

Associated Youth Services of Peel

Our Mission

AYSP is a dynamic team of optimistic and compassionate professionals and volunteers dedicated to helping children, youth and families manage mental health and/or justice issues in order to realize their potential and encourage their contribution to community.

Our Vision

AYSP will be recognized and valued as a pivotal leader in improving the lives of children and youth dealing with mental health and justice issues within an equity-based framework.

Our Approach to Working with Children, Youth, & Families

- ⇒ We work from a client-centred, strength-based approach and believe, through support, individuals can reach their potential
- ⇒ We work hard to engage all children, youth, and families in a manner which is culturally sensitive, non-judgmental and respectful
- ⇒ Our approach is based on a systemic perspective - taking into account individual, family, peer, school, employment and neighbourhood factors
- ⇒ AYSP strives to provide programs and services that are evidence-based and evidence-informed
- ⇒ We understand some individuals and families need multiple services within the community, and we are proud to partner with other service providers, including those in the areas of child welfare, children's mental health, education and justice to provide well-coordinated services for our community
- ⇒ We are committed to protecting the privacy of all individuals who participate in our programs by ensuring the confidentiality and security of client information
- ⇒ Our services are provided free of charge to residents of our service community

Table of Contents

Adolescent Team Program	5
Challenges Program	7
Dialectical Behaviour Therapy Program	9
Family Connections Program	12
Group Services Program	15
Multisystemic Therapy Program	18
Parent Adolescent Counselling Program	20
Reaching Adolescents in Need Program	22
Recognizing Individual Success and Excellence Program	25
Section 23 Program	27
TANGERINE Walk-In/Brief Therapy Counselling Program.....	29
Transitions Program.....	32
Transitional Aged Youth Outreach Program	35
Working Together with Families, 0-6 Program	38
Youth Beyond Barriers Program	40
Attendance Centre Program.....	43
Community Service Order Program	45
Enhanced Extrajudicial Sanctions Program	46

Extrajudicial Measures Program48
Extrajudicial Sanctions Program50
Youth Justice Committee Program52
Youth Mental Health Court Worker Program55

AYSP’s Volunteer Program works to support all services offered at Associated Youth Services of Peel. A Volunteer brochure is available for those interested in more information on these services.

Adolescent Team Program

The Adolescent Team Program is a service in partnership with Peel Children's Aid, Associated Youth Services of Peel (AYSP) and Peel Children's Centre – Peel Wraparound Process.

The AYSP Adolescent Team Program offers counselling and support to families who are involved with the Peel Children's Aid Society Adolescent Team, where risk factors are related to parent – adolescent conflict and the youth is at risk of removal from the home.

The AYSP Family Worker and Youth Worker will work together with the youth and parents/caregivers to decrease family conflict and build positive relationships.

The Family Worker will provide family counselling, including behaviour management and problem-solving strategies, communication and relationship-building skills.

The Youth Worker will support youth through one-to-one counselling, social skills development, encouraging participation in community activities and through the development of support networks.

Goals of the Program:

- To decrease family conflict and build positive relationships between adolescents and their families
- To reduce out of home placement and support youth to remain living at home
- To assist youth and parents/caregivers to develop effective communication and problem solving skills
- To assist parents/caregivers with the development of effective behavior management strategies
- For youth and parents/caregivers to develop effective strategies to improve the youth's success in school and in the community

- To strengthen families' network of supports and increase knowledge of community-based resources and services

Inclusionary Criteria:

- Youth between their 12th and 16th birthday
- Parents/caregivers who are involved with the Peel Children's Aid Society Adolescent Team
- Youth at risk of removal from the home due to parent-adolescent conflict
- Youth and parents/caregivers who voluntarily agree to participate
- Youth who are living at home or will be integrated back home

Exclusionary Criteria:

- Parents/caregivers who are in need of immediate crisis stabilization
- When the safety of the Workers cannot be ensured

Referral Source:

- Peel Children's Aid Society Adolescent Team

Referral Process:

The Family Service Workers on the Peel Children's Aid Society Adolescent Team complete a referral package and forward it to the Adolescent Program Supervisor at AYSP. The partner agencies then meet with the family to determine appropriateness for the program.

The Adolescent Team Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Challenges Program

The Challenges Program is a flexible, family-focused intervention. Workers meet with families in their homes to teach and model, for parents/caregivers, specific skills in behaviour management, conflict resolution, problem solving and advocacy. The length of intervention is based on the needs of the family (approximately 3 to 5 months). Booster sessions (follow-up support) are available following the completion of the program.

Goals of the Program:

- To improve parent/caregiver abilities and skills to effectively manage their child's behavior
- To keep children and youth in the home and out of the care of Peel Children's Aid or other residential placement

Inclusionary Criteria:

- Residents of Peel
- Children/youth, up to their 18th birthday, and their families
- Children/youth experiencing difficulties at home, school and/or in the community
- Parents/caregivers expressing difficulty in managing their child's behaviour
- Parents/caregivers who agree to actively participate in the program
- Parents/caregivers who prefer to have service offered in their home

Exclusionary Criteria:

- Parents/caregivers who require, but are not receiving, support or treatment for mental health issues, marital conflict, or substance use issues

Referral Sources:

- Peel Children's Aid
- Community/self referrals via Mental Health Services for Children and Youth (Centralized Intake)
- Internal transfers via Mental Health Services for Children and Youth (Centralized Intake) transfer protocol

Referral Process:

Parents/caregivers can make a self-referral by calling Mental Health Services for Children and Youth (Centralized Intake) at (905) 451-4655.

Families are also eligible for this program through the Internal Transfer Protocol via Mental Health Services for Children and Youth (Centralized Intake). After consultation with the Challenges Program Supervisor or Service Co-ordinator, the internal transfer package, including signed consent form, can be faxed to the Challenges Program.

