



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.

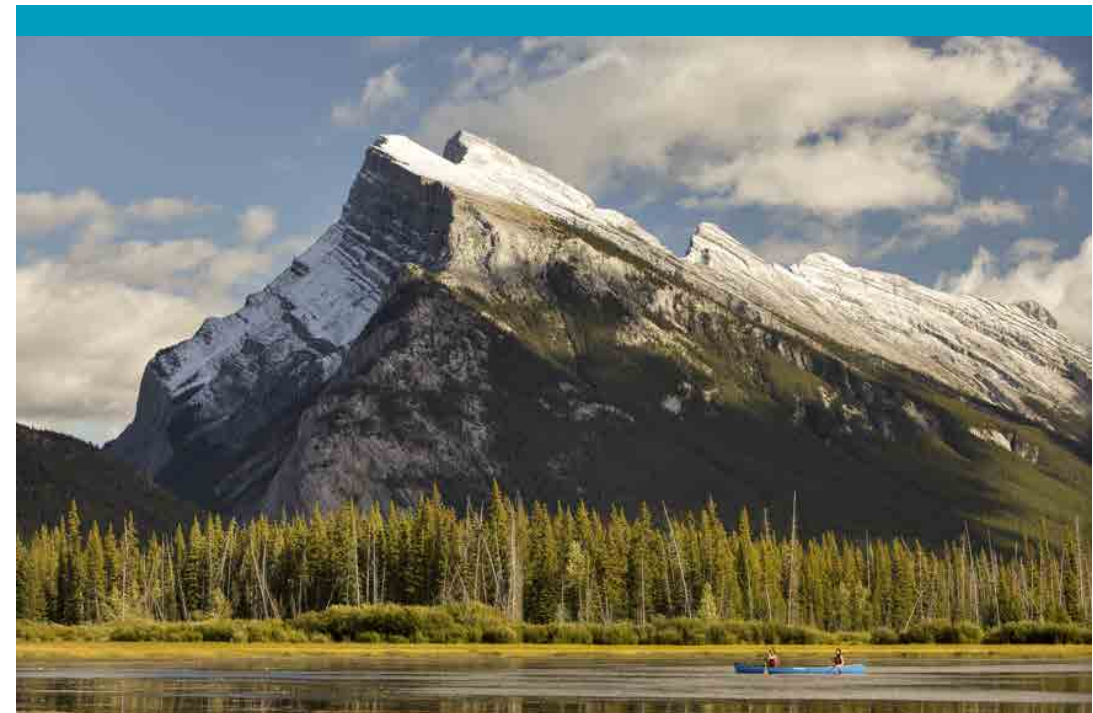
For further information about the ACEA, copies of the "Inside Education" newsletter or future conference plans, find us at:

www.acea86.ca



Alberta Correctional Education Association

Step with care and great tact,
and remember that life's a great balancing act
Dr. Seuss



