

## **SMECA SERVICE PROVIDERS**

**2017-2018**

Created by: SchoolsPlus Guysborough County/Monastery

### SchoolsPlus Guysborough County (located in SMECA beside the S-bench)

Liz MacIntosh, Facilitator  
(902) 533-4046  
Liz.MacIntosh@srsb.ca

TBA, Community Outreach Worker  
(902) 533-3609

SchoolsPlus seeks to improve the collaboration and coordination of services and programs for children, youth and families. The main goal is to bridge the gap between various community organizations and the schools by connecting students and families in attaining timely and effective services to meet their identified needs. SchoolsPlus supports a number of programs within the schools and community. Referrals come from the School Program Planning Teams, Administration, Families and Students as well as outside agencies. SRSB currently has four SchoolsPlus Models. They are located in Guysborough, Antigonish, Richmond and recently Inverness Counties.

Find us on Facebook at *SchoolsPlus Guysborough County/Monastery* for more information about what we do and our current programming.

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### Youth Health Centre (located across from the small gym)

Jen Lukeman, Public Health Nurse  
(902) 522-2064  
Jennifer.Lukeman@nshealth.ca

As a Public Health Nurse in the school, Jen's role aims to serve youth through a youth-centered approach focusing on engagement and leadership. She provides supportive services for all health related issues, supporting mental health, and making appropriate referrals to specialized service providers. Youth meaningfully participate in all aspects of the YHC, including governance, program planning, implementation, evaluation, building partnerships, and communication. In response to the needs and interests of youth, promoting health and youth leadership, Jen's services include mentorship of our school based, youth led Healthy Active Lifestyle Team (HALT) and assisting with St. Mary's GSA, and JACK Chapter.

To refer, contact Jen via email, phone, or drop in to the Youth Health Centre.

Kathryn Boyd, Nurse Practitioner  
(902) 863-2455  
Kathryn.Boyd@nshealth.ca

Kathryn is an advanced practice nurse with special skills and training in delivering primary care services to all ages, including youth. Working in conjunction with Jen, Kathryn provides health services to youth through the YHC. Referral is through Jen and appointments are held at the YHC. Some of these services include routine assessments, sexually health advice, screening, and treatment, and healthy lifestyle counselling.

**SMECA Guidance** (located near the S-bench)

Rob Wolf, Guidance Counsellor  
School Extension 150, or call 522-2865 to be connected directly to Guidance  
Rob.Wolf@srsb.ca

The Comprehensive Guidance Program at St. Mary's aims to provide and coordinate services and programs to the students at St. Mary's Education Center and Academy. From classroom programming such as Social-Emotional Skills support, Anger Management, to Academic Advising and Career Development as well as coordinating outside agencies with some of their programming. One on one counselling is available to students for Mental Health, academic advising, post-secondary advising, social and personal needs and a full range of mental health counselling for Anxiety, Depression, Gender Identification, addictions and family dynamics. The Guidance office also helps to coordinate many of the outside agencies that work within the school and community such as SchoolsPlus, Naomi Society, Antigonish Women's Resource Center, Big Brothers Big Sisters and Public Health through regular meetings and case conferences.

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**Municipality of the District of St. Mary's Recreation Department**

Josh Hilton  
Recreation Coordinator  
(902) 522-2598 (office)  
Joshua.hilton@saint-marys.ca

St. Mary's Recreation offers a wide variety of children's programs both within St. Mary's Education Centre/Academy and in community centres throughout the municipality. This includes afterschool programs, March Break camps, Kid Fit (held afterschool in community centres) and many more! We also organize special events that are open to both children and community members. St. Mary's Recreation believes strongly that programs should be available to all children and residents no matter age, ability or social status. We strive to make all of our programs inclusive so that everyone can participate! Get in touch with us if you have an idea or would like to partner to bring a new program to our area! We look forward to hearing from you!

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Child, Youth and Family Mental Health & AddictionsSchool Based Mental Health Clinician

TBA (position vacant), School-Based Mental Health Clinician

The role of the School-Based Mental Health Clinician is to provide mental health services to children, youth and families within a school setting; to facilitate groups that are focused on improving mental health; to provide a mental health lens and be a resource for the schools. The School-Based Mental Health Clinician works in close collaboration with the SchoolsPlus Team, guidance counsellors, school administration, and Youth Health Centres throughout the Guysborough County schools. Referrals are made through the Mental Health and Addictions Central Intake Team at 1-888-291-3535.

Addiction Services

Katherine Ryan-Rankin, Adolescent Community Outreach Worker

(902)867-4500 ext. 4417

[Katherine.ryan@nshealth.ca](mailto:Katherine.ryan@nshealth.ca)

The Child Youth & Family – Mental Health & Addictions team with the Nova Scotia Health Authority are happy to be providing school-based services in communities throughout the district! This year, substance-use specific intervention, education, and prevention services will be provided by the Adolescent Community Outreach Worker, Katherine Ryan-Rankin.

Referrals for individual counselling will be accepted from youth themselves, family members, school staff, and anyone who has a reason to be concerned. It is important to note that all services provided by Mental Health & Addictions are voluntary and confidential.