Peel Children's Aid workers forward referrals to the designated Peel Children's Aid Supervisor. These are faxed to the Challenges Program Supervisor. Consults with the Challenges Program Supervisor or Service Co-ordinator are welcome, to ensure appropriate referrals.

The Challenges Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Dialectical Behaviour Therapy Program **(DBT)**

DBT is an evidence-based therapy developed by Dr. Marsha Linehan at the University of Washington utilizing cognitive-behaviour treatment combined with acceptance strategies and Zen philosophy. The DBT Program provides therapeutic services to youth who have experienced suicidal thoughts, actions, and/or self-harming behavior in addition to quality of life-interfering behaviours and interpersonal issues. DBT workers take a compassionate view of the client and accept them for who they are, while helping them to make changes and to work towards their personal goals.

DBT treatment ranges from 6-12 months and includes:

- Weekly, individual therapy sessions for the youth
- 20 week skills training group for youth and their caregiver/support person
- 24-hour phone coaching for youth and their caregiver/support person (for help applying skills in real life situations)
- Family counselling, as appropriate

Goals of the Program:

- To decrease life-threatening behaviours (e.g. self-injurious behaviour, suicidal thoughts, threats and/or attempts)
- To increase personal coping skills
- To decrease quality-of-life interfering behaviours (e.g. impulsivity, substance use, truancy)
- To provide support and education to the caregivers of the adolescents in the DBT Program

Inclusionary Criteria:

- Youth who reside in Peel
- Youth between their 15th and 18th birthday
- Youth who experience several of the following:
 - Life-threatening behaviours
 - Quality-of-life interfering behaviours
 - Recurrent suicidal thoughts or attempts
 - Difficulty in interpersonal relationships
 - Frequent mood swings
 - Intense fear of abandonment
 - Sense of emptiness or confusion about self
 - Family conflict

Exclusionary Criteria:

- Youth who are actively suicidal, homicidal or in need of crisis stabilization
- When the safety of the Worker cannot be ensured

Referral Sources:

- Mental Health Services for Children and Youth (Centralized Intake)
- Community Agencies
- Hospitals
- Youth Justice Services
- Peel School Boards
- Peel Children's Aid
- Internal Referrals from AYSP Programs

Referral Process:

An email will be sent to the Community indicating an opening(s) in the DBT Program, with referrals being accepted over a two week period. Referring workers are asked to phone the DBT Program Supervisor to complete a short screen to confirm the clients' suitability for the DBT Program. If the candidate meets the referral criteria, the DBT referral package will be sent to the referring worker.

The completed referral package is then sent back to the DBT Program Supervisor. Once the two week period has elapsed, an AYSP internal committee will review each referral and select the clients determined to be most in need **and** most appropriate for the spaces available. Referral sources will be notified by the DBT Program Supervisor as to the outcome of the screening. Selected candidates will be contacted by a DBT therapist to begin treatment.

The DBT Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Family Connections Program

The Family Connections Program is an intensive outreach program designed to help stabilize families in times of crisis. It is a short-term intervention lasting approximately 8-10 weeks with the possibility of booster sessions (follow-up support) following discharge. A multi-systemic assessment completed by the counsellors facilitates referrals to ongoing services.

Goals of the Program:

- To help stabilize families in times of crisis
- To reduce the need for placement of children/youth out of the home into the care of the Peel Children's Aid or other residential placement
- To improve family relationships
- To help families/caregivers become effective at managing current and future crises
- To strengthen families' informal and formal networks of support

Inclusionary Criteria:

- Residents of Peel
- Children/youth, up to their 18th birthday
- A child/youth experiencing mental health issues as demonstrated by externalizing and/or internalizing behaviours
- A child/youth at risk of requiring more intrusive/long-term care and/or services
- Families in which a child/youth is at imminent risk of out-of-home placement or is being reintegrated into the family home from placement
- Parents/caregivers who **voluntarily** agree to participate in this family-focused intensive program
- Parents/caregivers willing to accept service immediately (families contacted within 72 hours)

- **Please note:** If the identified client has a chronic history of previous mental health services, consultation with the program supervisor is required

Exclusionary Criteria:

- Children/youth who are actively suicidal, homicidal or in need of crisis stabilization
- Parents/caregivers who require, but are not receiving, support or treatment for mental health issues, marital conflict, or substance use issues
- Parents/caregivers who are in need of immediate crisis stabilization

Referral Sources:

- Peel Children's Aid
- Community/self referrals via Mental Health Services for Children and Youth (Centralized Intake)
- Internal transfers via Mental Health Services for Children and Youth (Centralized Intake) transfer protocol
- Peel Crisis Capacity Network

Referral Process:

Parents/caregivers can make a self-referral by calling Mental Health Services for Children and Youth (Centralized Intake) at (905) 451-4655.

Families are also eligible for this program through the Internal Transfer Protocol via Mental Health Services for Children and Youth (Centralized Intake). After consultation with the Family Connections Program Supervisor or Service Co-ordinator, the internal transfer package, including signed consent form, can be faxed to the Family Connections Program.

Peel Children's Aid Workers forward referrals to the designated Peel Children's Aid Supervisor. These are faxed to the Family Connections Program Supervisor. Consults with the Family Connections Program Supervisor or Service Co-ordinator are welcome, to ensure appropriate referrals.

Peel Crisis Capacity Network Facilitators are able to make a direct referral to the Family Connections Program after consultation with the Family Connections Supervisor.