29TH ANNUAL
ALBERTA CORRECTIONAL
EDUCATION ASSOCIATION CONFERENCE

Finding
the
Balance

Banff Park Lodge
March 4 - 6, 2015

ACEA EXECUTIVE 2014 – 2015

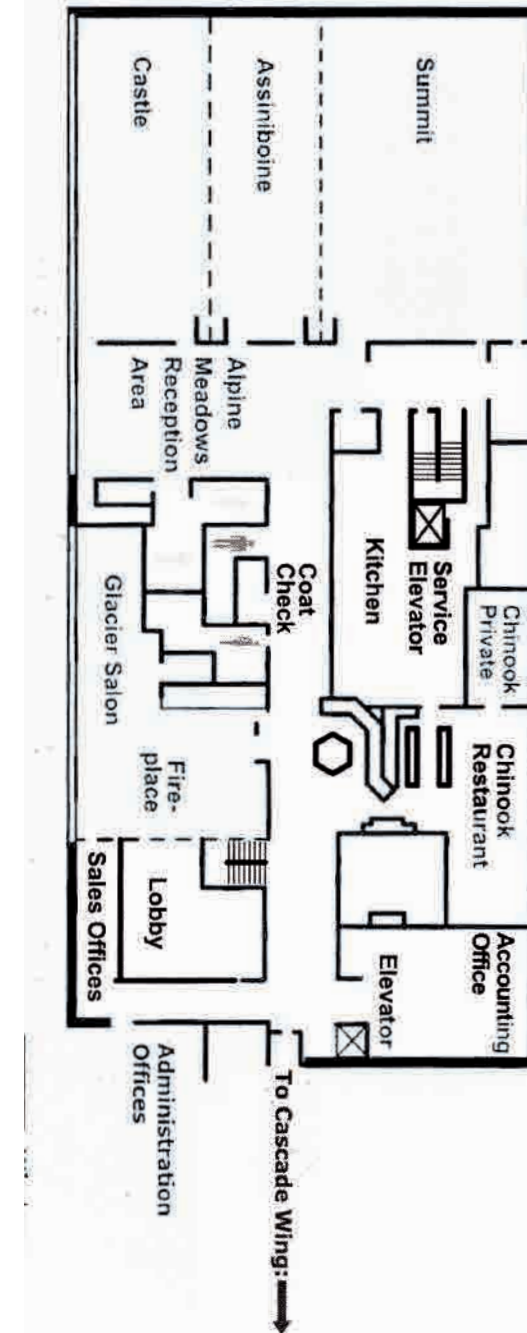
ACEA POSITION	NAME & CONTACT	LOCATION
President	Jamie Barrow jamie.barrow@gov.ab.ca	Red Deer Remand Centre
Vice President	Tammi Cazal tammi.cazal@gov.ab.ca	Lethbridge Correctional Centre
Newsletter	Cobern Whitehead cwhitehead@bowvalleycollege.ca	Bow Valley College Calgary Correctional Centre
Secretary	Melissa Gruber mgruber@enviros.org	Enviros Calgary, AB
Treasurer	Jeff Korchinski jwkorchinski@cbe.ab.ca	West View School Calgary, AB
Past President	Corey MacPherson cmacpherson@yahoo.com	

REGIONS:

Calgary	Charlotte MacDonald-Allan charlotte.macdonald-allan@gov.ab.ca	Calgary Young Offenders Centre Calgary, AB
	Mike McInnis mbmcinnis@cbe.ab.ca	West View School Calgary, AB
Central	Fiona Lavoy fiona.lavoy@gov.ab.ca	Government of Alberta Edmonton, AB
Edmonton	Sheilagh McBride sheilagh.mcbride@norquest.ca	NorQuest College Edmonton, AB
	Krystine Nichols krystine.nichols@norquest.ca	NorQuest College Edmonton, AB
Northern	Kwasi Amenu-Tekaa kwasi.amenu-tekaa@csc-scc.gc.ca	Grande Cache Institution
Southern	Kristie Knoll kristie.knoll@albertahealthservices.ca	Lethbridge Correctional Centre

