



A Word from the Executive Director

Office Locations:

Fort Frances Office (Main office)

240 First Street East, Suite 200
Fort Frances, Ontario P9A 1K5
Phone: (807) 274-7787
Fax: (807) 274-6646

Atikokan Office

214 Main Street
P.O. Box 2050
Atikokan, Ontario P0T 1C0
Phone: (807)597-2700
Fax: (807) 597-6920

Rainy River Office

113 Fourth Street East
P.O. Box 476
Rainy River, Ontario P0W 1L0
Phone: (807) 852-3387
Fax: (807) 852-1064

TOLL FREE NUMBER

1-800-465-7764

Family and Children's Services Managers

Within most organizations, there are a group of individuals that work largely behind the scenes to ensure that policies set by the Board are operationalized and implemented, that annual service plans developed by the organization are completed, that both external and internal communication flows regularly and appropriately, and that regulations, legislation, standards and procedures are properly addressed. At Family and Children's Services these individuals are called Managers, who because of our small size assume supervisory responsibilities for the programs they manage.

Over the last year, our management team has undergone significant change, with over 70% of Managers being either new or in new positions. The following is a list of our current Managers and their primary areas of responsibility:

Troy Clink: Manager of Children's Mental Health Services - is responsible for Children's Mental Health Services, Mental Health 0-6 Program, Psychological Services, the Intensive Treatment Services Program, and Youth Justice Services.

Carolyn Skirten: Manager of Developmental Services - is responsible for Child Development Services, Community Integration Services, Family Relief, the Multi-Sensory Room and After-Hours Emergency Services

Gabe Carpenter: Manager of Protection Services - is responsible for Intake and Investigation Services, Ongoing Child Protection Services and Legal Services

Betty-Anne MacKintosh: Manager of Community Services & Quality Assurance - is responsible for the Supervised Access Program, Family Centred Case Management Program, Volunteer Program, Quality Assurance, Community Relations and Protocols

Jenny Billings: Manager of Children's Services - is responsible for Child in Care Services, Independence Planning Program, Foster Care, Group Care, and Adoption Services

Wendy Brunetta: Manager of Administration - is responsible for Human Resources, Policies and Procedures, Office Administration, Buildings, Furniture, Equipment and Vehicles, Support Services, Technological and Information Services

Dianne Williams: Manager of Finance - is responsible for Financial Budgeting, Planning and Monitoring, and Accounts Payable and Receivable.

I'm very proud to be a member of such a skilled, dedicated, flexible, and cooperative group of professionals who I am confident have what it takes to provide great leadership for the organization in the years to come.

Vik Nowak
Executive Director



Project Safe Halloween

Family and Children's Services has been distributing glow sticks to help keep children safe on Halloween for the past five years. The glow sticks act as night lights that can be worn as a necklace by children as they trick-or-treat to make them more visible to motorists. We have been able to expand this project with the support of the Rainy River Valley Safety Coalition. Last year, the Coalition's support and assistance enabled us to take this initiative district-wide, providing night lights to every child JK to Grade 6 through the

schools. Younger children were able to obtain nightlights at municipal offices, who offered to act as distribution sites.

This year, we are proud to say that Project Safe Halloween has expanded again to include youth up to Grade 8. Members of Family and Children's Services staff and Board, as well as Coalition members, will distribute packages to schools prior to October 30th.

On October 30th, principals and teachers will give a glow stick out

to each student along with a Halloween safety tip sheet for parents.

Betty-Anne MacKintosh
Manager of Community Services & Quality Assurance



Packages awaiting distribution to the schools

Developmental Services



The Developmental Services Program at Family and Children's Services hosted their First Children's Services Fair on September 27, 2007.

Twenty five different local services and recreational clubs were on hand to share information about the activities or services available to families and children in Fort Frances. Over 300 people came out for lots of fun, activities and prizes.

