



Speech and Hearing BC
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Vibrations

December 2018

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President's Message

I spent some time with a friend's 8 month old recently. An incredible display of communication, eye contact, facial expression, babbling, looking around, responding to sounds and voices, communicating tired, hungry, more, happiness, love, recognition; all before oral speech and language. It was humbling.

I love helping people communicate, seeing people communicate, hearing people communicate, and watching the reaction of parents, partners, and friends, when someone who has been working to develop or improve their communication has success. We are members of remarkable professions. It is our responsibility to help educate the public about our role. We can do that every day in our workplace with patients, families, co-workers, administrators, and with Speech and Hearing BC.

Watch for opportunities to volunteer on committees, at exhibit tables, and for advocacy initiatives. We will be reviewing the more than 100 responses we received for our key strategy survey and creating our 2019 advocacy plan. Be on the lookout for the new website in the new year as well. I hope you enjoy some new features in this issue of *Vibrations*. Consider sharing therapy moments and your creativity with your colleagues. We would love to see what you do! Or, tell us about a day in your professional life. We all have stories to tell of our impact on the lives of our clients, patients, students...and theirs on ours. I am finishing this up as I land in Boston to attend ASHA, learn, connect with friends, and acknowledge award winners in our field. I wish you many opportunities to influence, learn, connect, lead, and grow.

Sherri K Zelazny, MA/RSLP, CCC-SLP
BCASLPA President



INJURY TRIAL LAWYERS

We have over 50 years of experience representing victims with serious injuries including trauma to the brain and spinal cord, fractures, soft tissue injuries and chronic pain, and post traumatic stress disorder. We work with medical professionals, rehabilitation clinicians and caregivers to ensure your clients receive early and maximal treatment to speed their recovery. We have the expertise, the resources, and the relentlessness to:

- Advocate for your clients' rights to the maximum treatment available through our public health system;
- Demand insurance companies like ICBC fully fund the rehabilitation benefits they are obliged to pay;
- Arrange for timely private diagnostic, medical and paramedical care; and
- Ensure financial resources are in place for necessary but unfunded treatments and therapies.

As staunch advocates for injured parties, we then hold defendants and insurance companies accountable for harm done.

Please contact us if you would like to learn more. We are here to help.

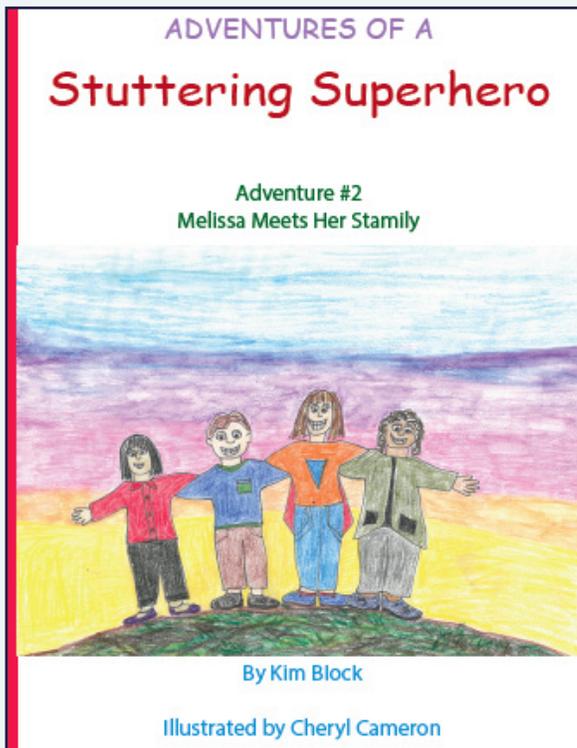
604-683-3771 or rhelaw.com



TRUTH. ACCOUNTABILITY. RESULTS

Book review:

Adventures of a Stuttering Superhero



Adventures of a Stuttering Superhero Adventure #2: Melissa Meets Her Stamily

Author: Kim Block
Illustrator: Cheryl Cameron
Written in British Columbia
Publisher: www.stutteringadventures.com

Order: directly from Amazon – it will say ‘out of stock’, but it is ‘print on demand’ and your copy will arrive within a month, so persist.