The Family Connections Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Group Services Program

AYSP offers community-based, short-term, educationally-focused **COPE (Community Parent Education)** groups, for parents or caregivers of youth aged 12 to 16 years. Adolescent COPE 12+ is a large group parenting course that runs for 8 consecutive sessions/weeks, 2 hours per week. Groups are typically offered twice per year at AYSF and at various locations in Peel Region schools. COPE groups include the use of video clips, problem-solving discussions, skill-building exercises and goal-focused approaches. Course leaders, who are children's mental health professionals and/or school board staff, guide parents using methods proven to reduce parenting stress and improve parent-child/youth relationships. Parents work together on solutions to parenting challenges, share ideas, and try out new youth behaviour management strategies. Childcare and assistance with transportation is also available if needed.

Goals of the Program:

- To promote parental/caregiver skill development and problem-solving skills
- To provide a forum for mutual support and advice
- To build upon the strengths of families/caregivers so they will be able to more effectively manage future parenting crises
- To reduce the need for more intensive/long-term services
- To strengthen families' network of supports and increase knowledge of community-based resources and services

Inclusionary Criteria:

- Residents of Peel
- Parents/caregivers seeking to overcome parenting difficulties

- Families at risk of requiring more intensive/long-term supports or services
- Parents/caregivers able to consistently attend an 8-week parenting course
- Parent/caregivers amenable to learning about and attempting new behaviour management strategies
- Families may be receiving service from other service providers who determine group will compliment such service

Exclusionary Criteria:

- Parents/caregivers who are in need of immediate crisis stabilization
- Parents/caregivers who require, but are not receiving, support or treatment for mental health issues, marital conflict, or substance use issues
- Where participation in the program presents a safety risk to the child/youth/family/community or the facilitator

Referral Sources:

- Peel District School Board
- Dufferin-Peel Catholic District School Board
- Self-referral by the Parent/caregivers
- Internal transfers from AYSP programs
- Internal transfers via Mental Health Services for Children and Youth (Centralized Intake) transfer protocol

Referral Process:

Parents/caregivers can make a self-referral by calling Mental Health Services for Children and Youth (Centralized Intake) at (905) 451-4655.

Parent/caregivers are also eligible for this program through the Internal Transfer Protocol via Mental Health Services for Children and Youth (Centralized Intake).

Referrals for school-based groups are made by School Board Staff. Information is disseminated broadly within the School Boards regarding upcoming group topics and locations. Participants contact the Group Services Coordinator to register. Alternatively, School Board Staff after consultation with the Group Services Coordinator or Program Supervisor and obtaining client consent, can forward participant information and the Group Services Coordinator will contact and register the family.

AYSP also offers **The Incredible Years Program** which includes: a) The Incredible Years Basic Parent Training Program - a structured curriculum designed for parents/caregivers of a child aged 3 to 8 who is exhibiting oppositional, conduct, or hyperactive disorder behavior; and b) The Dina Dinosaur Social Skills Program - a structured, small-group children's training program designed to promote appropriate classroom behaviours, positive social skills, and non-aggressive ways to solve common conflicts.

The Incredible Years program runs for 14 consecutive sessions, 2 hours per week, and is offered once per year. The Dina program, for children aged 4 to 8, is a sub-component of the Incredible Years curriculum and is run by AYSPP in conjunction with the Basic Parent Program.

Note: Referrals are accepted from AYSPP internal programs, and internal transfers from Mental Health Services for Children and Youth (Centralized Intake) via the Internal Transfer Protocol.

The Incredible Years Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Multisystemic Therapy Program (MST)

The MST Program is an intensive, short-term intervention (3-5 months) which involves the whole family. It is a home-based, family-focused treatment which aims to reduce antisocial behaviour and improve family functioning, peer relations, and school performance. Sessions are goal-focused and strength-based, occurring 2 or more times per week in the youth's natural environment. Caregivers and the therapist develop strategies or interventions to promote and monitor the youth's success at home, school and in the community. Families/caregivers have access to the MST Team 24 hours via an on-call system.

The MST Program is an evidence-based program that was developed at the Medical University of South Carolina where its effectiveness has been well documented.

Goals of the Program:

- To reduce out of home placement
- To decrease youth criminal and antisocial behaviour
- To improve family functioning

Inclusionary Criteria:

- Youth between their 12th and 18th birthday (Mental Health Services for Children and Youth - Centralized Intake referrals), who are residents of Peel
- Residents of Peel, Dufferin, Halton or West Toronto (Probation referrals only)
- High risk youth and their families/caregivers
- Youth who are engaging in criminal and anti-social behaviour
- Youth who are experiencing difficulties across multiple systems: individual, family, peers, school and/or community
- Youth who are at risk of their current placement breaking down

Exclusionary Criteria:

- Youth who are living independently, or youth for whom their primary caregiver is unwilling to participate in therapy
- Youth who are actively suicidal, homicidal or in need of crisis stabilization
- Youth who are referred primarily as a result of the youth's sexual offending behaviour (referring workers are encouraged to consult with the MST Program Supervisor regarding this group of youth)

Referral Sources:

- Probation Services (youth who have committed an offence between their 12th and 18th birthday)
- Self-referrals (youth and/or family) via Mental Health Services for Children and Youth (Centralized Intake)
- Internal transfers via Mental Health Services for Children and Youth (Centralized Intake) transfer protocol

Referral Process:

Youth's Probation Officer completes a referral form and faxes referral to MST Program Supervisor at (905) 890–5230.

Family members can make a self-referral by calling Mental Health Services for Children and Youth (Centralized Intake) at (905) 451-4655.

Families are also eligible for this program through the Internal Transfer Protocol via Mental Health Services for Children and Youth (Centralized Intake). After consultation with the MST Program Supervisor, the internal transfer package, including signed consent form, can be faxed to the MST Program.

The MST Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Parent Adolescent Counselling Program **(PAC-P)**

PAC-P is a home-based, short-term intervention (up to 4 months), which aims to decrease family conflict and improve family functioning, peer relations, and school performance. It is a family-focused intervention and sessions are goal-focused, strength-based, and occur once a week in the family home, community or youth's natural environment. Interventions are jointly developed to promote and monitor the youth's success at home, school and in the community.

