

CANADIAN SCHOOL Counsellor

MAGAZINE

CAREER OPPORTUNITY

TATTOO ARTIST

MAIN FEATURE

AN OLD DEVIL MAKES A COMEBACK

Heroin the New Old Drug of Choice

FASD PART 2

FASD and the role of the Guidance Counsellor in
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Life's Teachings through Dance

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Combien y a-t-il de denturologistes? Il y a environ 2000 denturologistes au Canada, qui est une figure de proue de la profession. La denturologie est également une profession respectée dans un grand nombre de pays. Pour en savoir plus, rendez-vous à l'adresse www.international-denturists.org.

Où trouver un programme d'études en denturologie? Il existe actuellement cinq écoles de denturologie au Canada. Trois sont agréées par le Comité consultatif des programmes d'études et cautionnées par l'Association des denturologistes du Canada : le George Brown College (www.georgebrown.ca), le Northern Alberta Institute of Technology (www.nait.ca) et le Vancouver Community College (www.vcc.ca). Le Trillium College (www.trilliumcollege.ca) et le Collège Édouard-Montpetit (www.college-em.qc.ca) offrent la formation mais ne sont pas agréés.

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**FOR SUBSCRIPTION INQUIRIES
AND MAILING UPDATES:**
production@marketzone.ca

PUBLISHER: Trevor Shirtliff

EDITOR: Miranda Dubé

CREATIVE DIRECTOR: Troy Hspahic

PRODUCTION COORDINATOR: Ann Krawchuk

ADVERTISING SALES: , Donna Billey, Shirley Goray,
Aaron Harper

CONTRIBUTING WRITERS: Carys Cragg, Miranda Dubé,
Jennifer Flynn, Ariel Haubrich, Kathy Unsworth, Allison
Zenisek

FRENCH TRANSLATION: Daniel Embregts (hezee.com)



Erratum:

In the February issue of Canadian School Counsellor we mistakenly credited the cover photo to Art Napoleon who provided it to us. The photographer of the image is Steve Davies.

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177 McDermot Avenue, Suite 200
Winnipeg, Manitoba, Canada
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Tel: 1-888-634-5556
Fax: (204) 515-1185
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THERAPEUTIC CONVERSATIONS WITH QUEER YOUTH, TILSEN (2013)

ISBN: 604.970.5162

Book Review Written by Carys Cragg MA, RCC

carys.cragg@gmail.com



Therapeutic Conversations with Queer Youth is a new text in the helping literature that ultimately discusses identity: the boxes we put ourselves in, the problems with such a practice, and the ways we can change that. As a child & youth care instructor, counsellor, and person seeking deliberate self-reflection, I immediately engaged with this book. It offers reflective exercises, cases, conceptual frameworks, and conversational resources while also introducing its readers to queer theory & cultural studies applied to youth. At 123 pages, it is a short read (for a theoretical and practice-based text) and a long read because readers will hover over the questions it asks. Hover indeed.

Tilsen will make you think. Who gets to label identities? You do, and with that power comes responsibility – we bring institutional authority to our work and we have a choice to reproduce modernist, psychological ideas or to open up space for something more, shall we say, *ethical*. Continually asking questions of its reader, this book will invite you to think differently. In fact, *questions* prevail throughout: questions of our culture

(i.e. capitalist, patriarchy), our professions (i.e. counselling, psychology), ourselves (i.e. youth work practitioners) and our clients.

Therapeutic Conversations first positions itself and its creators – Tilsen and her Q-Squad (the older youth who inform her work). Including the glossary of terms at the beginning of the text, she gives us a language in order to understand the discourse she is trying to usher into the helping professions, which has long been ignored. Cisgender, Essentialism, Normativity – do you know what these terms mean? Tilsen lets us know. She then moves towards problematizing essentialized terms, where “being queer is not a matter of being gay... but rather being committed to challenging that which is perceived as normal” (p. 21). Queer Theory and Cultural Studies are introduced for the purposes of deconstructing identity and “what we think we know and how we have come to know it” (p. 25).

Chapter 4 walks us through stages, resisting psychological identity *development* with identity *constructions*, with Q-Squad voices abound. Next, she introduces sex positivity,

where young people’s sexual curiosity is seen as sexuality-affirming rather than as an at-risk public health issue, where practitioners can be “unfazed by, yet respectfully curious about, all matters of sex” (p. 69). Turning to media and popular culture where dominant discourses of capitalism, patriarchy, and hegemonic masculinity are questioned, Tilsen uses cultural studies approaches as useful frameworks to understand young people’s active interactions with (as opposed to passive recipients of) media.

Finally, this book highlights our culture’s micro-aggressive acts that allow for unjust circumstances that queer youth experience – harassment, drug use, homelessness, poverty, death – at greater proportions than youth in general, demonstrating how unsafe schools and homes are for them. Here Tilsen diagnoses discourses (not people!), placing problems in dominant cultural discourses. Concluding by encouraging her readers to consider: “is it possible or ethical to only work on the micro level with clients?” (p. 102), her call to socially just action is compelling.

As allies of young people’s journeys, we as practitioners need to facilitate this process alongside (not impose upon) them. Here, Tilsen captures something in the literature that’s been missing, a gap that needs to be populated so that I can, when sitting across from a young person, have permission and a language to *just be*. She shows us a terrain of possibilities to navigate to a more respectful practice with *all* young people in their movement through identity construction, queer and otherwise. If you are drawn to the words truths, imagining, and fluidity, then this book is for you. ♥ CSC

Carys Cragg has long been interested in calling into question prevailing psychological ideas in order to contribute to an expanded and inclusive view of young people’s wellness. She’s a member of the BC Association of Clinical Counsellors and is currently Contract Faculty at Douglas College’s School of Child & Youth Care. Her work can also be found in *Insights Into Clinical Counselling* and the *International Journal of Children’s Spirituality*.





With summer finally approaching, the reveries of backyard BBQ's, weekend bonfires and sunny beach days flood my mind in anticipation of another beautiful summer with great friends, great food and great music. Summer and music have always gone hand in hand for me. I think back on all the backyard parties and outdoor festivals, watching how people would respond as the music began to play. An energy brought to life, lowering

inhibitions, and empowering everyone to dance without a care in the world. This has always brought a smile to my face, the power of music and dance and its' amazing ability for self-expression and artistic freedom.

In this issue I was lucky enough to share in my love of music and arts by interviewing and writing the Outreach story with Culture Shock Canada. I have always been a firm believer that being involved in the arts is not only a wonderful creative outlet but a valuable teaching tool for students. Culture Shock Canada is an organization that shares this belief and their story has truly affirmed for me that the arts can have a definite positive impact on a young persons life.

I was also given the opportunity to write about the beauty of body art and the journey into the life of a tattoo artist. Media portrayal of tattoo shops and the glamorization of its artists boasting a life of riches and fame may not really be the case off screen. The article urges students considering a career as a tattoo artist, or in any form of artistry to thoroughly research their options and be aware of the obstacles and the rigorous path ahead of them.

In a world where youth are exposed to negative influences and harsh truths, granting them artistic expression allows for a needed escape to something that is beautiful. Whether its music, dancing, drawing or another form of expressive art, the world needs beauty and a new generation to bring it to life.

"Every child is an artist. The problem is how to remain an artist once he grows up." – Pablo Picasso

Miranda Dubé

Editor: Canadian School Counsellor Magazine

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ERASE Bullying

Every child deserves an education free from discrimination, bullying, harassment, intimidation and violence. The ERASE (Expect Respect and A Safe Education) Bullying strategy is part of the Province of British Columbia's efforts to personalize learning and supports for all students.

ERASE Bullying builds on the Province's Safe, Caring and Orderly Schools Strategy (2004), which focuses on creating schools where students are free from harm, where clear expectations of acceptable behaviors are held for all members of the school community and where there is a sense of connectedness. ERASE Bullying helps ensure every child feels safe, accepted and respected, regardless of their gender, race, culture, religion or sexual orientation.

ERASE Bullying follows a 10-point comprehensive prevention and intervention strategy designed to promote positive mental health and wellbeing and to address bullying and student safety matters in schools. Linked strategically with the



BC Education Plan, it focuses on personalized supports and interventions for students. The ERASE strategy also includes a five-year multi-level training program for 15,000 educators and community partners to help them proactively identify and address threats. More than 8,000 people have been trained already including public, independent, and First Nations educators as well as community partners (police, youth mental health, child protection, probation).

In addition, ERASE Bullying has developed a reporting tool available to students. Though school staff remains the primary, face-to face contact for students seeking help, the ERASE Reporting Tool is one more way for students to reach out. The confidential and anonymous online reporting tool for students has been launched at: www.reportbullyingbc.ca.

Bullying has a serious effect on children and youth, and cannot be ignored. Preventing or addressing this problem is the responsibility of the whole community and the ERASE Bullying strategy was developed as an aid to those front line workers and community members who are committed to opposing this destructive behaviour.

For more information visit their website at: www.erasebullying.ca



Link Crew Helps Keep Grade 9 Students Connected

A leadership course run by an eastern Ontario school board is showing impressive results by curbing bullying, heightening grade nine students' sense of belonging, and impacting positively on their credit attainment.

The Upper Canada District School Board (UCDSB) Link Crew program was introduced across the board two years ago to help connect new students at school in the wake of a number of tragic suicides. The Grade 12 interdisciplinary credit program matches Grade 9 students with Grade 12 mentors, giving them a greater sense of belonging at high school. Senior students learn leadership skills by befriending and advising their charges throughout the semester, helping them with homework, running special events to make school fun, and keeping an eye out for any signs of trouble in the younger students' lives.

"It's a program that wraps an added layer of care around students in their transition year – another layer of protection," said Terry Gardiner, UCDSB principal of continuous school improvement, who manages the program.

The program works because it is "teen- to-teen." A growing body of research suggests that peer mentoring is impactful because teens see other teenagers in a better spot to judge their lives.

Gardiner says student surveys indicate Grade 9 students now experience a "greater sense of belonging" in UCDSB schools since the program began.

For further information please visit: www.ucdsb.on.ca



Olympic Gold Medalist Rosie MacLennan plays with local Fredericton students at the launch of the Premier's Challenge, a program designed to get kids ACTIVE AT SCHOOL. (CNW Group/ACTIVE AT SCHOOL) Photo Credit: © CNW Group Ltd

An hour a day: Get your students 'ACTIVE AT SCHOOL'

ACTIVE AT SCHOOL is the largest movement in Canadian history dedicated to getting kids one hour of physical activity a day at school. Launched in 2013, ACTIVE AT SCHOOL is comprised of a group of over 70 influential organizations from across Canada with expertise in health and wellness, sport and recreation, industry and education. With this mandate in mind, the group is working with federal, provincial and local governments and schools, offering access to their considerable networks and resources to reverse the staggering trend of inactivity amongst millions of Canadian children and youth.

New Brunswick was the first province to commit to launching ACTIVE AT SCHOOL (The Premier's Challenge) in late 2013. They have put this into action by implementing a 20 pilot school program – 10 Anglophone and 10 Francophone – throughout the province as part of the Premier's Challenge. The program is gaining traction with more schools ready to sign up for September 2014. To support the schools and students, ACTIVE AT SCHOOL partner Canadian Tire Corporation has donated \$1 million dollars in sporting equipment.

Quality physical activity, one hour, every day, every kid. It is achievable! To learn more check out www.activeatschool.ca.



Ford Motor Company Drive One 4 UR School

In 2010, Ford launched a program called Drive One 4 UR School. Now going into its 4th successful year, Ford and its dealerships

have helped raise more than \$4 million for community and school partners across Canada.