Cost: Total \$16.89 CDN delivered by Canada Post, Book \$10.35 CDN

Reviewer: John Scott, RSLP, Nanaimo, BC.

Adventure #2 in Kim’s 8 x 10 softcover series is now out. In the first adventure, “Interrupt-itis”, Melissa asks community helpers like her doctor, a policewoman and her principal how to help a boy who couldn’t stop interrupting her when she stuttered – ‘he has interrupt-itis!’—which was a lovely reframing of the world of a young person who stutters. To find the solution her mother gave her, read that book.

In this book, Melissa flies “to meet other people who stutter in Toronto, Ontario, Canada. Her mother called it a learning party.” She is going to meet her stuttering family – her Stamily – for three big days. Once again this slim sweet book designed for young children and class presentations and discussions hits the mark in so many wise ways. The crayon and watercolour illustrations reflect Canada’s beautiful ethnic and personal diversity, and will delight young children and observant adults. The simple but smart text hides many thoughtful insights that Kim and her husband (“both people who stutter and have been actively involved in the stuttering community for more than 20 years”) have made into a short story of a self-help conference by, with, and for people who stutter. The book is dedicated ‘to all the people who volunteered and continue to volunteer in the stuttering community.’ The support of the Canadian Stuttering Association and the National Stuttering Association and their websites are listed at the front.

Audience: Anyone who needs to hear about other children and adults who stutter, and anyone looking to explain to others that people who stutter are people first, and benefit from joining the community or ‘Stamily’ of all kinds of people who also stutter. “For the first time she meets other kids and adults who stutter ...a NASA rocket scientist, a nurse, a veterinarian, and a teacher.”

A girl asks, “Aren’t they a-f-f-fraid to talk?” “They are brave, they are strong, and they know when to ask for help. We never become who we are alone. When you are b-brave you help others feel brave, “said Mrs. Woodyly smiling.” The facilitator is also a person who stutters.

The book is another adventure, celebrating 'the best time of her life' for young Melissa. Anyone who has run summer camps or programs for young children or adults who stutter will recognize the joy in this book.

Kim plans to continue issuing these remarkable, simple books, so keep watching her website for future publications.

Reviewer's note – my first book review for *Vibrations* was Dr. Jock Carlisle's 1985 autobiography, "Tangled Tongue", U. of Toronto Press, now sadly out of print. Jock, the oldest member of the Royal Ottawa's self-help (maintenance) group for graduates of its adult intensive fluency program, would be delighted to see young children, their families and professionals have access to clear and kind information and encouragement, like Kim's books. In memory of Jock, I recommend this new jewel in a hopefully long series. Kudos, Kim! And I encourage others to explore 'print on demand'.

Reminder: It's Time to Renew Your Membership!

If you are a Speech and Hearing BC member, you have already received your reminder email from SAC about renewing for 2019. Did you know that SAC and Speech and Hearing BC have the largest joint membership in Canada? With this joint membership comes many benefits, including the newest offer from SAC: **all online Webinars, Lunch and Learns and Webcasts are free to members!** This is a great way to fulfill those last minute CCCs before the December 31st deadline. Also, when you are thinking about renewing your membership for 2019, SAC will be offering more online learning opportunities starting in January 2019. (<https://www.sac-oac.ca/news-events/news/renew-your-sac-membership-2019>)

If you have any professional education ideas you would like to share, please feel free to email [Alyssa Dixon, Director of Professional Education](#), with your suggestions.

Nicky Waite's Journey as a Speech-Language Pathologist

Returning recently from the October Speech and Hearing BC conference in Victoria and seeing so many bright young faces, it really brought home to me the aging process and how much has changed over the years of my work in the field. Who could be better qualified to share some facts and figures than an SLP who graduated in 1964 and has been practicing for half a century (gasp!) way before many of you were born.



