

## The Alan Cashmore Centre: Early Childhood Mental Health

*Vibrations talked with Pam Galloway, who has worked as a speech-language pathologist at the Alan Cashmore Centre for four years, to find out more about the work of the centre. The conversation follows:*

### **Vibrations: How did the Alan Cashmore Centre start?**

**Pam Galloway:** Alan Cashmore Centre was originally known as Blenheim House. We occupied a small house on Vancouver's West side and offered a small morning therapeutic group to about 12 children. The program was the brainchild of child psychiatrist, Dr. Alan Cashmore, whose vision was to offer community based child and family-focused mental health services to the preschool population. Staff included a psychiatrist, a few childcare counselors and a speech-language pathologist.

In 1999 we moved to a more central location in Vancouver. We changed our name to the Alan Cashmore Centre to honour the contributions and vision of Dr. Cashmore and who had always been a fierce advocate for young children and families and worked to ensure that multi-disciplinary mental health services would be available within their community. Dr. Cashmore died in 1993.

### **V: What geographical area and clientele are served?**

**PG:** We serve Vancouver and Richmond families with children from birth to 5 years of age where there are identified concerns about the child's social, emotional and/or behavioural development. Children must be referred prior to their 5th birthday.

We are a voluntary treatment resource and therefore parents must identify some area of concern they want help with. We typically provide service for up to 110 families at any one time.

Services are usually offered in center but outreach to the home may be offered for purposes of engagement or if there is a clinical need to provide this. Treatment services may include child-focused therapies (i.e.: play therapy, medication therapy), dyadic focused interventions (parent/child relationship building), parent counselling or any combination of the above.

### **V: What types of behavioural issues are dealt with?**

**PG:** Alan Cashmore Centre serves the needs of children with social, emotional and/or behavioural challenges. We see a broad range of presenting concerns. We see children whose social/emotional development is, for many different reasons, compromised. This may take the form of more obvious externalizing behaviours such as aggression, non-compliance and defiance. Alternatively this may take the form of internalizing symptoms such as fearfulness, separation anxiety, crying, and excessive worries. We also see children who are presenting with complex biological differences such as sensory integration issues, hypersensitivity and pervasive developmental delays to name a few.

We see children whose development has been impacted by chronic family stress, family violence, disrupted family systems and parental mental illness.

We work with families and other professional and community resources in an attempt to ameliorate some of these environmental stressors and to bolster coping strategies both for children and family members.

In terms of diagnostic labels, our children may have regulatory disorders, PTSD, language and communication disorders, attentional problems, relationship disorders, attachment problems, and pervasive developmental disorders among others.

### **V: What are the goals of treatment?**

**PG:** The goals of treatment are that presenting concerns, related to the child's social/emotional and/or behavioural development, will diminish or disappear entirely and that development in these areas will be typical of age and stage.

Our overall goals are to promote healthy attachment in young children; to promote a mutually satisfying parent/child relationship; to enhance parental confidence and competence in interaction with their child; to promote optimal social and emotional development in the early years. Towards this end we believe in a family approach to intervention. Our philosophy is that the family is the child's most precious resource and that healthy family relationships ensure a solid foundation for a child's optimal health and wellbeing. For these reasons our work with children always includes parents and/or significant caregivers.

Speech, language and communication goals focus on enabling the child to gain competence in basic skills and to support successful social communication and interactions with peers and adults. There is a strong emphasis on social-pragmatic language skills.

### **V: What is the waitlist for Services?**

**PG:** The length a patient might wait for service varies depends on the flow of referrals – a typical wait may be anywhere between 4 and 12 weeks.

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**Vibrations** is a publication of the British Columbia Association of Speech-Language Pathologists and Audiologists. It is published four times a year: March, June, September and December.

Submissions are welcome by February 15, May 15, August 15 and November 15 so that mailing to members can occur on the first of the month. Submissions are accepted from members and non-members and may be made by e-mail to the Editor at [hharlaar@gmail.com](mailto:hharlaar@gmail.com).

**Vibrations** reserves the right to edit according to space restrictions and economy of expression. When possible, the author will be notified of such changes.

Short entries in the Conferences and Workshops section are free of charge but subject to space availability. Please contact the Editor for more information.

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**President's Message**

March 2007

2007 has been proclaimed as the **"Year of Improving Communication Disorders"**. Thanks to Gail Poole for making this a reality! Please pass this message on to your colleagues.

Did you also know that 2007 marks the 50th anniversary of BCASLPA? That's right, we're half a century young and going strong! Plan to attend this year's conference in Whistler to celebrate!