Goals of the Program:

- To decrease family/caregiver conflict and develop effective communication and problem solving skills
- To build and strengthen positive relationships between adolescents and their families/caregivers
- To improve the youth's coping skills and increase pro-social behaviour to support success in school and in the community
- To strengthen family/caregiver network of supports and increase knowledge of community-based resources and services

Inclusionary Criteria:

- Residents of Peel
- Youth, between their 12th and 18th birthday, and their parents/caregivers
- Youth who are experiencing conflict with their parents/caregivers and difficulties across systems, including family, peers, school and/or community
- Youth presenting with several of the following: mental health issues, non-compliant behavior, aggression, truancy, social isolation, low self-esteem, poor socialization skills
- Parents/caregivers who voluntarily agree to participate in a home-based family program

Exclusionary Criteria:

- Parents/caregivers or youth who are actively suicidal, homicidal or in need of immediate crisis stabilization
- When the safety of the Worker cannot be ensured

Referral Sources:

- Dufferin-Peel Catholic District School Board
- Peel District School Board

Referral Process:

Referrals from the Dufferin-Peel Catholic District School Board are made by School Support Staff Team Members. The referral form is completed and forwarded to the Senior Social Worker, who then faxes the referral to the PAC-P Supervisor.

Referrals from the Peel District School Board are made by Professional Student Services Personnel Staff. The referral form is completed and forwarded to the Senior Social Worker, who then faxes the referral to the PAC-P Supervisor.

The PAC-P Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Reaching Adolescents in Need Program **(RAIN)**

The RAIN Program is a short-term case management program for youth. RAIN specifically addresses the needs of youth who are under housed or homeless, disconnected from family, school, and employment and unable to effectively connect and negotiate service from other agencies.

Goals of the Program:

- Provide outreach to clients in the community
- The provision of a listening ear and non-judgmental support
- Engagement of youth in a helping relationship aimed at establishing trust to make an effective transition to other support systems
- Response to immediate needs of youth and development of strategies related to:
 - Basic needs (food, clothing, housing)
 - Education
 - Employment or employment readiness
 - Substance use issues
 - Mental health challenges and physical health needs
- Referral and linkage to other organizations and services
- Short-term case management and provision of follow-up support, as needed

Inclusionary Criteria:

- Residents of Peel
- Youth between their 14th and 18th birthday
- Youth who are disconnected from family and in an unstable and unsafe living situation (i.e., residing in shelters, homeless, financial instability)
- Youth who are disconnected from school and/or employment, and unable to effectively connect with and negotiate service from other agencies
- Youth with mental health issues and several of the following behaviours: substance misuse, aggression, criminal/anti-social behaviour, sexual acting out, chronic isolation from family, negative peer relationships

Exclusionary Criteria:

- Youth who are actively suicidal, homicidal or in need of immediate crisis stabilization
- When safety of the Youth Worker cannot be ensured

Referral Sources:

- Self-referrals by the youth
- Community agencies
- Shelters, Drop-In Centres
- Street Outreach Programs
- Peel Children's Aid
- Youth Justice Programs
- Peel School Boards, including but not limited to:
 - Dufferin-Peel Catholic District School Board
 - Peel District School Board
- Internal referrals from AYSP Programs
- Mental Health Services for Children and Youth (Centralized Intake)

Referral Process:

Community partners, youth and caregivers can contact the RAIN Program directly by calling (905) 890-5222 or 1-800-762-8377 ext. 460 (toll free).

Youth and caregivers can also make a self-referral by calling Mental Health Services for Children and Youth (Centralized Intake) at (905) 451-4655.

Centralized Intake Partner agencies and AYSP staff working with clients who meet eligibility requirements can make a referral to the RAIN Program via the Internal Transfer Protocol.

The RAIN Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Recognizing Individual Success and Excellence Program (RISE)

The RISE Program is a school-based, multi-faceted program which addresses the needs of children who are displaying signs of anti-social behaviour in the classroom, home and community.

The RISE Program is approximately 4 months in duration and has four components:

- **One-to-One Support** provides the child with an opportunity to discuss challenging issues. The child will set personal goals, practice social skills and develop effective problem solving skills.
- **Group** gives the children the chance to practice and enhance the skills they have learned during their one-to-one sessions, in a small group setting.
- **Recreation** allows the children to participate in different recreational opportunities. It encourages them to interact with other children in a pro-social manner, in a large community setting.
- **Family Support** includes contact meetings and a parent/caregiver education group. A Children's Activity Group is available for siblings.

Goals of the Program:

- To minimize the risk of children eventually becoming involved in more intrusive services (e.g., Youth Justice System)
- For children to learn effective communication, problem solving and social skills
- To exhibit pro-social behaviour in the community and to establish positive relationships with peers, within the school and with family members

Inclusionary Criteria:

- Children 6 to 9 years old, who live in Peel Region
- Children experiencing difficulties in the home, school or community in the areas of aggression and poor social skills
- Children presenting with several of the following: low self-esteem, poor socialization skills, non-compliant behavior, school problems or aggressive behaviour

Exclusionary Criteria:

- Children who require more intensive services
- Where parents/caregivers are not supportive of their family's involvement in the RISE Program

Referral Sources:

- Peel District School Board
- Dufferin-Peel Catholic District School Board
- Big Brothers Big Sisters of Peel
- The Boys and Girls Club of Peel
- Self-referrals by the Parents/caregivers
- Internal transfers from AYSP Programs

Referral Process:

School Board Staff or community partners contact the RISE Program Supervisor for a consultation to discuss fit with the program. The completed referral package, including signed consent form, is then faxed to the RISE Program Supervisor.