Here are some quick facts:

Personal:

- I am a Scot and I trained in Glasgow. It was a 3-year course and I believe it gave me excellent grounding.
- Upon graduation, I worked for the school board in London, England. This was a baptism by fire as the children I worked with were tough little Cockney kids in the east end of London. Believe me, I didn't teach them such sound targeted jingles as "my father's car is a Jaguar"!
- Newly married, I immigrated to Fredericton, New Brunswick, with my husband, John, and had no trouble finding a job there. In fact, John came ahead of me and found me a job upon arrival within the first two weeks. They had not had an SLP for two years in Fredericton, and I became one of four SLPs in New Brunswick. We were so valued! I remember one wonderful little apraxic boy whose father brought him once a week from Newcastle to Fredericton, 165 km each way, to receive therapy from me.
- In the fall of 1969, John and I came to Vancouver and I was offered a great selection of job opportunities. This was the first time I had the chance to work for a health unit. That is when I joined the BC Speech and Hearing Association – 30 of us at that time – and became involved in the various executive committees. One of the members was Dr. John Gilbert who went on to start the Master's Program in Speech-Language Pathology and Audiology at UBC.
- In 1970, we started our family and I stopped working and spent several years raising our three young children. However, I still continued to be part of the executive, first heading the registration committee, and then as treasurer.
- In 1980, I returned to work, and started working for school districts, first Burnaby, then Coquitlam, then Chilliwack. The final position was very convenient as we had moved to Abbotsford as a family at that point.
- In 1993, while working in Chilliwack, I had the opportunity to work part time for them and to open a fully equipped private practice clinic in my home.
- In 2004, I retired from the Chilliwack School District and still enjoy working 2 days a week in my private practice.

I hope my sharings encourage the newly qualified in Speech-Language Pathology and Audiology. We have wonderful, stimulating, and challenging professions. Just last week, a woman came up to me and thanked me for the work I had done to help her child who was born weighing 1.5 pounds. She was aged 5 when I first saw her, and now she is 16 years old, learning to drive, and is doing really well at school. Another child, who was profoundly deaf when I first started to help her, received a cochlear implant with my encouragement and assistance, and is now studying at university.

In conclusion, what we do is support families and change lives. How blessed we are!

Nicky Waite, RSLP

NOTICE

Speech and Hearing BC has two Provincial Council vacancies:

Area Representative - Fraser Valley **Area Representative - GVRD**

Some of the Benefits of Joining Provincial Council are:

- Experience being involved with a dynamic organization
- Expanding your professional network
- Learning about province wide initiatives
- The chance to steward your professional association
- Advocacy/public education opportunities
- Earning up to 5 CEEs per year for being involved
- Free Conference for attending the requisite PC meetings
- Travel expenses to the annual conference to attend the Sunday PC Meeting
- Travel expenses to Vancouver for Annual Strategic Planning
- Dare we mention that being on PC is also fun!

Please email the [Speech and Hearing BC Office](#) if you would like more information on these vacant Provincial Council positions or wish to put your name forward. We would love to hear from you!

Greetings from New Members of Your Provincial Council



Kellie Mitchell

Area Rep for
Vancouver Island/
Gulf Islands

Hello, my name is Kellie Mitchell and I am the new Speech and Hearing BC Provincial Council area representative member for Vancouver Island/Gulf Islands.

I started my career as a Speech-Language Pathologist working in a hospital setting in Ontario, where I had the fortunate experience to be both a part of the early intervention program, in addition to the adult rehabilitation program. Since moving to Vancouver Island in 2002, I have worked in early intervention programs at the Child Development Centre, and for Vancouver Island Health Authority. More recently, I have been working within school boards, and increasing my knowledge base and skills in the area of school-age children.

In my position as PC member, I look forward to supporting our members with any island initiatives that they may be contemplating. Every year there are some funds available for such initiatives, and I encourage you to email me if you would like to submit a proposal for consideration. I look forward to connecting with the Vancouver Island/Gulf Island SLPs! I can be reached at kelliemitchell@gmail.com or kellie@facetofacetherapy.ca.