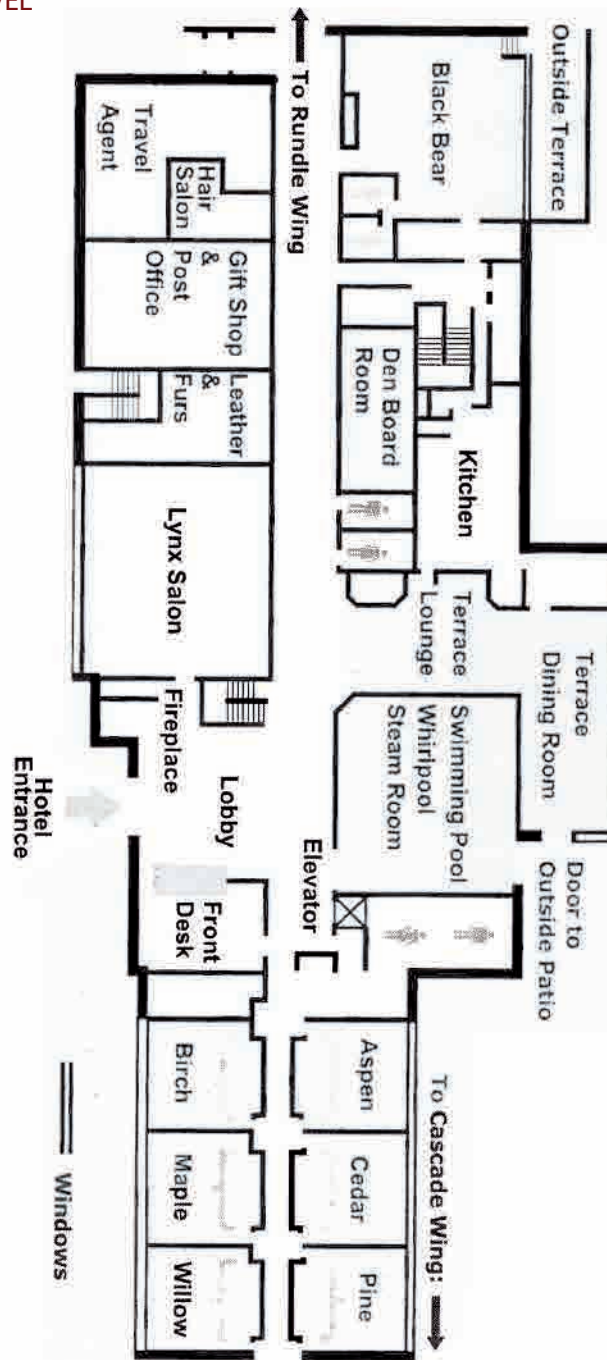
BANFF PARK LODGE

MEZZANINE LEVEL



BANFF PARK LODGE

MAIN LEVEL



SCHEDULE - 2015 ACEA CONFERENCE "FINDING THE BALANCE"

WEDNESDAY	4:00 – 6:00 pm	Registration
MARCH 4	5:30 – 6:15 pm	Cocktails
	6:15 – 6:45 pm	Welcome and Opening Address - Dr. Clarke - Assistant Deputy Minister Alberta Correctional Services Corrections Update - Fiona Lavoy -Deputy Director, Strategic Services Branch
	6:45 – 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 5	8:45 – 10:15 am	Margo Talbot Adventure Therapy
	10:30 – 12:00 pm	Dr. Keith Courtney Post Traumatic Stress Disorder
	12:00 – 1:00 pm	Lunch – Glacier Salon
	1:00 – 2:00 pm	Dr. Keith Courtney Post Traumatic Stress Disorder
	2:00 – 2:15 pm	Break
	2:15 – 4:15 pm	Dr. Allan Donsky Mindfulness
	Free Evening in Banff for Dinner	
	8:00 pm – 10:00 pm - Pub Night	
FRIDAY	7:00 – 8:15 am	Breakfast – Glacier Salon
MARCH 6	8:30 – 9:30 am	Jack Jervis Awareness and Decision Making: A Fine Balance
	9:30 – 9:45 am	Break
	9:45 – 10:45 am	Jack Jervis Awareness and Decision Making: A Fine Balance
	10:45 – 11:00 am	Break
	11:00 - 11:30 am	Kathleen Henderson Mindfulness Exercise
	11:30 - 12:00 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

Welcome Colleagues, Friends and Guests.

It's hard to believe that the Alberta Correctional Education Association is entering our 29th year. The ACEA vision is simple: "...dedicated to the academic, vocational and personal development of incarcerated persons and the professional enhancement of association members."

The conference theme for 2015 is "Finding the Balance." It doesn't matter how you fit in the Justice and Solicitor General jigsaw puzzle; if you are a Probation Officer, Correctional Peace Officer, Educator or a Community Partner, we are all employed in a highly demanding career.

