

SIMCOE SOCIAL SKILLS

FAMILY COACHING PROGRAM (FCP)



2024

INTRODUCTION TO OUR FAMILY COACHING PROGRAM (FCP)

Welcome to Simcoe Social Skills (SSS) and our Family Coaching Program (FCP).

Does your family have a child between the ages of 4-18 that has been diagnosed or is suspected of having a developmental concern? Does your family need additional support within your life space? If so, we can design a therapeutic program to support and promote your family dynamics and development. Our FCP facilitator selects its families based on what SSS can provide and what the needs are of a potential family. We welcome families to apply that have a child or children diagnosed or suspected of having:

- ADHD
- Autism Spectrum Disorder
- Learning Disabilities
- Mental Health Concerns
- Generalized or Specific Anxiety Disorders
- Developmental Disabilities
- Acquired Brain Injuries
- Fetal Alcohol Spectrum Disorder
- Grief and Loss

Our FCP is an 8 week program with 1 hour sessions that follow specific themes and use a therapeutic play approach guided by cognitive and behavioural goals. Each weekly session will be designed and structured to meet the needs of your family by using engaging activities and discussions. These sessions can either be in-person or virtual, depending on location and needs.

Below are some Family Coaching Program (FCP) examples:

- An 8 week program based around Social Skills
- An 8 week program based around Emotional Growth
- An 8 week program based around Family Function, Development and Dynamics
- An 8 week program based around Healthy Habits
- An 8 week program based around Crisis Prevention & Intervention Strategies

INTRODUCTION TO OUR FAMILY COACHING PROGRAM

The program facilitator will review your application, arrange and complete an assessment (no charge), and will determine if your family is successfully selected. Once it has been determined that your family has been successfully selected, a cost of **\$678 (\$60/week + \$120 program design and resource fee + HST)** will be due.

Payment is due within 7 days of being notified to hold your program spot. If payment is not received within the 7 day period your family may be placed on a waitlist. Email transfers are accepted and receipts are issued upon deposit. Please be aware that we do not offer refunds due to programming costs.

Please note that due to liability concerns, Simcoe Social Skills cannot provide its counselling services until program applications, contract forms and full payment have been received.

Please note that in separation and or divorce, when the custody of a child is shared, consent from both caregivers is required for your child to receive counselling through Simcoe Social Skills (SSS). If there are discrepancies, a copy of the custody agreement will be required. If one caregiver does not agree to our services, we can provide activities and resources to be implemented by the caregiver requesting our services.

Simcoe Social Skills (SSS) professional designation is: Child and Youth Care Practitioner supervised by a Registered Social Worker. Our services may qualify as an eligible insurance expense, this will be up to the family to contact their provider to determine if our services qualify. Your clinician receives regular clinical supervision provided by a Registered Social Worker in good standing with the College of Registered Social Workers and Social Service Workers. If you wish to receive direct supervision by our Registered Social Worker, an Informed Consent for Supervised Practice form must be completed.

Amanda Johns
BACYC, Child and Youth Care Practitioner
Owner and Facilitator of Simcoe Social Skills
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SIMCOE SOCIAL SKILLS

PROGRAM APPLICATION



2024

How to Apply:

1. Please fill out the following information and submit once completed.
2. Simcoe Social Skills will contact you within 48 hours of receiving your program application and client intake questionnaire. We will confirm that we received your documents. Please check your junk mail.
3. Please note that due to liability concerns, Simcoe Social Skills cannot provide its counselling services until program application, contract forms and full payment have been received.
4. Please email us at amanda@simcoesocialskills.com for any further questions.

Contact Information

Caregiver(s) Name: _____

Email Address: _____

Caregiver(s) Phone Number: _____

Caregivers Relationship (together, separated or divorced): _____

If there is a custody agreement, the document states (permanent sole, temporary sole, permanent joint or joint custody rights are needed): _____

** Please note a copy of the agreement may be requested**

Address:

Street Address: _____

Town / City: _____

Province: _____

Postal Code: _____

Name of all participants: _____

Ages of children/ youth participant(s): _____

CLIENT INTAKE QUESTIONNAIRE

The purpose of Simcoe Social Skills (SSS) Family Coaching Program (FCP) is to facilitate its clients and families in a way that improves their developmental trajectories. Our FCP's are designed at a comprehensive level, are evidence based and use a variety of support mechanisms.

This intake questionnaire is to help Simcoe Social Skills determine what your family's overall needs are. The program facilitator will review your intake, arrange and complete an assessment, and determine if your family is a successful candidate. Successful candidates will be based on on what SSS can provide and what the needs are of a potential family. The answers you provide will help us identify how we can support your family's needs. When a family receives one-to-one services we are able to provide personalized accommodations and modifications.

Family Coaching Program (FCP)- Client Intake Questionnaire

Briefly describe your family development and dynamic concerns. We will review this in depth at your assessment.

Briefly describe individual development concerns that are present for each family member. We will review this in depth at your assessment.

Do you have any specific concerns and goals in mind for your family that we can design your program around? *Example- my family has difficulty managing their anger and reactivity towards each other.* Please explain:

What are 3-5 things that you are looking to get out of our FCP?

Please tell us a bit about your family. *Example- individual and group likes, dislikes, strengths, routines, extra curricular activities, hobbies, etc.*

Describe how your family plays together. *Examples- baking, crafts, board games, card games, video games, camping, bike riding, etc.*

Do any of your family members have difficulty speaking, communicating or understanding others? Please explain:

What are common frustrations, conflicts or crises your family experiences? *Different examples - power struggle, control, emotional regulation and adapting to change.*

How are conflicts handled at home? Please explain with detail:

Do any of your family members have any specific behavioural or emotional triggers that we should be aware of before we start an assessment? *Example- my child hides from new faces or my child might throw an object at you.*

Is your child or children hands-on other people or aggressive at times? If so please describe common behavioral situations, triggers and the average behaviour duration period.

What techniques and approaches have you and your family used in the past to help resolve family dynamic and development concerns?

Are there any cultural considerations we should know about (holidays, traditions, practices, restrictions, etc)?

Is there anything we should know about your family, household or location before we arrive? *Example- use the side door or beware of large dog.*

Do you have have any questions about our Family Coaching Program (FCP)?

Program Cost:

Family Coaching Program: **\$678 (\$60/week + \$120 program design and resource fee +HST)**

The information that you provide and submit to Simcoe Social Skills will be kept in your personal file. This information will be used for programming purposes only. Please refer to our **informed consent forms.**

SIMCOE SOCIAL SKILLS CRISIS / EMERGENCY SUPPORT FOR ALL CLIENTS AND FAMILIES



If you, your child or a family member is experiencing a crisis please call Midland’s Crisis Services offered through the Canadian Mental Health Association (CMHA) at **705- 728-5043** or toll free at **1-888-893-8333**. These services are confidential, open 24 hours a day and 7 days a week and are offered to people under the age of 16 and over the age of 16.

If you, your child or a family member is in need of immediate assistance please go to **Georgian Bay General Hospital** or call **911** for support.

CMHA Website: “Crisis Services offers 24hr telephone support to assist individuals, community agencies, and emergency services – to work through the resolution of identified issues and challenges. Our team is comprised of mental health and addiction professionals, who are trained in suicide intervention, and who can help to promote stabilization pre and post-crisis, explore and develop coping strategies, and provide support and recommendations to internal and external ongoing mental health and addiction resources. The team can assist with service navigation, and provide information about resources available in the community.”

<https://cmhastartalking.ca/adult-services/crisis-services/#.Y6M0XPdyYWM>

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