Parents/caregivers can contact the RISE Program directly by calling (905) 890-5222.

The RISE Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Section 23 Program

The Section 23 Program provides service for students unable to attend regular or special education classes within a community school. The Peel District School Board (PDSB) and AYSP jointly deliver Section 23 classroom programs in two Peel secondary schools. These programs are designed to address the students' individual academic, social and emotional needs, provide stabilization and treatment, and assist the home school in developing education plans/programs upon discharge. Each student is on an individualized and flexible program with respect to academics, length of stay in the program and transition options.

Goals of the Program:

- To stabilize students academically and emotionally
- To complete an in-class academic and social/emotional assessment of the student's needs and functioning level
- To develop effective strategies to address educational gaps and barriers interfering with a student's educational success

Inclusionary Criteria:

- Grade 9 and 10 students (under the age of 17) who have exhausted the resources at their home school
- Youth moving from outside of the region and who are unknown to the Peel District School Board
- Youth coming out of custody between semesters

Exclusionary Criteria:

- Youth who are actively suicidal, homicidal or in need of crisis stabilization
- Youth who have treatment and/or behavioural needs that cannot be managed in a classroom setting

- Youth who have police or court restrictions at the schools where the classes are located
- Youth who have not completed expulsion conditions/requirements

Referral Sources:

- Peel District School Board (General)
- Peel District School Board (Host school)
- AYSP Programs

Note: Fees will apply when residential programs in Peel refer non-Peel youth/students via the PDSB.

Referral Process:

All referrals require a case manager at the home school. In addition, any referral from AYSP requires a case manager. Together, the home school and AYSP case manager attend review meetings, implement recommendations and facilitate transition from the classroom. Referral sources are asked to complete an intake package and present the student at an intake meeting.

The Section 23 Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

TANGERINE Walk-In/Brief Therapy **Counselling Program**

The TANGERINE Walk-In Counselling Program is a collaboration between Associated Youth Services of Peel (AYSP), Peel Children's Centre (PCC) and Rapport Youth and Family Services. The TANGERINE Walk-In Counselling Program is run one day a week out of each agency. AYSP operates Tuesdays, PCC on Wednesdays and Rapport on Thursdays. Hours of service are 9 am - 8 pm. TANGERINE is a unique single session approach to counselling for families and youth as they identify the need for service. We help our clients develop a clear plan of action that recognizes and builds on their own strengths and abilities. No appointment is necessary for this service.

The Brief Therapy Counselling Program offers counselling to youth and families for up to 8 sessions, over a three month period, and is for those families or youth who feel they would benefit from additional goal directed counselling. Counselling is provided at the agency or in a community setting.

Goals of the Program:

- To provide timely and brief therapy when the family/youth identifies the need for support
- To help families/youth become aware of the strengths that exist within their family
- To improve family relationships
- To help families/youth become effective at managing current areas of concern

Inclusionary Criteria:

- Residents of Peel
- Children and youth, up to their 18th birthday
- A child or youth experiencing mental health issues as demonstrated by externalizing and/or internalizing behaviours
- Families/youth who voluntarily agree to participate

Exclusionary Criteria:

- Children/youth who are actively suicidal, homicidal or in need of immediate crisis stabilization
- Children/youth who have been diagnosed with an eating disorder and the primary reason for service is to treat that eating disorder
- Speech and language assessment
- Parents/caregivers who require, but are not receiving, support or treatment for mental health issues, marital conflict, or substance use issues
- Parents/caregivers who are in need of immediate crisis stabilization
- Custody and Access assessment and/or documentation for court
- A request for service from a parent who only has supervised access or therapeutic access
- Specialized treatment for sexual abuse
- Child diagnosed as being developmentally challenged requiring respite or case management and there is no mental health concern
- In-home support is required

Referral Sources:

- Mental Health Services for Children and Youth (Centralized Intake) for Brief Counselling
- Internal transfers from AYSP Programs

Referral Process:

Parent/caregiver or youth can make a self-referral for Brief Counselling by calling Mental Health Services for Children and Youth (Centralized Intake) at (905) 451-4655.

Families are also eligible for this program through the Internal Transfer Protocol after consultation with the Walk-In/Brief Therapy Counselling Program Supervisor, the internal transfer package, including signed consent form, can be faxed to the Program Supervisor.

For Tangerine Walk-In services please be aware dates, times and locations are subject to change. Please check the website for up-to-date information.

www.tangerinewalkin.com

The TANGERINE Walk-In/Brief Therapy Counselling Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Transitions Program

The Transitions Program is a case management program for youth who are transitioning out of involvement with Peel Children's Aid Society. The program offers a community-based service, utilizing a strength-based, client-centred approach, focusing on the immediate needs and long term goals of youth.

Goals of the Program:

- Provide outreach to clients in the community
- The provision of a listening ear and non-judgmental support
- Engagement of youth in a helping relationship aimed at establishing trust to make an effective transition to other support systems
- Response to immediate needs of youth and development of strategies related to:
 - Basic needs (food, clothing, housing)
 - Education
 - Employment or employment readiness
 - Substance use issues
 - Mental health challenges and physical health needs
- To facilitate the transition of youth from the support of Peel CAS to community resources
- To provide parents and caregivers with education and support regarding their youth's transition, when necessary
- Referral and linkage to other organizations and services
- Short-term case management and provision of follow-up support, as needed

Inclusionary Criteria:

- Residents of Peel
- Youth between their 15th and 18th birthday, and their families
- Youth who are connected with Peel CAS, but are discontinuing involvement and are in need of transitional support
- Youth who are in an unstable and unsafe living situation (ie., residing in shelters, homeless, financial instability)
- Youth who are disconnected from school and/or employment, and unable to effectively connect with and negotiate service from other agencies
- Youth with mental health issues and several of the following behaviours: substance misuse, aggression, criminal/anti-social behaviour, sexual acting out, chronic isolation from family, negative peer relationships

Exclusionary Criteria:

- Youth who are actively suicidal, homicidal or in need of immediate crisis stabilization
- When safety of the Youth Worker cannot be ensured

Referral Sources:

- Peel CAS
- Internal referrals from AYSP Programs
- Self-referrals can be made by the youth

Referral Process:

Peel Children's Aid Society Workers assess the appropriateness of a youth for the program and contact the Program Supervisor at AYSP to make a referral at (905) 890-5222.

