



March 2, 2017

Shauna Grey
College of Registered Psychotherapists of Ontario
Manager, Communications
163 Queen Street East, 4th Floor
Toronto, Ontario
M5A 1S1

Sent via email to: s.grey@crpo.ca

Dear Ms. Grey,

Re: Proposed Changes to the Psychotherapy Act and Child and Youth Care Practice in Ontario

The Ontario Association of Child and Youth Care (OACYC) represents Child and Youth Care Practitioners (also known as Child and Youth Workers, Child and Youth Counsellors and Child Care Workers) in Ontario. As you may be aware, Child and Youth Care Practitioners (CYCPs) provide therapeutic intervention to the most vulnerable children and youth within our communities. Our practice unfolds within numerous settings including; child welfare, youth justice, health and mental health, special education, residential treatment facilities, addictions programs, and other community based agencies. CYCPs offer support through developmentally responsive relational practice using a variety of evidence informed models. As such, we are concerned about the proposed changes to the Psychotherapy Act in Ontario and how these changes will impact our scope of practice and service delivery of these therapeutic models of care.

Our concern is that some of the therapeutic models of care, that CYCPs utilize within mental health and community settings, fall within the recent definition of psychotherapy as a controlled act put forth by the CRPO (in collaboration with the five colleges who regulate members authorized to perform the controlled acts). This definition, outlined in the document, *Understanding When Psychotherapy is a Controlled Act* (2016), identifies the controlled act as: “treating by means of psychotherapy techniques delivered through a therapeutic relationship an individual’s serious disorder of thought, cognition, mood, emotional regulation, perception or memory that may seriously impair the individual’s judgment, insight, behavior, communication or social functioning.”

The Ontario Association of Child and Youth Care (OACYC) has been requesting legislation for Child and Youth Care in Ontario for over 20 years. To date, our request has not been recognized and we remain an unregulated profession. Therefore, we fear the proclamation of the Psychotherapy Act will negatively impact our ability to do the work we have been educated and hired to perform. This we believe will decrease service and increase risk to vulnerable children and youth.



When we expressed this concern to our MPPs across the province, we received the following response:

The Ministry of Children and Youth Services encourages any Child and Youth Care workers with questions regarding the scope of practice under the Psychotherapy Act, 2007 to contact the College of Psychotherapists and Registered Mental Health Therapists (College). Contact information for the College is available on their website at <http://www.crpo.ca>. The College is in the best position to determine whether the controlled act of psychotherapy includes the scope of Child and Youth Care worker practice, as defined by the Psychotherapy Act, 2007.

Many of us have been trying to contact the CRPO with our concerns and have yet to be successful in connecting with someone for clarification. We appreciate the college is very busy with the upcoming deadline for the grandfathering process on March 31st. However, clarification on this matter would be very much appreciated as soon as possible.

The OACYC specifically requests the following:

- 1) A detailed list of specific, recognized psychotherapy techniques
- 2) The CRPO to review and consider the vocational standards and curriculum of CYC practice for inclusion to perform the controlled act within our scope of practice and as a member of the OACYC who has committed to a Code of Ethics and participates in yearly professional development activities (Please find document attached) and
- 3) A meeting with the OACYC as soon as possible

Thank you in advance for considering our requests,

Sincerely,

Christine Gaitens
President of the Board
Ontario Association of Child & Youth Care