

BC RECREATION AND PARKS ASSOCIATION

EMPOWER youth

Provincial Conference
for Youth Workers

BONUS:
CERTIFICATION DAY
Sun, Nov 20

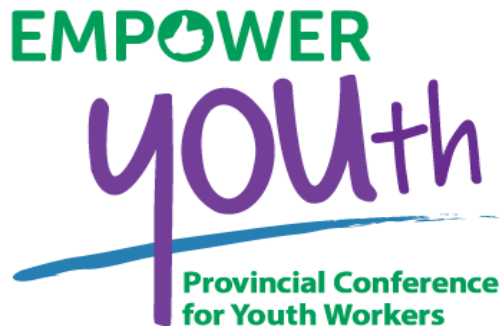


**Building from the
Foundation Up**

**Sat
Nov 19
2022**

**Creekside Community Centre
1 Athlete's Way, Vancouver, BC**

BC RECREATION AND PARKS ASSOCIATION



**BUILDING FROM THE
FOUNDATION UP!**

WELCOME FROM KATIE FENN, CEO

I am thrilled to welcome you as BCRPA's new CEO to our first in-person Empower YOUth Conference (EYC) in four years. The last time EYC delegates were face-to-face was in 2018 before we moved to a virtual conference in 2020.

An enormous amount of change and challenge has happened over these last two years, including the physical, emotional, and financial impacts of the pandemic on youth and those who work with youth. Now more than ever youth workers need tested tools, rich resources, and a stable network of support to assist youth to navigate the unique challenges of today's world.

This year's EYC program was designed by youth workers to do just that. Session topics include mental health, drugs and addiction, creating safer spaces for youth online, and identifying the 'why' that inspires and sustains you in your daily work, and amplifying the importance of recreation and parks, as places and spaces for health promotion, prevention, and intervention.

Our opening keynote speaker, Warren Hooley, will explore how to apply a decolonizing lens to youth programs, and our closing keynote, Christine McLeod, will ensure we wrap up the day feeling inspired and resilient. Plan to drop into the Youth Worker Café and explore the EYC Resource Fair to fortify your community connections and build your professional toolkit from the foundation up!

I can't wait to see you on November 19. Be sure to also take advantage of and register for the bonus Certification Day on November 20 that includes two exciting training opportunities.



Sincerely,

A handwritten signature in black ink that reads "Katie".

Katie Fenn
BCRPA CEO

SPECIAL THANKS TO THE PLANNING COMMITTEE

Silisha Ali

City of New Westminster

Melanie Clark

District of West Vancouver

Gabe Dennis

Vancouver Board of Parks and Recreation

Warren Hooley

Independent

Kristine Lewis

City of Burnaby

Megan Lum

City of Nanaimo

Jordan Martin

City of Nelson

Omar Rajan

City of Richmond

Jewel Dimayuga

BCRPA

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BC RECREATION AND PARKS ASSOCIATION

EMPOWER

YOUth

Provincial Conference
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**BUILDING FROM THE
FOUNDATION UP!**

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HIGHLIGHTS & EXCITING FEATURES

We're excited to share with you a program that has been thoughtfully created by youth workers, for youth workers to share key knowledge, including:

- An opening keynote from Warren Hooley, on *Bringing a Decolonial Lens into Youthwork*
- A closing keynote from Christine McLeod that reflects on the past two years, and how we can use these lessons to **forge ahead to do our best work with youth yet**
- **The Youth Worker Café to collaborate on issues of the day** including youth engagement, program planning and self-awareness as youth workers
- **A Resource Fair plus a bonus virtual Youth Workers' Toolkit*** with links to resources just for youth workers
- Plus a **bonus Certification Day on Sun, Nov 20** with 2 certification options including *safeTALK: Suicide Alertness for Everyone* and *HIGH FIVE® Principles of Healthy Childhood Development (PHCD)*

REGISTER ONLINE:
[www.bcrpa.bc.ca/conferences/
empower-youth](http://www.bcrpa.bc.ca/conferences/empower-youth)

***Are you interested
in sharing your organization's
resources in the Youth Workers' Toolkit?
[Click here to learn more.](#)**

REGISTRATION RATES

CONFERENCE DAY (Sat, Nov 19)

- All prices are subject to GST.
- Nov 19 registration includes lunch.

