



RANCH EHRLO SOCIETY

PRESIDENT/CEO

report

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Top employer 2016

Ranch Ehrlo Society is grateful to again be selected one of Saskatchewan's top employers. This is the fourth year the agency has been recognized as an outstanding place to work, and we don't take that honour lightly.

For 50 years we've been creating an environment that fosters long-term employees, maintains a positive work-life balance, and, most importantly, allows everyone who works here to know that they truly make a difference.

Reaccreditation

Ranch Ehrlo has reaffirmed its commitment to children, youth, families, and communities across the province with recognition and reaccreditation from the Council on Accreditation (COA).

"Being recognized as an outstanding service provider reinforces our legacy of quality," said David Rivers, senior director of quality improvement. "Reaccreditation highlights the agency's ability to deliver programs and services that meet and surpass international standards of best practice."

COA accreditation provides assurance that Ranch programs and services are designed and executed to the greatest benefit of the clients we serve. We are not mandated to complete or maintain accreditation, but voluntarily

undergo the intensive review to ensure that best care is delivered.

Winterfests

It's winter at the Ranch and that only means one thing – the Northern and Southern annual winterfests!

Prince Albert kicked off the festivities on Feb. 12th at the Buckland campus. Throughout the day, the campus was visited by local MLAs Nadine Wilson and Victoria Jurgens, fire chief Jason Everett, police chief Troy Cooper, Advocate for Children and Youth representatives Connie Braun and Cheryl Starr, and many family members of Ranch youth and staff.

Due to the incredibly warm winter, the southern Winterfest was cancelled. The muddy and slushy conditions on campus were unfortunately not conducive to



Northern Winterfest (l to r),
Malcolm Neill, Dionne
Baergen, and Shawn Ly

hosting a successful winter-themed event.



Staff at the northern Winterfest

Building relationships through hockey

While our Community Sports Program has long helped inner city youth in the city of Prince Albert, a recently developed on-campus Outdoor Hockey League (OHL) program is building bridges between Ranch youth and their peers on Wahpeton First Nation.

Wahpeton youth were invited to come out to the Ranch's Buckland campus on Wednesday nights to play hockey on the outdoor arena on campus. The turnout has been steadily increasing over the weeks, with over 30 youth coming out for the latest game.

"We thank you for the opportunity. We're a small First Nation, we hardly have any extra money to do things like that," said Wahpeton Chief Leo Omani. He added that not many of their youth have



hockey equipment, so the opportunity to use OHL gear was more than appreciated.

For Ranch Ehrlo Society, it's an opportunity to build lasting relationships with the communities that surround our northern campus. For our youth, it's an opportunity to interact with their peers in a fun way while burning off some energy.

“We're really happy with the opportunity for our youth to experience good, solid programming.”

-Wahpeton Chief Leo Omani

"It's important for our youth to get out into the community to begin building relationships that will help them once they've left treatment, but sometimes that's not always possible," explained Kevin Mugford, director of residential treatment. "Another way for us to help get a jump start on those relationships is to invite others onto the campus to see what we're all about."

Chief Omani explained that Wahpeton has long wanted to be involved with Ranch Ehrlo and he anticipates the relationship will continue to expand.

But he certainly doesn't expect the relationship to be one-sided. Each year, Wahpeton puts on a ceremonial sun dance, and he hopes to invite Ranch Ehrlo youth, many of whom have First Nations backgrounds, to experience it.

"We're really happy with the opportunity for our youth to experience good, solid programming," Chief Omani concluded.

Ehrlo Counselling hosts self-harm talk

Ehrlo Counselling is out in the community sharing valuable information. On Feb. 9th, Natasha Schoenroth and Dave Wiebe hosted an informative talk titled Helping Kids Cope: Self-Harm Behaviours and Thoughts of Suicide for parents of students in the Regina Catholic School Division.

"The school division has taken a preventative approach in creating opportunities for parents to have a greater awareness regarding a number of different issues presenting to children and adolescents today," explained Schoenroth.

Self-harming behaviours include such actions as cutting, burning, and otherwise intentionally hurting oneself. Schoenroth cautioned that while self-harming behaviours and suicidal ideation can be linked, the two have

a very complex relationship and are typically not related. The two things happen for different reasons – self harming behaviours are an attempt to feel better, while suicidal behaviours happen when someone suffering is looking for a way to end their life.

“It can be difficult to know how to respond or react when a situation such as self-harm or suicidal thoughts come up. It can also be a very concerning and at times a frightening experience. By creating awareness, we’re giving parents knowledge and empowering them with information in regards to supporting and helping their children,” Schoenroth said.

Ehrlo Counselling’s presentation included information on types of behaviour, the difference between self-harming behaviours and thoughts of suicide, and tips for parents. They also provided handouts for parents to take home at the end of the night.

“It was very important for us to emphasize to parents that should their child be engaging in self-harming behaviours or having thoughts of suicide, they should seek out professional help,” Schoenroth added.

Ehrlo Counselling Services was honored to be asked to present on such a difficult topic and is thankful to have shared the information and resources it could to parents in the community.