The Drive One 4 UR School program is a fun, and exciting way to engage local communities and schools to support their fundraising efforts. The idea behind the program is for high schools to partner up with their local Ford and Ford Lincoln Dealerships to conduct a test-drive fundraising event. The dealership brings a selection of vehicles

to the event and the students invite friends, family and interested participants to test drive the vehicles. For every valid test-drive completed, Ford donates \$20 to the high school, up to a total of \$6000. So essentially the more people that test-drive the vehicles, the more money Ford Motor Company will donate to the participating schools.

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Introducing Colleges and Institutes Canada: A new name for ACCC

After more than 42 years serving and promoting Canada's colleges, the Association of Canadian Community Colleges (ACCC) launches a new brand under the new name of *Colleges and Institutes Canada* at its annual conference May 25-27. The Association champions the innovations, applied research, employment and entrepreneurial opportunities created by its 133 member colleges, institutes, polytechnics and cégeps - across Canada and internationally.

Greater government and media attention to the skills mismatches affecting a number of Canada's economic sectors has raised the profile of the benefits and career options available through college education. Federal investments in college applied research; apprenticeships, aboriginal and international education; as well as ongoing and new ACCC international development and benchmarking agreements are making people take note of Canada's colleges.

"Colleges and institutes give students valuable real-world experience that make grads easy to employ in almost any field. Our numbers speak for themselves with 91 per cent of students employed within six months," said Denise Amyot, President and CEO of Colleges and Institutes Canada. "Too often, college and institute credentials are viewed as second-best. We know this is not the case, as proven by 93 per cent employer satisfaction."

The Association's rebrand is designed to highlight the leadership of colleges and to support members in reaching out to prospective students. The new *Colleges and Institutes Canada* name better reflects the Association's members and will help position colleges for greater collaboration with communities, industry and other education partners that lead to employment and economic opportunities.

"If we are serious about closing the skills gap in the future, young people and their parents need to be much better informed about employment and income prospects when deciding on post-secondary education," said Perrin Beatty, President of the Canadian Chamber of Commerce. "Canada's colleges add enormously to our business competitiveness. Their role has never been more vital!"

Like ACCC before it, *Colleges and Institutes Canada* is a champion of post-secondary excellence and the national and international voice of close to 95 per cent of Canada's publicly funded colleges and institutes and all its polytechnics.

Colleges and Institutes Canada works with industry and social sectors to train 1.5 million learners of all ages and backgrounds at campuses serving over 3,000 urban, rural and remote communities. The Association operates in 29 countries via 13 offices around the world and houses the secretariat for the World Federation of Colleges and Polytechnics (WFCP).

RURAL VS. URBAN

Things to be aware of to help smooth the transition

By: Miranda Dubé

Many school counsellors have the opportunity to select the educational establishment that they would desire to contribute their professional services to. Wanting to optimise their effectiveness in applying their craft, a counsellor will choose a path they feel would not only be beneficial to themselves but to the student body and school as well. Some choose to work in a rural environment while others opt for an urban setting. Any counsellor contemplating moving between rural and urban schools should take into consideration some common challenges they may face in transitioning between the two.

Rural Schools

Rural schools are generally characterized as belonging to a community with a lower population that is geographically isolated. As a result typically there are fewer amenities, long-distance transportation issues, and an lack of accessibility to certain resources. These, along with various other conditions of living in a remote location can change the dynamics involved in counselling students from what would be the norm in an urban setting.

When considering rural schools, there are a number of factors to consider, both negative and positive.

Negatives

- » Remote areas may not have access to high speed internet which means that students are unable to efficiently access online resources and programs, creating a more arduous and time consuming endeavour.
- » Transportation in rural areas has restrictions; for example, if weather conditions are unfavourable, school buses will not be operational and alternate means of transportation, such as public transit are not generally available.

- » Research suggests that rural students have a higher rate of low self-esteem issues in comparison to urban students.¹
- » Rural students are often less exposed to cultural diversities and interracial classrooms, and therefore may exhibit lesser degrees of acceptance of visible minorities.
- » Studies have demonstrated that rural lesbian, bisexual, gay and transgender students experience a greater sense of unsafe and insecure feelings in a rural school environment.²
- » Students in rural communities also have limited accessibility to certain curriculum programs such as music, dance and advanced academics, which are all wonderful opportunities for students to nourish their creative needs. Without access to such programs, it hinders the individual from developing or discovering a skill or talent they may possess. This may leave them feeling frustrated, and resorting to other less constructive means as a way of self-expression.

Positives

- » Rural students may display an increased sense of congeniality towards their teachers and counsellors. Because of the relatively small population rural communities offer, there is a closer sense of community and elevated levels of respect for those within that group.
- » Research suggests that rural students are more inclined to recreate outdoors and participate in more extra-curricular activities which in turn is beneficial for their mental and physical well-being.³
- » Due to the classroom/school size often being smaller, counsellors can dedicate more one-on-one time with each student. This will help develop a more personalized relationship with the student, nurturing a sense of trust and respect.

- » Studies suggest that students in rural areas, assert a higher degree of positivity in their attitudes and maintain a greater degree of cooperation amongst their peers in comparison to students in urban schools.⁴
- » Those educated in rural schools exhibit increased amiable behaviours, and therefore teachers and counsellors are required to deliver less of their time and efforts disciplining students.⁵

Urban Schools

Urban schools are defined as educational facilities that teach students residing in metropolitan areas. Typically urban schools are governed by a large bureaucratic scholastic system. Due to large classroom sizes and the diversified needs of a bigger school, many urban schools are stretched to the limit in their efforts to meet the multi-faceted challenges they encounter.

Just as in the case of rural schools, urban institutions come with a list of pros and cons as well.

Negatives

- » Negative and dangerous influences such as drugs, weapons, and bullying are more prevalent in urban settings. Research suggests students in urban schools have heightened social problems such as drugs, alcohol, violence and dysfunctional families.⁶
- » Students are exposed to a greater risk of violence in correlation to their environment. Larger cities statistically have an increased crime rate in comparison to rural communities.
- » Statistics reveal that students living in metropolitan areas are more than twice as likely to live in poverty often resulting in substandard student performances.⁷
- » A diminished sense of community is apperceived throughout urban schools and its students. This lends to disassociation between pupils and faculty.

» Studies claim that urban students possess higher negative behavioural issues such as absenteeism, teen pregnancy, and weapon possession.⁸

Positives

» Large cities are inhabited with people of multiple cultures and ethnicities. With students being exposed to such diversity, a greater sense of tolerance and acceptance may be displayed towards their peers and faculty with cultural differences.

» Research suggests that urban students have higher levels of self-esteem in comparison to rural students.⁹

» Urban students have greater access to amenities than their rural counterparts, and therefore have easier access to the resources required to meet their academic and social needs.

» The accessibility to state of the art technology is more readily available to urban students than to those in rural communities. Today's educational system is increasingly

dependent on technology and therefore, schools in urban environments usually have the advantage in this technological transition.

» Urban schools have access to a broader range of programs; particularly those in arts, music and advanced academics. Studies suggest that students involved in these types of programs reap significant academic and social benefit.¹⁰

With any transition from one school environment to another, there are always negative and positive elements to consider. Finding the right fit for your skill-set will ensure that as a counsellor, your efforts will provide maximum benefit for the students under your care. Whether it is in a rural or urban environment, every student has unique factors in their life that contribute to their own individual needs. The location and circumstances may be different but the objectives of the guidance counsellor remain the same. ♣ CSC



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¹ *Journal of Research in Rural Education*, Winter, 1991, Vol. 7, No.2, pp. 29-40 <http://bit.ly/1rZeJGD>

² *Gay, Lesbian & Straight Education Network (GLSEN)* <http://bit.ly/1jxkZEM>

³ *Rural And Urban Teaching Experiences of Eight Prairie Teachers* -By Jane Pauline Preston. Crockett et al., as cited in Government of Canada, 2001a; Kearney, 1994; Newton, 1993; Pittman & Haughwout, 1987; Saskatchewan School Boards Association, 2004; Stephens & Bhaerman, 1992. <http://bit.ly/1kHNL2r>

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⁶ *Rural And Urban Teaching Experiences of Eight Prairie Teachers* -By Jane Pauline Preston. (Erskine-Cullen & Sinclair, 1996) <http://bit.ly/1kHNL2r>

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⁹ *Journal of Research in Rural Education*, winter, 1991, Vol. 7, No.2, pp. 29-40 <http://bit.ly/1rZeJGD>

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FUTURE-FRIENDLY LEARNING HAS PROS AND CONS

E-learning options redefine what college means, but not all training options are created equal.

By Jennifer Flynn



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Education as an industry has grown and adapted into something increasingly dynamic and interactive. Universities and traditional colleges are adding courses online to stay competitive and offer educational options to a wider audience. Some online and distance colleges have built their foundations on the idea of reaching learners that have career or family obligations. In a competitive economy where salary is based strongly on skill level; distance or online learning is a great choice. Many new options are becoming available as technology develops. Like any type of training, effectiveness is dependent on the situation of the learner, method and materials. Regardless, some advantages and disadvantages continue to exist.

Not All Support is Created Equal

The support systems available for online or distance learning is as diverse as the number of educational institutions. Some institutions provide only online access to a website, syllabus, and a way to submit work. Others take time to interact individually with each student with regular contact, encouragement, one-to-one personalized assistance and tutorial assistance resources. The level of self-direction is not always obvious and research on the level of support available to students is an important consideration when looking for a training provider.

Ryan Ivey, a High-school Teacher turned Distance Education Instructor says *"When I made the transition from high school to Distance Education I was overwhelmed with the level of support available at this college. The*

student not only deals with the instructor one-to-one, they do so wherever and whenever they have free time. While I was a little skeptical at first, I quickly learned that with the use of several screen sharing technologies, that there was no barrier that Distance Education students could not overcome."

Higher education doesn't always mean greater support – in fact many public institutions work to catch up with the support options and extended Instructor availability that private college counterparts are able to provide in extended hours of Instructor availability. Many University students taking online courses still deal only with a facilitator and access is granted by appointment. Nicole Graham, an Ottawa resident and History major, has attended both University and Private College distance training. *"After taking*



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Andrea Dolan, MT Graduate

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distance courses to complete my bachelor's degree through my university and taking private college diploma- I fully appreciate the accessibility of staff at my online education provider. Unlike the university where sometimes e-mail would not be answered, instructors were always available through e-mail and on the phone. The instructors returned assignments on time and would willingly go over any errors so that I fully understood the course work."

Online and Distance Learning Distinctions

The comparison between online and distance learning choices is often overlooked. A major disadvantage in online delivery is that some institutions simply take classroom material and make it available online. This alone lacks connectivity, resources, and support; the result is the same as correspondence courses from the early 90's. Students are left with materials and nowhere to turn with questions or for assistance. Distance learning Institutions have evolved with technology to take connectivity to a whole new level. Superior distance learning Institutions facilitate student interaction, culturally-specific support, and individualized career assistance.

Flexibility

One of the greatest benefits of online learning is the individual approach that this method provides. Students can make the most out of their training time by focusing on content they find challenging and avoiding the disadvantage of being held back by other student's progression. Most online methods have limited constraints for scheduling, but freedom to deal with the course material in an individualized way. *"I really liked my course and that it wasn't like your traditional classroom - I enjoyed working on my own terms"*, says distance education graduate Cindy Big-Plume.

Motivation

Self-directed study takes dedication and self-discipline. Students who lack motivation tend to find online learning more challenging. Others thrive on the opportunity to move more quickly through the materials and focus on challenging objectives. Many distance learning institutions adopt methods of interaction with Instructors and students through messages, webinars, and social media to help inspire creativity and provide encouragement.

