

Relational

Child & Youth Care Practice

Volume 33 Issue 3 / 2020



ISSN 2410-2954

Contents

Editorial – Staying Present in Practice	3
<i>Aurora de Monte and Jaspreet Bal</i>	
Human Encounters: The Core of Everyday Care Practice	6
<i>Sebastian Monteux and Angelika Monteux</i>	
Systems and Relationships: Unlearning Systemic Binaries and Exploring the Political Potential of Relational Practice.....	28
<i>Jaspreet Bal and Hans Skott-Myhre</i>	
Elements of Caring that Guide a Child and Youth Care Worker’s Practice.....	44
<i>Candice D. D’Souza</i>	
Relational Supervision: A Preventative Tool for Practitioner Burnout	57
<i>Erin Brands-Saliba</i>	
“It’s extremely difficult when nobody’s listening to you”: Learning from relocation stories of Indigenous girls in foster care.....	63
<i>Cheryl Inkster and Amy Parent</i>	
Evolution of a Woman – Part III.....	88
<i>Darlene Pevach</i>	
The lived experience of a small group of young people in Glencairg, a Camphill Community in Northern Ireland.....	97
<i>Catherine Reilly</i>	
Eggs in the Hole	115
<i>Michelle Chalupa</i>	
Courage.....	119
<i>Larisa Jeffares</i>	
Reading Child and Youth Care.....	126
<i>Tobin McPherson</i>	
Information	129

Staying Present in Practice

Aurora de Monte and Jaspreet Bal

In our third issue of the year, we find ourselves settling into the unknown. Child and Youth Care practice has shifted globally and, resilient as ever, practitioners are finding innovative ways to be present in relationships.

This issue brings contributions from authors looking at the big picture and the minutiae of everyday life as sites of CYC practice. In their work exploring caring encounters Sebastian Monteux and Angelika Monteux remind us of the complexities of everyday care practices. Rooted in care ethics, interdependence, spiritual care, and love, this article reminds us of the courage required to embrace and navigate the interplay of everyday encounters with genuineness and awareness.

Jaspreet Bal alongside Hans Skott-Myhre take a step back to look at how non-human systems produce childhood the Luhmann's systems theory. They look at relational practice through the framework of Hardt and Hengri's concept of the multitude to offer a return to human relationships as a real way of achieving rights and creating change.

Analyzing the elements of relationship and caring, Candice D'Souza turns to look at nursing to look at how a health care framework translates into a Child and Youth Care setting. D'Souza breaks down the 6 C's of caring and expand on how caring work can relieve the impacts of burnout and compassion fatigue.

Erin Brands-Saliba continues this conversation on burnout with a deep dive into how relational supervision can mitigate the negative impacts of the job. While the challenges

of the professional are undoubtedly pertinent, Brands-Saliba looks at how a supervisory relationship can help or hinder feelings of exhaustion.

Cheryl Inskter and Amy Parent share with us displacement and relocation stories of Indigenous females in care. Through the use of Indigenous methodology, honouring the voices and experiences of participants, the authors explore the impacts of child welfare policies, and encourage practitioners to examine ways to promote transformative changes in policies and practices for Indigenous young people in care.

Also reflecting on growing up in care, Darlene Pevach shared the third of her four reflective installments on her personal growth. She talks about where she comes from, where she is going, and how the process of finding her purpose in life has unfolded on this journey.

Dr. Catherine Reilly shares her research that seeks to open a window into the lived experiences of young people with disabilities residing in a life-sharing community setting. Reilly identified core themes that supported a culture of mutual, meaningful relationships; grounded in philosophies that may counter with mainstream care practices, Reilly asks us to consider the benefits to alternative models of care.

In a reflection on frontline practice, Michelle Chalupa shares the importance of food in building a relationship. In her work *Eggs in the Hole*, Chalupa uses moments in the daily life of one of her earlier residential workplaces to share how ritual and relationship can build around something as routine as making eggs.

In a work titled “Courage”, Larisa Jeffares explores the magic of being present in co-created moments, and the vulnerabilities of these shared relational connections. Jeffares reminds us about the indescribable beauty these moments hold and encourages us to explore these through reflective practices.

Finally, this issue hosts a review of the book “Introduction to mental health for child and youth care”. Tobin McPherson reviews the handbook for CYC practitioners as they train to deal with mental health issues in the field.

Aurora De Monte

Aurora has been involved in practice and teaching in CYC for many years. Aurora currently teaches full time at Fleming College in Ontario as well as part time with the University of Strathclyde in the MSc in CYC program. Aurora sits as a Board of Directors on the Ontario Association of Child and Youth Care (OACYC) and continues to work alongside young people and families in a variety of capacities.

