



lumenus

Mental Health, Developmental & Community Services
Infants | Children | Youth | Individuals | Families

Lumenus Community Services at Northern Secondary

- A partnership since 1989 – formerly with Delisle Youth Services/Skylark – now Lumenus
- April 2020 –Skylark, Griffin Centre, Adventure Place, Etobicoke Children’s Centre merged creating Lumenus
- Located directly in the school , full time Room 312A
- Since pandemic, Dale does virtual zoom and phone calls
- We provide excellent, accessible and integrated mental health, development and community services

Dale Callender

- Registered Psychotherapist-RP –with the College of Psychotherapy of Ontario
- Member of Delisle/Skylark/Lumenus since 1998
- Former Camp Director
- Former Student Northern Secondary
- Former staff at Aisling Discoveries Child/Family Centre, Covenant House Toronto
- Roles at a residential group home, day treatment school programs, group work
- Trained in Cognitive Behaviour Therapy, Family therapy, Motivational interviewing, solution focused therapy, DBT
- Published author Talking about Sexual orientation and Gender Diversity in Education, The Impact of Violence on Learning for Youth
- Krista Sepp Memorial Award for Mentoring – outstanding contributions to the field of Child Youth Work in Ontario

Northern Secondary School Lumenus In School office Room 312A



What's unique about Lumenus being in Northern

- Early intervention model –you can access service exactly when you need it
- Working in collaboration with TDSB/existing school support services
- As a Lumenus representative, has access/referral to all their services; walk ins, psychiatrist/NP referrals, residential group homes, day treatment school programs , intensive, ongoing counselling, network of community services
- Helping to reduce barriers of access/stigma , Dale is involved in the fabric of activities at the school; a daily breakfast for learning /snacks program during day, football program, rugby program, staff advisor to Student council, fashion show, mainstage drama producer

Need to know

- Referrals via parent, school or self referral
- Just drop by to make an appointment – usually best alliance – right now during pandemic – Dale can be accessed via email dalecaller@lumenus.ca
- Volunteer driven
- Does not go into OSR(Ontario School Record)
- Easy and full time access to service
- Dale seen as part of the school fabric
- Confidential-duty to warn/report only
- Accessing support - understanding implication of consent- anyone over the age of 12 who understands implication of consent may receive counselling without parental consent
- Role of parent/caregivers is parents support/education unless otherwise allowed by young person.

Need to know

Areas typically addressed

- Anxiety
- Mood
- Stress
- Family Conflict
- Substance usage
- Homelessness/risk of homelessness
- Sexuality/identity
- Conduct
- School performance
- Self harm
- Education/access to community resources

Need to know

- Counselling/support work assists to help identify goal areas and an individualized plan
- Students are usually reluctant to make access to service when forced/coerced
- Dale is a trained therapist with many years of experience and follows ethical, legal and therapeutic standards and guidelines in areas of assessment, documentation/recording and reporting. He has a supervisor who meets with Dale every 2 weeks, and he attends clinical consultation meetings with his colleagues at Lumenus every 2 weeks

Myths/misunderstandings

- That Dale works for the TDSB
- That Dale only sees athletes/male students
- That Dale will share information with others
- That Dale will force someone to tell them something they don't want to talk about/share
- I can never get into Dale's office/an appointment
- There is a cost to the service
- That he'll talk/tell my parents
- That other students will know I see Dale

Lumenus school-based services

- Classroom based workshops
- Regular meetings with School Administration and Support Services
- Parent, caregiver, educator and community consultations
- Referrals to community resources
- Consultations
- Walk in counselling
- Assessment
- Ongoing psychotherapy
- Advocacy
- Consultation with community professionals as requested

School and Life during COVID

What have we seen?

- Stress in many different life domains
- Changes in schedules, social withdrawal
- Motivation/questions around a new routine
- Challenges around remote learning
- Always changing – nothing concrete/fixed
- Change, usual routine not happening
- Worry around family, self, friends
- Loss of extra curriculars, activities, physical health

School and Life during COVID

What have we seen?

- Managing new transitions
- Dealing with loneliness/being disconnected
- Fear of catching/spreading COVID
- Food /financial insecurity/changes to livelihoods
- Increase in managing virtual sessions, social media, being at home, lack of contact with others
- Barriers around support for mental health/seeking help/where to get help/type of help
- New students entering/Grade 12s next year

Dealing with isolation, anxiety

- Facing a range of anxiety/isolation reactions
- Give time for yourself to adjust
- Try to find some balance in your areas....social, social media, physical activities, being in the moment, what you are saying to yourself, focusing on areas that you can control
- Finding an ally, support, someone to talk engage with

How to help/manage

- Acknowledge the confusion/worry/anxiety
- Involve yourself in discussions/sharing
- Make decisions that are right for you
- Name your worry/anxiety/fear and come up with a plan to manage and address
- Be reassured that the discomfort is real
- Focus on what is going well
- Try to have/get a predictable routine
- Don't stay in 1 area - move, be physical, get outside, change it up when possible
- Focus on what you can do, not what you can't

How to help/manage

- Activation activities; exercise, walk, jog, weight, cleaning, washing, vacuuming, cooking, reading, puzzles
- Soothing activities; good meal, watching stars, music, long shower, fav scent, slow breathing
- Distraction activities; reduce emotional intensity – focus on a task to get done, leave “situation” stressor mentally, squeezing rubber ball, listen to music, gear into a different emotion

Coping with isolation

- Being disconnected and lonely from peers has been challenging-friendships provide support, build sense of belonging
- Being creative with spending time with friends
- Scheduling social time – daily/weekly-texting/gaming/activity focused
- Seeking daily purpose doing activities of value or that you care about
- Being creative in having outlets of creativity, sharing/expressing emotions

How to help/mange

Using different self talk scripts; when anxiety is near/when you're in a stressful situation; I'm going to be all right. I'm just going to relax, calm down, anxiety is not dangerous it's just uncomfortable, I'll just continue with what I'm doing and find something else to do

Using different self talk statements: I've done this before so I know I can do it again, when this is over, I 'll be glad that I did it, this may seem hard now, but it will become easier and easier over time

How to help/manage

- Healthy coping; contact family/friends virtually, meditate, candles, use of a journal to get thoughts/feelings out, crafts, spending time outdoors, dance
- Come up with a daily task/planner – things to do, goals for today , ways in which I am going to take care of myself, 5 things that I am thankful for today
- Monitor and practice a good sleep routine; bed time/wake up time consistent, bed is for sleeping, no naps, have a sleep ritual, reduce screen time, no clock watching
- Come up with a plan to manage/cope through unpleasant emotions

Additional community places to get support

- Our Youth Wellness Hub- Walk in- one of 10 throughout the province, offers integrated youth, mental health and substance use services for young people aged 12 – 26. These services are free, no health card is required.
- Mental health and substance use services are integrated with a range of other youth services. The goal is to provide the right service at the right time.

During COVID-19, all services can be accessed virtually or by phone.

- **HOURS:**
- Monday: 10-2pm (last session at 1)
- Tuesday: 2-6pm (last session at 5)
- Wednesday: 4 – 8pm (last session at 7)
- Thursday: 2-6pm (last session at 5)
- Friday: 10-2pm (last session at 1)
- *Please note phones open 30 minutes prior to service start times
- **416-482-0081 (press 5)**

How to contact Dale

- dalecallender@lumenus.ca
- Contact your guidance counsellor
 - Contact a teacher
 - Contact a VP

Mental Health Matters

Any Q/A?