EARLY BIRD RATES (Ending Oct 25)

Member	\$115
Non-Member	\$125

REGULAR RATES (Starting Oct 26)

Member	\$140
Non-Member	\$150

Online registration closes November 18.
Registration will be available on location.

CERTIFICATION DAY (Sun, Nov 20)

- All prices are subject to GST.
- Lunch is not included.

safeTALK suicide alertness for everyone

Member	\$106
Non-Member	\$116

HIGH FIVE® Principles of Healthy Childhood Development (PHCD)

Member	\$95
Non-Member	\$105

Online registration closes November 18.
Pre-registration is required.

REGISTER ONLINE:

[www.bcrpa.bc.ca/conferences/
empower-youth](http://www.bcrpa.bc.ca/conferences/empower-youth)

HOTEL DISCOUNT

Are you coming from out of town? Savings are available at the Sandman Hotel Vancouver City Centre, 180 West Georgia Street.

Rates are \$119 + GST for a standard cozy queen and \$129 for a standard 2 double beds + GST. Complimentary parking included.

[Click here to make your reservation and save.](#)

CONFERENCE CANCELLATION BY BCRPA

If circumstances change due to Public Health Orders related to COVID-19 and we are unable to gather together in-person, all registered delegates will receive a full refund for their registration.

Please note, attendees are responsible for canceling their own hotel and travel reservations.

POLICY ON RECORDING PRESENTATIONS

Unauthorized recording (audio, video, still photography) of presentations at any BCRPA event by a presenter or the audience including sessions, plenaries, and keynotes without the express written consent of BCRPA is strictly prohibited.

Any authorized recording must be disclosed to the delegates in attendance in that session, prior to commencement of the presentation and only record the presenter, not the audience. Further, any authorized recordings may not be used for commercial purposes or posted on any open public media source. Conduct that violates this policy may be subject to sanctions pursuant to BCRPA's disciplinary policies.

POLICY ON CONFERENCE PROGRAM CONTENT

The presentations at Empower YOUth Conference belong to the presenters — BCRPA assumes no responsibility for any errors or omissions in the information presented. In addition, the views and opinions of the presenters are not necessarily those of the Association.

The Empower YOUth Conference program content is subject to change without notice.

REFUND POLICY

A refund of 70% of the registration fee will be given for cancellation requests **received by Oct 19, 2022**.

Cancellations requests received **starting Oct 20, 2022** are non-refundable. Registrations are transferrable.

All requests for cancellations or transfers must be submitted to the BCRPA office at registration@bcrpa.bc.ca and received within the allotted cancellation times noted above.

BCRPA FITNESS CECS

BCRPA Registered Fitness Leaders can receive up to 12 CECS: 4.5 for attending on Sat, Nov 19, 3.5 for safeTALK workshop on Nov 20, and 4 for HIGH FIVE® PHCD. Check-in and check-out procedures must be followed.

SCHEDULE AT-A-GLANCE

SAT, NOV 19

8:00 am – 9:00 am	Registration is open
9:00 am – 9:15 am	Welcome and Opening
9:15 am – 10:15 am	Opening Keynote: Bringing a Decolonial Lens into Youthwork presented by Warren Hooley
10:15 am – 10:30 am	Transition Break
10:30 am – 11:30 am	CONCURRENT SESSIONS A A1 – Helping Youth To Be Resilient Online presented by Meryln Horton A2 – Youth, Overdose and Grief presented by Kristina Selby-Brown A3 – Safer Space presented by Courtney Liem
11:30 am – 11:45 am	Transition Break
11:45 am – 12:45 pm	Youth Worker Café
12:45 pm – 1:30 pm	Lunch
1:30 pm – 1:45 pm	Transition Break
1:45 pm – 2:45 pm	CONCURRENT SESSIONS B B1 – Using Dialectical Behaviour Therapy (DBT) Techniques with Youth presented by Stephanie Eby B2 – Snapshots: Innovative and Inspiring Youth Programming B3 – The Art of Breaking the Ice presented by Warren Hooley
2:45 pm – 3:00 pm	Transition Break
3:00 pm – 3:30 pm	Plenary – How To Be An Advocate for Young Workers’ Rights presented by WorkSafeBC
3:30 pm – 3:35 pm	Transition Break
3:35 pm – 4:35 pm	Closing Keynote: Youth Matter: Integrating the Learnings to Supercharge Our Practice presented by Christine McLeod
4:35 pm – 5:00 pm	Closing Remarks and Prizes

