

**CRIMINOLOGY  
EDUCATIONAL  
AND  
COUNSELLING  
SKILLS COURSE**



**Doctoral Study and  
Collaborative Initiative**

**A PREVENTIVE  
PROGRAM FOR**

# **INDIVIDUALS WORKING WITH AT- RISK YOUTH**

## ***LEAD FACILITATORS***

**This course is based on a Doctoral Study – Profiles of the individuals who have written specific components of the program are enclosed:**

**Opening Comments: Feb. 9<sup>th</sup>.**

- **Fredericton City Police Dept.**
- **Chief Barry MacKnight**
- **Mayor Brad Woodside City of Fredericton**
- **Government Representative Confirmed but rep. TBA.**

**Special thank you to PHL Inc. - major sponsor and motivator.**

Positive Heart Living places an emphasis on educating people about the **risk factors** associated with heart disease and how these risk factors are related to a healthy, balanced lifestyle. Positive Heart Living is working towards reducing the risk of heart disease and promoting improved quality of life through program development and training about positive lifestyle choices to all age levels.

**Good health** and **education** are two of the most important human resources that we can aspire to attain. A nation of healthy, active people can make life worthwhile and happy. However, there must be goals, objectives, and programs.

A healthy lifestyle is a commendable goal and one that each individual is responsible for. Children and adolescents will be greatly influenced by their peers; therefore, we must work together to make our community more positive. Community leaders and health groups are important components of promoting improved heart health.

Recognizing problem areas in our lives and turning them around so that we can benefit from them is a step in the right direction.

We, as individuals, are responsible for our lifestyle choices. Quite simply, it could mean parking a car a block away from our destination when we go shopping and walking briskly there and back, or it could mean avoiding the elevator and using the stairs. There are many areas to think about when we think of our lifestyle, such as education, spirituality, family, finances, physical fitness, nutrition, sexuality, mental health, legality, social skills, emotions, and vocation. A balance in all these areas is needed.

Remember — a healthy lifestyle is a positive lifestyle. Welcome to Positive Heart Living, Inc.



Dr. G. Everett Chalmers, *O.C., B.A., M.D.C.M., FRCS(c), FACS,  
D.Sc.(UNB) Honorary Chairperson Chief Consultant P.H.L.  
Co-Founder of PHL Inc. (1986- 1993)*

## **Dr. Bonnie Priest - Course Designer**

**Bonnie is a native of Fredericton, NB, where she attended Albert Street and Fredericton High School. Bonnie trained at the old Victoria Public Hospital, where she received certification as a Registered Cardiology Technologist, and was a founding member of the New Brunswick Cardiology Technicians Association. Bonnie has worked in large teaching hospitals across Canada, where she has attended numerous training certifications, and developed educational programs in a variety of health care settings. Working alongside her friend and mentor, Dr. G. E. Chalmers, Bonnie founded Positive Heart Living Inc. in 1987. Returning to school as an adult learner Bonnie received a 4 year B.Ed. and a M.Ed. from the University of New Brunswick, both with distinction. A Certificate in Criminology and Social Justice was attained from St. Thomas University, due to her years of working with, and concern with recidivism rates of adolescent offenders. Bonnie's passion for new challenges led her into a Doctoral program, which she has completed**

with Honors. An avid sports person, and working collaboratively with like-minded people has led to the many successes she has accomplished. Bonnie is a member of the Canadian Counseling Association.

Written by long time friend Sheila L. Cheevers - 2006 –

**Charles Betts 27/04/05 – Poem – Bruised  
Children  
Fredericton Fire City Firefighter**

**SGT. KIM QUARTERMAIN – Fredericton City  
Police**

Kimberly Quartermain is a native of Fredericton, N.B. and attended McMaster University in Hamilton, Ontario, where she obtained a BA. in Sociology in 1991. Kim attended the Atlantic Police Academy in Summerside, PEI in 1994, and subsequently spent a short time in Charlottetown, PEI with the Charlottetown Police Force. Kim began her career with the Fredericton Police Force in February of 1996 and has spent time in the Patrol Division, the Community Policing Division, the Major Crime Division, and is currently a Sergeant in charge of a patrol shift. While working in the Major Crime Division, Kim was tasked with preparing the Fredericton Police Force for the changes that would take place with the implementation of the Youth Criminal Justice System. Kim has since developed programs within the Fredericton Police Force, and assisted in obtaining the funding for the position of a Youth Intervention Worker for the Fredericton Police

**Force. Kim has also instructed on the Youth Criminal Justice System at the Atlantic Police Academy, for the RCMP, the John Howard Society, and other private institutions. Sgt. Quartermain has been involved with the initial study, and assisted with the coordination of the Lead Facilitators Course. Mr. Gary Smith**

**Gary Smith is currently a school counselor for the Weber School District in Ogden, Utah, USA. Gary has been in education for 28 years serving the first 17 years as a custodian serving grades 7 – 9 in a junior high setting. Gary began working with At-Risk student that did not have a desire to go to class or learning was difficult and the students had problem behaviors. Gary appreciated the opportunity to help in a non-threatening way to help students succeed. Gary received his BS degree in Gerontology with a counseling emphasis from Weber State University 1985. Gary continued his education and received a MA.Ed. in educational counseling from University of Phoenix in 1998. Gary has been a leader in elementary counseling in Utah and has received the praise of his fellow counselors and administrators' receiving the award of Elementary Counselor of the Year for Utah in 2006. Gary is finishing his doctorate from Nova Southeastern University. Gary has accomplished many things in his life despite the counsel given him by his high school counselor, "Find a job you enjoy and do not plan on going to college because it will be too difficult." Gary serves on the NAMI board in his local area teaching classes on mental illness awareness. Gary has volunteered at the Kiesel Correctional facility in Ogden, Utah helping inmates make better choices in their lives to remove the At-Risk characteristics.**

