



APPROPOS

BATSHAW YOUTH AND FAMILY CENTRES



THE ATELIERS DU FRÈRE TOC

Sam Barile, Clinical Activities Specialist, DRTSA

During the fall sessions our young people at Prévost campus have had the opportunity to learn new cooking skills in an innovative program called Frère Toc Youth Centre Program. This program came to us from an organization called *La Tablée des Chefs*.

La Tablée des Chefs is a non-profit organization founded and run by Jean-François Archambault. The organization seeks to be the driving force behind getting Quebec's chefs and cooks out of the kitchen and involved in the community. Through various initiatives, *La Tablée des Chefs* seeks to involve players in the food and restaurant industry in the following three areas:

- Redistributing food surpluses;
- Preparing ready-to-eat meals for community organizations and food banks across Quebec;
- Passing on culinary expertise to help young people develop independence.

We at Batshaw Centres have been very lucky to be able to partner with *La Tablée des Chefs* organization.

The mission of the *Ateliers du Frère Toc* workshops is to introduce teenagers to cooking and healthy eating. This includes learning basic cooking techniques and discovering healthy foods. The students are therefore introduced to basic ingredients, new flavours and a host of simple recipes. Through these workshops, we want to offer young people an alternative to today's junk food culture that can be preserved and passed on to their families. The concepts that are taught are aimed for independence and encourage the acquisition of tangible skills needed for everyday life. The recipes are easy and the ideas taught have a direct connection to the lives of the young people, who get to put the program's theory into practice during the workshops.

With these workshops, we would like the participants to have a cooperative, successful, positive experience that teaches them about perseverance.

It is important to understand that our aim is not to make great chefs of our participants. Rather, we seek to spark their enthusiasm and make them comfortable with day-to-day cooking. However, we are always on the lookout for any participants who discover a particular talent, passion or interest in cooking and who may be interested in a career (or just a job) in the field.

The *Ateliers du Frère Toc* is a pilot project that has great potential to grow within Batshaw Centres. The two educators in the program are Allyson Abbott and Larry Markowicz. The two chefs are Marie-Josée Roux and Josée Morasse. The youth in this program have already had the opportunity to display some of their skills by cooking for about 20 people on December 14.

The feedback from the youth in this program has been very positive. Some have even expressed an interest in working in the field. However, all youths are conscious that they are having fun learning how to cook.

Bon appétit!

SHARING THE INFORMATION

Monique Laverdure, Educator, Couvrette Group Home, DRTSA

Last May, in a conference in Florida, I had the opportunity to learn a lot that will help me in my practice and hopefully in yours too.

Dr. Ed Rawana spoke about Oppositional Defiant Disorder which is found primarily in children and adolescents. The main symptoms are: losing temper, arguing with adults, actively defying or refusing to comply to requests or rules, blaming others for mistakes or misbehaviour, easily annoyed by others, angry and resentful, spiteful or vindictive. The disturbance in the behaviour causes clinically significant impairment in social, academic or occupational functioning. If a child meets at least four of these criteria, and they are interfering with the child's ability to function, then this child technically meets the definition of oppositionally defiant.

Dr. Rawana would work in a residential setting, and he would develop with the staff, a strength assessment (3 strengths) about the child. They would then be written in a positive way. Those strengths are to be used as reinforcement to give a chance to grow from them. Child care workers need to use the language of hope, motivation and positive feedback. The child would be asked to write his three strengths on his bedroom door so the other youths and the staff can see. This will help him to get conversation going with the other youth about his abilities. The goal is to help the child build new relationship based on his strengths, in a positive way. If you found this study interesting I suggest you look up for Dr. Ed Rawana on the net.

GREAT THINGS HAPPENING IN GROUP HOMES

Monique Laverdure, Educator, Couvrette Group Home, DRTSA

A great program was developed by the staff at Addington that is called *Chef of the day*. This program shows youths how to cook a meal and gives them a bit of pocket money for doing so. I think this is a great initiative!

At De Maisonneuve, staff incorporated ART skills such as listening and working as a team to their cooking program. There is also an art and craft program using ART skills in which they play a *Sad, Mad, Glad, Scared*, etc. game. They do the personal virtues shield and then have group discussions groups during which they talk about healthy relationship versus aggression. The girls also did an art project: they painted masks where colors had different meanings for different countries, opening there minds to different cultures and customs.

Last fall, De Maisonneuve and Montclair did a pumpkin cutting activity using ART faces of emotion as their models. If you want to try a great pumpkin recipe you should ask Murray from Montclair... his pumpkin soup is deeellliicious!!!