SUN, NOV 20

9:00 am – 12:00 pm	safeTALK: suicide alertness for everyone
1:00 pm – 5:00 pm	HIGH FIVE® Principles of Healthy Childhood Development (PHCD)

SAT, NOV 19
— CONFERENCE DAY

OPENING KEYNOTE

9:15 am — 10:15 am

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BRINGING A DECOLONIAL LENS INTO YOUTHWORK PRESENTED BY WARREN HOOLEY

Take a moment to reflect on how much you were raised to value productivity. At its core this value is a wonderful and important part of any society or individual's life. Pushed too far however, productivity can lead to a wide range of negative side effects such as burnout, lack of relationship building or limited patience. In the western world there are many values that have been forgotten and lost from the process of colonization. Values like self-care or relationship building, interconnection and holistic health. We as individuals and a greater society have become out of balance.

In this keynote, we will explore restoring some of that balance between the values of the western and indigenous world, so that we can help create communities where everyone has a greater chance to thrive.

Warren Hooley

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Warren Hooley is a 36-year old man from the (Okanagan) Territory in Penticton, British Columbia. Having mixed roots of Okanagan, English and Ukrainian and growing up in both western and indigenous worlds, Warren sees himself as a bridge, helping both sides of many topics move from polarity to deeper connection. For the past 12 years, Warren has passionately facilitated over 2000 workshops on the topics of Compassionate Communication, Indigenous 'Allyship' and Decolonization. Today, living in Vancouver BC, Warren is dedicated to helping create a world where everyone can thrive and succeed to their own definition. His work is focused on teaching the tangible skills for healthy, happy and sustainable relationships.

**SAT, NOV 19
— CONFERENCE DAY**

CONCURRENT SESSIONS A
(select from 1 of 3 options)

Presenter biographies start on page 14.

10:30 am — 11:30 am

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A1 — HELPING YOUTH TO BE RESILIENT ONLINE
PRESENTED BY MERLYN HORTON

Coming out of the last two years of lock-down and forced online engagement, youth are more than ever exposed to online influences beyond our reach as youth workers. These influences affect youth AND their families, with the result of youth being responsible for figuring out the ‘truth’ online for themselves, while also managing their parents and grandparents experiences with misinformation and conspiracy theories. This presentation will outline and define fake news, online hate and cancel culture, and will explore solution-focused activities that youth workers can use in recreational settings to support and educate youth about these topics.

A2 — YOUTH, OVERDOSE & GRIEF
PRESENTED BY KRISTINA SELBY-BROWN

This presentation focuses on understanding the effects of drugs, addiction and overdose on the grieving process. Discussions will centre on outreach, mental wellness, and grief management. Youth Workers will learn ways to support youth in managing their loss and grief when someone they love is in the midst of addiction, or is lost to toxic drugs or an overdose.

A3 — SAFER SPACE PRESENTED BY COURTNEY LIEM

This workshop will provide leaders, educators, and community groups with more knowledge about today’s popular apps, child sexual exploitation, and how they can help children and youth stay safer online.

SAT, NOV 19
– CONFERENCE DAY

PLENARY

11:45 am – 12:45 pm

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YOUTH WORKER CAFÉ

Learn, share, and grow at the Youth Workers' Café! Together we will explore three important topics that are building blocks of youth work: Self-awareness, Youth Engagement, and Program Planning.

Share your experience and expertise with your fellow youth workers throughout BC while also soaking up new learnings and insights through collaboration.

Join this opportunity to build new connections and expand your skill set.



