



# YMCA of Northern Alberta

## Alternative Suspension

A Community Service Program



### Alternative Suspension

An out-of-school intervention program that provides a constructive learning environment for suspended students as well as students at risk of being suspended. With the goal of reintegrating students back into school, Alternative Suspension helps students address the causes leading up to their time in the program.

### Two Phases:

The first phase of the program involves building a strong rapport with the participant, parent/guardian and school to ensure an individualized approach is developed. The second phase provides support as the participant reintegrates back into their school and includes a follow-up visit after 4-6 weeks to ensure the school outlook remains positive. Together, these phases help prevent factors that lead to dropping out of school.

For Information or Referrals Contact:

#### Castle Downs Family YMCA

11510 153 Ave  
780 377-3724

#### William Lutsky Family YMCA

1975 111 St  
780 437-8494

*Building healthy  
communities*

[northernalberta.ymca.ca](http://northernalberta.ymca.ca)



Alternative Suspension has been extensively evaluated as a proven intervention for students temporarily away from school. The program promotes personal development and independence through educational activities and appropriate interventions, depending on the nature of the barriers the student has identified.

### Alternative Suspension Sites

**Castle Downs Family YMCA (North)**  
 11510 153 Ave  
 Edmonton, AB T5X 6A3  
 780 377-3724

**William Lutsky Family YMCA (South)**  
 1975 111 St  
 Edmonton, AB T6J 7C6  
 780 437-8494

### Key Goals Include:

- Improving motivation and confidence of students by helping them weather the suspension constructively
- Developing the self-esteem of students, empowering them to take charge of their lives
- Educating students through workshops that address personal, social and coping skills (stress management, conflict resolution, etc.)
- Offering help with assignments so that students can keep up to date with their school work
- Supporting students through a reintegration meeting as they return to school and offering a supportive follow-up within six weeks

### Schedule Example

	DAY 1	DAY 2	DAY 3	DAY 4
8:45am to 12:00pm	Arrival	Arrival	Arrival	Return to school with the youth worker
	Discussion of objectives	Individual Meetings	Individual Meetings	
	School help	School help	School help	
1:00pm to 3:30pm*	Group workshop	Group workshop	Group workshop	
			Prepare to return to school	
*Early dismissal on Thursdays (2:45pm)				