If you would like to receive this newsletter electronically; or to provide feedback about the newsletter, please notify us by sending an e-mail to: Information@facsrr.ca

We are on the Web!
www.facsrr.ca

Child Protection Services



The month of October is here again which means the kickoff of the purple ribbon campaign to promote and educate

Ontarians about child abuse prevention.

The purple ribbon campaign is in its fifteenth year and will be seen all over Ontario. Our agency will participate in the provincial campaign and promote the message in our communities with purple ribbons, wristbands, pins and buttons because we feel that our children have the right to live in an environment free of

violence and fear.

In 2006-2007 the Children's Aid Societies of Ontario investigated 81,829 reports of child abuse from concerned members of the public and professional sectors concerned about children in need of protection. In 2006-2007 Children's Aid Societies also provided care to more than 29,000 children who suffered some form of abuse and could not safely remain with family or relatives.

Child protection services recognize that there are many factors that contribute to the abuse of children in Ontario and the fact that we can only treat

the symptoms of serious social problems such as domestic violence, poverty, deficiency in parenting, mental health and addiction.

Our Society would like to thank our citizens and community partners in the fight against child abuse and the success the purple ribbon campaign is having in the promotion of a safe and nurturing place for children and youth to grow up in.

For further information on the reporting of child abuse and neglect, visit the following websites:

www.useyourvoice.ca
www.oacas.org



Children's Services

Hi, my name is Jolene Richert. I am the new Independence Planning Worker at Family and Children's Services. I will soon be starting to have monthly groups in Atikokan and Fort Frances. The groups will be based on working towards independence. Some of the skills that we will be working on are: resume writing, mock job interviews, cooking on a budget, cooking for a special diet (diabetes, celiac disease...), budgeting, healthy living (healthy eating, exercise and taking care of

yourself), volunteering in the community, sexual health, substance abuse awareness, self-esteem, bullying and many more skills.

We will be working on these skills through a variety of methods. Mostly hands-on learning, as well as some presentations from community speakers. I will also be working with youth in an individual setting to work on specific goals. This program is to assist youth ages 12+ in preparing for living on their own.

If you know of someone that would benefit from this program, please telephone Integrated Services Northwest at 807-274-7787, to make a referral. If you have questions about the program, feel free to contact me at 807-274-7787 ext. 268. Email: jrichert@facsrr.ca



Call your local office of Family & Children's Services 24 Hours a day, 7 Days a week Or visit us on the web www.facsrr.ca



Children's Mental Health Services

As I look out my window and view the bleak and blah weather, I am reminded of a challenge that many face this time of year. This challenge is called Seasonal Affective Disorder, otherwise known by the acronym SAD. Like many disorders, SAD is a spectrum; on the milder end people call it the "winter blues", on the extreme end SAD has been described as a type of clinical depression. Essentially this disorder brings to light that many of us, dare I say all of us, are strongly affected by the environment in which we live. Some have indicated that because days of winter get shorter the further north you go, SAD has been found to be more common in northern countries. According to the "Hear to Help" publications, in Canada

about 2 to 3% of the general population will experience (severe) SAD in their lifetime. Another 15% of Canadians will experience a milder form of SAD where they simply have the "winter blues".

The question becomes, what can people do to cope with SAD? Like most aspects of one's mental health, proactive and intentional steps need to be taken. In consultation with your doctor and a competent lighting store, light therapy or photo therapy may be appropriate. According to the Mood Disorders Clinic, people with seasonal depression during the wintertime report significant relief after using a "light box" for about 30 minutes a day.

Again, consult with your doctor about this intervention. It has also been said by others who have been able to effectively cope with SAD that healthy lifestyle changes like exercise, relaxation, healthy diet, social supports, medical supports, and light therapy have made all the difference in coping with the challenges that our fall and winter climates can produce in many individuals. Taking care of yourself is one of the best gifts you can give to those you love as well as yourself. Enjoy life to the fullest!



Troy Clink
Manager of
Children's Mental
Health Services