



On behalf of the ACEA Conference Committee, we would like to thank all of our Sponsors for their generous donations in support of our Association, Conference and work we do in the field of Correctional Education.

Thank you to the participants and speakers for attending and supporting the ACEA's 28th Annual Conference in Banff. We hope you have a meaningful experience and take away some valuable insights from the sessions. It is only with your continued support that this conference can take place.

Your ACEA executive will be working hard to put together another significant conference.

For further information about the ACEA, copies of the "Inside Education" newsletter or future conference plans, find us at:

[www.acea86.ca](http://www.acea86.ca)



Alberta Correctional Education Association



28TH ANNUAL  
ALBERTA CORRECTIONAL  
EDUCATION ASSOCIATION CONFERENCE

Encourage, Engage  
and  
Empower

Banff Park Lodge  
March 5-7, 2014

Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good.

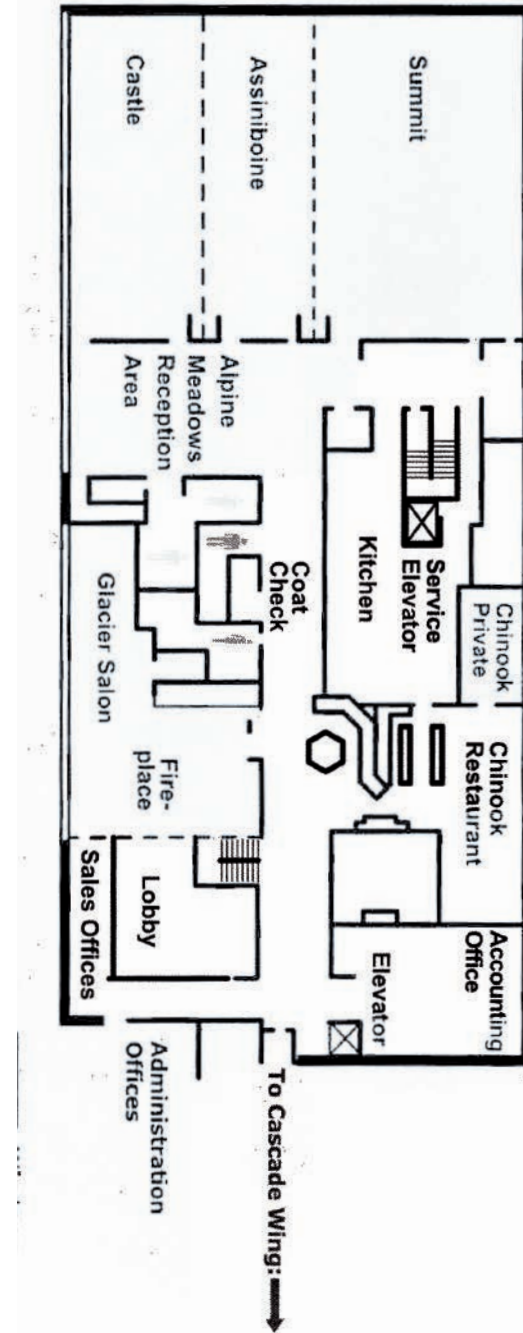
Elizabeth Edwards

## ACEA EXECUTIVE 2013 – 2014

ACEA POSITION	NAME & CONTACT	LOCATION
President	Jamie Barrow jamie.barrow@gov.ab.ca	Red Deer Remand Centre
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Past President	Corey MacPherson cmacpherson@yahoo.com	
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Southern	Kristie Knoll kristie.knoll@albertahealthservices.ca	Lethbridge Correctional Centre