SAT, NOV 19
– CONFERENCE DAY

CONCURRENT SESSIONS B
(select from 1 of 3 options)

Presenter biographies start on page 14.

1:45 pm – 2:45 pm

B1 – USING DIALECTICAL BEHAVIOUR THERAPY (DBT) TECHNIQUES WITH YOUTH
PRESENTED BY STEPHANIE EBY

Are the youth in your programs coming with tons of stress and anxiety? Dialectical Behaviour Therapy (DBT) is a tool to combat stress and anxiety. We'll learn what DBT is and how you can use it in your programs, including how youth can communicate successfully to get what they need.

B2 – SNAPSHOTS: INNOVATIVE AND INSPIRING YOUTH PROGRAMMING
PRESENTED BY ORGANIZATIONS THROUGHOUT BC

Learn about six innovative and inspiring youth programs that have sprung up from around BC in the past few years. These include:

- Hastings Youth Council Supporting Local Small Businesses, presented by TJ Shukla
- Roots and Relationships – City of New Westminster, presented by Silisha Ali
- 2SLGBTQIA+ Programming in Vancouver and Burnaby, presented by Dana Kremenz, Hayley Rennie and Olivia Racanelli
- BC Youth Week, Presented by Alison Friesen
- Nelson Youth in Action – Youth-Led Programming, presented by Joscelyn Koehle
- Leaders in Training: 40 Years of Youth Leadership in Nanaimo, presented by Emily Hoppe and Zach Andres

B3 – THE ART OF BREAKING THE ICE
PRESENTED BY WARREN HOOLEY

Icebreaking can be an art and a science. The art is knowing how to adjust. Various participants and shifting group dynamics require the ability read and make calls in the moment. The science is in understanding the mechanics behind what builds a supportive container. Both of these pieces are part of the foundation to ultimately moving towards your overall program and workshop goals. In this workspace, we will explore what supports youth in relaxing in their nervous systems, building trust in your leadership, lowering their resistances, connecting with each other and overall engaging in activities. Whatever temperament your groups may be, we will explore and share different possibilities together.

SAT, NOV 19
– CONFERENCE SESSIONS

PLENARY

3:00 pm – 3:30 pm

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HOW TO BE AN ADVOCATE FOR YOUNG WORKERS' RIGHTS

PRESENTED BY ROBIN SCHOOLEY, WORKSAFEBC

Everyone has rights on the job. Youth are often aware of their rights but don't feel empowered to act upon them. Join Robin Schooley from WorkSafeBC for an informative session on workers' rights, what they are, and how you as a front-line worker can help youth exercise their rights to a safe and healthy workplace.

Robin Schooley

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Robin is part of the Young and New Worker team in Occupational Health & Safety (OHS) Consultation & Education Services at WorkSafeBC. Robin has a background in journalism and communications and brings those skills to influence safety behavior in B.C. workplaces. Together with her team, Robin works to reduce injuries by raising awareness, creating empowerment, and developing resources to engage workers and employers.



SAT, NOV 19
— CONFERENCE SESSIONS

CLOSING KEYNOTE
AND REMARKS

3:35 pm — 5:00 pm

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YOUTH MATTER: INTEGRATING THE LEARNINGS TO SUPERCHARGE OUR PRACTICE

PRESENTED BY CHRISTINE MCLEOD

Those of us who work with youth know it's been a rough couple of years. Too many have gone inward, disconnected from their peers and community, and are unable to chart their life journey or develop their community voices in person. In this session we will first reconnect with our own "why" as adults working with youth, followed by some reflection on important lessons we can integrate into program design & delivery this year and beyond. Join us for this unique opportunity to pause, look back briefly and reflect before forging ahead to do our best work yet with youth.

Christine McLeod

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Christine McLeod is a leadership advisor and passionate community connector. During the pandemic she founded Rising Villages- youth retreats out of cell-range to deepen connection to self, each other and community. She was also hired by the District of Squamish to design and facilitate an innovative civic engagement program for youth- The Squamish Youth Council- now starting its second year. She has facilitated leadership development sessions to over 130 Squamish Youth in middle and high school over the last few years and most recently co-facilitated the first Friend Factor workshop designed BY Squamish youth FOR Squamish youth- to develop foundational skills to become a more connected and attentive friend- especially in times of crisis. When Christine isn't working with youth, she works with organizations and teams big and small developing employee engagement, leadership and team performance programming. She lives in Squamish BC.