The event was filmed and will be released as a pod cast on the Regina Catholic Schools website in the near future.

Safety focus

Ranch Ehrlo Society is adopting an enhanced focus on safety for 2016 and into the future. As part of that initiative, CEO Andrea Brittin recently signed the Mission: Zero Health and Safety Leadership Charter.



“We will be implementing several measures to ensure safety is and remains an ongoing focus at our workplace,” stated Brittin.

There will be a safety audit conducted in 2016 as part of an agreement with WCB. To help prepare for the audit, we will be working with the Service and Hospitality Safety Association (SHSA). This association will be assisting the agency with a safety evaluation and hazard assessment. The safety policies and procedures within the agency will also be updated.

Brittin concluded, “We are proud of our commitment to a safe workplace, and we want everyone to know about it!”

Exciting and informative conference

Ehrlo Counselling Services has teamed up with the Psychology Association of Saskatchewan (PAS) to offer an exciting, informative



Martha B. Straus

event for those in the mental health industry.

The two-day conference, Treating Adolescent Attachment-Trauma: The Challenge

Of Connection, is

scheduled for May 16th and 17th at the Queensbury Convention Centre in Regina. Martha B. Straus, Ph.D. is the presenter and will explore pathways for healing the effects of attachment trauma in teens.

“To have the opportunity to learn further about treating adolescent attachment-trauma from Dr. Straus is exciting.”

-Natashia Schroenroth, psychologist at Ehrlo Counselling.

“Dr. Martha Straus has written some books such as No Talk Therapy and Adolescent Girls in Crisis that have proven to be very useful in my work as a clinician. To have the opportunity to learn further about treating adolescent attachment-trauma from Dr. Straus is exciting!” said Natashia Schroenroth, psychologist at Ehrlo Counselling.

Over the course of the two days, Straus will explain how therapy is a specific attachment relationship, and will discuss mindful, empathic strategies for helping adolescents with attachment issues feel more secure, connected, present, and stable.

Registration for the conference is now open at psychsask.ca. There are limited spaces and early registration is encouraged to ensure availability. The cost is \$250 for students and \$300 for the general public and includes lunch on both days.

Email carole.bryant@ranchehrlo.ca to sign up.

New house



Ranch Ehrlo's emergency receiving services program has a new home.

The agency first opened a six-bed emergency receiving services program in October 2013 at Rorison House on the Pilot Butte campus. The program was designed to provide temporary emergency care to youth awaiting placement by the Ministry of Social Services.

"The emergency receiving program is incredibly important. Ranch Ehrlo provides one of the only options for urgent, short-term placements for children ages 12 to 15,"

explained Malcolm Neill, vice-president of residential services.

In March 2014, the agency was asked to expand the program's capacity as part of a temporary contract. The vacant "old Mitchell House" was renamed Rorison 2 and brought into service to accommodate six additional beds. In September 2014, the agency received notice that the Ministry contract would become permanent.

"With a permanent contract the need to create a second building specifically designed for emergency care became apparent," explained Neill.

On May 5th, the board approved the cost of a new six-bed facility to replace the old Mitchell House and become a second residence for the emergency receiving program, and construction began. The new building will be called Kenyon House after past chair Jim Kenyon. Kenyon was on the board for seven years and was the board chair from 2011-2013. A grand opening will be scheduled for spring.

50th celebration update

During our 50th celebration year, we will be providing updates on several of our former Ranch Ehrlo youth so we can celebrate their success together. Stories like Chad's.

Chad Beloin stands in MacKay House. He's quiet while the memories of his time here wash over him. The house has been updated, the walls are different colours, but having spent half his childhood here, Ranch Ehrlo is still home base for him.

"If it weren't for the staff at Ranch Ehrlo, if it weren't for the staff at MacKay house, honestly – I don't



Chad at Mackay House

know where I'd be, but I don't think I would be here."

Beloin spent time in both MacKay and Jewison houses, and on the Corman Park campus, working through anger, depression, and abandonment issues in his teens.

But something great came out of his time at MacKay – it was here that Beloin found his passion for music. He found an online publisher who would produce his work, and using the computer at the house he'd burn the music to CDs and print paper sleeves for each copy. He took the CDs down to the local corner store and sold the copies.

Just as Beloin was making it big on the music scene, with hits on his ReverbNation and YouTube accounts increasing daily, he found himself with a serious drug and alcohol problem. For five years, he fell off the radar of the music scene.

Now in recovery for over a year, he decided it was time to get back to doing what he loved. He started his own company, Vitality Entertainment Group, an independent recording label based in Toronto, and began working on a new album. He determined that it was time to tell his story through a documentary, *In The Making*.

Filming the documentary is what brings him back to Ranch Ehrlo. He is grateful for the staff and all they've done for him.

"At the end of the day, these people are changing and saving lives. On behalf of all the past youth, and the future youth – thank you."

We invite you to join us in celebrating youth like Chad finding themselves at our 50th anniversary celebration, Sept. 29th at the Queensbury Convention Centre in Regina. Tickets are \$85 and on sale at Ranch locations and online at www.ehrlo.com