



# **URBAN CIRCLE TRAINING CENTRE INC.**

## **RED RIVER COLLEGE**

### **Family Support Worker Certificate Program**

Updated: January 2, 2019

## **PROGRAM DESCRIPTION**

There is a continued need to train and employ certified Family Support Workers of Indigenous ancestry.

In response to this need, Urban Circle Training Centre and Red River College's Community Services Department have partnered in the delivery of an 11 month Family Support Worker Certificate program for Indigenous people. Graduates successfully completing all requirements will earn Red River College certification in this area of specialization.

Based on Red River College's ongoing consultation with current service providers, the curriculum focuses on a wide range of skill development areas including assessment, advocacy, communication, referral, parenting, and introduction to counseling skills. In addition, the curriculum will cover the theory of child and youth development, current theories of family dynamics, and the promotion of health and safety for children, youth and their families. Understanding the needs of individuals effected by Fetal Alcohol Spectrum Disorder and the resources available to families is also an integral part of the program.

Upon program completion, graduates will have gained the skills to:

- Establish and maintain a caring and relationship with parents, youth and children.
- Communicate effectively with families.
- Understand normal child and youth development and behaviour.
- Assist families to gain knowledge of household management and organization, including nutrition planning, parenting skills, age appropriate life skills, and budgeting.
- Provide advocacy and awareness of community resources.
- Write reports and document accurately.
- Participate in case planning conferences.
- Teach and support the learning process.
- Participate in crisis intervention services, when required.
- Participate in the development of family and individual treatment plans.
- Work with individuals affected by FASD at all age levels.

The program includes a 150 hour practicum placement within an established Family or Social Services agency to gain hands-on experience at the end of the program. The program will be delivered at Urban Circle Training Centre Inc. and will have an Indigenous culturally based component. Abundant employment opportunities have been identified in child and family agencies; youth care providers, and social services agencies within the core area of Winnipeg. The program is certified by Red River College.

## **Course Descriptions – Family Support Worker Certificate**

### **Life Skills – A Context for Practice with Indigenous Peoples (240 hrs)**

The Life Skills course will focus on exploring topics in 5 areas of life: Self, Family, Job, Community, and Leisure. The lessons will help students to engage in self-reflection, sharing experiences, problem-solving, and practicing new skills. The Indigenous cultural component is the foundation of this course and is integrated within the lessons. Students will develop their interpersonal skills through interactive activities like group work, role playing, sharing, team building, and presentations. Students are encouraged to take the information and strategies learned in the life skills & Indigenous cultural awareness lessons and apply them to daily living both inside and outside of the classroom. This course will help students to work towards finding a balance in all areas of life based on the Medicine Wheel Teachings: Physical, Mental, Emotional, and Spiritual. Student attendance and participation are essential components of this course in order to build a strong foundation for successful completion of this program.

### **Understanding Substance Use, Misuse and Abuse (30 hrs)**

This course helps students reflect on the current issues in the field of substance use and abuse and provides an overview of terminology, theories of addiction, psychoactive substances, treatment options, treatment resources and prevention strategies. The skills required to become a competent helper for those who struggle with use and abuse of substances will be discussed with particular emphasis on the role of the CYC professional.

### **The Role of the Family Support Worker (40 hrs)**

This course is an introductory course to the field of family support work. The student will explore the professional tasks of a family support worker and the challenges of being a member of this profession. An overview of the needs of children and families, the types of agencies providing service, governing legislation, professional roles and future trends and issues will be studied.

### **Observation and Communication (36hrs)**

This course will assist child and youth care practitioners in developing communication skills that are required in this profession. The following areas will be emphasized: observation, recording, reporting, grammar and spelling skills, and verbal presentation to a small audience. Students will be encouraged to develop a positive self image through interactions with college personnel and child and youth care professionals.

### **Behaviour Theory & Intervention (50hrs)**

This course is intended to help the student learn behavioural theories and frameworks to develop their ability to assess and understand challenging behaviours of youth. Students will become familiar with various approaches to behaviour management that will assist young people and families in a variety of settings in a positive way.

### **Strategies for Daily Living (40hrs)**

Service providers working with children, adolescents and adults who are diagnosed with Fetal Alcohol Spectrum Disorder (FASD) require strategies to prepare individuals for developmental changes and for daily living challenges. This course will provide students with the skills to develop and apply training plans that assist this population group with daily living. Issues related to health, safety, nutrition and medications will also be explored. Topics include: infection control, diabetes, HIV/AIDS, hepatitis, tuberculosis, importance of nutritional balance & physical activity, stress, and fire safety and home products safety and the proper use of medications.