I recently had the opportunity to attend a meeting of the Executive Directors and Registrars Group. This is an area group that meets regularly to network and discuss issues of concern across associations.

I have to say that I came away from the meeting enriched with a strong sense of the importance that our association brings to these meetings and the respect that we have earned over the years. Our association is valuable. It is respected. I never would have experienced this had I not become involved with BCASLPA. I encourage all of you to contact me, or your BCASLPA Area Rep, to volunteer!

A brief and by no means exhaustive summary of BCASLPA issues and initiatives is listed below;

- **Appreciative Inquiry:**  
Planning Group formed with 7 members. This group for organize the Summit planned for June 2007, and carry the initiative forward.
- **College:**  
To date the draft of the regulation designation has not yet been released for public review. This had been projected for end of January 2007.
- **Committee Terms of Reference:**  
Committees which have Terms of Reference include:
  - Executive, Inquiry, & Discipline Committees function as per the BCASLPA Bylaws and P&Ps
  - Awards and Nominations Committees also function under P&Ps
  - Advocacy has a "Plan" but no Terms of Reference
  - Private Practice Interest Group (SLP)
  - School Affairs
  - Supportive Personnel
  - Area Reps
  - WorkSafe BC Clinical - Audiology

Committees which have no Terms of Reference include:

- WorkSafe BC Remuneration - Audiology
- Advocacy
- Member Services
- College Working Group

If you are interested in a review of the different committees Terms of Reference please e-mail me and I can get you the appropriate documents.

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- **Executive Directors and Registrars Meetings;**

I attended my first of these meetings Feb. 13, 2007 and found it a great place to “network”. Our association is viewed as a valuable contributor in these meetings. Approximately 50 ED’s or Registrars attended the meeting as well. A lecture on “Educating the Professional” was presented. I feel that our inclusion at these meetings is a must.

- **Office Operations:**

Janet has taken on several new projects which require more of her time. These include projects such as grouping members by area and file re-allocation.

- **Operational and Strategic Planning:**

This is ongoing, with the next review scheduled for the Provincial Council’s meeting in April of this year.

- **Pan-Canadian Alliance:**

The next meeting at the CASLPA conference in Moncton in April. Current issues of concern continue to be the CCRA and it’s handling of the disability tax credit for many of our clients. As well, the PCA continues to court the Ontario Association to join ranks which to date has remained resistant.

- **PC Positions:**

Thank you to all new PC members for your time and energies. It really is appreciated. We need following positions filled:

- President Elect
- Website coordinator
- Thompson / Okanagan Rep in Feb 2007

- **Supportive Personnel Category:**

A Terms of Reference for a newly formed Supportive Personnel Committee has been drafted. Wendy Duke has agreed to act as a consultant to this committee.

- **Volunteers:**

More volunteers are needed particularly as our AI Summit approaches. Please ask you co-workers and associates to volunteer their time for a BCASLPA project. Simply e-mail me their contact info and I will get them into

a volunteer position which needs filling or a committee posting!

- **Website:**

Work at improving the ever changing site continues. Thank you to the SLP working group at GF Strong for volunteering to review several sections of the website.

- **There are many other issues which are ongoing but which I will not mention here. Look for further updates via e-mail blasts and via *Vibes* in the next edition!**

Respectfully submitted,  
**Mark Hansen, BCASLPA President**

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### **The Alan Cashmore Centre: Early Childhood Mental Health**

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#### ***V: How is ACC funded?***

**PG:** ACC is part of Vancouver Community Mental Health Service, a VCH service, however funding for our services is provided through Ministry of Children and Family Development.

#### ***V: Who makes up the Team at the Centre?***

**PG:** Our team consists of a Coordinator, Child Psychiatrist, Child and Family Therapists, Childcare Counselors, a Speech-Language Pathologist and Administrative support staff.

Our Coordinator screens all new referrals and completes in-take in addition to overseeing overall service delivery within the Centre.

Our psychiatrists offer therapy services as well as provide psychiatric consultation as needed. Our child and family therapists are Masters level clinicians. They too provide a range of child, family, and dyadic interventions. Each child attending ACC will have a primary therapist from one of these two groups.

ECE trained Childcare Counselors and the Speech Pathologist work specifically with children attending our more intensive range of Day Program services. The Childcare Counselors

are responsible for the design and running of the Morning Therapeutic Group offered 4 mornings / week. They also provide home-based services as well as consultation upon request to childcare centres throughout Vancouver.

The S-LP position is half-time and services are available to only those children and families attending our Day Program. The S-LP works as part of a multidisciplinary team to support speech, language and communication development. In addition the S-LP provides ongoing consultation and guidance to the Day Program staff regarding speech and language concerns.