Researchers have taken note of the emotional roller-coaster that Correctional employees endure throughout their careers. The research and statistics can be summed up in one single but powerful word - depressing. There is a wide array of stressors that have a significant negative consequence to our health and well-being. Not only does this affect us, but also those around us - including family, friends, co-workers and the offenders. Sadly, these consequences can decrease the safety within the correctional institution as staff members begin to burn out, lose interest in their jobs and lose faith within their department and justice system. Some may even feel resentment towards their colleagues and supervisors, creating a more toxic and dangerous environment.



Studies show that between seventy and eighty percent of correctional staff is stressed. Between twenty and thirty percent of correctional officers in Canada have been diagnosed with depression at least once in the last ten years. This is almost three times higher than the average national rate for workplace depression. There is a daily risk of threats of violence or injury towards those working with correctional offenders. A 2007 study by the National Institute of Justice found "inmate-to-staff violence results in 2,000 correctional staff member injuries annually". It is expected that this number will only increase as operating budgets begin to decrease, senior staff begin to retire, and prisons experience overcrowding and an increase in admissions of special needs offenders (gangs, protective custody, medical and mental health).

It is time to have that discussion surrounding work place depression and post-traumatic stress disorder. We are not emotionless knuckle draggers. We are human - fragile and breakable under pressure. Frightful and stressful situations will happen to every one throughout our lives. We cannot be afraid or ashamed to ask for help. With the passing of comedic genius Robin Williams, it was said "Another reminder that all the talent and humor in the world is no match for the power of depression."

I look forward to hearing from our presenters and from all of you.

Sincerely,
Jamie Barrow
ACEA President

NOTES



Life is like riding a bicycle.
To keep your balance, you must keep moving
Albert Einstein

Friday March 6, 8:00am - 9:30am & 9:45am - 10:45am

AWARENESS AND DECISION MAKING - A FINE BALANCE

Jack Jervis



Jack Jervis has worked in various Human Resource roles for the Government of Alberta for the past 37 years. He has recently moved into a part-time government teaching role in the areas of Respect, Leadership and Positive and Productive Workplaces.

In his spare time, Jack facilitates Film Appreciation courses with Lori, his wife of 32 years, and spends time with their two daughters.

Session Overview:

Jack Jervis has used the latest brain-based research to investigate how we pay attention, what we pay attention to and how what we pay attention to biases our decision making.

Through a combination of lecture, video and table discussions, Jack's presentation will provide attendees with an understanding of how our awareness influences our decision making process.

Friday, March 6, 11:00am – 11:30am

MINDFULNESS EXERCISE

Kathleen Henderson

Kathleen Henderson is a veteran instructor with NorQuest College. She works at the Edmonton Remand Centre, where she teaches Anger Management, Prevention of Family Violence, and Parenting. Kathleen uses mindfulness practices both in her classes and in her life outside of work as a way to increase focus, decrease stress, and recharge after a long day in the classroom. A Registered Provisional Psychologist, she has both researched the mental health benefits of mindfulness and trained in Mindfulness-Based Cognitive Therapy.



Session Overview:

Mindfulness refers to the practice of focusing on the present moment in a non-judgemental manner. It has been adapted into a wide variety of environments and promotes both the physical and mental health of its practitioners.

CONFERENCE SESSION INFORMATION

Thursday March 5, 8:45 am – 10:15 am

ADVENTURE THERAPY:

Margo Talbot

Margo Talbot is a professional climber, author, and speaker. She has worked with Outward Bound's Youth at Risk and Women of Courage programs, run climbing clinics for Enviros, as well as taught ice and rock climbing clinics all over North



America for more than ten years. Her first book, "All that Glitters: A Climbers Journey through Addiction and Depression" was a finalist at the Banff Mountain Book Festival in 2012.

Session Overview:

Margo Talbot shares her compelling story of healing and self-discovery amid the frozen landscapes of the planet. Rescued from the depths of drug addiction and crime by the lure of climbing frozen waterfalls, Margo rises from the brink of suicidal depression in a jail cell to being envied by a client in Antarctica for having a "dream life".