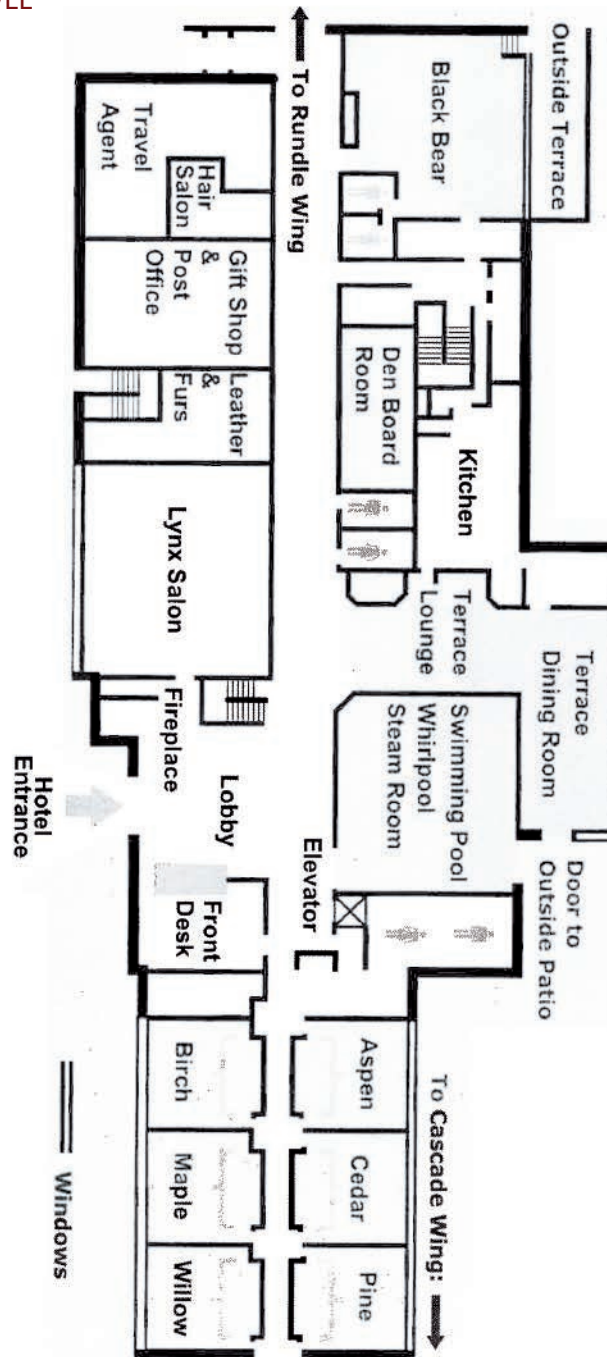
## BANFF PARK LODGE

### MEZZANINE LEVEL



## BANFF PARK LODGE

### MAIN LEVEL



## SCHEDULE - 2014 ACEA CONFERENCE "ENCOURAGE, ENGAGE AND EMPOWER"

WEDNESDAY	4:00 – 6:00 pm	Registration
MARCH 5	5:30 – 6:15 pm	Cocktails
	6:15 – 7:00 pm	Welcome and Opening Address - Dr. Clarke - Assistant Deputy Minister Alberta Correctional Services Corrections Update - Fiona Lavoy -Deputy Director, Strategic Services Branch
	7:00 – 8:00 pm	Banquet – Summit Room
	8:30 - Midnight	Black Bear Room - Networking - Toonie Bar
THURSDAY	7:00 – 8:30 am	Breakfast – Glacier Salon
MARCH 6	8:45 – 10:45 am	Dr. Martin Brokenleg The Effect of Family Experience on Resiliency
	10:45 – 11:00 am	Break
	11:00 – 12:15 pm	"MJ" MacLeod Lazy? Crazy? Stupid?? Or AD/HD Unchained?
	12:15 – 1:15 pm	Lunch – Glacier Salon
	1:15 – 3:45 pm	Dr. Martin Brokenleg Reaching Deeper- Touching a Student's Inner World
	Free Evening in Banff for Dinner	
	8:00 pm – 10:00 pm	Pub Night
FRIDAY	7:00 – 8:15 am	Breakfast – Glacier Salon
MARCH 7	8:30 – 9:30 am	Dr. Jana Grekul & Dawn Chalas Understanding Alberta Gangs and Developing (effective in/out) Intervention and Prevention Programs
	9:30– 9:45 am	Break
	9:45 – 10:45 am	Charlene Hellson Unpacking the Backpack
	10:45 – 11:00 am	Break
	11:00- 11:30 am	Annual General Meeting
	12:00 pm	Lunch

We, the ACEA board members and conference presenters, respectfully request that you arrive and find your seats before each session begins. This will allow a better, interruption-free experience for us all.

## PRESIDENT'S REMARKS

"Education is the most powerful weapon which you can use to change the world"  
-Nelson Mandela

A warm welcome to our distinguished guests, colleagues and friends,

On behalf of your Alberta Correctional Education Association board, I am pleased to welcome everyone to our 2014 conference "Encourage, Engage, Empower".