Youth and caregivers can contact the Transitions Program directly by calling (905) 890-5222 or 1-800-762-8377 ext. 460 (toll free).

The Transitions Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Transitional Aged Youth Outreach Program (TAYO)

The TAYO Program is a case management and counselling program for youth who are experiencing on-going mental health challenges and are likely to transition into adult services.

Goals of the Program:

- To improve day-to-day functioning and well-being of youth
- To provide parents and caregivers with education and support regarding their youth's mental health diagnosis and treatment
- To minimize gaps in service for youth living with mental health issues
- To facilitate the transition of youth into adult mental health services
- To educate and build capacity within the adult system to meet the unique needs of transitional aged youth

Inclusionary Criteria:

- Youth who are residents of Peel
- Youth aged 16 and 17 (up to 18th Birthday)
- Youth who have persistent mental health issues (with or without a formal diagnosis) requiring on-going support and service
- Youth who are displaying several of the following behaviours: chronic isolation (from family and other support systems), substance misuse, self harm, aggression, anti-social behaviour, sexual acting out, negative peer relationships, difficulties in school and/or employment
- Youth who require, but are not connecting with mental health services (youth and/or adult)

- Youth who are connected with service, but would benefit from a community-based support

Exclusionary Criteria:

- Youth who are actively suicidal, homicidal or in need of immediate crisis stabilization
- When safety of the Youth Worker cannot be ensured

Referral Sources:

- Community Agencies
- Hospitals
- Youth Justice Services
- Peel School Boards, including but not limited to:
 - Dufferin-Peel Catholic District School Board
 - Peel District School Board
- Mental Health Services for Children and Youth (Centralized Intake)
- Peel Children's Aid
- Self and Family referrals
- Internal Referrals from AYSP Programs

Referral Process:

Community partners, youth and parent/caregivers can contact the TAYO Program directly by calling (905) 890-5222.

Youth and caregivers can also make a self-referral by calling Mental Health Services for Children and Youth (Centralized Intake) at (905) 451-4655.

Centralized Intake Partner agencies and AYSP staff working with clients who meet eligibility requirements can make a referral to the TAYO Program.

Youth's Probation Officer completes a referral form and faxes referral to the TAYO Program Supervisor at (905) 890-5230.

The TAYO Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Working Together with Families, 0-6 **Program (WTWF, 0-6)**

The WTWF, 0-6 Program is an intensive, home based, family-focused intervention for families and children from birth to their 7th birthday. It is based on a family preservation service delivery model. Therapists work together with parents to identify family strengths and needs and develop goals to guide the change process.

Goals of the Program:

- To prevent out of home placement of children
- To improve child and family functioning
- To reduce the need for more intensive services in the future

Inclusionary Criteria:

- Families involved with Peel Children's Aid
- Children aged 0 to 6 who are at risk of out-of-home placement
- Complex, multi-need families
- Parents/caregivers who are willing to participate in an intensive in-home program where the therapist visits two to three times per week, initially, for four to six months
- Families motivated to stay together and, thus, voluntarily agree to participate in the program

Exclusionary Criteria:

- The identified child is medically fragile
- Parents/caregivers who require, but are not receiving, support or treatment for mental health issues, marital conflict, or substance use issues
- There is instability due to a high degree of transience

Referral Sources:

- Peel Children's Aid
- Internal transfers via Mental Health Services for Children and Youth (Centralized Intake) transfer protocol

Referral Process:

Peel Children's Aid Workers forward referrals to the designated Peel Children's Aid Supervisor contact. Peel Children's Aid screens for appropriateness and forwards referral to the WTWF, 0-6 Program Supervisor.

Families are also eligible for this program through the Internal Transfer Protocol via Mental Health Services for Children and Youth (Centralized Intake). After consultation with the WTWF, 0-6 Program Supervisor, the internal transfer package, including signed consent form, can be faxed to the WTWF, 0-6 Program.

The WTWF, 0-6 Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Youth Beyond Barriers Program (YBB)

The YBB Program provides confidential services for youth who identify as Lesbian, Gay, Bisexual, Transgender, Transsexual, Intersex, Queer, Questioning, 2-Spirited (LGBTTIQQ2S) through a support and education group, individual counselling, and through social media. The YBB Program also offers community capacity building around LGBTTIQQ2S inclusion and Anti-Racism/Anti-Oppression.

The YBB group brings together LGBTTIQQ2S youth to share their experiences and talk about issues that matter to them. The group offers support and education on a range of relevant issues and topics. It is an open group that operates year round.

Individual counselling is available for youth aged 12-17, identifying as LGBTTIQQ2S and requiring support. Additionally, support can be provided for parents/caregivers of youth involved in the program.

The YBB Program facilitates educational workshops, trainings, and community events to raise awareness regarding LGBTTIQQ2S issues and other forms of oppression. The program provides support and service to the Gay-Straight Alliances in the Peel District School Board schools.

