



Bruce T. Lindley Public School

2510 Cavendish Drive, Burlington, ON L7P 4K5
T: 905-335-0679 F: 905-319-2577 bru.hdsb.ca

Dear Parent/Guardian,

We would like to introduce our school's Child and Youth Care Practitioner (CYC-P): Krystal Carmichael and our School's Social Worker (SW): Jeff Von Zuben. Krystal Carmichael and Jeff Von Zuben will be a part of the Bruce T. Lindley community this year.

What is a CYC-P? CYC-Ps are an active and integral part of the school community, often participating in school-wide activities (e.g. well-being teams, youth engagement, parent/guardian/caregiver information sessions, etc.) with educators to enhance student well-being. Students receive mental health literacy and social-emotional learning while at school through the curriculum. As a complement to this learning, CYC-Ps promote mental health through sharing and co-leading evidence-based social-emotional learning and activities to provide classwide programming. CYC-Ps are also part of response teams for all schools in the Halton District School Board (e.g. Traumatic Events Response Team, and suicide risk screening).

How CYC-Ps can support students

Parents/guardians/caregivers may receive notification letters and updates throughout the school year about evidence-based social-emotional literacy materials shared in classrooms with CYC-Ps. CYC-Ps can also provide specific opportunities for students through small group or individual sessions focusing on psychoeducation, well-being and skill building. These sessions support students in reaching their goals. This is done in consultation with and consent from parents/guardians/caregivers.

What is a Social Worker? Social Workers are an integral part of the school community. Social Workers work together with students, parents/caregivers, staff and community providers to help students feel well and have a positive school experience. Students learn ways to address their feelings and emotions through identity-affirming evidenced-based therapeutic interventions. Social Workers, like CYC-Ps, are also part of response teams for all schools in the HDSB. Access to a Social Worker is done through your child's school with parent/guardian consent through the SRT process. Grade 7 and 8 students (who are 12 years of age or older) may provide independent consent to receive individual psychotherapeutic support



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How can Social Workers support students? Social Workers use psychotherapeutic interventions to support students on a variety of issues. These interventions are evidence-based and are identity-affirming to ensure that students feel that their voice is being heard and validated. Some interventions used include Cognitive Behavioural Therapy and Dialectical Behaviour Therapy. Social Workers and students work towards goal based outcomes.

Further information and additional support about the full complement of services from Student Well-Being

Please refer to the HDSB [Mental Health & Well-Being webpage](#) for more information on the support [parent section](#) available to students at school and how to access this support

As always, if you have any questions, please reach out to me.

Sincerely,

Sandra Lynch - Principal