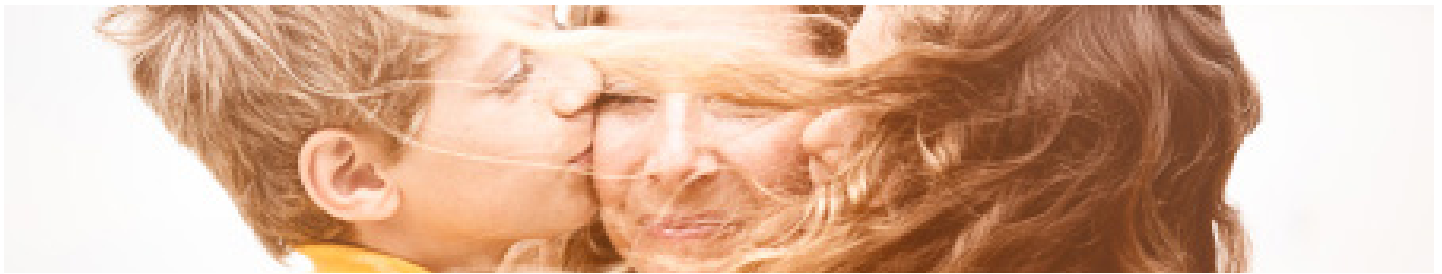


MARCH 2020

# FSC NATIONAL NEWS

Newsletter for members of Family Service Canada



## Message from the Board

I have heard from many of you and know that all of us are attempting to manage the complexity of providing services during a pandemic. The portal, accessible on the website, is there for you to access information and share ideas. If you have any documents that you think might benefit the members please share them with me [pauline.smale@familycentre.org](mailto:pauline.smale@familycentre.org) and I'll ensure they get on the portal.

In addition we're exploring a new members-only LinkedIn group. The digital space allows you to connect quickly and conveniently. You can ask and answer questions, seek advice, share successes, recommend training or tools your colleagues might value.

The group is set up and ready for you to connect, visit <https://www.linkedin.com/groups/13834605/> and request to join.

Pauline Smale  
Board Chair

## Save the Date!

We are optimistic that we will be able to reconvene for the Family Service Canada's annual conference booked for October 6, 7, 8 in Vancouver.

Plan to join with colleagues from across Canada for insightful workshops and opportunities to catch up on the latest programs and tools being used to serve individuals and families. Watch for more details in the weeks and months ahead.



# CEO Spotlight: Troy Davies, Ph.D.

As a newcomer to the not-for-profit sector, Troy Davies was appointed in April 2018 as the CEO of Catholic Social Services, frequently just referred to as CSS. With over 1800 employees, CSS is the largest multi-function social service agency in Alberta, and one of the largest in Canada. Prior to joining the agency, Troy spent 5 years as a school division Chief Superintendent and 4 years as an Assistant Superintendent. Previous to that he spent almost a decade in school-level administration, including 8 years as a principal, at the elementary, junior high and high school levels. Except for two years spent teaching with the Jesuits in inner-city Baltimore, Troy's entire educational career occurred within Alberta's publicly-funded school system.

Troy has earned a B.A. in Political Science from the University of Regina; a B.Ed. in Catholic Studies from McGill University; a M.Ed. in Leadership from the University of Calgary; and a Ph.D. in Educational Administration and Leadership from the University of Alberta.



He is a past provincial president of the Council of Catholic School Superintendents of Alberta and a Certified Professional of Human Resources. Troy sits on several boards including the Edmonton Chamber of Voluntary Organizations and the University of Alberta Senate. He loves curling, football, and volunteering in his community. He is an avid reader and enjoys international travel. He and his wife, Kathryn, have four boys aged 10 through 22.

## Strive: Therapeutic Group

Strive is a program developed by The Family Centre in Edmonton. It is a therapy group for men experiencing challenges in relationships. Whether they be with friends, family members, co-workers or romantic partners, relationships are an important part of leading a healthy and fulfilling life. The therapeutic group helps to enhance a man's well-being by showing them how to develop healthier relationship skills based on their own personal values and what they want their life to be.