You can contact the Adolescent Community Outreach Worker, Katherine Ryan-Rankin, by calling (902) 867-4500 (ext 4417) or by emailing [katherine.ryan@nshealth.ca](mailto:katherine.ryan@nshealth.ca)

In addition to providing individual, confidential, brief interventions, I am also able to provide outreach for the following purposes:

- Facilitation of our 8-week InControl health promotion program
  - Harm reduction / Safer Use presentation for Grades 9-12
  - Consultation with teachers who are aiming to implement substance use curriculum into their classrooms
  - Wellness initiatives within the school / community
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**Naomi Society**

Lori Castle, Outreach Counsellor  
(902) 863-3807 ext. 3  
lori@naomisociety.ca

The Naomi Society provides support to women, adolescents and children who have experienced family / intimate partner violence. Support for younger children could include anger management, working with emotions and feelings, communication skills, and healthy relationships. Work with youth could also look at dating relationships, safety planning, court support and advocacy. Counselling is usually one on one. Service to students is not gender specific. The outreach worker can meet with women in the community and will provide referral services for men. Presentations on dating violence and healthy relationships are available.

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**RCMP (Guysborough County)**

Cpl Kathryn MacLeod	Cst Nathan Sparks	Sgt Dave Simpson	Cpl Mike Wilson
Sherbrooke Detachment	Canso Detachment	Guysborough Detachment	Canso Detachment
(902) 522-2200	(902) 366-2440	(902) 533-3801	(902) 366-2440

Any referrals/request for services, other than Criminal Code complaints, can be made through Cpl. Kathryn MacLeod of the Sherbrooke Office. Once a referral/request has been made it will be assigned to a police officer of the Sherbrooke Office and further contact will be made by them. Criminal Code complaints are to be made by calling 902-522-2200 or in the event of an emergency via 911.

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**Big Brothers Big Sisters**

Sarah Rozee, Youth Outreach Worker  
902-752-6260 / 902-931-1002  
[Sarah.rozee@bigbrothersbigsisters.ca](mailto:Sarah.rozee@bigbrothersbigsisters.ca)

The Youth Outreach Program at Big Brothers Big Sisters of Pictou County offers service to at risk Youth aged 16-19 in Antigonish, Guysborough, and Pictou Counties. Youth Outreach can help connect Youth to the following: resources in their community, food & emergency housing, employment & education, programs & workshops, parenting supports, transportation, crisis support, skill building, advocating & mentoring. Referrals can be made by Youth directly or anyone else but contacting Sarah Rozee – Youth Outreach worker by phone 902-752-6260/902-331-1831, e-mail, or Facebook under Sarah Rozee. Any questions, please feel free to contact me.

**African Nova Scotian Student Support Worker**

Lorraine Reddick  
(902) 863-1620  
Lorraine.Reddick@srsb.ca

The primary role of the Student Support Worker (SSW) is to provide support for students of African descent and their families in order to make schooling a more positive experience, thereby helping students achieve success and remain in school.

Some of the ways we accomplish this are:

- Advocacy and Support
    - i.e. help with projects/research/homework, help research scholarships and other forms of financial assistance, promote cultural diversity and a welcoming school environment, attend meetings with teachers/principals/parents with the student or on the students behalf
  - Educational Learning
    - i.e. encouraging, extra-curricular participation, help to showcase your talents, fieldtrips to universities and colleges along with teachers/guidance counsellors, educational day trips, students conferences
  - Positive Role Model in Your School
    - i.e. positive cultural presence and outlook in school, provides cultural and academic support, celebrating events such as African Heritage Month and Respect for Diversity, friendly smiles and words of encouragement
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**Antigonish Women's Resource Centre (HRY)**

Faye Fraser, HRY Program Coordinator  
(some SRSB schools)  
(902) 863-3624 ext. 233  
faye@awrcsasa.ca

Arwen Sweet, HRY Program Coordinator  
(Provincial)  
(902) 863-3624 ext. 233  
arwen@awrcsasa.ca

Healthy Relationships for Youth (HRY) is a school-based, peer-facilitated violence prevention program of the Antigonish Women's Resource Centre and Sexual Assault Services Association. Grade 11 and 12 students are trained to deliver a series of 12 HRY sessions to Grade 9 students with support from the Healthy Living teacher. The interactive sessions are designed to reduce the risk of violence for youth through developing their skills and knowledge about creating and maintaining healthy relationships.

Arwen is registered as an LGBTQ+ ally with the Youth Project, and can act as a resource for students looking for more info on LGBTQ+ and gay rights issues.

Antigonish Women's Resource Centre

Marcia Connolly, Outreach Support Worker  
(Antigonish & Guysborough Counties)  
(902) 863-8668  
marcia@awrcsasa.ca

The outreach women's support worker extends the services of the Antigonish Women's Resource Centre and Sexual Assault Services Association to adolescent girls and rural women within the Antigonish and Guysborough County area. The advocacy and confidential support made available through this service assists women and adolescent girls through difficult and vulnerable situations. We provide law-related information and resources so that women can make informed decisions which serve their best interest.

The outreach support worker schedule is as follows:

- Guysborough – Monday – Primary Health Centre
- Canso – Wednesday – Canso Medical Centre
- Sherbrooke – Thursday – Sherbrooke Library Community Room

Call 902-863-8668 to arrange an appointment.

Faye Fraser, Youth Violence Prevention and Awareness Educator  
(902) 863-6221  
faye@awrcsasa.ca

Faye facilitates the Antigonish Women's Resource Centre's *Inspire* program for girls. She can also present to staff and/or students on topics such as consent, etc. Contact her for more information as she is a great resource for staff.