All ACC staff contributes in various ways to providing education and consultation about early childhood mental health issues to both community and professional groups working with young children and families.

The Centre also has an office manager and a secretary who provide important organizational, communication and clerical functions.

#### ***V: Are there any areas or programs under development?***

**PG:** Currently our Early Childcare Outreach Program is piloting a series of Brief Consults to various centres, which have requested this service. These consults have been very well used and demand from the community has doubled from last year. Although our interest in maintaining this level of service is high, our capacity to do so, without compromising other treatment services offered at ACC, will be reviewed over the coming months.

Other services we continue to offer and develop include consultation to the professional community and provision of workshops and training related to early identification and intervention as related to early childhood mental health.

Alan Cashmore Centre is at:  
2805 Kingsway, 3rd floor  
Vancouver, B.C.  
V5R 5H9  
Phone: 604 454 1676  
Fax: 604 454 0959



Janet Campbell, BA (Poli Sci)  
**Executive Assistant**

BCASLPA would like to welcome Janet Campbell as the office's new Executive Assistant. Janet recently moved from Calgary, Alberta. She holds a Bachelor of Arts in Political Science from the University of Alberta. Janet has experience from a variety of settings including provincial politics, the Canadian Red Cross, the University of Alberta and the Calgary Health Region. Janet is very impressed by the mild winter and loves to walk near the ocean with her husband and Great Pyrenees dog.

*Thank You*  
from BCASLPA

BCASLPA would like to thank our outgoing editor, **Dreena Davies**, for all her hard work in the volunteer position of editor of the *Vibrations* newsletter for the last two years. Dreena your many hours of editing and work are much appreciated!

BCASLPA would like to thank that **Joy Spencer-Barry**, President and CEO of the Queen Alexandra Foundation for Children in Victoria, who generously donated \$500 to our awareness campaign "to honour the expertise of the members of your Association who work with the children, youth and families through the Queen Alexandra Centre for Children's Health."

## Support Personnel

As a reminder, BCASLPA has a new membership category; Supportive Personnel. BCASLPA welcomes all Supportive Personnel to make application for membership (you must first be a member of CASLPA in order to do this). Kim Harrison, Anne Rollins and Laurene Enns have agreed to act as contact for all Supportive Personnel. Thank you! These three will act as contact persons for any Supportive Personnel with questions regarding BCASLPA membership and will be disseminators of information to all other Supportive Personnel. Their contact information is as follows;

**Kim Harrison**

*kim.harrison@fraserhealth.ca*

**Ann Rollins**

*ann.rollins@fraserhealth.ca*

**Laurene Enns**

*Laurene.enns@fraserhealth.ca*

**Mark Hansen,**

*BCASLPA President*

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## Support Personnel Membership Committee

A New Support Personnel Membership committee is now taking shape.

The first member to introduce herself is Kim Harrison. Kim has worked as an audiometric technician in Public Health Audiology for the last 18 years, with focused service to students of the B.C. School for the Deaf. She is currently serving her third term as Chair for the B.C. Audiometric Technician's Association (BCATA). Kim can be reached at: (604)664-8300, ext 253 voice message or via email at: *kim.harrison@fraserhealth.ca*

We hope to introduce more from Ann and Lauren in a future issue of *Vibes*.

## Provincial Outreach Program for Fetal Alcohol Spectrum Disorder

1270 – 2nd Avenue,  
Prince George, BC V2L 3B3  
Phone: (250) 564-6574 (local 233)  
Fax: (250) 563-5487  
[www.fasdoutreach.ca](http://www.fasdoutreach.ca)

February 11, 2007

### INTRODUCING POFASD: PROVINCIAL OUTREACH PROGRAM FOR FETAL ALCOHOL SPECTRUM DISORDER

#### Who and where are you?

We are the NEW Provincial Outreach Program for Fetal Alcohol Spectrum Disorder (POPFASD). Our team is two teachers (Kathi Hughes and Stacey Wakabayashi), one technical consultant (Corey Fehr), a .5 clerical assistant (Lynne Mcewen) and a supervising administrator (Carl Anserello). Hosted by School District No. 57 (Prince George) and located in the Center for Learning Alternatives, we are funded by the Ministry of Education, and, at least for the first year, supported and directed by a multi-district Steering Committee (see website [www.fasdoutreach.ca](http://www.fasdoutreach.ca) for members).

#### How and when did a Provincial Program end up in Prince George?

On February 1, 2006, the Ministry of Education sent a "submission for expression of interest" to all Districts regarding the implementation of a new Provincial Outreach Program for FASD. Our School District applied; at the end of March, we were informed we would be the host district and would have an official launch in September of 2006. However, thanks to a partnership with the Ministry of Children and Family Development, we started developing our infrastructure in May of 2006.