SUN, NOV 20
— CERTIFICATION DAY

WORKSHOPS (optional add-ons to the Conference)

9:00 am — 12:30 pm

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safeTALK: suicide alertness for everyone safeTALK FACILITATED BY CRISIS CENTRE BC

MEMBER RATE: \$106 • REGULAR RATE: \$116 • 3.5 BCRPA FITNESS CECS

People thinking about suicide don't want to die, they are looking for a way to manage the emotional pain. safeTALK is half-day workshop that teaches "connector skills", including recognizing signs, engaging a person with thoughts of suicide, and connecting them to an intervention resource for safety and further support.

safeTALK trained staff improve an agency's capacity to respond to suicide effectively. **By attending safeTALK, participants will attain a certificate of completion from an internationally recognized evidence-based program.** safeTALK is evidence-based with over 15 peer-reviewed reports and government studies.

1:00 pm — 5:00 pm

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HIGH FIVE® Principles of Healthy Childhood Development (PHCD)

MEMBER RATE: \$95 • REGULAR RATE: \$105 • 4 BCRPA FITNESS CECS

PHCD is a 4-hour training that equips front-line leaders (anyone working with children aged 4 to 12) with the tools to immediately enhance the quality of their programs. The training provides valuable information, resources, and techniques to ensure that each child's social, emotional, and cognitive needs are met.

At the completion of this training, learners will be able to:

- Create meaningful relationships with the children in their programs by using the activities, information on child development, and resources provided in the training;
- Speak a common language with their fellow staff that is based on prioritizing the developmental needs of the child; and
- Develop a child-centred program.



KEYNOTE BIOGRAPHIES



Warren Hooley is a 36-year old man from the (Okanagan) Territory in Penticton, British Columbia. Having mixed roots of Okanagan, English and Ukrainian and growing up in both western and indigenous worlds, Warren sees himself as a bridge, helping both sides of many topics move from polarity to deeper connection. For the past 12 years, Warren has passionately facilitated over 2000 workshops on the topics of Compassionate Communication, Indigenous 'Allyship' and Decolonization. Today, living in Vancouver BC, Warren is dedicated to helping create a world where everyone can thrive and succeed to their own definition. His work is focused on teaching the tangible skills for healthy, happy and sustainable relationships.



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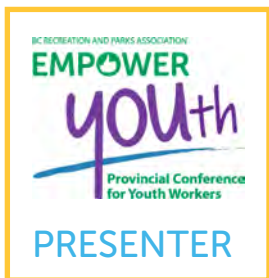
PRESENTER BIOGRAPHIES



Alison Friesen, on behalf of the BC Youth Week committee, has worked with youth for over a decade in various capacities including outreach/intervention to at-risk youth, recreational programs, youth-drop ins, and youth leadership opportunities.



Courtney Liem has been working with vulnerable youth since 2013. In 2015 she completed her Bachelors of Fine Arts in Theatre Performance, at SFU, and in 2018 she completed her diploma in Child and Youth Care Counselling at Douglas College. She has been working for Children of the Street for over 3 years, and in that time has developed and presented a variety of different Safer Space presentations to over 10,000 youth and adult participants.



Dana Kremetz is the 2STGD Programmer 1 for the Vancouver Park Board.



Emily Hoppe is the program coordinator for the Leaders in Training (LIT) and Quest programs with the City of Nanaimo. She is in her 4th year of the Bachelor of Education Secondary program at VIU with a focus in Physical and Health Education. Emily volunteered abroad in 2019 and supported children and youth in schools to promote their physical literacy and community connections.

PRESENTER BIOGRAPHIES



Hayley Rennie, (she/her), is a cisgender Indigenous woman who's helped shape Burnaby's Alphabet Soup Programs as well as mentor new staff.