I graduated with my Master of Speech Language Pathology from the University of Alberta in 2005. I have worked with preschool, school age, and adult clients experiencing communication and swallowing disorders in a variety of public and private practice settings throughout my career. I also continue to work as a clinical educator as I enjoy learning from students who are completing requirements to become Speech-Language Pathologists.

I volunteered as a member of the Speech-Language Pathology Scope of Practice Ad Hoc Committee from 2015-16 with SAC. I relocated to the Okanagan with my family in 2015 and currently work in SD 22 (Vernon), Interior Health (Casual), and in private practice. As I am new to the area, I was invited to put my name forward to the Provincial Council for the Thompson/Okanagan Area Rep with Speech and Hearing BC. I look forward to connecting with the SLPs in this area and learning more about Speech and Hearing BC!

Thank you for this opportunity.

Kari Dul

Area Rep for
Thompson/Okanagan

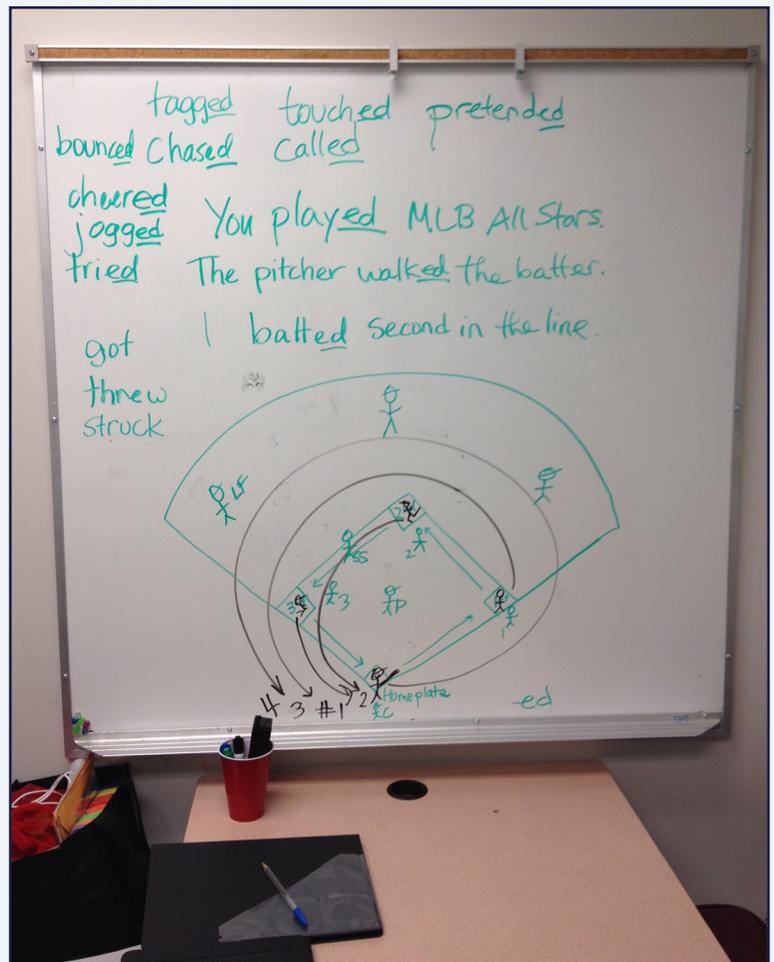
What We're Doing

Gillian Grevstad, SLP

I love to roll with what my students want to talk about and turn it into what I want to work on using the whiteboard, which is great because whiteboards are almost always available in the room and require very little advance/materials prep for the busy school-based SLP! The goal I was working towards during this session was for my student to use regular past tense “-ed” endings in structured activities.

He wanted to talk about baseball so I followed his lead, making it a bit less structured than I'd planned, but making up for it in his high level of engagement. This turned out to be a great idea, because I was also able to work in some of our sequencing skill development at the same time and we were able to get quite a few repetitions in! He enjoyed using the whiteboard as a visual support and after we'd done the work you see here, I had him draw and describe what happened in the game for himself. I've done something similar with a student who is extremely interested in elephants and who loves drawing on the whiteboard.