Accessibility, Time and Travel

Students may be separated from conventional educational models by distance or time. This is not an issue with distance education. With an internet connection, email, and phone, this method is a great alternative to full-time classroom study. Some institutions are very well connected to learners, providing extended hours of Instructor-student interaction, support via social media, texting, and email. Training can be delivered simultaneously across many time zones to open doors for many students which would otherwise remain closed.

Less time and expense is wasted when students take a distance course, as students learn without having to travel to, or sit in a classroom. The option to study anytime of the day or night also allows some people the freedom to handle career and family obligations without interruption. Child care savings can be considerable for students attending a distance college. These costs can put traditional skill advancement out of reach for many parents. Even in communities with few options for higher education, online learning opportunities are available without the need to travel.

Career Choices


Not all training components can be completed online. Human skills training that require hands-on experience, personal interaction, and developing comfort are offered via in-person training. There are parts of this type of training that can be delivered online; however, dental assisting, hair styling, animal sciences, child care, massage, esthetics and trades are among some of the many career options that necessitate a physical training portion. Other training opportunities like computer skills, medical, legal, design and technical training can be completed quickly and effectively in the distance learning environment.

Technology

The new workforce is technologically savvy. Many students entering post-secondary education have grown-up with a computer in their home. As advancements in connectivity happen, educational options grow and change. Instructors can now "Tweet" homework assignments. Students can get feedback or answers to questions immediately as they occur. Combined with

training videos, videoconferencing, and screen sharing, there are more options than ever for student-student and student-instructor connectivity.

Regardless of the reason for choosing higher education, it is clear that investing in post-secondary education is no longer just a smart investment – it's the cost of admission to the job market, long term employability and earning potential. Distance learning creates opportunity for people who have

the drive for career advancement but have a structured lifestyle that includes family and work responsibilities. It's a great choice for starting a career or advancing in a current one. 

Jennifer Flynn is the Public Relations and Communications Manager for Mactech Distance Education.

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culture

Innovative Program Inspiring Youth Through Music and Movement

By: Miranda Dubé

Programme novateur d'inspiration pour la jeunesse par la musique et le mouvement

Par: Miranda Dubé



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LIFE'S TEACHINGS THROUGH DANCE
LEÇONS DE VIE PAR LA DANSE

Shock:



Music has always been proclaimed as the universal language of mankind. With music, comes movement, and with movement comes dance. The self-expressive flurry of rhythmic bodily motions between humans is undeniably a means of communicating and is a language that is not only expressive but instinctive. Dance is a language for the people, it's an art form, a creative outlet and a teaching tool.

Culture Shock Canada is a firm believer in the power of dance and the benefits it can have on our society, especially with our underprivileged youth. They believe in breaking down barriers and allowing growth and enlightenment through dance regardless of financial or ethnic background.

La musique a toujours été reconnue comme le langage universel de l'humanité. Avec la musique vient le mouvement et avec le mouvement, vient la danse. La variété d'expression personnelle de mouvements corporels rythmiques entre humains est incontestablement une façon de communiquer et un langage qui est non seulement expressif, mais aussi instinctif. La danse est un langage pour les gens, c'est une forme d'art, un exutoire créatif et un outil d'enseignement.

Culture Shock Canada croit fermement au pouvoir de la danse et à ses bénéfices pour notre société, spécialement pour notre jeunesse défavorisée. Ils croient à l'élimination des obstacles et à laisser libre cours à la croissance et l'illumination par la danse nonobstant les origines financières ou ethniques.



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History

Culture Shock Canada is a non-profit Hip Hop dance organization dedicated to inspiring performances, development of dancers, community enrichment, and revealing the power and artistry of Hip Hop to diverse communities. Founded in San Diego, California in 1993 by Nike fitness athlete Angie Bunch, the concept was to establish a non-profit organization with programs focusing on youth outreach and community services. By reaching out to young people using urban dance, the aspiration was to direct them away from drugs, violence and hatred and expose them to a life-style which promoted acceptance, achievement and self-confidence. In years to follow, Culture Shock expanded their organization to numerous cities in the United States and finally making its presence known in Canada in 1998. Originally started in Ottawa, Culture Shock has aggregated to Toronto and multiple regions in southern Ontario, making it the second largest Culture Shock organization worldwide.

Historique

Culture Shock Canada est un organisme sans but lucratif de danse Hip Hop dédié à inspirer les performances, le développement des danseurs, l'enrichissement de la communauté et à révéler le pouvoir et la qualité artistique du Hip Hop à diverses communautés. Fondé en 1993 à San Diego en Californie par Angie Bunch une athlète du conditionnement physique de Nike, son concept était d'établir un organisme sans but lucratif avec des programmes visant la sensibilisation de la jeunesse et les services communautaires. En se rapprochant des jeunes gens par la danse urbaine, l'objectif était de les éloigner de la drogue, la violence et la haine ainsi que de les exposer à un style de vie qui favorisait l'acceptation, l'accomplissement et la confiance en soi. Dans les années qui suivirent, Culture Shock a essaimé dans plusieurs villes américaines et s'est finalement fait connaître au Canada en 1998. En commençant par Ottawa, Culture Shock s'est répandue dans Toronto et dans plusieurs régions du sud de l'Ontario pour devenir la deuxième plus grande organisation de Culture Shock au monde.

Mission

La vision de Culture Shock Canada est d'adopter la danse Hip Hop comme moyen pour promouvoir des valeurs positives auprès des jeunes gens. Leur valeur principale est de se connecter avec les jeunes, de leur fournir un endroit sécuritaire pour cultiver leurs habiletés de danse et leur permettre de s'engager à la performance et d'éliminer les obstacles sociologiques et économiques. Culture Shock Canada a développé un système à trois piliers pour guider son organisation et soutenir sa mission. Ces trois piliers sont éduquer, divertir et enrichir.

Éduquer

Culture Shock Canada offre de la formation aux individus, peu importe leur âge, ethnie, revenu ou capacité physique. Elle s'engage à développer chez ses danseurs la chorégraphie, la performance, la création et la danse urbaine de style libre. De plus, Culture Shock Canada offre des cours de compagnie qui sont des cours hebdomadaires portes ouvertes, moyennant des frais, pour débutants en danse cardio Hip Hop ainsi que de la formation pour instructeur de danse et des ateliers de danse urbaine. Elle offre également des ateliers d'éducation/enseignant par conférence et le développement professionnel pour enseignants.

Divertir

Culture Shock Canada se dédie à fournir des opportunités de performance et d'exhibitions des talents de ses danseurs. Culture Shock Canada fournit le plus haut niveau de divertissement par danse d'adresse à la communauté de danse Hip Hop dans des collectes de fonds locales, des événements corporatifs et d'oeuvres de charité et même des vitrines internationales de performance. Avec plusieurs de ses anciens élèves américains performant en troupe de danseurs comme on a pu les voir dans "America's Best Dance Crew" et des chorégraphes dans "So You Think You Can Dance", sa célébrité dans l'industrie de la danse est visible non seulement localement, mais aussi dans le courant dominant d'aujourd'hui.

Mission

Culture Shock Canada's vision is to adapt Hip Hop dance as a medium to promote positive values amongst young people. Their core value is to connect with youth, provide them with a safe haven to cultivate their dance skills and allow them to engage in performance and eliminate sociological and economical barriers. Culture Shock Canada has developed a three pillared system to guide their organization in maintaining their mission statement. The three pillars are; educate, entertain and enrich.

Educate

Culture Shock Canada provides training to individuals regardless of age, ethnicity, income or physical capacity. They are committed to developing their dancers in choreography, performance, creation, and freestyle urban dance. Culture Shock Canada additionally provides company classes that are a weekly drop-in, beginner cardio Hip Hop dance class for a fee, along with dance instructor training and urban dance workshops. They also provide education/teacher workshops via conference and teacher professional development.

Entertain

Culture Shock Canada is dedicated to providing opportunities for its' dancers to perform and exhibit their talents. From local fundraisers, corporate and charitable events, and even international showcase performances, Culture Shock Canada brings the highest level of skillful dance entertainment to the Hip Hop dance community. With many of their American alumni performing as troupe dancers as seen on "America's Best Dance Crew" and choreographers on "So You Think You Can Dance", their credibility in the dance industry is identifiable not only locally but in today's mainstream as well.

Enrich

Culture Shock Canada believes that dance is an important tool for preventative social work. Through urban dance and leadership programs, they strive to bestow a positive channel in which youth from at-risk communities can flourish and build life skills. Thriving from this conviction, Culture Shock Canada has established their "Youth Outreach Program" wherein youth have the opportunity to become leaders in their communities, while learning a new art form through urban dance.

The Youth Outreach Program's goal is to lessen the calamities that youth are faced with which may include violence, emotional stresses and self-esteem issues. As a violence prevention tool, Culture Shock Canada provides non-competitive surroundings for students to practice in and delivers Hip Hop dance as a

Enrichir

Culture Shock Canada croit que la danse est un outil important pour le travail social préventif. Par des programmes de danse urbaine et de leadership, elle s'efforce d'employer un canal positif par lequel les jeunes de communautés à risques peuvent s'épanouir et développer des compétences de vie. Tirant profit de cette conviction, Culture Shock Canada a mis en place son «programme de sensibilisation de la jeunesse» dans lequel les jeunes ont l'opportunité de devenir des leaders dans leurs communautés en apprenant une nouvelle forme d'art par la danse urbaine.

Le but du programme de sensibilisation de la jeunesse est d'amoinrir les calamités auxquelles les jeunes font face et qui peuvent inclure la violence, le stress émotionnel et les problèmes d'estime de soi. Comme outil de prévention de la violence, Culture Shock Canada fournit des environnements non compétitifs où les étudiants peuvent pratiquer et la danse Hip Hop qui sert de soupape à l'agression et à la contrainte émotionnelle. Cela peut notamment être bénéfique pour les adolescents en phase de transition dans la vie. Leur apprendre à canaliser leur agression de façon à remettre en question d'autres idées et apprendre plus à propos d'eux-mêmes sans avoir recours à la violence ou à des habitudes autodestructrices est un immense bénéfice. Éloigner les jeunes de tels comportements les entraîne dans un chemin d'appréciation et d'acceptation dans leur vie. Culture Shock Canada vise également à introduire la confiance, l'estime de soi et les habiletés de leadership dans son programme de sensibilisation de la jeunesse. Encourager les jeunes à être créatifs et leur permettre de s'exprimer peut être très stimulant et leur apporter de la confiance en soi. En outre, le programme offre de la formation à ses étudiants pour les rendre aptes à enseigner à de nouveaux danseurs. Ces nouvelles habiletés inspirent le leadership et la responsabilisation en plus de montrer l'importance d'être un modèle de rôle dans la communauté. Un autre bienfait du programme de Culture Shock Canada est la prise de conscience de la forme physique par la danse Hip Hop. Si les jeunes deviennent conscients de l'importance de la forme physique et de maintenir un corps et un style de vie sain, cela les encouragera à être à l'écoute de leurs corps et à prendre des habitudes de vie plus saines.

Ultimement, l'objectif du programme de sensibilisation est de fournir l'opportunité aux jeunes à haut risque de transformer leurs vies par la créativité et l'appropriation de la danse urbaine. Culture Shock Canada croit que le Hip Hop est un moyen qui s'identifie facilement à la jeunesse d'aujourd'hui et qui s'adresse vraiment à leur style de vie. Issu de l'oppression et du combat, le message de trouver de la force dans l'adversité exsude de la culture Hip Hop. Danser,

release for aggression and emotional duress. This can notably be beneficial for teens transitioning in life. Having them channel their aggression in a way to challenge other ideas and to learn more about themselves without having to resort to violence or self-destructive habits is an immense benefit. Steering youth away from such behaviours guides them down a path of appreciation and acceptance in their life. Culture Shock Canada also aspires to instill confidence,

“ Ultimately, the objective of the outreach program is to provide high-risk youth the opportunity to transform their lives through the creativity and empowerment of urban dance. ”

peu importe le style, rapproche naturellement les gens et fournit une saine soupape sans égard à l'âge ou l'origine ethnique, économique ou sociale.