*Our attitude is a huge power for relief from At-Risk characteristics in every person's life.*

## **Mr. Karl Goguen**

**Mr. Karl Goguen recently retired from the RCMP, where he had been employed for approximately two decades. Karl has worked in numerous positions over the years. His passion for working with people and helping others has always been a major goal in his life. Karl's skills led him into the field of counselling through the EAP Program and the Coordinator of Conflict Resolutions and Alternative Dispute Resolutions. While "J" Division will miss Karl as he retires this year, Karl has gone on to new dreams. He is currently the Founder and CEO of MC Border Security in Fredericton, New Brunswick.**

## **MR. ADAM STICKLES**

**Adam Stickles is a native of Fredericton, NB. Adam's goal of achieving work in policing was enhanced by his involvement, with the Fredericton City Police, where he volunteered in the victim witness unit from 1999 to 2001. During this time Adam attended St. Thomas University, where he graduated with a BA in 1999, with Majors in Criminology and Sociology. Adam gained a vast amount of experience with at risk youth from 1999 until 2002, as he was also employed as a Youth Correctional Officer at NBYC. Adam is the Co-ordinator for the Alternative Measurers and Fine Option Programs in the Dept., of Public safety, with the Province of NB., where he has worked from 2002 to the present. During this time his duties also include working in the Probation office. Adam stickles has been involved with this study, with**

departmental approval, since the implementation phase of this study. His credibility and expertise have been well received.

**DARLENE Barriere Child Abuse Effects:**  
[www.child\\_abuse\\_effects](http://www.child_abuse_effects).

*“Thank you for your complimentary words. I am all for quality programs that help youth, especially youth at risk. I hope you'll keep me informed about how things are moving along. If you develop a website for your youth program, let me know the URL. If it's a good fit with mine, I'd be happy to include it as a link on one of my pages. And good on you for taking on such a worthwhile cause.. The world needs more dedicated people like you”.*

*Sincerely, Darlene Barriere Violence & Abuse Prevention Educator, B.C. Author: On My Own Terms, A Memoir*

**Tony DeCourcey – Addictions Services  
Presenter.**

**J. Anthony (Tony) DeCourcey is a Registered Social Worker, and an active and well known member of Fredericton. Tony graduated from Mount Royal University in 1973 with a - Leisure Ed. degree. Tony worked as Camp Director for Alberta Rehab Council from 1973 until 1975.**

**Tony DeCourcey started with the Alcoholism & Drug Dependency Commission in 1975 where he continues to be employed. Tony is an active Board Member of TADD NB. Tony developed the Short High Impact Program for Impaired Drivers, and is a certified trainer in the TIPS program. He also facilitated Train the Trainer in Youth and Drugs, and currently does Gambling Training for**

**Addiction Services. Tony is a dedicated husband and proud father of three children.**

### **Ms. Jen Myshrall**

**Jen is a native of New Brunswick, and has always had an interest in working with youth. Jen Myshrall is currently a student at the University of New Brunswick, with an ultimate goal of obtaining a Law Degree. Jen serves as a Director of Positive Heart Living, which has resulted in working with the Fine Option Program, and at risk youth. Jen's education in the area of Criminology, and her extensive experience with help lines, have embedded within her the need for change and programs to help at risk youth. Over the years Jen has worked as a lifeguard, combined with teaching swimming lessons, and she continues to spend numerous hours volunteering in this area. Jen has contributed greatly to the study, which resulted in extensive research, an area in which she is gifted.**

### **Shaun Benson**

**Shaun Benson started his career in Corrections in 1994 as a Correctional Officer at the Saint John Regional Correctional Center. After a period of time working with adult offenders, he accepted a position working in a newly opened maximum security young offenders unit. There, he worked closely with the Young Offenders under his care and their families. In 1998, he continued in his chosen field as a Correctional Officer with Correctional Services Canada at the Maximum Security Atlantic Institution in Renous, N.B. During his employ there, he ascended the ranks to become a Correctional Supervisor, who is responsible for the operation of the**

entire Institution, in the absence of the Warden. Since attaining the position of Correctional Supervisor, he has worked for a period of one year at the Minimum Security Westmorland Institution, where the effects of rehabilitation are much more visible. Currently, he works at Dorchester Penitentiary, which has a population of approximately 450 inmates.

Shaun has had the opportunity to work in all aspects of the Correctional system and has, unfortunately, seen many of the Young Offenders whom he initially supervised, become grown men and career criminals who have progressed into the Federal system. He is aware of many of the risk factors which affect our youth, and is passionate about providing the help and resources necessary to not only help young offenders to stop their criminal behavior, but to attempt to prevent some of the factors which cause youth crime to initially arise.

**Appreciation for printing the training manual goes to:**

**Many Volunteers**

- Canadian Tire Stores
- Boys and Girls Club – Skyline Acres, Fredericton, NB
- Boys and Girls Club - Mountain Rd. Moncton, NB
- Sir James Dunn – St. Andrews NB. Safe grad 2005
- Sister Karen Kelly, Leo Hayes Safe Grad 2005

**For further information please contact**

**Dr. Bonnie Priest**

**[Phi77@nbnet.nb.ca](mailto:Phi77@nbnet.nb.ca)**

**Thank you and please pass the information on to people  
you feel may benefit from this course.**