#### What is your role?

Our mandate is to provide support and learning opportunities for teachers of students with FASD. Specifically, we provide training and in-services which increase the understanding of the educational implications of FASD, help School

Districts build capacity for successfully meeting the needs of learners with FASD, synthesize and share research and practice, and liaise with other Ministries.

### How are Districts to share and liaise with you?

Through at least our first year of operation, a regionally representative multi-district Steering Committee helps direct our POPFASD team and maintains contact with School Districts within their region so that POPFASD has a "geo-cluster" method of service delivery. With the help of the Steering Committee, we are weaving a network of District Partners from each District. Two days of inservice for District Partners occurred on December 12 and 13, 2006, in Richmond, BC.

### What are you currently working on?

We are giving in-services (Prince George, Port McNeil, Coquitlam, Mission, Kelowna booked right now), attending in-services (Whitecrow, Train the Trainer, Malbin's Intensive Training in Portland), liaising with other agencies (provincial meetings and CDBC training), and supporting teachers through eLearning modules, liaising with District Partners, consulting with FASD gurus, and developing our web-site. For more information about our activities, visit the website at [www.fasdoutreach.ca](http://www.fasdoutreach.ca) and look under "About us: POPFASD News." In the near future, we hope to deliver webcasts and/or video conferences.

When did you launch your website? Who can access? What's on it?

We officially launched our website on November 3, 2006. Anyone can access it. Read the following to see the content...

On this site you will find: an overview of POPFASD, an update on modules and a feedback form, a "Blog" to share ideas, resources and stories, "eLearning" video modules, teacher resources and other information regarding our mandate and operations. In future we hope to develop a Forum.

### How do I find and register on the site?

Go to <http://www.fasdoutreach.ca>. Please give us feedback...we welcome your ideas....

### How do we contact you?

To contact us, look under "About Us": "Outreach Staff" on the website.

## Appreciative Inquiry

As you may know, BCASLPA has embarked on a journey of Appreciative Inquiry (AI) – "BCASLPA's Future Today" Initiative. AI will be instrumental in shaping the new and always improving BCASLPA over the next 6 months and ultimately beyond that. The purpose of this initiative is to transform BCASLPA into an association that its members see as a strong voice for the professions in the province of British Columbia. BCASLPA Provincial Council is really excited to get this going! An Advisory Group (Mark Hansen, Yvette Thomson, Marian MacDougall, Amy Stuart, and Joanne Vondette), will enable a Planning Group (Maureen O'Connell, Monika Bernauer, Lisa Loo, Tammy Chan, Verity Howarth, Jennifer Moll, and Marlene Lewis) to develop the AI initiative and set up an AI Summit in June of this year.

Members of the Planning Committee are responsible for:

- identifying stakeholder groups that need to be interviewed as part of the initiative.
- coordinating the interview process, including one-to-one interviews and group sessions.
- in conjunction with the AI consultant, arranging and facilitating regional group interview sessions using the interview guide developed by BCASLPA.
- collating data from the interviews.
- preparing and implementing unique and engaging means of sharing the interview data with the BCASLPA membership.

- in conjunction with the AI consultant, creating the Summit design and addressing all logistical issues.
- participating in committee meetings (as called by the Chair).

On average, for the six weeks prior to the Summit, the members of the committee are likely to spend 15 to 20 hours on preparations for the event. When you have a moment please remember to thank the members of the AI Planning Group!

**Mark Hansen,**  
*BCASLPA President*



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## Dear Supportive Personnel:

Thank-you for your interest in BCASLPA membership. We are now welcoming to our Association all Supportive Personnel who are being supervised by an S-LP or Audiologist who is a member of BCASLPA.

The BC Paediatric Therapists website has just posted a report entitled *Researching the role of Therapy Assistants to Support the Delivery of Paediatric Therapy Services in British Columbia*. Topics covered include:

1. Inventory of agencies
2. Literature review
3. Professional guidelines
4. Rehabilitation assistant education programs in BC
5. Recommendations

Of the 6 recommendations it is interesting to note the # 1 is, "Require therapy assistants to join the Support

Personnel membership category of a provincial professional association" (to see the entire report go to [www.therapybc.ca](http://www.therapybc.ca))

In this edition of *Vibes* you will find the application form and BCASLPA position paper on Supportive Personnel. All BCASLPA members (except retired and honorary members) are required to have joint membership with CASLPA. In order to be considered for membership you will first need to apply to CASLPA who will then verify to us that you have met their criteria. CASLPA has recently extended the period of time when members can qualify with on the job training only to March, 2007. After that members will need to have formalized training.