S'impliquer

Non seulement Culture Shock Canada est-elle reconnue mondialement, elle est aussi une présence dans l'industrie de la danse depuis deux décennies. Elle offre des programmes de sensibilisation de la jeunesse à Ottawa, Toronto et plusieurs régions du sud de l'Ontario. Plusieurs de ses programmes sont offerts dans des écoles, des programmes parascolaires, des YMCA et en association avec des centres communautaires. Elle est également présente dans «éducation de la petite enfance», les écoles maternelles, les garderies et les événements communautaires et familiaux. Elle offre des programmes qui coïncident avec l'année scolaire, d'autres qui durent 3-4 mois et même des sessions libres quotidiennes. Culture Shock Canada s'efforce d'être flexible et de tendre la main aux jeunes afin d'éliminer les obstacles à l'accès à ses programmes. Tous ses instructeurs ont de l'expérience en danse et possèdent un bagage technique qui leur permet d'afficher des valeurs fondamentales personnelles d'engagement envers la jeunesse avec compréhension et empathie. Le personnel de Culture Shock Canada est fier d'inculquer un fort sentiment d'inclusion et de validation à ses étudiants. Ils inspirent un sentiment communautaire et familial en utilisant un véhicule comme la danse Hip Hop et sa pertinence pour les jeunes comme moyen d'appropriation et d'unité.

Culture Shock Canada affirme que l'immersion dans une forme d'art comme la danse améliore d'autres facettes de la vie d'une jeune personne. Cela encourage la confiance, la responsabilité, la discipline et la responsabilité. Elle croit que l'utilisation de la danse Hip Hop est un véhicule exemplaire pour que les jeunes apprennent des compétences de vie. Culture Shock Canada s'enorgueillit aussi d'être des mentors et s'efforce de démontrer que les jeunes peuvent poursuivre leurs rêves de danse tout en maintenant leur performance scolaire. En communiquant que les jeunes n'ont pas à choisir entre leurs passions et leurs responsabilités, elle encourage l'atteinte d'un équilibre harmonieux et l'utilisation des compétences pour un style de vie positif. ♣ CSC

Pour plus d'information à propos de Culture Shock Canada, visitez son site Web à l'adresse www.cultureshockcanada.com. Pour de l'information à propos du programme de sensibilisation de la jeunesse, communiquez avec Alan Faigal, directeur national de la sensibilisation, à l'adresse alan@cultureshockcanada.com.

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self-esteem and leadership skills in their youth outreach program. Encouraging youth to be creative and allowing them to express themselves can be very empowering and provide them with a sense of self-assurance. In addition to this, the program also offers training to their students to enable them to instruct new dancers. These new skills inspire leadership and responsibility and impart the importance of being a role model in the community. Another resource provided in Culture Shock Canada's program is fitness awareness through Hip Hop dancing. Youth being aware of the importance of fitness and maintaining a healthy body and lifestyle will help encourage them to become more cognizant of their bodies and engage in healthier habits.

Ultimately, the objective of the outreach program is to provide high-risk youth the opportunity to transform their lives through the creativity and empowerment of urban dance. Culture Shock Canada believes that Hip Hop is an easily identifiable medium with today's youth and speaks true to their lifestyle. Born out of oppression and struggle, the message of finding strength through adversity exudes in the Hip Hop culture. Dance, no matter the style, naturally brings people together and provides a healthy outlet regardless of age, ethnicity, economic or social background.

Getting involved

Culture Shock Canada is not only internationally recognized but has been a presence in the dance industry for over two decades. They have several youth outreach programs throughout Ottawa, Toronto, and multiple regions in southern Ontario. Many of their programs are delivered in schools and in after school programs, YMCA's and partnerships with community centres. They also provide "Early Years" and "Early Childhood Education" in nursery schools, child care centres and kindergarten and community/family events. They offer programs that co-inside with the school year, while others run 3-4 months, and even daily drop-in sessions. Culture Shock Canada devotes themselves to being flexible and reaching out to youth in order to eliminate any barriers of accessing their programs. All of their instructors bring dance experience and a technical background while demonstrating a personal core value of engaging youth with understanding and empathy. The staff at Culture Shock Canada takes pride in building a strong sense of inclusion and validation to their students. They inspire a sense of community and family by using a medium such as Hip Hop dance and its' relevance to young people as a means of empowerment and unity.

Culture Shock Canada affirms that submersion in an art form, such as dance ameliorates other facets of a young person's life. It encourages confidence, responsibility, discipline, and accountability. They believe the use of hip hop dance an exemplary medium for youth to learn life skills. Culture Shock Canada also prides themselves in being mentors and strive to demonstrate that youth can follow their dreams of dance and conjointly maintain their academics. By conveying that youth don't have to choose between their passions and their responsibilities, they encourage finding a harmonious balance and applying the appropriate skill sets to a positive lifestyle. ♣csc

For more information on Culture Shock Canada, visit their website at www.cultureshockcanada.com. For Youth Outreach program inquiries, contact their National Outreach Director, Alan Faigal at alan@cultureshockcanada.com.

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"The blood-dimmed tide is loosed, and
everywhere the ceremony of innocence is
drowned" W. B. Yeats

«La marée teintée de sang monte et partout les
innocents sont noyés»
W. B. Yeats

AN OLD DEVIL
MAKES A
COMEBACK
KUn vieux demon
révient

HEROIN
HEROIN

THE NEW OLD DRUG OF CHOICE

By: Alison Zenisek

A malevolent force is stalking our youth in Canada, robbing them of their health, their education, and all too often their very lives. Headlines in the New York Times and Winnipeg Free Press say it all: *Young and Suburban, Falling for Heroin*; *Prescription Painkillers Seen as a Gateway to Heroin*; and *Extra-potent Heroin Fuels Overdoses in B.C.* Heroin is used by a range of people from a variety of social, economic, cultural, and age groups. Youth in North America who were once addicted to OxyContin and other prescription drugs are increasingly turning to heroin as a cheaper and more sustained high. "It's reached epidemic proportions here in the United States," Drug Enforcement Administration spokesman Rusty Payne said of heroin use. Payne attributes the problem to a surge of heroin crossing the southwestern border of the United States, where soaring seizures of the drug are a sign of increased smuggling operations. In 2012 the DEA reported seizing 1,855 kilograms of heroin at the Mexican/U.S. border.

On March 20, 2014 the Canadian Border Service Agency seized 12 kg of heroin at Pearson International. The heroin was discovered by a sniffer dog in a bag from a flight from Pakistan. Last year the CBSA made 78 seizures totaling roughly 160 kg of heroin. Youth who once abused OxyContin are turning to heroin, which is now both cheaper and stronger, to stave off the pain of opioid withdrawal. Unfortunately, this has become a reality in cities and small towns across Canada. Police officers and addiction staff say that the sudden arrival of heroin coincides with shrinking street supplies of OxyContin.

British Columbia, Ontario, Saskatchewan, and the Atlantic provinces dropped or severely restricted coverage of the powerful painkiller OxyContin in March of 2012. Purdue Pharma of Canada had reformulated the highly addictive painkiller into a harder to tamper with product called OxyNEO, which will also be severely restricted. Not only had OxyContin become more difficult to obtain on the street and in doctor's offices, but it had become a harder to abuse pill. "We went from 'hillbilly heroin,' as oxys were referred to, to heroin proper," said Peterborough, Ontario Police Chief Murray Rod. "It was a direct consequence of replacing the demand of OxyContin with actual heroin. And it happened in a very short time." Following many months of investigations, major drug raids across the Greater Toronto Area routinely seize large quantities of cocaine, marijuana, and heroin. The number of charges and arrests linked to Peterborough residents reveal the appetite and scope of heroin use in the community, a place where once there had been no heroin problem at all.

The smaller communities in Southern Ontario were the first to see the fallout from discontinuing OxyContin. "What we are seeing now is a dramatic and sudden appearance and increase in the use of heroin," said an officer from the vice branch of the Sarnia Police Service. In six months they went from not hearing about it, to seizing it. Addictions counsellors have also witnessed this sudden spike in heroin use. According to news reports, police and addiction workers in London,

LA NOUVELLE VIEILLE DROGUE DE CHOIX

Par: Alison Zenisek

Une force malveillante traque nos jeunes Canadiens les dépouillant de leur santé, leur éducation et trop souvent de leurs vies. Les manchettes du New York Times et du Winnipeg Free Press sont très éloquentes: *Jeunes et banlieusards en quête d'héroïne, des prescriptions pour des antidouleurs perçues comme accès à l'héroïne et l'héroïne extra puissante génère des surdoses en Colombie-Britannique.* L'héroïne est consommée par plusieurs personnes d'une variété de groupes sociaux, économiques, culturels et d'âge. Les jeunes en Amérique du Nord jadis dépendant de l'OxyContin et autres médicaments d'ordonnance se tournent de plus en plus vers l'héroïne pour obtenir un état d'euphorie moins coûteux et plus durable. Rusty Payne, porte-parole de la Drug Enforcement Administration affirme à propos de la consommation d'héroïne "qu'elle a atteint aux États-Unis des proportions d'épidémie". Payne associe le problème à une augmentation du passage d'héroïne à la frontière sud-ouest des États-Unis où de plus en plus de saisies de drogue sont un signe de l'accroissement des opérations de contrebande. En 2012, la DEA rapporte avoir saisi 1 855 kilogrammes d'héroïne à la frontière américano-mexicaine.

Le 20 mars 2014, l'Agence des services frontaliers du Canada a saisi 12 kg d'héroïne à l'aéroport international Pearson. L'héroïne a été découverte par un chien renifleur sur un vol en provenance du Pakistan. L'année passée, l'AFSC a effectué 78 saisies totalisant 160 kg d'héroïne. Les jeunes qui abusaient de l'OxyContin se tournent vers l'héroïne qui est moins coûteuse et plus forte pour éviter la douleur du sevrage des opiacés. Malheureusement, cela est devenu une réalité des cités et petites villes partout au Canada. Les agents de police et les intervenants en toxicomanie soutiennent que l'arrivée soudaine de l'héroïne coïncide avec la contraction des approvisionnements d'OxyContin de la rue.

La Colombie-Britannique, l'Ontario, la Saskatchewan et les provinces de l'Atlantique ont abandonné ou restreint drastiquement en mars 2012 la couverture du puissant antalgique OxyContin. Purdue Pharma du Canada avait changé l'antalgique à forte dépendance pour un produit plus difficile à modifier nommé OxyNEO et qui sera également sévèrement restreint. Non seulement l'OxyContin est devenu plus difficile à obtenir dans la rue et dans les bureaux des médecins, il est devenu plus difficile pour son usage illicite. Selon Murray Rod, chef de police de Peterborough en Ontario, "nous sommes passés de l'héroïne «hillbilly», nom donné aux oxys, à l'héroïne en bonne et due forme". "Ce fut une conséquence directe du remplacement de la demande pour l'OxyContin par de l'héroïne. Cela est survenu en très peu de temps." Suite à plusieurs mois d'enquête, des perquisitions importantes dans la région du Grand Toronto ont abouti à des saisies de grandes quantités de cocaïne, de marijuana et d'héroïne. Le nombre d'accusations et

Ontario have seen users gravitate towards heroin, crystal meth, and hydromorphone, a prescription narcotic similar to morphine. Prescription medications are standardized and each pill provides an exact amount of the drug. Heroin on the other hand is highly dependent on who is selling it to you. On the street it is often cut with other substances such as Fentanyl that can increase its potency and cause a deadly overdose. Unlike with prescription drugs, users do not have a way to judge the dose they are getting.