Goals of the Program:

- That all youth, regardless of sexual orientation and/or gender identity be afforded equal access to service provision, including the freedom from harassment and discrimination due to sexual orientation and/or gender identity
- That all youth reach an optimum level of comfort in regard to their identity, enabling them to achieve their full potential

- To offer support and resources for LGBTTIQQ2S youth, and build capacity among service providers in Peel to work positively and in a celebratory way with this community, through an anti-racist and anti-oppressive framework

Inclusionary Criteria:

- Youth who are residents of Peel
- Youth between their 12th and 18th birthday
- Youth identifying as LGBTTIQQ2S and in need of support

Exclusionary Criteria:

- Youth who are actively suicidal, homicidal or in need of immediate crisis stabilization
- When the safety of the Youth Worker cannot be ensured

Referral Sources:

- Self referrals by the youth
- Parents/Caregivers
- Community agencies:
 - Children’s Mental Health agencies
 - Crisis/distress services
 - Community Health Centres
 - Public Health
 - Peel Children’s Aid
- Peel School Boards
- Internal referrals from other AYSP Programs
- Mental Health Services for Children and Youth (Centralized Intake)

Referral Process:

Community partners, youth, and parents/caregivers can contact the YBB Program directly by calling (905) 890-5222 or 1-800-762-8377 ext. 460 (toll free). The YBB Program can also be accessed by e-mail at ybb@aysp.ca.

Youth and caregivers can also make a self-referral by calling Centralized Intake for Children and Youth Mental Health Services at (905) 451-4655.

Centralized Intake Partner agencies and AYSP staff working with clients who meet eligibility requirements can make a referral to the YBB Program via the Internal Transfer Protocol.

The YBB Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Attendance Centre Program

The Attendance Centre Program is an alternative to custody program under the Youth Criminal Justice Act (YCJA). It allows a young person to remain in the community, to participate in a structured and supervised program. The program encompasses a wide variety of opportunities for youth to learn and develop new skills, while maintaining a closely supervised setting to ensure the safety of the youth and the community.

Education Forward is also offered to youth participating in the Attendance Centre Program. Education Forward is an opportunity for youth who are not enrolled in a traditional school program to participate in an alternative learning environment, while providing intensive one-to-one support.

Goals of the Program:

- to provide services to male youth in accordance with the YCJA
- to comply with court orders
- to provide programs and support to youth based on an individual needs assessment
- to provide community-based services and supports for youth at risk, to link young people to services they need

Inclusionary Criteria:

- Male youth between their 12th and 18th birthday, at the time of the offence, who reside in Peel
- Male youth who may have been considered by the courts for a short- term custody sentence
- Male youth who do not pose a risk to the community
- Male youth who do not require intensive supervision, but do require additional assistance with particular aspects of living and can be held accountable and benefit from participation in a community-based program

Exclusionary Criteria:

- Female youth (Female youth are to be referred to attend the Elizabeth Fry Society Attendance Centre, located in Brampton)

Referral Sources:

- Probation Services
- Youth Court Justices (coupled with a Probation Order as the Probation Officer is the Case Manager)

Referral Process:

Referrals are received directly from Youth Justice Probation Officers or Youth Court Justices (coupled with a Probation Order as the Probation Officer is the Case Manager).

The Attendance Centre Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Community Service Order Program (CSO)

The CSO Program is designed for adults who have been ordered by the court to do voluntary work in the community to compensate for the offence(s) they have committed.

Goals of the Program:

- To ensure responsibility and accountability of persons who come into contact with the court
- To involve the community in addressing the rehabilitation of adults

Inclusionary Criteria:

- Adults ordered by the courts to complete a Community Service Order, as a result of a charge in Dufferin or those transferred from other jurisdictions

Exclusionary Criteria:

- Adults with charges deemed inappropriate by the CSO Co-ordinator will be referred back to their Probation Officer for review

Referral Source:

- Ontario Court of Justice

Referral Process:

Referrals are received directly from court administration as a result of a judicial order.

The CSO Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Enhanced Extrajudicial Sanctions Program (EEJS)

The EEJS Program is a means to divert young persons charged, away from formal criminal proceedings into a program of rehabilitation. The EEJS program is a community based intervention. The young person will be met for an initial intake and assessment to determine the most suitable program, taking into consideration the young person's interests, skills, and abilities.

Goals of the Program:

- To involve the community in addressing the rehabilitation of youth
- To reduce and/or eliminate the associated labelling of young people involved with the legal system through active involvement in the community
- To allow youth an opportunity to make amends for their illegal conduct, appropriately

Inclusionary Criteria:

- Young persons between their 12th and 18th birthday, at the time of the offence
- Young persons residing in West Toronto and North Toronto

Exclusionary Criteria:

- Young persons who are not prepared to be accountable for his/her actions
- Young persons not aware of his/her options and rights
- Young persons not willing to participate in the program

Referral Source:

- Crown Attorneys/Ontario Court of Justice

Referral Process:

Referrals are received directly from court administration.

The EEJS Program Supervisor or Co-ordinator are available to answer any questions you may have regarding the referral process or program criteria.

Extrajudicial Measures Program (EJM)

The EJM Program is intended to divert young persons away, pre-charge, from formal criminal proceedings and into a program of rehabilitation. The EJM Program is designed for young persons who have been involved in non-violent offences for the first time. EJM allows the police to address the actions of young persons without utilizing the formal youth justice court system. The young person will be met for an initial intake to determine the most suitable program, taking into consideration the young person's interests, skills, and abilities.

Goals of the Program:

- To provide an effective and timely response to offending behaviour outside the bounds of judicial measures
- To encourage the young person to acknowledge and repair harm caused to the victim and the community
- To respect the rights and freedoms of young persons and be proportionate to the seriousness of the offence

Inclusionary Criteria:

- Young persons between their 12th and 18th birthday at the time of the offence
- Young persons residing in Peel or Caledon

Exclusionary Criteria:

- Young persons who do not agree to participate in the program

Referral Sources:

- Peel Regional Police
- Caledon O.P.P.