Our main goal was to expand his interests and also to have him pay attention to someone else's interests, so after our more structured tasks, he would work toward receiving elephant/whiteboard time, and we turned his repetitive elephant drawing into a zoo with us each getting to choose different animals to put in. Simple but effective!



**Submissions for What We're Doing are welcome from any member.
Please email to inquire about your clinical share idea.**

Summary of Preschool Forum

Speech and Hearing BC Conference 2018

A preschool forum was held at the Speech and Hearing BC conference in October 2018. Around a dozen people attended and/or responded in some way to the four questions presented for discussion.

The questions considered for discussion were as follows:

1. **Staying in touch:** how can the PC director of early intervention interface with front line SLPs? How will s/he know what the current issues are?
2. **Successes and struggles:** what have you experienced? What are the barriers to success in providing quality, research backed speech-language service?
3. **Stats and numbers:** what do you consider important to measure within your facility/caseload and why? What kind of trends should we be measuring across the province? Why? For whom?
4. **Primary prevention:** do SLPs serving the youngest children have a role to play in creating language-rich communities? What would that look like in your community?

The responses to all the questions were practical and thoughtful. Comments on the theme of 'challenges experienced' were overwhelming in terms of total number of responses as well as the content of responses received. Clearly there are major issues at play in providing service to the toddler/preschool population in our province. Challenges in providing service to this population coalesced around the following points:

- Significant need for service outstripping system capacity to provide timely, equitable, and appropriate service to children and their families.
- Front line SLPs are doing their best; however, burn out is ever present.
- The unacknowledged ethical decision making implicit in managing large caseloads contributes to frustration, burn out, and degraded, even toxic, work environments.
- SLPs see great value in some caseload management strategies such as parent training as well as primary prevention such as community initiatives that support early language and literacy development. SLPs feel they have a meaningful role/knowledge to contribute and would like to be actively involved in supporting these initiatives.
- SLPs are frustrated, even distressed, to see the compromise in quality of service, inability to provide service, and inequality of service as the system's capacity is stretched.

There is much food for thought here. There is a clear need for deeper exploration as to how to move forward in a positive direction with mindfulness and strength.

Lynne Patrick

Director, Early Intervention SLP Services

That's a Wrap!

Speech and Hearing BC Conference 2018



Sunset along the sea walk at the Delta Ocean Pointe Resort

Another October has come and gone. Another Speech and Hearing BC Conference is all wrapped up. Thank you to all those that joined us this year in Victoria, BC!

I want to send a huge thank you to the wonderful 2018 conference planning committee: Penelope Bacsfalvi (co-chair), Joanna Felton (co-chair), Martha Morrison, Yvette Thompson, Emily Black, Alys Wardlaw, Kathy Pereira, Janet Gibson, Abby Brooks, and Megan MacKay. Of course, the biggest thank you goes to Janet Campbell for her infinite capacity to keep everything and everyone organized.

Every other year, we aim to hold our yearly conference in a venue outside of the Lower Mainland. This year was a great opportunity to be in beautiful Victoria. Throughout the conference, each time I walked into the hallways to catch up with friends or desperately find more caffeine, I heard how much people enjoyed being in Victoria. It was great to be on the waterfront as well as a short walk from Victoria's downtown. Many people enjoyed the Ghost Tour on Friday evening and took advantage of the yummy dinner options!

This year we were grateful to host a wide range of knowledgeable, engaging, and impressive speakers. From Dr. Steve Miller's introduction on neuroplasticity to Dr. Lisa Archibald's work on executive functioning and Developmental Language Disorder to Roberta Elman's dedicated work in Aphasia therapy to Dr. Jessica Ball's guidance in the holistic approach with Indigenous people to Dr. Ted Venema's guidance in clinical Audiology to Dr. Lesley Magnus's guide through the Cycles Approach, I think everyone walked away with some new ideas and energy to bring back to their practice. To see a complete list of the speakers that we hosted this year, please check out our [conference website](#).

We are already in the throes of planning the 2019 conference, and if you would like to join the committee, please email Janet Campbell at janet@speechandhearingbc.ca. We are always excited to welcome new people and new ideas to the conference planning process!

