughts or behavior

Treatment can help prevent complications, especially if SAD is diagnosed and treated before symptoms get bad.

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 ~
Martin Place ~ Outreach Home ~ Sherbourne Home ~ Nim Nim House ~