According to a recent study by KFLA Public Health, which is based in Kingston, the number of Ontario citizens dying of opioid overdoses is equal to those killed in car accidents. In the province, each year between 300 and 400 people die from overdoses involving prescription opioids, primarily OxyContin. The drug is up to twice as strong as morphine and according to a drug-use survey of Ontario youth, high school students are more likely to use OxyContin than smoke cigarettes. A recent article in The Globe and Mail stated that public health officials in both Canada and the United States are calling it a crisis. Prescription-related opiate deaths are showing up on coroner's tables, more than doubling since 2000 when OxyContin first hit prescription pads. OxyContin abusers have been increasingly turning to heroin as a cheaper and more accessible high.

Many First Nations leaders foresaw the health crisis unleashed on northern Ontario reserves when thousands of residents addicted to OxyContin were cut off from the prescription opiate. In February of 2012 it was reported that almost 2,000 members of the Matawa First Nations communities were addicted to opioids. In late January of the

d'arrestations associées aux résidents de Peterborough démontre l'attrait et l'ampleur de la consommation d'héroïne dans la communauté, un endroit où il n'y avait aucun problème d'héroïne.

Les plus petites communautés du sud de l'Ontario ont été les premières à découvrir les conséquences de la fin de l'OxyContin. Un agent de la section des mœurs du service de police de Sarnia affirme que "ce que nous voyons maintenant est une apparition soudaine et un accroissement de la consommation d'héroïne". En six mois ils sont passés de ne pas en entendre parler aux saisies. Les conseillers en toxicomanie ont également été témoins de cette soudaine augmentation de la consommation d'héroïne. Selon des reportages de nouvelles, la police et les intervenants en toxicomanie de London en Ontario ont vu des usagers être attirés par l'héroïne, la méthamphétamine en cristaux et l'hydromorphone, un narcotique prescrit similaire à la morphine. Les médicaments prescrits sont standardisés et chaque pilule fournit une quantité précise du médicament. Pour l'héroïne cependant, cela dépend de la personne qui vous la vend. Dans la rue, elle est souvent réduite par d'autres substances comme le fentanyl qui accroît sa force et cause une surdose mortelle. Contrairement aux médicaments d'ordonnance, les utilisateurs ne peuvent pas connaître le dosage qu'ils obtiennent.

Selon une étude récente de la KFLA Public Health, qui est située à Kingston, le nombre de citoyens de l'Ontario qui meurent de surdose d'opiacés est le même que ceux qui sont tués dans les accidents routiers. Chaque année dans la province, il y a entre 300 et 400 décès associés à des surdoses d'opiacés prescrits, principalement l'OxyContin. Ce médicament est deux fois plus fort que la morphine et selon un sondage sur la consommation de drogues par les jeunes de l'Ontario, les étudiants du secondaire sont plus enclins à consommer l'OxyContin que de fumer des cigarettes. Un récent article du Globe and Mail affirme que les responsables de la santé publique au Canada et aux États-Unis décrivent la situation comme une crise. Les morts associés aux opiacés prescrits apparaissent sur les tables des coronaires plus de deux fois plus qu'en 2000 quand l'OxyContin a commencé à être prescrit. Ceux qui abusent de l'OxyContin se tournent de plus en plus vers l'héroïne pour obtenir une euphorie moins coûteuse et plus accessible.

Plusieurs chefs des Premières Nations ont prédit la crise de la santé qui a affecté les réserves du nord de l'Ontario quand des milliers de résidents dépendants de l'OxyContin ont été coupés des prescriptions d'opiacé. On rapporte qu'en février 2012 près de 2 000 membres des communautés des Premières Nations de Matawa étaient dépendants des opiacés. À la fin de janvier de la même année, le chef de la Première Nation de Cat Lake a déclaré un état d'urgence en annonçant qu'environ 70 pour cent des membres de la communauté étaient dépendant des opiacés, incluant des enfants aussi jeunes que 11 ans. Les familles et communautés des Premières Nations sur deux tiers de l'Ontario incluant la région de la baie James étaient à risque. À cause de l'éloignement de plusieurs réserves, l'accès à un traitement à la méthadone est un important problème.

En 2013, Rona Ambrose, ministre de la Santé, suggérait que le Canada pourrait acquiescer aux demandes des États-Unis pour rendre illégales les formes génériques créant une dépendance de l'antalgique prescrit OxyContin. Elle a assuré son auditoire qu'elle "considérerait" le problème et que le gouvernement du Canada avait l'intention d'appliquer bientôt une "stratégie visant les médicaments

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same year, the chief of the Cat Lake First Nation declared a state of emergency, saying an estimated 70 percent of community members had opioid addictions, including children as young as 11. First Nation families and communities covering two thirds of Ontario, including the James Bay area, were put at risk. Given the remote location of many reserves, access to methadone treatment is a significant issue.

In 2013 Health Minister Rona Ambrose hinted that Canada might be open to pleas from the United States to outlaw addictive, generic forms of the highly prescribed painkiller OxyContin. She assured her audience that she was “examining” the issue and that the Canadian government intended to soon move forward with a “prescription drug strategy.” According to The Globe and Mail this appeal from the United States was rebuffed by Ambrose’s predecessor, Leona Aglukkaq, who stated that the issue was a provincial matter. In the past year Health Canada gave six drug companies the go ahead to manufacture generic forms of the drug. During this time Canada had already inched past the United States to become the highest opioid consuming country in the world on a per-capita basis.

In American high schools heroin is the fastest growing drug of abuse. Many middle or upper- middle- class suburban communities across the country are reporting high school overdose deaths from heroin, a shocking new trend in drug use by youth. According to the New York Times, law enforcement officials and treatment experts are concerned about the fact that many of heroin’s newest addicts are in their teens or early 20’s. The heroin available in the Northeast is purer than the kind that ravaged New York City in the 1970’s, experts say, and almost certainly more lethal. Brian, a 21-year old former addict from

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Long Island, said heroin was cheaper, and often more available, than marijuana or ecstasy. "Believe it or not, as a high school teenager, it was easier for us to get than alcohol," he said. "It's cheaper than anything out there."

In April of this year a state wide crackdown on heroin distributors in the Twin Cities, Duluth, and Rochester are the first coordinated efforts by federal and state drug agents to systematically shut down the operations of Mexican drug cartels since the traffickers began flooding Minnesota with near pure heroin over the past four years. The raids across the state marked a mayor policy shift in going after Mexican drug cartels and netted 65 arrests in the Twin Cities metro area and the seizure of more than 250,000 in cash. The new heroin boom in Minnesota also has its roots in a successful anti-drug campaign that in the last seven year began to restrict the availability of OxyContin. The Sinaloa cartel, Mexico's largest and most feared smuggling federation, saw an opportunity and filled the gap. Mexico's heroin production

d'ordonnance". Selon le Globe and Mail, cette demande des États-Unis avait été refusée par le prédécesseur d'Ambrose, Leona Aglukkaq, qui prétendait que le problème était de compétence provinciale. Dans les dernières années, Santé Canada a approuvé la fabrication de formes génériques du médicament par six compagnies pharmaceutiques. Pendant ce temps, le Canada avait déjà surpassé les États-Unis pour devenir le pays avec la plus forte consommation d'opiacés par personne au monde.

Dans les écoles secondaires des États-Unis, l'héroïne est la drogue d'abus qui connaît la croissance la plus rapide. Plusieurs communautés de classe moyenne ou classe moyenne supérieure du pays rapportent des décès par surdose d'héroïne au secondaire, une nouvelle tendance bouleversante de la toxicomanie chez les jeunes. Selon le New York Times, des représentants des services chargés de l'application de la loi et des spécialistes en traitement sont inquiets du fait que plusieurs des nouveaux toxicomanes de l'héroïne sont des adolescents ou des jeunes au début de la vingtaine. Selon les experts, l'héroïne disponible dans le nord-est est plus pure que celle qui a ravagé la ville de New York dans les années 70 et presque certainement plus mortelle. Brian, un ex-toxicomane de 21 ans de Long Island, soutient que l'héroïne était moins coûteuse et souvent plus disponible que la marijuana ou l'ectasie. "Croyez-le ou non, comme adolescent au secondaire, il était plus facile d'en obtenir que l'alcool", mentionne-t-il. "C'est moins coûteux que tout ce qui existe."

En avril de cette année, une répression à l'échelle de l'État dans les villes jumelles, Duluth et Rochester sont les premiers efforts coordonnés par les agences fédérales et de l'État pour systématiquement faire cesser les activités des cartels mexicains de la drogue depuis que les



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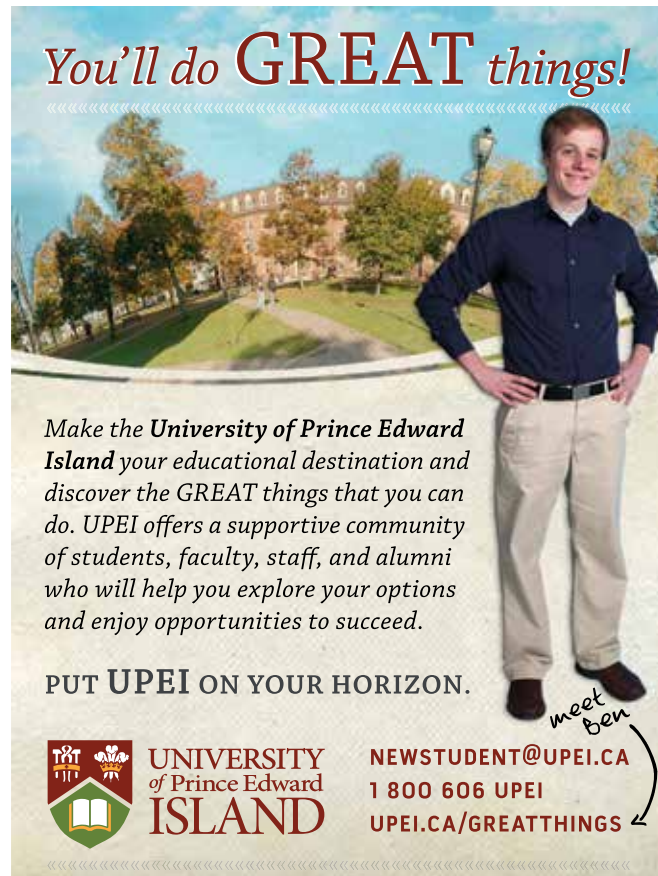
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trafiquants ont commencé à inonder Minnesota avec de l'héroïne presque pure depuis ces quatre dernières années. Les descentes à la grandeur de l'État soulignaient un changement de politique majeur pour la traque des cartels mexicains de la drogue et se sont soldées par 65 arrestations dans la région métropolitaine des villes jumelles ainsi que la saisie de plus de 250 000 \$ en argent comptant. Le nouvel essor d'héroïne dans le Minnesota a également ses racines dans une campagne fructueuse antidrogue des sept dernières années pour restreindre la disponibilité de l'OxyContin. Le cartel Sinaloa, la fédération de contrebande du Mexique la plus grande et la plus crainte, a vu l'opportunité et a comblé le vide. Selon le département de la Justice des États-Unis, la production d'héroïne du Mexique a doublé depuis 2005. Le Mexique se classe maintenant au deuxième rang mondial derrière l'Afghanistan pour la production du pavot. En vendant l'héroïne pour aussi peu que 10 \$ la dose sous forme de poudre qui peut être sniffée ou fumée par le consommateur plutôt que de se l'injecter, les cartels ont développé un tout nouveau marché chez les jeunes qui auparavant auraient pu être effrayés.

