

CHIMO | CRISIS SERVICES

Walking With People Through Crisis Helping People Make Sound Choices

Making Sense of Adolescence

“Connection before correction”, is one of the key concepts in understanding and relating well to your child or adolescent, according to Dr. Gordon Neufeld, a Vancouver-based developmental and clinical psychologist. CHIMO counsellor Miles Lozinsky has adapted a new format to bring the teachings of Dr. Neufeld to parents wanting to strengthen relationships with their teens.

The Parenting Series is offered through CHIMO one evening a week for six weeks. The first half of each session involves watching Dr. Neufeld present on DVD, followed by a facilitated discussion where parents ask questions and share experiences. “As parents talk together, the differences they have with their adolescents become normalized”, says Lozinsky.

He goes on to explain that often parents get frustrated and stuck, thinking that their teens aren’t listening to them anymore, or are no longer doing what is

expected. He emphasizes that adolescence is about exploring and discovering your own way of doing things, learning your own values. Parenting styles need to change with the changes of the child. Addressing adolescents as they are, and not as children, helps with the transition to new methods of communication.

Lozinsky stresses that the course is not only for parents of adolescents, but can be most effective for parents of eleven and twelve year olds. “The earlier parents understand these principles, the more everyone benefits.”

Lozinsky has some advice for parents struggling to get through to their teens. “Stop trying to get them to listen to you. Instead, try listening a lot more to them. Shift to a consulting style of parenting.”

The parenting series has been very successful. With such a positive response, Lozinsky has decided to offer it again next Fall.

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• “Who you are to the child is much more important than what you do.”

• “Often we put the responsibility on the teen to come around to us after a break in the relationship, but parents still have the power, capacity, love, and maturity to bring the teen back in.”

- Dr. Gordon Neufeld, co-author of “Hold On To Your Kids: Why Parents Matter”

CHIMO Hosts Free Law Clinics

In January, CHIMO opened its doors to people in need of legal advice but without the financial resources to purchase them.

Sound professional advice is absolutely critical when dealing with legal matters, so CHIMO recently partnered with Western Canada Society to Access Justice and local lawyers to make weekly pro-bono law clinics available in Richmond.

Each week, Richmond lawyers volunteer their time to counsel clients with diverse legal questions. Issues can range from custody and divorce to immigration or tenant disputes. These dedicated attorneys listen and advise clients in resolving matters out of court, where possible, and in preparing for court when necessary. This service is meeting an important need in Richmond - after only two months the clinics already have a wait list.

Poverty in Richmond: A Sense of Belonging - a report prepared in 2000 for the Richmond Community Services Advisory Council, shed new light on an almost invisible social issue in the City.

- In 1996, 22.9% of all families in Richmond had incomes below the Low Income Cut-off measured by Statistics Canada.
- Richmond had a higher percentage of families living in poverty than Surrey and the GVRD.
- More children lived in poverty in two-parent families (4,385 families) than in lone parent families (1,220).

Statistics are based on the 1996 Census.

Eating Disorders Program Expands: New Clinic in Richmond

On February 1st, just in time for Eating Disorders Awareness Week, CHIMO Crisis Services and Richmond Health Services launched Richmond's first ever clinic for adults 17 years and older, suffering from anorexia and bulimia nervosa. The clinic is run by a physician, a dietician, and CHIMO's eating disorder counsellor, Lizzy Ambler.

Dr. Laird Birmingham, Medical Director of the Eating Disorders Program of St. Paul's Hospital spoke at the launch of the significant loss of productive life for people affected by serious and persistent eating disorders, and of the importance of early diagnosis and treatment offered by the new clinic.

More than ever, today's social messages place added pressures on young people

contributing to the high rate of body image dissatisfaction and a growing incidence of eating disorders.

In addition to the new clinic, CHIMO's Eating Disorders Program provides individual counselling and group support for clients, and education for family and friends of loved ones who are living with an eating disorder.

CHIMO Wins Community Champion Award

CHIMO Crisis Services was recently named "Community Champion of the Year" for 2004 by the Richmond Chamber of Commerce. This award is presented annually to a public or non-profit organization that has done outstanding work in Richmond, showing innovation and leadership in programs that benefit

the community. The Community Champion Award is one of several Business Excellence Awards made annually by the Richmond Chamber. The CHIMO Board would like to extend special thanks to all donors, members, volunteers, and staff who contribute to CHIMO's work and help make a difference in our community.



Executive Director Joan Cowderoy accepts Community Champion Award on behalf of CHIMO from City of Richmond Mayor Malcolm Brodie and Richmond Chamber of Commerce Officials; Winnie Leong, Judy Richards and Ed Gavsie

Board Members Brief Elected Officials

On March 23, 2005, the CHIMO Board held a breakfast meeting at the Delta Vancouver Airport with City of Richmond Mayor Malcolm Brodie, Provincial MLA's Greg Halsey-Brandt and Linda Reid, and Paige Robertson, Constituency Assistant to MLA Geoff Plant. The purpose of this informal meeting, graciously sponsored by the Delta Vancouver Airport, was to update local representatives on CHIMO's new initiatives (many are covered in this newsletter), and to talk about emerging social issues in our community. It was a highly informative dialogue, where everyone present discovered something new about people's experience of crises in daily living in Richmond.