Joscelyn Koehle is the Nelson Youth Action Network Coordinator. She was born and raised in Nelson. Joscelyn has graduated from Selkirk College with a Human Services Diploma, and is currently in school with UVIC for the Bachelors of Child and Youth Care. Joscelyn enjoys exploring her backyard through hiking, camping, and spending time with friends and family. As a Nelson born resident, she understands the needs, wants, and issues youth are facing and this role allows her to be the voice of youth in the community.



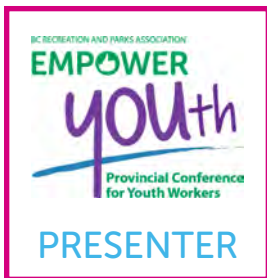
Kristina Selby-Brown is the Harm Reduction Coordinator (Fraser Health North) and a FTIR Drug Checking Technician at the Lower Mainland Purpose Society for Youth and Families. She assists any person who uses substances by checking their supply for unexpected adulterants, she has trained 1000+ people of all stripes to recognize an opioid overdose and how to administer Naloxone and was a co-facilitator of a grief group whose members all lost a loved-one to toxic drugs. Kristina has an unshakable commitment to outreach, mental wellness, grief management, destigmatization of PWUD and drug checking. The loved-ones she's lost to addiction/overdose are the reason she gets out of bed each morning to do what she does every day.

PRESENTER BIOGRAPHIES



Merlyn Horton is a Canadian Internet Safety evangelist, and CEO of Safe Online Education Associates. Over the last twenty years, she spoke to multiple industry conferences on many topics including cyber abuse, sexual exploitation online, children and media, social media and human resources, homelessness and social media, and technology and victims of domestic violence. She has published policy documents for non-profits and government, presented to international conferences and been featured on major media outlets.

Dynamic, brilliant, and entertaining; her knowledge of online environments and the dynamics of online communities as they pertain to youth and children is unparalleled. Her background includes outreach youth street work, parent teen mediation, support work for victims of domestic violence and sexual assault, restorative justice practitioner, circle keeper, magician, mother, dancer, and lover of Blues music and dark chocolate.



Olivia Racanelli (she/her), is a member of the 2SLGBTQIA+ community and proud new leader of Burnaby's Alphabet Soup Programs for both Teens and Pre-Teens.

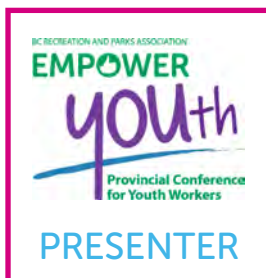


Robin Schooley is part of the Young and New Worker team in Occupational Health & Safety (OHS) Consultation & Education Services at WorkSafeBC. Robin has a background in journalism and communications and brings those skills to influence safety behavior in B.C. workplaces. Together with her team, Robin works to reduce injuries by raising awareness, creating empowerment, and developing resources to engage workers and employers

PRESENTER BIOGRAPHIES



Stephanie Eby is a recreation professional with a background in aquatics, recreation, and fitness. She is a Master Trainer for HIGH FIVE® and currently works as a Community School Coordinator. Her passion is staff development and has created numerous trainings and inservices.



Silisha Ali has worked in Municipal Youth services for over 20 years. She has held various positions in 3 municipalities and other nonprofit youth programs and services. She has been in the position of Youth Services Coordinator for the City of New Westminster for the past 4 years, where she coordinates youth engagement, program and services across the city. She is passionate about community, youth engagement, and diversity and inclusion, and works at creating inviting spaces for youth to participate in recreation.



TJ Shukla is a Community Youth Worker at Hastings Community Centre. He will be presenting a snapshot presentation on a Hastings Youth Council initiative to help local small businesses in the Hastings-Sunrise Community in Vancouver.



Zach Andres started his career in Recreation as a Program Leader with Boys and Girls Club and a Program Coordinator with Volleyball BC (VBC), while graduating from Vancouver Island University (VIU). Zach has worked as a high performance volleyball coach with VBC and VIU, and has gained recreation experience with children, indigenous youth, athletes, youth with special abilities, and the elderly. Zach is currently overseeing the City of Nanaimo's youth programming.

WE HOPE TO SEE YOU SOON!