Referral Process:

The Investigating Officer will determine if the young person is suitable for the program. If the young person is a suitable candidate, the Officer will complete a referral form and forward it to the Co-ordinator responsible for EJM within the police force, who will then forward it to AYSP.

The EJM Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Extrajudicial Sanctions Program (EJS)

The EJS Program is a means to divert young persons charged, away from formal criminal proceedings and into a program of rehabilitation. The EJS Program is a community based intervention. The young person will be met for an initial intake to determine the most suitable program, taking into consideration the young person's interests, skills, and abilities.

Goals of the Program:

- To involve the community in addressing the rehabilitation of youth
- To reduce and/or eliminate the associated labelling of young people involved with the legal system through active involvement in the community
- To allow youth an opportunity to make amends for their illegal conduct, appropriately

Inclusionary criteria:

- Young persons between their 12th and 18th birthday at the time of the offence
- Young persons residing in Peel, Dufferin and West Toronto

Exclusionary Criteria:

- Young persons who are not prepared to be accountable for their actions
- Young persons not aware of their options and rights
- Young persons not willing to participate in the program

Referral Source:

- Crown Attorneys/Ontario Court of Justice

Referral Process:

Referrals are received directly from court administration.

The EJS Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Youth Justice Committee Program (YJC)

The YJC Program is a program initiated by the Ministry of the Attorney General. It provides an alternative to formal court proceedings when dealing with young people alleged to have committed certain offences.

Youth Justice Committees involve trained community members who meet with persons harmed, accused young people and their parents/caregivers to negotiate an appropriate way for the young person to make amends for his or her actions. Youth Justice Committees provide an increased opportunity for persons harmed and the broader community to have a role in dealing with offences committed by young persons.

Goals of the Program:

- To discuss what happened and help the young person better understand the motivation behind their actions
- To help the young person better understand the effect their actions had on the person harmed, their families, and the community
- To determine as a group, what can be done to repair the harm caused by the offence

Inclusionary Criteria:

- Youth who reside in Peel, Toronto or Dufferin County
- Youth between their 12th and 18th birthday at the time of the offence
- Youth who take responsibility for the offence and want to make amends by completing agreed-upon responsibilities
- Youth who have a parent or other responsible adult who agrees to participate in the process

Offences which are eligible include, but are not limited to:

- Theft under \$5,000.00
- Possession under \$5,000.00
- False pretences under \$5,000.00
- False statement under \$5,000.00
- Fraud under \$5,000.00
- Mischief
- Cause disturbance
- Assault
- Property offences
- Credit card offences

Exclusionary Criteria:

- Young persons who are not prepared to be accountable for their actions
- Young persons not aware of their options and rights
- Young persons not willing to participate in the program

Referral Sources:

- Crown Attorney's Office (Peel Court, Toronto (Finch) Court & Dufferin Court)
- Transfers from other jurisdictions as applicable
- In Dufferin, referrals may also be made pre-charge by Dufferin OPP, Shelburne Police and Orangeville Police

Referral Process:

A young person charged with an eligible offence may complete an application for YJC at his/her court appearance. The Crown Attorney will consider eligibility for the program and approve or deny the request. If approved, the matter will be adjourned for approximately 12 weeks. In Peel and Toronto, youth are asked to report directly to the Probation office, at the courthouse, where an initial interview will be scheduled and/or information will be provided.

In Dufferin, soon after his/her court appearance, the young person and parent/caregiver will be contacted by the YJC Co-ordinator and advised of the date, time and location of an initial interview.

Additionally, in Dufferin, the Police may refer a young person to the YJC Program “pre-charge”. The young person will be contacted by the YJC Coordinator to schedule an interview. If the young person completes the program successfully, no charge will be laid.

The YJC Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.

Youth Mental Health Court Worker Program (YMHCW)

The YMHCW Program provides support to youth who are involved with the Youth Justice Court and are presenting with symptoms of mental health issues. The YMHCW provides referral resources to the Youth Justice Court and establishes contacts with community-based services to divert the young person away from the Criminal Justice System to mental health resources and services within the community.

Goals of the Program:

- To identify the mental health needs of youth involved in the Criminal Justice System
- To provide consultation to the Judiciary, Crown Attorney's Office, Defense/Duty Counsel and community agencies
- To facilitate referrals to community-based mental health resources and services, to minimize involvement in the Criminal Justice System
- To provide information and support to family members and caregivers of youth with mental health issues
- To support the diversion of youth away from the Criminal Justice System to community-based mental health resources and services

Inclusionary Criteria:

- Youth between their 12th and 18th birthday at the time of the offence
- Youth with mental health issues, suspected or diagnosed
- Youth involved in the Youth Justice Court at the A. Grenville & William Davis Courthouse (Brampton), the Milton Courthouse (Milton) or the Dufferin County Courthouse (Orangeville)

Exclusionary Criteria:

- Youth who do not voluntarily agree to participate in the program

Referral Source:

- Referrals can be made at any stage of the court process by a youth, family member, caregiver, Youth Justice Court, Defense and Duty Counsel, Crown Attorney or community agency

Referral Process:

To make a referral please contact the Youth Mental Health Court Worker at:

Brampton

A. Grenville and William Davis Courthouse
7755 Hurontario Street, Probation Office, Suite 240
Brampton, Ontario L6W 4T1
905- 454-7766

Milton

Milton Courthouse
491 Steeles Avenue East
Milton, Ontario L9T 1Y7
905-691-0580

Orangeville

Dufferin County Courthouse
10 Louisa Street
Orangeville, Ontario L9W 3P9
519-941-2816 Ext 2972

The YMHCW Program Supervisor is available to answer any questions you may have regarding the referral process or program criteria.