Dr. Jaspreet Bal

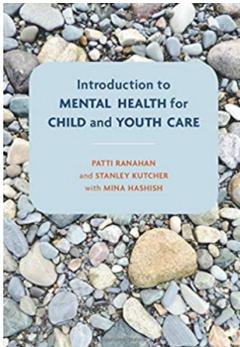
is a Professor in the Child and Youth Care program at Humber College in Toronto. A community organizer and educator, her practice involves radical youth work with underserved populations across North America. Bal serves on the Board of Directors of the Sikh Feminist Research Institute and the advisory for the World Sikh Organization. She is also on the advisory board of the Sikh Research Institute.

Reading Child and Youth Care

Tobin McPherson

This is a column about resources that may be of use to Child and Youth Care Workers, and allied professions. While books will remain a focus for reviews, it will not be the exclusive focus. Websites, comics, Twitter accounts, videos, and any other relevant resource may be reviewed. If you have a resource that might apply, please email

rcycp@press.cyc-net.org



BOOK REVIEW

Introduction to Mental Health for Child and Youth Care

Patti Ranahan, Stanley Kutcher and Mina Hashish

With respect to working with young people, within interprofessional teams, or inside various milieus, there is a definite need for Child and Youth Care (CYC) workers to have an understanding of brain functioning, mental health practice, and mental illness (to name a few) in order to engage in context-specific solutions. However, caution must always be exercised when attempting to theorize, diagnose, or intervene with young people who have mental health challenges. I say this, because to assume that knowledge of a set of symptoms can capture the nuances of a life that has experienced issues related to how the brain functions, does a disservice to that person. That is why I can appreciate a textbook such as *Introduction to Mental Health for Child and Youth Care*. Ranahan, Kutcher and Hashish have written a textbook that captures the

Relational & Youth
Child Care
Practice

ISSN 2410-2954 Volume 33 No.3

126

many aspects of mental health and it really is a fantastic educational tool for those wishing to expand their knowledge in this regard. While reading the text, I could not help but notice that the authors offer valuable information in such an interesting and digestible way, that many CYC workers wishing to expand their knowledge of mental health care and its many facets, would be remiss not to read it.

It is important to mention that the textbook is heavily biomedical-model and theory-based. And, yes, I'm fully aware that many CYCs may present different arguments as to why using the biomedical model for brain function/dysfunction in practice with and understanding of young people, has its own limits and may in fact do more harm than good. In truth, I too, can see how the medical model can be problematic, especially when the systems that keep it intact, do so to centralize power and decision-making processes. However, the authors do something admirable, in that they address these concerns right from the outset and still produce a text that questions various assumptions of what constitutes good mental health practice, including what those in the medical community purport. For example, *Chapter 2*, written in collaboration with Indigenous scholar Dr. Jeffrey Ansloos, addresses systems of domination, the affects of colonization, genocide, and oppression, and how mental health care (although not one-size-fits-all), is approached from Indigenous beliefs and perspectives that differ from the medical model. Another example includes the authors discussion of psychotherapy and treatment fidelity in *Chapter 6, Understanding Mental Disorders*. In it, they examine the fidelity of psychosocial interventions that are conducted by different therapists at practice level, thereby producing alternative outcomes from what the evidence suggests.

Suffice to say, this textbook has many strengths. For example, it provides an array of information over fourteen chapters. Topics such as mental health care and practice, epidemiology, myths, understanding the brain, symptoms, pharmacological interventions, psychosocial interventions, attachment, resilience, trauma, suicide intervention, and the distinction between what constitutes good mental health as opposed to illness, are taken up throughout the chapters. Not only do the authors provide a solid overview of each topic, but at the end of each chapter, they provide summaries of what was discussed, "must reads", and reflective activities.

Another strength of the textbook is its ability to infuse CYC practice seamlessly into its pages. Said differently, the authors highlight important tenets of effective CYC practice and also make the argument that a CYC practitioner who is well-versed in mental health

literature, is better positioned to collaborate within interprofessional teams and contribute to the discussion of what constitutes effective context-specific mental health practice.

In summary, although this textbook approaches the topic of mental health from a certain vantage point, it can be an important contribution to the field of child and youth care. While some may not agree with the information presented in it, one should applaud the fact that the authors provide a thorough introductory-level text, that is very well-researched. I recommend this textbook for CYCs and educators who wish to broaden their mental health knowledge. At the very least, it will give you a comprehensive overview of mental health care and practice in Canada. Consequently, with a more complete knowledge base, you can refine your CYC practice to fit the needs of the young person.

Tobin McPherson

is a child and youth care practitioner who is transitioning to the field of education. He is grateful for life and tries to live each day with sincerity, compassion, and hope. He believes in the power of the human soul and keeps his spiritual beliefs at the core of his personhood. He recognizes and acknowledge that those before him have cleared the path on which he now walks.

Information

Relational Child and Youth Care Practice (formerly *The Journal of Child & Youth Care*, established 1982) is committed to promoting and supporting the profession of Child and Youth Care through disseminating the knowledge and experience of individuals involved in the day-to-day lives of young people.

This commitment is founded upon the belief that all human issues, including personal growth and development, are essentially "relational".

Certain pieces in *RCYCP* have received peer review. However, we do not peer review all articles as we choose not to exclude those voices where peer review would be inappropriate or on request from writers.