### **Interpersonal Communications (48hrs)**

This course explores the complex styles of communication within various forms of relationships including discussion of self-image, perceptual differences, emotions and the impact of language. The course also addresses nonverbal communication and explores a variety of dynamics within relationships including effective listening, appropriate self-disclosure, defensiveness, assertiveness and managing conflict. Interpersonal communication with respect to cross-cultural, Indigenous and diverse perspectives are examined.

### **Child and Adolescent Development (48hrs)**

This course begins with an overview of the major theoretical perspectives and research methods of contemporary human developmental research. Discussion then turns to an exploration of development from a chronological perspective, beginning with conception, then moving through the stages of infancy and toddlerhood, early childhood, middle childhood, adolescence and early adulthood. Within each period, discussion is structured around the physical, motor, cognitive, and social-emotional aspects of development. Selected topics of interest will be explored in greater detail. A central theme of the course is the complex interaction between the environmental and biological factors that correspond to development.

### **Family Dynamics (36hrs)**

Family Dynamics is an introduction to the study of the family as a system. The course begins with an overview of basic family systems theory and will then focus each student's attention on his or her own family of origin. This self-study approach is seen as an aid to recognition of issues that may affect the student's ability to work with troubled youth and families.

### **Introduction to Computers (30hrs)**

This course will provide students with an introduction to computers including hardware and software. Students will learn computer fundamentals using Microsoft Windows applications. Content includes introduction to common Microsoft Applications including Word, Excel, Internet and PowerPoint. The components of Microsoft Office 2010 will be taught with the emphasis on Microsoft Word (upgrading to Microsoft Office Professional 2016). Students will learn the importance of resume writing and will complete their own resume using the computer skills from this course. Word processing and spreadsheet skills will be developed in order to demonstrate computer knowledge in a variety of situations.

### **Impact of Maltreatment and Trauma (48hrs)**

This course is intended to help students explore the impact of neglect, abuse, and other forms of trauma on the developing young person. Students will learn to identify the physical and behavioural symptoms associated with maltreatment and trauma as well as the potential impact of the trauma on the young person. Students will develop an understanding of the healing process and learn intervention strategies which can be used in their work with young people who have experienced maltreatment and trauma.

### **Mental Health Literacy (50hrs)**

This course will focus on the development of mental health literacy for child and youth care practitioners. Students will be introduced to a variety of DSM diagnoses including ADHD, CD, ODD, PTSD, depression, eating disorders, psychosis and other child and adolescent mental health concerns.

### **Current Issues for Youth at Risk (48hrs)**

“Youth at Risk” are some of the most vulnerable people in our society. They are faced with many issues and are at-risk of harm. This course is designed to be an introduction to the current areas and issues facing youth today and begin to explore assessment and planning skills for youth care professionals. Topics of exploration in this course will include culture, diversity and sexual orientation; youth affected by FASD; youth suicide; sexual exploitation; homelessness and “street-involvement”; addictions; risky sexual behavior and adolescent sexual offending.

### **Family Support and Intervention (40hrs)**

Students will be introduced to conceptual frameworks to assess family systems and utilize a strength based approach to working with families. Family assessment and intervention skills required to work in the life space of the family are a major focus of this course. We will examine how issues such as poverty, family violence, being a newcomer to Canada and addiction can influence risk.

### **Practicum Placement (150hrs)**

Students will be teamed up with a Family Support Worker / Resource Team from a social service agency for **one 150 Hour practicum work placement at the end of the academic program.** Practicum experiences provide an opportunity for the student to integrate theory and practice and be mentored by individuals working in the field. Throughout the placement, students are expected to identify professional strengths, weaknesses and learning needs. Students will examine the concept of community, identify community resources.

### **Integration Seminar (20hrs)**

Integration Seminar provides an opportunity for small group sharing and support during the practicum experience. Students will be challenged to assess practicum experiences, plan for future practicum time and discuss how knowledge and skills could be applied in the workplace. Various group process strategies such as group discussion, role plays, and presentations are used to encourage critical thinking, analysis and interaction.

### **Workshops with separate certificates:**

- Non-violent Crisis Intervention
- Basic Rescuer CPR/First Aid
- ASIST (Suicide Intervention)
- PHIPA (Personal Health Information Protection Act)