Malheureusement, le taux de rechute chez les consommateurs d'opiacés est élevé, soit 85 %. Une fois la dépendance en place, il est extrêmement difficile de s'en défaire. Les complications médicales, sociales et légales découlant de la consommation d'héroïne peuvent être dévastatrices pour la vie des gens qui consomment la drogue. La recherche a mis en lumière qu'une consommation d'héroïne à long terme entraîne des changements du fonctionnement du cerveau bien que ces changements ne sont pas bien connus. La recherche démontre que des mois et parfois des années sont requis pour que le cerveau retrouve son fonctionnement normal. Les jeunes sont particulièrement vulnérables puisque le cerveau se développe jusqu'à l'âge de 21 ans. Le plus important accroissement de consommation d'héroïne a été constaté chez les jeunes mâles de banlieue âgés de 18 à 25 ans.

La désintoxication est extrêmement importante pour les jeunes toxicomanes. Plus tôt la toxicomanie à l'héroïne est identifiée, plus efficace sera le traitement de l'individu. L'objectif principal de la désintoxication est de soulager les symptômes du sevrage. Ceci donne du temps au patient pour s'adapter à l'absence de drogue. La méthadone et la buprénorphine sont des médicaments utilisés pour traiter la dépendance à l'héroïne. Quand ils sont combinés à des thérapies du comportement, les résultats peuvent être un succès.

Plusieurs provinces utilisent une version quelconque de la stratégie antidrogue de Vancouver connue sous le nom de quatre piliers. Cette stratégie incorpore la réduction des préjugés, la prévention, le traitement et l'application de la loi. Vancouver a développé toutes sortes d'options de traitement incluant les cliniques de méthadone, le traitement résidentiel de désintoxication et les soins de base pour les consommateurs de drogue. La Régie de santé Vancouver Coastal Health dépense une grande partie de son budget pour le traitement des dépendances et de la santé mentale. Le coût de l'héroïne est à peu près le même à Vancouver que partout ailleurs et elle y est tout aussi accessible que dans toute communauté nord-américaine selon Patricia Daly, médecin hygiéniste en chef de la Vancouver Coastal Health. Elle confirme que la dépendance à l'héroïne et autres opiacés est difficile à traiter et que les taux de rechute sont élevés.

Le Réseau communautaire canadien d'épidémiologie des toxicomanies (RCCET) est un système pancanadien de surveillance de la toxicomanie dirigé par le Centre canadien de lutte contre les

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has doubled since 2005, according to the U.S. Justice Department. Mexico now ranks No. 2 in the world behind Afghanistan in poppy production. By marketing heroin for as little as \$10 a dose, in a powder form that users can snort or smoke rather than inject, the cartels have developed an entirely new market among the youth, who might once have been frightened off.

Unfortunately, the relapse rate of opioid users is high, 85%. Once dependence is established it is extremely difficult to stop. The medical, social, and legal complications that result from heroin use can be devastating to the lives of the people who use the drug. Research has revealed that long-term use of heroin results in changes to the way the brain works, although these changes are not fully understood. The research does show that it takes months and sometimes years for the brain to return to normal functioning. Youth are especially vulnerable as the brain is still developing until the age of 24. The greatest increase in heroin use has been seen in young suburban males, ages 18-25.

Detoxification is extremely important when dealing with young heroin addicts. The earlier the heroin abuse is identified, the more effective the treatment will be on the individual. The main goal of the detoxification process is to alleviate the withdrawal symptoms. This gives the patient time to adjust to being drug free. Methadone and buprenorphine are medications used to treat heroin addiction. When combined with behavioural therapies, the results can be successful.

Many provinces use some version of Vancouver's drug strategy, known as the Four Pillars. This strategy incorporates harm reduction, prevention, treatment, and enforcement. Vancouver has expanded every kind of treatment option including methadone clinics, detox residential treatment, and primary care for drug users. Vancouver Coastal Health spends a large part of its budget on addiction and mental health treatment. The cost of heroin is about the same in Vancouver as anywhere else and is just as accessible as in any North American community, according to Patricia Daly, chief medical health officer for Vancouver Coastal Health. She concurs that the addiction to heroin and other opioids is difficult to treat and that recidivism rates are high.

The Canadian Community Epidemiology Network of Drug Use (CCENDU) is a nationwide substance abuse surveillance system spearheaded by the Canadian Centre on Substance Abuse (CCSA). A collaborative project, it brings together federal, provincial, and community agencies to study and report drug use, the health and legal consequences thereof, addiction treatment, and law enforcement. CCENDU reports have shown consistent and continued trends of illicit drug use in Winnipeg which correlates with its high rate of crime. The increased availability of drugs is evidenced by large police seizures and the expanse of drug addiction treatment programs in response to demand.

Cocaine and other psychoactive drugs are behind the largest number of hospitalizations in Winnipeg. An uptick in heroin addiction is present on Winnipeg streets, but heroin is not yet considered a major drug in the province. OxyContin/OxyNEO is widely abused. Marijuana drives the illicit drug trade and is the most prevalent drug, while Ecstasy continues to be increasingly problematic among youth populations. Meth laced Ecstasy has recently hit the streets of Winnipeg with deadly consequences. One youth addiction counsellor in the region spoke of Ecstasy or 'Molly' as popular among teenagers, and that dangerous substances that pose significant health risks have been added in the rebranding process. Alcohol continues to be the

“ Many provinces use some version of Vancouver’s drug strategy, known as the Four Pillars. This strategy incorporates harm reduction, prevention, treatment, and enforcement. ”

toxicomanies (CCLT). Un projet en collaboration qui réunit les agences fédérales, provinciales et communautaires pour étudier et rapporter à propos de la toxicomanie, de la santé et des conséquences légales, du traitement des dépendances et de l'application de la loi. Les rapports du RCCET ont montré des tendances consistantes et continues de consommation de substances illicites à Winnipeg qui correspondent à son haut taux de criminalité. La disponibilité croissante de drogues est mise en évidence par d'importantes saisies policières et la multiplication des programmes de traitement de la dépendance à la drogue pour répondre à la demande.

La cocaïne et d'autres substances psychoactives génèrent les plus nombreuses hospitalisations à Winnipeg. La hausse des dépendances à l'héroïne est présente dans les rues de Winnipeg, mais l'héroïne n'est pas encore considérée comme une drogue importante dans la province. L'abus de l'OxyContin/OxyNEO est largement répandu. La marijuana est le moteur du commerce de drogues illicites et elle est la drogue la plus répandue alors que l'ectasie continue à être de plus en plus problématique auprès de la jeune population. L'ectasie mélangée à de la méthamphétamine a récemment atteint les rues de Winnipeg avec des conséquences mortelles. Un conseiller en dépendances auprès des jeunes de la région décrit l'ectasie ou "molly" comme étant populaire chez les adolescents et que de dangereuses substances comportant des risques significatifs pour la santé ont été ajoutées dans le procédé de changement. L'alcool demeure la substance la plus couramment abusée au Manitoba. Les boissons énergisantes contenant du sucre et de la caféine, et qui sont prémélangées avec de l'alcool, sont également une tendance populaire chez les jeunes.

most prevalent substance abused in Manitoba. Energy drinks which consist of sugar and caffeine and which are pre-mixed with alcohol are also a popular trend with the youth.

One of the central challenges regarding drug education and teenagers lies in managing an activity such as binge alcohol use, which is harmful and common among youth from Grade 9 and up in most parts of Canada. Many students begin to use alcohol, and to a lesser extent cannabis, in hazardous ways around Grade 9 or 10 and continue this use through their high school years. A small percentage of youth choose to abstain. The fact is that young people from all backgrounds experiment with drugs and alcohol, which is part of the natural curiosity of being a teenager. For the vast majority who experiment, this will not lead to addiction.

For the adult parenting or counselling youth it is important to keep the lines of communication open. What may appear to be the telltale signs of drug use, such as sleeping all day on the weekend, may just be normal behaviour. Teens are dramatic and it is often hard to know what is normal. Becoming knowledgeable about the drugs out there so that you are ready for a conversation with the youth in your life is helpful. It is another way to gain their respect and at the same time protect them. Unfortunately, the surge in heroin use in our nation is not moral panic, but rather a grim reality. 🍁 CSC

Un des défis importants concernant l'éducation en matière de drogues et les adolescents repose sur la gestion d'une activité comme l'excès de consommation d'alcool qui est dommageable et commun parmi les jeunes du Canada de 9e année et plus. Plusieurs étudiants commencent à consommer de l'alcool et, dans une moindre mesure, le cannabis, de façon dangereuse, vers la 9e et la 10e année et continuent pendant leurs années au secondaire. Un faible pourcentage des jeunes choisit de s'abstenir. Le fait est que les jeunes gens de toute origine expérimentent avec les drogues et l'alcool ce qui découle de la curiosité naturelle d'un adolescent. Pour une grande majorité de ceux qui expérimentent, cela ne conduira pas à la dépendance.

Il est important pour l'adulte parent ou un conseiller de maintenir les lignes de communication ouvertes avec le jeune. Ce qui peut paraître être un signe révélateur de la consommation de drogue, comme dormir toute la journée pendant le week-end, peut être simplement un comportement normal. Les adolescents sont dramatiques et il est souvent difficile de savoir ce qui est normal. Il est utile de vous informer à propos des drogues afin d'être prêt pour une conversation avec le jeune dans votre vie. C'est une autre façon d'obtenir leur respect et en même temps de les protéger. Malheureusement, l'afflux d'héroïne dans notre pays n'est pas une panique morale, mais la dure réalité. 🍁 CSC

Resource:

Canadian Community Epidemiology Network of Drug Use (CCENDU)
www.ccsa.ca/Eng/collaboration/CCENDU/Pages/default.aspx

Ressource:

Réseau communautaire canadien d'épidémiologie des toxicomanies (RCCET)
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FASD PART 2, FASD AND THE ROLE OF THE GUIDANCE COUNSELLOR IN SCREENING AND INTERVENTION

Part 2 of a 2 part series. By: Kathy Unsworth

Fetal Alcohol Spectrum Disorder (FASD) is an umbrella term that describes the range of effects that can occur in an individual whose mother drank alcohol during pregnancy and which may include lifelong physical, mental, and behavioural difficulties including learning disabilities¹ as a result of the brain injury. Given the high probability of specific cognitive and academic difficulties, it is not surprising that the school experience is often adversely impacted for children with FASD². The diverse presentation of FASD leads to a potential challenge in the school environment, as many students do not receive the empathy or accommodations they need and may become frustrated and contemplate leaving school³. Promising research has shown that with the right environment and support, individuals with FASD can graduate from high school⁴ and go on to lead fulfilling and successful lives⁵. Therefore, the critical role of the guidance counsellor in enabling appropriate interventions and supports for children with FASD at school cannot be underestimated.

Screening for FASD

The prevalence rate of FASD in the general population has been estimated at 1%⁶. Consider how many children in your school may be affected right now.... And who have yet to be identified; often children enter the school system undiagnosed.

Guidance counsellors can play an important role in recognizing that prenatal alcohol exposure may be a factor in a student's life. There are a number of "screeners" that have been developed to help distinguish individuals who may be at risk for having FASD. One example is The Neurobehavioural Screening Tool (NST),

designed to identify children and youth suspected of having an FASD based on behavioural observations⁷. Caregivers, who complete the questionnaire, must know the child well enough to provide appropriate answers to questions such as whether the child has been thought to act too young for his/her age, whether the child is often disobedient, acts with impulse and lacks consideration for others or an understanding of consequences⁸.