Province Expands Funds To Stop Violence



MLA for Richmond / Steveston Hon. Geoff Plant, MLA for Richmond East Hon. Linda Reid, CHIMO Board President Cynthia Chen, Executive Director Joan Cowderoy and MLA for Richmond Centre Hon. Greg Halsey-Brandt.

On March 21, 2005, all three Richmond MLA's dropped into CHIMO offices at the Caring Place to announce an increase of over \$100,000 in annual funds to help strengthen and grow services for Richmond women and children who are fleeing violence at home. This is part of a \$12.5 million increase in provincial funding to enhance supports to women and children in communities throughout BC.

CHIMO Board President Cynthia Chen is delighted; "This will make a huge difference to our budget and to our overall capacity to support women and children who need these critical services".

Strengthening Safety in East Richmond

East Richmond residents have reclaimed King George Park for the community. This follows on the heels of the release of a special report by CHIMO Crisis Services in the Spring of 2004 outlining resident concerns about safety. As a result of growing vandalism, bullying and drug use, residents were feeling that something needed to be done to improve the quality of the park for everyone.

As a follow-up to CHIMO's research, the City of Richmond and the RCMP teamed up with the East Richmond Community Association to tackle safety concerns head on. A caretaker now lives on site, new lighting has been installed, and shadier areas of the park have been removed to create a safer and more open feel. Local residents are delighted! This is

a wonderful example of residents working together with community and public agencies to improve the livability of their neighbourhood.

"You can imagine the sense of identity and pride this project promises to bring to our community and the City."

- Nora Wright, Chair of East Richmond Community Association

Taking A Look Inside CHIMO

Research consultant Bruce Levens is just finishing CHIMO's first ever diversity audit. The audit surveys Board members, staff, volunteers and people served by the organization. This is a key first step in developing a factual base for examining how well CHIMO is serving the whole Richmond community.

Watch for a report in the next edition of this newsletter.

Community Boost for Nova House

In March of this year the Ethel Tibbits Women of the Year Awards luncheon raised over \$15,000 to help women and children who are fleeing violence at home. That's a 35% increase over last year! The Richmond Review sponsors this event annually on International Women's Day to showcase the significant contributions women make to community and business life in Richmond. Proceeds go to support Nova House, the transition house operated by CHIMO since 1981. Special thanks to Lois Hurston, Josh O'Connor, Bernice Pearson and the whole Review staff.

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WE'RE ON THE WEB!
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CHIMO responds to people from different cultural backgrounds, age groups, family lifestyles, and economic situations. CHIMO provides diverse services from community building to prevention, from individual crisis support to advocacy, and from peer support to education. CHIMO engages in collaborative community planning and develops innovative resources to address emerging needs,

If you would like to make a donation to support CHIMO's work, please call 604.279.7077.

For further information about CHIMO's programs and services, or articles in this newsletter, please contact Katherine van der Gracht, Coordinator of Resource Development at 604.279.7077.

We welcome your comments and questions!

**CHIMO prevents tragedies and saves lives.
CHIMO strengthens individuals, families and communities.
CHIMO connects people with needed community resources.
CHIMO builds bridges of understanding.**

Students "ACT" to Increase Awareness

Richmond teens at McMath Secondary have joined for a second year running to help stop emotional abuse and physical violence in dating relationships among their peers.

The eight students involved in TRAP – short for Teen Relationship Abuse Prevention, the name students chose last year – have been meeting weekly since the Fall with CHIMO project coordinator Rishima Bahadoorsingh. Their goal is to create a new and improved onstage production for presentation during Prevention of Violence Against Women Week at the end of April 2005. The play will be staged at two Richmond high schools for students in grades 10 and 11.

Since the inaugural performance last year, TRAP students have taken far more direction with the project, creating the script and driving the production themselves. They did their homework, first researching the subject, and then meeting with CHIMO counsellor Rosa Tesler-Mabe to learn more about emotional and physical abuse and how to recognize the early warning signs.

This second time around, they also incorporated several artistic techniques into the process... workshoping, mind-mapping, and drawing ... to enliven their script writing and help make the subject more real. And, this year's production includes a new interactive component.

Through audience participation in on-stage roles, the actors hope to actively engage their peers with this important issue.

These students are committed to breaking down stereotypes, raising awareness about a critical social issue, and helping stop violence before it happens. In taking ownership and making the script their own, they will undoubtedly raise this year's play to a whole new level. They decided they wanted to make a difference... and they are!

This project is generously supported by Jeremy's Memorial Foundation Against Domestic Violence and the Workers Compensation Board Helping Hands Fund.