Things to take away from Margo's presentation:

- An inspiring story about hope, resilience, and personal transformation
- A deeper understanding of the root causes of addiction and mental illness
- Tips and techniques on how to find balance in life

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better, The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly...who at best knows in the end the triumph of high achievement, and who, at the worst, if he fails, at least fails while daring greatly.

Theodore Roosevelt

Thursday March 5, 10:30am - 12:00pm & 1:00pm - 2:00pm

POST-TRAUMATIC STRESS DISORDER

Dr. Keith Courtney

Dr. Keith Courtney is a board certified psychiatrist trained in the U.S. After the completion of his residency Dr. Courtney worked as the Medical Director at the Long Creek Youth Development Center in South Portland, Maine. He was the first psychiatrist hired by the Maine Department of Corrections to coordinate and develop the mental health care, medical care, substance abuse treatment and sex offender treatment for the juvenile offenders in Maine. Dr. Courtney joined the faculty of Dartmouth Medical School in 2003 and was the Outpatient Behavioural Health Director for the New Hampshire Department of Corrections. In 2005 Dr. Courtney accepted a position with Naphcare, Inc., a U.S. corrections managed care cooperation, as the Corporate Mental Health Director and the Chief Psychiatrist at the Clark County Detention Center in Las Vegas, Nevada. Clark County is the 8th largest jail in the U.S., housing 4000 inmates. He was responsible for the direct services provided at the Clark County Detention Center as well as the mental health services provided at 13 jails throughout the U.S. that were managed by Naphcare. In 2011 Dr. Courtney moved to Calgary where he is currently the Facilities Medical Director of Correctional Health Services for Alberta Health Services, overseeing the medical and mental health services in 10 correctional centres in the province. Dr. Courtney has published in the areas of correctional health care and has lectured internationally on topics of correctional health care including sex offender treatment, suicides in jails and prisons, minority offenders, and the role of police in working with mentally ill offenders. He is a surveyor for Accreditation Canada and the National Commission on Correctional Health Care and is a member of National Commission on Correctional Health Care's Juvenile Health Care committee.



Session Overview:

It is estimated that as many as 60% of male inmates and 90% of female inmates have histories of physical, sexual or psychological trauma that significantly impact their daily interactions and functioning. The correctional environment can be a particularly difficult setting for individuals with trauma histories.

At the end of this workshop the participant will:

1. Recognize the different types of trauma and the signs and symptoms associated with traumatized individuals.

2. Understand the mental health diagnoses associated with trauma, including acute stress disorder, posttraumatic stress disorder, major depression, substance use disorders, and others.
3. Understand some of the strategies that are effective in working with traumatized individuals
4. Have a basic knowledge of the treatment strategies that are effective in treating traumatized individuals, particularly in the corrections setting.

Thursday March 5, 2:15pm - 4:14pm

MINDFULNESS

Dr. Allan Donsky

Allan Donsky, M.D. is qualified as both a Pediatrician and Child/Adolescent Psychiatrist.

He is a Clinical Assistant Professor in the Department of Psychiatry at the University of Calgary and Adjunct Professor in the Department of Child and Youth Studies at Mount Royal University.

He had a full time clinical practice for 17 years and has been consulting Psychiatrist with the Healthy Minds/Healthy Children program in Calgary for the last decade.



With a view to offering his work to more students, educators and other professionals, he currently spends his time working in Mental Health Classrooms teaching Mindfulness. Mindfulness is an inherent human capacity that fits in well with the theme of "Finding Balance". It leads to greater insight about the human condition and enhances the ability to navigate the human experience. This ultimately leads to better mental health and wellbeing.

Three Rules of Life

1. Your time is limited, so don't waste it living someone else's life.
2. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice.
3. Have the courage to follow your heart and intuition - they somehow already know what you truly want to become.

Steve Jobs