



## **SOCIAL WORK AT JICS - 2022/2023**



*Sept 2021, working with Grade 1s creating a web of kindness*

### **Social Worker: Ellie Lathrop, MSW, RSW**

I have had the privilege of joining the school community in April 2020. I am here at school 2 days a week, Tuesdays and Thursdays. My approach is anchored in evidence-based interventions that include Cognitive Behavioural Therapy (CBT), Emotion Focused Therapy (EFT), Acceptance and Commitment Therapy (ACT) as well as Narrative Therapy, and I strive to support the strengths and authentic individuality of each child and family. My goal is to create relationships with children and their families where they feel heard, understood and respected and diversity is honoured.

#### **As a social worker in the school my role includes the following:**

- Supporting the mental health and wellness, social-emotional learning, and interpersonal relationships of the children attending the Lab School
- To help build strength, skill development, and resilience of Lab School children through coaching, practice, and reflection, individually and in small groups
- To work with students, parents, and faculty to build capacity and ensure that our students' unique psychosocial needs are addressed
- To be a resource for teachers to consult with in supporting children at school and in communicating with families

- To provide professional learning for Lab School staff and parents about supporting children's mental health and wellness

## **SOCIAL WORK Activities include:**

**Individual consultation with parents and children** – Whether you have a concern about your child's worries, low mood or social relationship, I'm happy to connect to provide short term consultation, support and ideas about resources or referrals. I also am available for meetings with children to help them with a range of mental health or social concerns. Parent meetings can be in person at the school or by video conferencing.

**Joining classrooms to support or lead social emotional learning activities.** Sometimes I will join with classroom teachers and have been involved with a variety of activities such as working to understand and express emotions in Grade 1, conversations with older grades about peer relationships, or running a photography group to explore expressions of identity with the Gr 5s.

**Presenting parent education workshops for the school community.** I will be continuing to offer lunch hour parent workshops, with the first talk on October 4<sup>th</sup> - Helping Kids Manage Disappointment and Suffering. During the 2021 / 2022 school year talks included Social Media, Toxic Masculinity (by my MSW intern Denia Anderson) and Executive Functioning with Judith and Nick.

Leading a **working group on Social Emotional Learning** to deepen the understanding of this as a core foundational approach within the Lab School.

Collaborating with Judith to offer **small groups supporting children with social skills.**

## **A bit more about me:**

I completed my BSW and MSW at the University of British Columbia. I have focused my career on working in child and youth mental health and have worked in a variety of settings. In BC I worked with children in foster care and adoption and completed adoption home studies. When our family moved back to Ontario, I had the opportunity to work in Scarborough in children's mental health, providing individual and family therapy and leading different groups for children and young people. I then worked at The Hospital for Sick Children for 9 years in a variety of programs, working with children experiencing anxiety, complex medical illness or injury, ADHD, depression and other concerns.

Currently I split my time between my private practice offering psychotherapy for young people and families and work at JICS. In my free time I enjoy walking my dog in High Park, gardening, cooking and learning to play DnD. Both of our daughters are currently at University in Montreal so we are also doing that drive fairly often. I look forward to another year at JICS, working alongside wonderful teachers and staff and connecting with the children and parents in this community.

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**Ellie Lathrop (she, her)**

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