

MAREAS

Comprehensive Therapeutic Services for Children & Families



Elaine Johnstone-Benner, CYC **Behaviour Specialist**

Elaine Johnstone-Benner is a graduate of the Mohawk College Child and Youth Worker program, she also has certificates in Dispute Resolution and Family Mediation from York University. Elaine has been supporting youth and families for 20+ years. Elaine began her career working in youth corrections and residential treatment. She has experience as a frontline staff, supervisor and foster parent. Elaine made the transition to working as a School Child and Youth Counsellor for the Halton District School Board in 2014.

Elaine has worked with many students, families and clients who have presented with dual diagnosis complex needs such as ADHD, FASD,

Depression, Bipolar Disorder, Anxiety, PTSD, complex trauma, conduct disorder, ODD and Intermittent Explosive Disorder.

Elaine has training in the following:

- PMAB (Prevention and Management of Aggressive Behaviour)
- BMS Trainer (Behaviour Management Systems)
- Fetal Alcohol Spectrum Disorder
- Collaborative Problem Solving, Tier 1&2
- Restorative Practice
- ASK, Assessing for Suicide in Kids
- ASIST, Applied Suicide Intervention Skills Training
- Grief and Loss

Elaine is a wife, mom and stepmom and can often be found at an arena or rowing course watching her children practice and compete.

"We don't have to do all of it alone. We were never meant to." - Brene Brown