This is an exciting time as we look forward in the next year to the establishment of a College which

will include Supportive Personnel. This will mean that all Audiologists, Speech-Language Pathologists and Supportive Personnel will be regulated. It is the intention that all BCASLPA members will be grandfathered into the College at that time.

Benefits of becoming a member include:

1. Receiving the quarterly publication "*Vibrations*" including news about local events.
2. Reduced fees for attendance at the annual conference.
3. An opportunity to collaborate with other Supportive Personnel on issues of importance.

Any questions or concerns can be directed to me at [marian.macdoug@telus.net](mailto:marian.macdoug@telus.net).

**Marian MacDougall, M.A. S-LP(c)**  
Registered Speech-Language Pathologist - BCASLPA Registrar

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## Upcoming Events

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### MARCH

#### March 8, 2007

*Speed Reading and Memory Techniques for Health Professionals*

Location: UBC Robson Square,  
Vancouver

t. 604-822-1459

e. [info.health@ubc.ca](mailto:info.health@ubc.ca)

w. [www.cstudies.ubc.ca/rehab](http://www.cstudies.ubc.ca/rehab)

#### March 8-10, 2007

*Dysphagia Research Society - Annual Meeting*

Location: Vancouver, BC

Contact: Melissa Cantwell, CMP

t. 713-965-0566

f. 713-960-0488

e. [drs@meetingmanagers.com](mailto:drs@meetingmanagers.com)

#### March 10, 2007

*Sensory Processing Overview: Reaching a Common Understanding*

Location: Vancouver

t. 604-205-5467

w. [www.actcommunity.net](http://www.actcommunity.net)

### APRIL

#### April 14, 2007

*Taking the Fear out of ABA*

Location: Kamloops, BC

t. 604-205-5467

w. [www.actcommunity.net](http://www.actcommunity.net)

#### April 18-21, 2007

*American Academy of Audiology Conference "Audiology Now"*

Location: Denver, Colorado

w. [www.audiologynow.org/](http://www.audiologynow.org/)

#### April 19-20, 2007

*Participation: Where It's AT - Assistive Technology for Children & Youth Conference*

Location: Saskatoon, SK

Contact: Judy Bodnarchuk

t. 306-651-3118

f. 306-651-3119

e. [eofd@sasktel.net](mailto:eofd@sasktel.net)

### April 25-28, 2007

*CASLPA Conference 2007*

Location: Moncton, NB

w. [www.caslpa.ca/english/events/conference.asp](http://www.caslpa.ca/english/events/conference.asp)

### MAY

#### May 3-5, 2007

*The Canadian Association for Music Therapy Annual Conference*

Location: Victoria, BC

Contact: Carolyn Hoekstra

e. [CAMT2007@shaw.ca](mailto:CAMT2007@shaw.ca)

#### May 24-27, 2007

*CHAA Annual Conference and Trade Show - The Canadian Hard of Hearing Association*

Location: Fantasyland Hotel in  
Edmonton, Alberta

e. [conference@chha.ca](mailto:conference@chha.ca)

w. [www.chha.ca/conference](http://www.chha.ca/conference)

**May 27-31, 2007**

*Speech Pathology Australia National Conference*

Location: Sydney, Australia

Contact: Gina McInnis

t. 03-9642-4899

f. 03-9642-4922

e. gmcinnis@speechpathologyaustralia.org.au

w. www.speechpathologyaustralia.org.au

**May 30-June 3, 2007**

*2007 Joint Ethics Conference/Conference Conjointe en Ethique 2007*

Location: Toronto, ON

e. joint.ethics.conference@utoronto.ca

w. www.utoronto.ca/jcb/ethicsmatters

**JULY**

**July 12-14, 2007**

*2007 National Conference on Childhood Apraxia of Speech*

Location: Anaheim, California, USA

Contact: Kathy Bauer

w. www.apraxia-kids.org

**AUGUST**

**August 16-19, 2007**

*9th National Conference of the Canadian Stuttering Association*

Location: Toronto, Ontario

Contact: Shelli Teshima

t. 1-888-STUTTER or 416-252-TALK

e. csa2007@stutter.ca

w. www.stutter.ca/csa2007

**OCTOBER**

**October 17 - 20, 2007**

*2007 Canadian Academy of Audiology 10th Annual Conference*

Location: Sheraton on the Falls, Niagara Falls

w. www.canadianaudiology.ca/events

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## 2007/2008 BCASLPA Representatives

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