Finally, I want to say thank you to each of the members for making our conference what it is; a time to hear new ideas, laugh with old friends and share our passions for all things speech and hearing! See you next year in Burnaby on October 25th and 26th, 2019.

Alyssa Dixon

Speech-Language Pathologist

Director of Professional Education

The Speech-Language Pathologists of Saanich School District invite you to a full day workshop

Friday February 15, 2019

Narrative Language Intervention to Improve Language and Literacy for School Age Children

A Workshop Presented by

Dr. Sandra Laing Gillam

Sandra Laing Gillam is a Professor in the Department of Communicative Disorders and Deaf Education at Utah State University and immediate past Vice President for Speech Language Pathology Practice for the American Speech Language Association. She teaches courses in phonological development and disorders, professional issues, assessment and intervention for speech and language disorders across the age-span. Her research interests include assessment and intervention of language and literacy impairments, multi-cultural populations, and processes involved in text comprehension.

9:00 AM – 3:45 PM

Parkland Secondary School Theatre

10640 McDonald Park Road, Sidney, BC

Quick and easy access from Swartz Bay ferry terminal

\$60 for BCASLPA Members & SD63 Staff

\$125 for Others

Lunch and refreshments are included.

We will have some vegetarian and gluten-free options available, however, if you are on a restricted diet, please consider supplementing with your own food.

Sandra will describe a narrative instruction program called Supporting Knowledge in Language and Literacy (SKILL) that is based on the kintsch model of language comprehension. The program consists of 3 phases; Phase I: Teaching Story Structure and Causal Language; Phase II: Teaching Strategies for Creating a Situation Model; Phase III: Teaching Strategies for Integration into Long Term Memory. Key components of the SKILL program described in this presentation include 1) the use of story structure models, 2) graphic organizers that represent critical story elements, 3) explicit instruction that highlights the use of literate language in the context of complex narrative discourse, 4) discussions about comprehension and memory strategies, and 5) practice answering questions about, retelling, and creating stories. Studies have proven that these instructional strategies are beneficial to children with developmental language disorders, English Language Learners, and children with ASD.

REGISTRATION IS NOW OPEN

bit.ly/sd63slpworkshop2019

Contact Jane McMullin (jmcmullin@saanichschools.ca) for further information or Marta McAulay (mmcaulay@saanichschools.ca) for registration

Supported by BCASLPA Area Funds and School District #63 (Saanich)

Your New Speech and Hearing BC Provincial Council

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Secretary

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Director, Professional Education

Director, Early Intervention SLP Services

Director, SLP Private Practice

Director, Audiology Private Practice

Director, Audiology Public Practice

Director, Area Representatives

Director, Schools SLP Practice

Director, Adult SLP Services

Director, Social Media

GVRD Area Representation

Fraser Valley Area Representative

North Area Representative

Kootenays Area Representative

Thompson/Okanagan Area Representative

Vancouver/Gulf Islands Area Representative

Sherri Zelazny

Megan MacKay

Mary McKenna

Csaba Rédey-Nagy

Alyssa Dixon

Lynne Patrick

Camille Traverse

Janet Gibson

Kathy Pereira

Vacant

Abby Brooks

Tara Chen

Vacant

Vacant

Vacant

Megan Young

Sue Robertson

Kari Dul

Kellie Mitchell

To contact a PC member directly, please visit the Speech and Hearing BC website [here](#).

UBS SASS Update

In Memoriam: Judith Johnston

One of Canada's most influential academics in the field of speech-language and hearing sciences, Dr. Judith Johnston, sadly passed away on August 26th, 2018. A celebration of her life took place at the *Royal Vancouver Yacht Club* on Sunday October 28th.

Judith had a huge impact on the School of Audiology and Speech Sciences since she first joined the School as director in 1989. She will be fondly remembered for her wise leadership and mentoring that deeply impacted the lives of so many in our School community and beyond.