Publishers

The CYC-Net Press

PO Box 23199, Claremont, 7735 SOUTH AFRICA

<http://press.cyc-net.org> email: info@press.cyc-net.org



Editors

Rika Swanzen, PhD

Associate Professor and Academic Cluster Manager: Human and Health Sciences, Monash South Africa.

Chair: Education, Training & Development: South African Council for Social Service Professions.

Jaspreet Bal, PhD, CYCP

Professor, Child and Youth Care, Humber College, Ontario, Canada

Aurora De Monte, MSc

CYC Faculty, Child and Youth Care Program, Fleming College, Ontario, Canada

Senior Editor

Thom Garfat, PhD

Transformation International, Quebec, Canada

Relational & Youth
Child Care
Practice

ISSN 2410-2954 Volume 33 No.3

129

Editorial Advisory Board

Leon Fulcher, CYC Consultant, New Zealand

Karen VanderVen, Professor Emerita, Department of Psychology in Education, Univ. of Pittsburgh, USA

Adrian Ward, Author and Editor, Norwich, United Kingdom

Carol Stuart, Vancouver Island University, Nanaimo, British Columbia

Ernie Hilton, Homebridge Youth Society, Halifax, Nova Scotia

Heather Modlin, KeyAssets, St Johns, Newfoundland

Penny Parry, Private Practitioner and Consultant, Vancouver, British Columbia

James Freeman, Director of Training, Casa Pacifica, California, USA

Correspondence

All correspondence should be addressed to:

The Editors, Relational Child and Youth Care Practice

e-mail: rcycp@press.cyc-net.org

Subscriptions

RCYCP is not available for subscription through aggregator services such as Ebsco. RCYCP is only available from the publishers, The CYC-Net Press. See <http://www.rcycp.com> for details.

All subscriptions are used toward funding the day-to-day operations of The International Child and Youth Care Network (CYC-Net) (<https://www.cyc-net.org>)

Back Issues and Advertising

See <https://www.rcycp.com> for details.

Permission to Reproduce Material

Relational Child & Youth Care Practice is published four times annually. All rights are reserved. No portion of the journal may be reproduced without permission of the publishers.



ISSN 2410-2954 Volume 33 No.3

130



Relational Child and Youth Care Practice is committed to providing equitable and inclusive spaces that promote and support the global profession of Child and Youth Care through disseminating the knowledge and experience of individuals involved in the day-to-day lives of young people, families and communities. This commitment is founded upon the belief that all human issues, are essentially “relational”.

Relational Child & Youth Care Practice welcomes submissions on all aspects relating to young people, families and communities. This includes material that explores the intersectionality of Child and Youth Care practice and the lived experiences of all who are engaged in Child and Youth Care practice. Considerations will also be given to interpersonal dynamics of professional practice and all submissions that assume a relational perspective. This might include topics such as cultural values, ethics, social policy, program design, supervision, education, training etc. Welcomed are also submissions that address advocacy, social justice and reconciliation practices within the diverse spaces and places of Child and Youth Care. Each issue may include refereed articles that comply with acceptable ‘academic’ standards; submissions contributed by regular and guest columnists; short pieces that describe particular relational experiences and reflections; poetry; artwork and photographs.

Material should be submitted by email to rcycp@press.cyc-net.org in standard word processing format (eg. .doc, .rtf). Formal articles should not exceed 6000 words in length (excluding references). Referencing should conform to either APA or Harvard format. Author-date citations should be used within the text and a double-spaced reference section should accompany each article. In all submissions, authorship details including an abstract of no more than 150 words should be included, as well as a short list of keywords at the beginning of the article, a headshot photo and a short author bio of about 100 words to publish with your article. Importantly, authors should also indicate whether a peer review is required (in addition to the standard editorial review).

Although no article or submission will be rejected purely for stylistic reasons, the editors reserve the right to return any manuscript for additional work. Authors requiring editorial assistance in this regard should indicate their request in a covering letter. Originality of material is the responsibility of the primary author. Previously published material must be identified as such and will be published only where the necessary permission has been granted from the original source.

Relational Child and Youth Care Practice may include Peer Reviewed contributions, stories, case studies, thought pieces, experiential descriptions and other forms of writing which will not be peer reviewed. In this way we aim to strike a balance between the values of Peer Reviewed articles and experiential voices from the field. This is a unique approach and one which we feel offers the best of both. Peer Review is available on request.

Article copyright is jointly held by RCYCP and article author(s), allowing both the right to reproduction. For more information contact the editors at www.rcycp.com / rcycp@press.cyc-net.org

Abstracted and Indexed at:

Proquest Applied Social Sciences Abstracts (ASSIA); Proquest Central; Proquest One Academic; Proquest Social Science Premium



press.cyc-net.org

Relational & Youth
Child Care
Practice

Address all enquiries to –

Relational Child and Youth Care Practice

email: rcycp@press.cyc-net.org

<http://www.rcycp.com>