The ACEA continues to be dynamic and active, determined each year to bring the best conference to you. We know the coming years will be demanding and challenging, testing our strength, patience and resolve. But it is our vision, dedication, and engagement that will be the key to our success.

Research has shown that, on average, incarcerated individuals have addiction and mental health issues, lack positive family and community support and have lower levels of education. We need to work together and keep moving forward. We will fail from time to time and the odds are against us, but we can't give up. We must do everything we can to improve their chances of successful rehabilitation back into society.

A research article from the Bureau of Justice Assistance, US Department of Justice states "Inmates who participated in correctional education programs had 43 percent lower odds of recidivating than inmates who did not." Although I cannot find any current research out of Canada, the more we can offer in terms of education and support both in the institutions and in the community will only improve their chances.

I am honoured to be your President and I am proud of the work and dedication of my colleagues. I look forward to seeing everyone at this year's conference.

Sincerely,  
Jamie Barrow  
ACEA President

Life doesn't get easier or more forgiving,  
we get stronger and more resilient.  
Steve Maraboli - Life, the Truth and Being Free

## NOTES

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How wonderful it is that nobody need wait a single moment  
before starting to improve the world  
Anne Frank

### Session Overview:

A comprehensive research project was undertaken by Adult Correctional Services and Dr Grekul to explore the reasons why people join gangs, how they join, when and where they join. When appropriate, we also explored their reasons for leaving the gang and their thoughts on what effective intervention/prevention programs / strategies should look like. The interviews were extensive, with 207 being completed, involving current and ex-gang members providing valuable insight into the Alberta gang phenomena. The survey results will be presented along with the high-lights from intervention programs currently in place within correctional centres.

Friday, March 7, 9:45am – 10:45am

### UNPACKING THE BACKPACK

Charlene Hellson



Charlene Hellson is the mental health lead with the Aboriginal Health Program, Alberta Health Services. Her background is in Psychology and Anthropology, and she also has a history of performance and writing. She has integrated her artistic and professional skills to create unique learning experiences, such as 'Unpacking the Backpack' a one woman show which portrays the contemporary lived experience of Historical Trauma. Her hope is to impart the historical and social reality of Aboriginal people in ways that are not blaming and shaming, but to help to create understanding, and better relations.

### Session Overview:

"Unpacking the Backpack" was written, and performed for the conference "Cultural and

Mental Health Practice: Honoring Our Differences" in 06. It is an educational and experiential monologue that speaks to the heart and creates a new understanding of the historical impact upon the mental health of Aboriginal people in Canada today.

This one-woman show will take you on an empathic journey through the story telling tradition of Aboriginal people. This unique learning experience has been described as "moving, eloquent, and courageous".

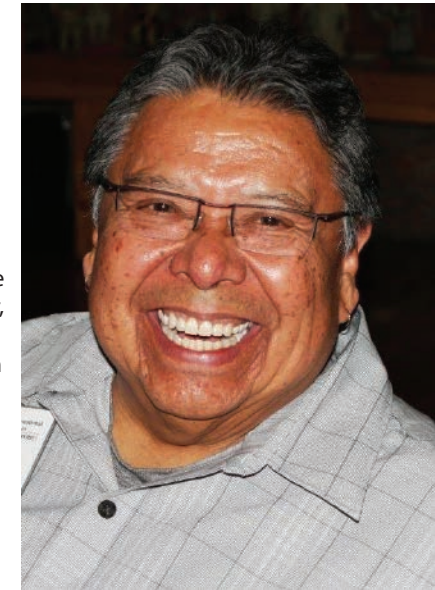
## CONFERENCE SESSION INFORMATION

Thursday March 6, 8:45 am – 10:45 am

### THE EFFECT OF FAMILY EXPERIENCE ON RESILIENCY:

Dr. Martin Brokenleg

Dr. Martin Brokenleg is co-founder of the Circle of Courage and consultant for Reclaiming Youth International, providing training worldwide for individuals who work with youth at risk. He holds a doctorate in psychology and is a graduate of the Anglican Divinity School. He is a retired professor and was most recently Director of Native Ministries and Professor of First Nations Theology and Ministry at the Vancouver School of Theology in Vancouver, British Columbia. For thirty years, Dr. Brokenleg was Professor of Native American studies at Augustana College of Sioux Falls, South Dakota. He has also been a director of The Neighborhood Youth Corps, chaplain in a correctional setting, and has extensive experience as an alcohol counselor. Dr. Brokenleg has consulted and led training programs throughout North America, New Zealand, and South Africa. He is the father of three children and an enrolled member of the Rosebud Sioux Tribe practicing the culture of his Lakota people.