Other screening tools are also available. The FASD Screening and Referral Form for Youth Probation Officers evaluates social and personal factors such as whether the youth is adopted or in foster care, if the mother has a history of alcohol use, if there is anxiety, depression or school learning difficulties⁹. The Life History Screen is another tool that can be used to assess an individual's possible cognitive impairment and looks at childhood history of maternal alcohol use, criminal history, substance use and education among other criteria. Questions such as: "Were you ever in 'Special Ed' or did you get any kind of special help in school?" are asked and a list of "Red Flag Responses" help the screener to identify areas that are of concern and require further investigation¹⁰.

The purpose of screening individuals at risk for FASD is to determine whether a pattern of learning and behavioural problems may be related to prenatal alcohol exposure. The screening should facilitate referral to a diagnostic clinic and highlight the need for referral and support for the birth mother. A full neurodevelopmental assessment is performed by a multi-disciplinary team of trained health professionals

who evaluate the person's personal, medical and social history to comprehensively describe the individual's strengths and weaknesses. Recommendations for interventions, including those geared toward the school experience can then be made. It is important to note that early diagnosis is the number one preventative measure for reducing the development of adverse outcomes, such as dependent living, confinement, addiction and mental health problems¹¹.

The State of Alaska Department of Health and Social Services developed an Educator's Guide for FASD¹² and outlined the following considerations for creating a conducive learning environment:

Concrete – students with FASD can do well when parents and educators talk in less abstract or more concrete terms. This means avoiding words with double meanings, idioms, etc. Because the student's social-emotional understanding may be far below their chronological age, it helps to "think younger" when providing assistance and giving instructions

Consistency – because of the difficulty students with FASD experience trying to generalize learning from one situation to another, they do best in an environment with few changes. This includes language used by parents and educators, so teachers and parents can coordinate with each other to use the same words for key phrases and oral directions.

Repetition – students with FASD have chronic short-term memory problems; they forget things they want to remember as well as information that has been learned and retained for a period of time. In order for something to make it to long term memory, it may simply need to be re-taught and re-taught

Routine – stable routines that don't change from day to day make it easier for students to know what to expect next and will decrease their anxiety, enabling them to learn.

Simplicity – remember to "keep it short and sweet (KISS)" Students with FASD may be easily over-stimulated, leading to "shut down" at which point no more information can be assimilated. Therefore, a simple environment is the foundation for an effective school program

Specific – say exactly what you mean. Students with FASD may have difficulty with abstractions, generalizations, and not be able to "fill in the blanks" when given a direction. Tell them step by step what to do, developing appropriate habit patterns.

Structure – structure helps the world make sense for a student with FASD. A student with FASD achieves and is successful when their world provides the appropriate structure permanently.

Supervision – because of their cognitive challenges, students with FASD often bring a naivete to daily life situations. They need constant supervision, as with much younger children, to develop habitual patterns of appropriate behavior.

The Role of Guidance Counsellors in the Success of Students with FASD

By understanding the unique needs and perspective of student with FASD, as outlined above, negative attitudes and opinions can be changed and better educational strategies can be developed and implemented. With this shift, the likelihood of academic success increases significantly. ♣ csc

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For additional information on FASD or more detailed information on screening for FASD, please contact the Canada Fetal Alcohol Spectrum Disorder Research Network, info@canfasd.ca.



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THE ROAD TO BECOMING A TATTOO ARTIST

By Miranda Dubé



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With the growing popularity of reality TV glamorizing today's tattoo industry, many of its younger viewers may wonder, "how can I become a tattoo artist?" The fact is not only is the tattoo industry very competitive, but it's definitely not for everyone. With the difficulties of establishing oneself in the industry and learning the proper skills, the road to becoming a tattoo artist is a long and demanding one.

Training and Skills

First and foremost, anyone contemplating entering this field of work must be an artist! This cannot be stressed enough. Tattooing is not only the ability to do straight lines and saturate color into a client's skin, but as well requires the ability to draw and compose the tattoo design itself. Understanding shading, balance, proportions and how to translate a drawing from paper to skin are key to becoming a successful tattoo artist.

Many of today's shops are lacking artistically savvy tattooists due to the lack of skilled and properly trained artists. The increased popularity and acceptability of the tattoo culture in our society has increased the demand such qualified individuals significantly. This has lent itself to a lot of wannabe artists trying to get into shops by claiming they have experience. But quite often, they are individuals that have purchased do-it-yourself tattoo kits online and have learned what they know by practicing on friends exhibiting little or no artistic skill or knowledge. Reputable shops on the other hand, will have strict hiring guidelines, recruiting individuals that have completed an apprenticeship under a veteran tattoo artist. This desired route to gain employment in the industry, however, takes several years of learning and patience.

Decades ago, an apprenticeship consisted of an individual going to a shop and offering to work for them. Newbies' were expected to "pay their dues" and prove that they were committed to be a part of the tattoo culture before advancing to formal training. Most of their

–for the love of art or money–



time was spent cleaning bathrooms, setting up and tearing down tattoo work stations, general shop labour and doing various odd jobs, whether it was pertinent to learning the craft or not. Once their trust and respect was earned, only then would the shop take them under their wing and start training them as tattoo artists.

Today, the most common practice to get an apprenticeship is for an individual to present the tattoo shop they are interested in learning from with a portfolio of their art work. Only if the shop feels that the candidate offers the right attitude and skills, will they be considered. Many shops will not apprentice new artists, however, even if they appear to have the necessary skills as they feel the time commitment is too costly, usually ranging from one to three years.

There is a fee that usually accompanies such an apprenticeship ranging from \$5000 to \$8000. It should include proper sterilization techniques, shop management, artistic skills, tattooing techniques, and various other aspects of the industry depending on shop

procedures. As apprenticeships are not governed by any official standards (this strictly at the discretion of each individual tattoo shop), prospective apprentices should be wary that some shops might take advantage of them. They should be aware of the fact that although they are willing to pay the required fees, payment does not guarantee they will receive a proper level of training or offer of employment once the apprenticeship is completed.

Any person interested in pursuing an apprenticeship should become educated prior to seeking one out. By visiting and researching local tattoo shops, it will become very apparent which ones are reputable, clean, and practice safe tattooing techniques. Making a point to visit a shop in person and speaking with the shop owner of their sterilization procedures, daily business activities, client volume, and the experience of its artists is the first step. All tattoo shops have their artists' portfolios in their waiting areas - take the time to look through them. By doing so, you this will quickly determine the caliber of the tattooists that are

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employed at the shop. This is a true indicator in helping to identify a shop that takes pride in having skilled and talented artists - this would be ideal for an apprenticeship. Being able to apprentice in a shop that has several experienced artists is a great learning tool and will help to build one's skills and learning.

For the determined few that can endure a grueling apprenticeship and be offered employment, licensing is also required. Each province has a mandatory written test that must be successfully completed in order to obtain a Body Modification Licence. This license, which must be renewed annually at the artist's expense, allows the artist to legally tattoo in the province they reside in. Some provinces as well require a criminal background check and the disclosure of any medical issues that could be of concern regarding public health issues.

Compensation

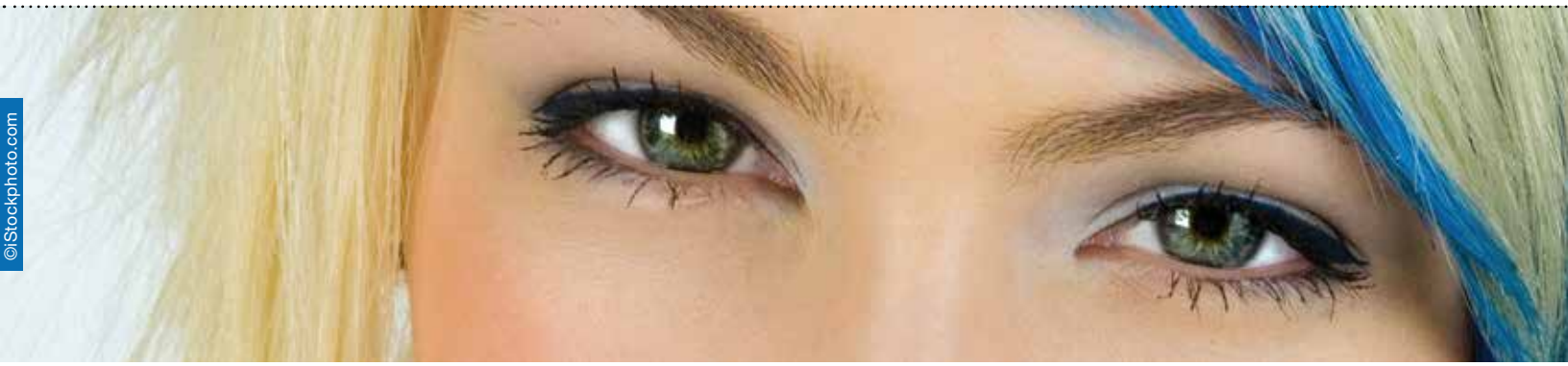
Along with the glamorization of tattoo artists in the media, the illusion portrayed that they make a fortune at their craft only rings true to a select few in the industry. New artists will not have a steady client base and income until after a few years of working in the industry. However, if they have the right personality and artistic skills to deliver amazing tattoos, word quickly spreads and they will soon become a sought after artist and the opportunity to make an above average income will present itself.

Usually classified as self-employed tattoo artists are paid piecemeal with, on average, 50% of their fees going to the shop. They are responsible for buying their own tattoo machines, inks, needles, supplies, drawing materials and various other required materials. As with most self-employed individuals, these expenses are tax deductible but there are no source deductions from their pay and they get no health benefits, general holiday or vacation pay. It is therefore, important to budget accordingly, putting earnings aside to pay out during income tax season and in the event they are unable to work or need time off.

Environmental

An important aspect for any potential tattoo artist is to consider the work environment they will be exposing themselves to. Artists must be able to work with the general public, tattoo for long hours, be exposed to blood, needles and the potential to come in direct contact with blood borne pathogens/viruses on a daily basis. It is also the responsibility of the tattoo artist to have proper knowledge on how to safely handle materials and to prevent contamination not only for their own safety but for their clientele as well. This is a huge responsibility that every tattoo artist should take seriously and be willing to consciously approach every day on the job by carrying out clean and safe practices.

As with any career path there are always pros and cons. If deciding to become a tattoo artist, not only will it take passion for creating art but a determination to overcome hardships along the way. Being able to find balance with home and work life is also key to survival in this industry. In the end, a true artist can always find greater satisfaction in their ability to be creative in the workplace rather than striving for monetary compensation. ♣ CSC

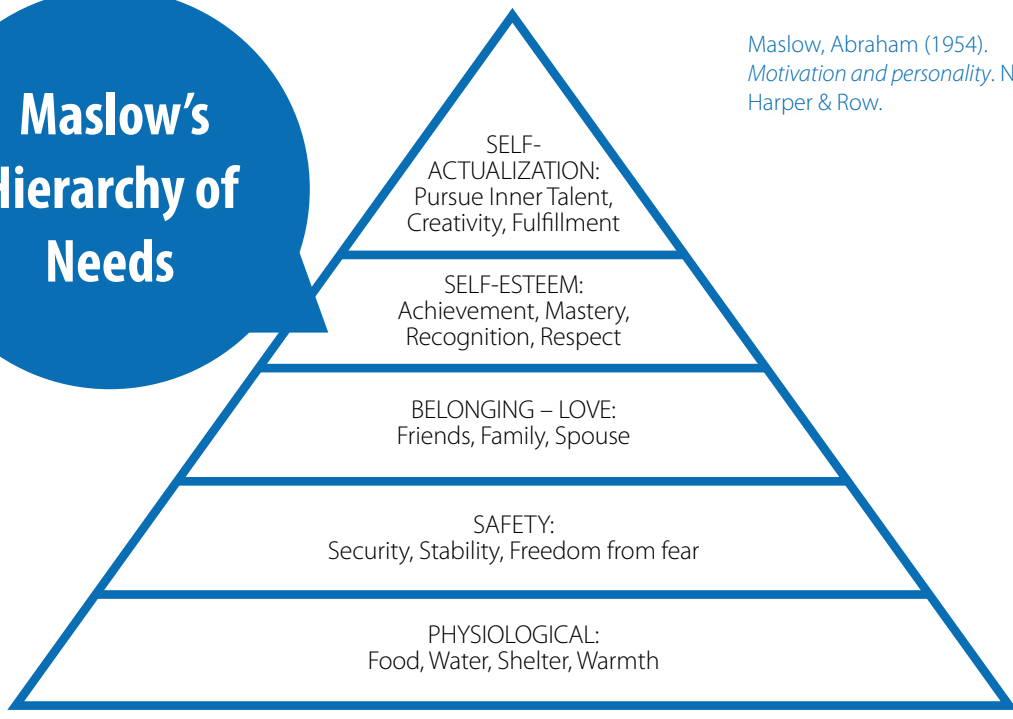


JUST LOOKING FOR ATTENTION: THE HUNGER GAMES

By: Ariel Haubrich

“Attention is the rarest and purest form of generosity. These words by Simone Weil remind us that whether one is a child first learning to listen, a teen attempting to break through the boundaries, or an adult finding and managing life’s meaning, we are all deep down inside in need of attention. Human beings have basic fundamental needs: food, water, sleep and shelter; safety, security, routine and order; all for survival’s sake. Abraham Maslow argues that we also fundamentally need love and belonging, esteem and respect for self and others, and a sense of accomplishment and competency in order to find meaning and value in our lives.