Through Strive, men can grow their confidence and learn ways to recognize the signs of healthy and unhealthy relationships and the role that power plays in them, effectively communicate and set appropriate boundaries, and understand how their relationship with themselves impacts all of their relationships.

Strive consists of the following four modules, which can be taken in any order. Each module is covered over four weeks, making this a 16-week program.

1. Self-awareness and self-management
2. Conflict management and communication skills
3. Core beliefs, values, and life balance
4. Power in relationships and impacts of stereotypes

Strive is based on the Good Lives Model (GLM) developed by Dr. Tony Ward, professor of clinical psychology at Victoria University of Wellington, New Zealand. Dr Ward and his colleagues developed the GLM for the rehabilitation of sex offenders in prison settings.

Dr. Ann Marie Dewhurst and Dr. Karen Neilson of Edmonton applied the GLM to changing the lives of people impacted by domestic violence. Instead of blaming and shaming individuals for their past errors, the GLM seeks to help people think about the future they would like and then helps to provide them with the orientation and tools they need to achieve it.

The GLM is a strength-based rehabilitation framework that is responsive to a person's particular interests, abilities, and aspirations. It also directs practitioners to explicitly construct intervention plans that help men and women

acquire the capabilities to achieve things and outcomes that are personally meaningful to them. It assumes that we all have similar aspirations and needs and that one of the primary responsibilities of parents, teachers, and the broader community is to help each of us acquire the tools required to make our own way in the world.

Individuals get into trouble when they lack the internal and external resources necessary to satisfy their values using pro-social means. Practitioners should therefore equip individuals with the knowledge, skills, opportunities, and resources necessary to satisfy their life values in ways that don't harm others. By focusing on the individual's life values, the GLM places a strong emphasis on personal responsibility. That is, we all actively seek to satisfy our life values through whatever means available to us. For more information on GLM, please visit: <https://www.goodlivesmodel.com/information.shtml#General>

## Ainsley's Story

Ainsley, a burly and tough security guard, found out how strong he truly was after joining Strive. At first, Ainsley was hesitant to join the therapeutic group for men recommended by his mental health therapist. He didn't feel comfortable opening up in a group setting. It wasn't until Ainsley hit rock bottom that he decided to sign up for the program.

Walking into his first session, Ainsley wanted to be in control of his experience. He thought to himself, "I'm here, you can't tell me anything. Take it or leave it." But, he soon softened up when the other men in the group began talking. "I heard people introduce themselves and explain why they are there and I realized, I'm not alone."

Ainsley soon learned that he was bringing past trauma into his relationships. "All my relationships were the same patterns so I figured that's what a relationship is." He knew that he needed to change the patterns of who he was as a person and let go of his anger and aggression. "People are quick to judge, that's a big guy - he can handle himself. No, I have problems as well." Strive helped Ainsley figure out who he is and realize that it is OK to hurt and to express himself.

Since Strive, Ainsley has seen a drastic improvement in his relationships. He can now see another person's perspective, stay calm during interactions, and listen more. Usually, Ainsley would be the first to react in situations. Now, his new level of patience even has his mother shocked.

Near the end of the program, Ainsley became a leader in his group. He would begin the conversations when other men were uncomfortable to share. His goal was to create a safe environment where everyone could work together as a team. "I didn't want to miss any days. Every day was something new, something special." Ainsley believes that every man should take Strive and should learn about it in school. He even plans to retake the program in a year to refresh his knowledge.

Currently, Ainsley is looking to take his career to the next level and become a correctional officer. He learned that the position can be very hard and emotional. But, he believes that what he has learned from Strive can help him to cope with the job's struggles.

Each day, Ainsley carries his notes with him and refers back to them when he isn't feeling his best. He feels that if Strive can help him, it can help anyone. "I thought I was going to be the grumpy, aggressive Ace until I died. I'm a completely different person. It's a blessing."



*Click photo for Ainsley's video*