### Session Overview:

Family life is the foundational strength in resiliency.

This session considers the strengths of family life and the needs of youth facing the contemporary youth worker.

Out there things can happen and frequently do,  
To people as brainy and footsy as you.  
And when things start to happen, don't worry, don't stew.  
Just go right along, and you'll start happening too!  
Dr. Seuss - Oh the Places You'll Go!

Thursday March 6, 11:00am - 12:15pm

### LAZY? CRAZY? STUPID?? OR AD/HD UNCHAINED?

#### “MJ” MacLeod

“MJ” is a registered psychologist in private practice who specializes in working with individuals and families who are impacted by addictions, depression, adult AD/HD, and trauma.



Through honest, direct, solution-oriented discussion, “MJ” supports individuals to identify appropriate options and resources to help their specific situation. Her approach is tailored to each individual’s needs.

“MJ” believes each person lives their life to the best of his/her ability with the resources at hand. However, the world around us is becoming a much more stressful place in which to live. As a result, individuals may experience life events that are difficult to handle, relationship crises, disappointments with life, depression, or anger and may require professional assistance.

In addition to her work, “MJ” enjoys being creative and active, spending time in the great outdoors and with her grandchildren. She also enjoys live theatre, playing scrabble and volunteering with Alberta 55+ Games and Ujaama Grandmas.

#### Session Overview:

What is AD/HD and how does it impact our day- to-day functioning?

This session is designed to help participants understand AD/HD and increase success for individuals they work with who are affected by AD/HD. Self-management strategies and keys to building resiliency will also be presented.

Thursday March 6, 1:15pm - 3:45pm

### REACHING DEEPER - TOUCHING A STUDENT’S INNER WORLD

#### Dr. Martin Brokenleg

From Parker Palmer to the Dalai Lama to the brain science of neurobiology, adults are pondering the importance of tending the inner world of children and youth. Native peoples have traditions which enhance and explore the inner

world of youth regardless of that youth's values. Current resiliency strategies create inner strength in children and youth.

This session develops a theory of creating inner strength in children and youth and explores specific activities adults can use in classrooms and residences to help children grow on the inside.

Friday March 7, 8:30am - 9:30am

### UNDERSTANDING ALBERTA GANGS AND DEVELOPING (EFFECTIVE IN/OUT) INTERVENTION AND PREVENTION PROGRAMS

#### Dr. Jana Grekul and Dawn Chalas

Dr. Jana Grekul is Associate Professor of Sociology and Director of Criminology at the University of Alberta. After completing her BA degree in sociology at the University of Alberta, Dr. Grekul, went on to complete her MA in 1995 and her PhD in 2002. Her master’s thesis research was conducted at a maximum-security prison where she investigated the impact of group processes on the misperceptions and misunderstandings that occur between correctional officers and inmates, and how these processes contribute to prison violence. Her doctoral research was a case study of the eugenics movement in Alberta. Dr. Grekul’s current research interests include studying street and prison gangs, particularly Aboriginal gangs. She is also involved in research that focuses on impaired driving and programs that address the issue, public perceptions of impaired and distracted driving, and the connection between impaired driving and criminal behaviours. Dr. Grekul teaches a variety of sociology and criminology courses and recently co-authored Sociology Matters, Sociology, and Criminology.



Dawn Marie Chalas has been a researcher with Alberta Correctional Services for twenty years, and is committed to engaging in applied research that can provide value to those working with individuals who are involved in corrections. With complementary activities as a researcher and a registered psychologist, Dawn is a strong advocate for implementing research findings in work with others. Along with Lelo, her talented service dog, she utilizes research findings from a wide variety of projects when working children and families with high needs in her home community. From the ethics approval process to the writing of the final report, Dawn was proud to be a member of the team conducting gang research in Alberta correctional centers and community corrections offices. Welcoming the opportunity to interview some of the youth and adult participants in the project, she valued the sharing of their insights into gang life.