**Maslow’s
Hierarchy of
Needs**



Maslow, Abraham (1954). *Motivation and personality*. New York, NY: Harper & Row.

Without love, esteem, connection with others and a sense of belonging to a “tribe” (family, school community, etc.) we are lost; we will not physically or emotionally survive. These needs build upon one another in a hierarchical manner in that a need cannot be met until the need before it has been. Maslow’s theory is based upon observation of adults; however in the fields of child development, counselling and education, it has been used to understand and prioritize programming and interactions with children.

This article looks to apply Maslow’s theory to children who are “just looking for attention.” Maslow states that the most fundamental of needs are the basic physiological needs of food, water and shelter followed by safety, security and order. The very next level of need is love and belonging, and this author believes that these requirements for connection are co-equal to food and safety making them far more powerful and motivating in survival than given credit for.

It has long been recognized that human beings are biologically predetermined to connect with others, and depend on social interaction. We have an innate desire to love and be loved as part of a group working together to meet our needs. As observed in adults, Maslow places this need third in line behind physiological and safety needs; most certainly for children and youth, it comes first. They require others to help them meet their safety and survival needs, and so without connection, love, belonging and a group

“ Attention seeking behaviors are a part of a person’s innate “do or die” survival instinct, particularly in children and youth. They are literally crying for help. ”

identity, be it family, peers or community, it is difficult if not impossible for a child to attain the first two functions of survival. This makes the need for connection absolutely essential for them, and at a subconscious and instinctual level, they know this.

When basic survival needs are not met, humans are left with two choices: first, go out and find that which can meet the need or second, perish. It is a do or die scenario, and the human brain is wired for the former. What does “go out and find it,” look like? It

can look like attention seeking behavior. Behavior that says whatever it takes, seek out, access and keep safe that which is needed. In infants this is crying for food or comfort and these behaviors and “requests” progresses developmentally into adulthood until we are competent and able to tend to our own needs. Keep this in mind as we ponder the phrase “that child is just looking for attention.”

When a child does not have their needs met, be they physiological or emotional, their brain goes into “survival mode.” One cannot circumvent the power of emotional needs as the brain prioritizes psychological needs over problem solving, abstract reasoning and all forms of trust or faith. While all humans experience this survival motivation and its subsequent seeking behaviors, children and youth especially depend on others to meet these needs, and so their “find someone who can help you” instinct is strong. Survival mode is most obvious in times of starvation or danger, though also very present when one is, ostracized, criticized, undervalued, betrayed or alone. At these times, a state of “fight or flight” ensues: a biological repertoire of adrenaline, cortisol, muscle contraction, blood-flow priority and neurological messaging that enables one to fight or flee what is a perceived or actual dangerous situation. Fight looks like aggression, behavior, emotion and all outward manifestations of dominance and power. Flight looks like withdrawal, avoidance, running away, refusal and recognition of weakness and vulnerability. The majority of children and youth’s problematic or attention seeking behavior patterns can be defined as flight or flight and described in these terms.

Knowing this, adults need to interpret these behaviors and “requests” as products of a child’s brain in survival mode. There are needs not being met. They are out seeking the solution to this deficit albeit it in a less developed or mature way. This is not surprising given that they are less developed and immature. Thus, if a child is looking for attention, then give them some.

If one subscribes to the “give them some” philosophy, they are often met with objectives driven by theories of behaviorism and tough love:

“That child is just looking for attention. If you give it to them, then the behavior will continue. You are reinforcing it.”

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Given the understanding we have established regarding a child's hierarchy of needs, the correct response to this objection is twofold. First, it is true that for a time the behavior will continue; however if the adult chooses to ignore or punish the seeking, the behavior will not only continue, but will escalate. It is being reinforced that if a child "asks" for help (keeping in mind that behavior is the language of children and youth), and the significant adult does not attend, they are reinforcing that the need cannot be met. This will heighten the survival instinct and stress response (fight or flight) in that child, until the "do" in the "do or die" scenario is exhausted and the child gives up. This may seem successful; however the quiet often comes at too high a price.

The second, more hopeful response to the "reinforcing negative behavior" statement is informed by the following. When a person is starving, they will seek nutrition at all costs. They are driven to find that which they need and will make choices and behave in a variety of unskilled, irrational or desperate ways to meet the need of survival. They may hoard whatever scraps of food they are given, and may become selfish and narrow-minded focusing on only attaining provisions. The solution to this hunger is not to withhold food but rather to feed them.

For a time, even after being given food, this individual is still in "survival mode." Their brain mistrusts that this will always be the case and continues to protect life at all costs. They will continue to hoard and seek out satiation, perhaps even over-indulging until a new belief that there is enough food and more will come is reinforced and evidenced repeatedly.

If a child is hungry, then feed them. The basic fundamental needs of security, self-esteem and particularly love and belonging are no different. A child seeking attention is starving. Yes, at first they will continue to request that attention, and until their brain believes that more will come if they need it, they will protect themselves by continuing to seek more. Give it to them. If a child is "asking" you, then they are attempting to meet a need. After a time, once they can trust the need is being and will be met, the asking will stop.

Attention seeking behaviors are a part of a person's innate "do or die" survival instinct, particularly in children and youth. They are literally crying for help. Even a "cry of wolf" has a motivation. For youth, the strongest and

most fundamental of these is belonging and connection. The way to meet a child's need, and save their physical and psychological life is give them that attention and sense of connection and belonging. It will be by far the most important thing ever done for them as they build their esteem and work toward actualization. "Attention is the rarest and purest form of generosity." Children are the rarest and purest form of humanity. It just seems right that the two should find each other. 🌱 CSC

Ariel Haubrich is a Certified Professional Counsellor (Canadian Counselling and Psychotherapy Association (CCPA), and a professional affiliate of the Psychologists' Association of Alberta with a Master's Degree in Educational Psychology from the University of Alberta. www.arielhaubrich.com

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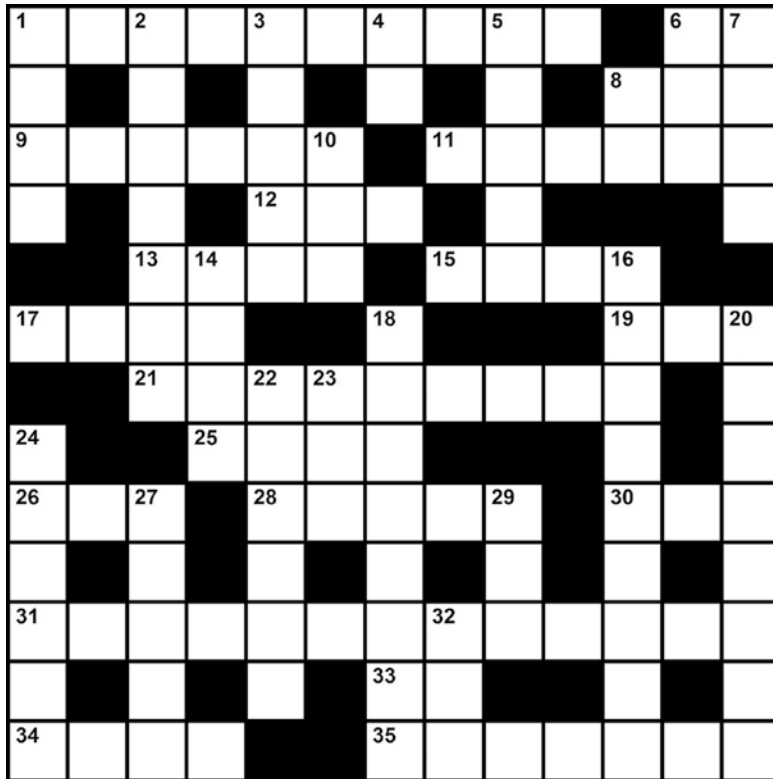
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Across

- 1 Charity working to make camp experiences available to kids of all backgrounds (3 words)
- 6 Word before only
- 8 After the style of, in French
- 9 Refusing to see what is real
- 11 Montreal-based project which encourages students to persist with their education, ____ on School Days
- 12 Morning droplets
- 13 Midterm, for example
- 15 Take charge
- 17 College student
- 19 Midsummer mo.
- 21 Canadian Medical Hall of Fame program to introduce students to health careers, TD ____ Days in Health Sciences
- 25 Herbal drinks often
- 26 Bank that is now offering Students Leading Change Scholarships
- 28 Admission
- 30 Cost of an educational program
- 31 Colours for the ribbon which symbolizes student retention (3 words)
- 33 Soldier, down south
- 34 ____-egg, retirement savings
- 35 Say what needs saying (2 words)

Crossword answers on page 46

Down

- 1 Youngsters
- 2 Gave to charity
- 3 Tablets that can make students more motivated but also distract from studies
- 4 Data storer
- 5 Yukon creature
- 6 French for island
- 7 Passing crazes
- 8 It borders Yukon, abbr.
- 10 Permit
- 14 Prepare for printing
- 16 April 9th celebration of diversity (3 words)
- 18 Job ads, for example
- 20 Function of a school counsellor, essentially (2 words)
- 22 Meeting
- 23 ____ do person
- 24 ____ boat races
- 27 Strategic board game requiring concentration
- 29 Tree with hard wood
- 32 Go down slightly

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Let these quotes be a reminder that summer is just around the corner and the time for backyard cookouts and late night bonfires with friends and family will soon begin again.

“What good is the warmth of summer, without the cold of winter to give it sweetness.”—John Steinbeck, *Travels with Charley: In Search of America*

“Amansaysalotofthingsinsummerhe doesn’t mean in winter.”
—Patricia Briggs, *Dragon Blood*

“Someofthebestmemoriesaremadein flip flops.” – Kellie Elmore

“Iwonderwhatitwouldbeliketolivein a world where it was always June.”—L.M. Montgomery

“Winterwasnothingbutaseasonof snow, spring allergies and summer. . . It wastheworstThatwasswimsuitseason.”
— Teresa Lo

“Thosewhoforgethistoryaredoomedto repeat it in summer school” – Josh Stern

“Aperfectsummerdayiswhenthesun isshining, the breeze is blowing, the birds are singing and the lawnmower is broken” – James Dent



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