Judith was widely recognized for her contributions to the field of communication sciences and disorders, in particular the understanding of developmental relationships between language and cognition. She received numerous honours, including a *Canadian 3M Teaching Fellowship*,



UBS SASS Update (con't)

the Honors of the *American Speech-Language and Hearing Association* and a lifetime achievement award from colleagues at the *Symposium for Research in Child Language Disorders*.

Judith was also a strong advocate for the professional community and worked tirelessly to supervise and mentor students in their clinical research and professional learning experiences. An example of this commitment was Judith's online publication called "The Language Intervention Digest", a series of essays for clinicians and educators on making the theory-to-practice connection, which were later incorporated into her 2006 book entitled "Thinking About Child Language: Research to Practice".

Judith's inspiring legacy is detailed further on the [website of School of Audiology and Speech Sciences](#). The page gives a brief history of Judith's career and contributions and also provides space for all who knew Judith to share their memories and reflect on her remarkable career and life.

School's accreditation update

The School's Master's programs in audiology and speech-language pathology were reviewed in spring 2018 for renewal of accreditation (Council for Accreditation of Canadian University Programs in Audiology and Speech-Language Pathology). We are pleased to report that the CACUP-ASLP Accreditation Board approved our programs' accreditation for another seven-year period. The reviewers' report mentioned a number of areas of positive growth over the past seven years, including new initiatives, staff, and faculty coming out of the School's recent SLP seat expansion. New challenges and opportunities for improving the programs were also highlighted for the School to address going forward, including curriculum review and faculty career development. We would like to express our gratitude to the Board, the Site Review Team, and the many stakeholders (faculty, staff, students, clinicians) who contributed their time, insights, and experience to the review process.

International Aphasia Rehabilitation Conference - June 18 - 20, 2020: Save the Date

The University of British Columbia (UBC) School of Audiology and Speech Sciences (SASS) and March of Dimes Canada are proud to announce that we will be hosting the 19th International Aphasia Rehabilitation Conference (IARC) at the UBC Vancouver Campus from June 18 to 20, 2020. The news of our successful conference bid was announced on September 7, 2018 at the 18th IARC in Aveiro, Portugal.

This biennial conference is based on a tradition of excellence, bringing together 200 to 300 researchers and clinicians who are dedicated to aphasia rehabilitation. The conference will focus on a range of topics on aphasia management across the continuum of care. It will include eminent keynote speakers, oral presentations, poster presentations, and other innovative formats. Clinicians and researchers will be invited to submit research abstracts for the conference in mid-2019. A full conference program will be in place by early 2020.

The conference committee includes the chair, Dr. Tami Howe (UBC SASS), and co-chairs, Eavan Sinden (UBC SASS) and Brent Page (March of Dimes Canada, Vancouver Office). We look forward to connecting with clinicians and researchers from British Columbia and beyond, and encourage you to contact us at iarc2020@audiospeech.ubc.ca with any comments. You can also keep up to date with conference details as they happen by following [@IARC2020](#) on Twitter and visiting our webpage: www.iarc2020.com.



**DALHOUSIE
UNIVERSITY**

FACULTY OF HEALTH

School of Occupational Therapy

SUBSTANCE USE AMONG CANADIAN PROFESSIONALS

Invitation for Research Participants

Let's talk openly about your use of substances.

In our recent study, a group of professionals shared that in the past year:

- 92.5% used caffeine
- 83.1% used alcohol
- 56.5% used pain suppressants
- 24.1% used cannabis
- 4.5% used cocaine

Anonymously share your experiences and perspectives.

Participation options include the following components:

- a) an online survey
- b) daily tracking using an App
- c) telephone interview

**For more information about this study,
participation options, and how to participate,
visit: dal.ca/sites/substance-use/research.html**

Submit Your Story

Next deadline: February 10, 2019

Please contact Janet Campbell, at janet@speechandhearingbc.ca, or Marianne Bullied, at marianne.bullied@gmail.com, to inquire about submissions.

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UBC SASS

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The information and views set out in this publication are those of the author(s) and do not necessarily reflect the official opinion of Speech and Hearing BC.



Speech and Hearing BC