



The Brake Shop Clinic

Welcome to the Brake Shop!

In a few weeks, you will be coming to a place, called "CPRI", where the Brake Shop is located.

You might be asking, "Why do I have to go, and what's going to happen?" In case this is all a little confusing for you (or maybe even a little scary), we want to answer some questions that kids and teens often have. That way, maybe you will feel better before you even get here! You can read these questions and answers yourself or, even better, have someone read this with you in case something doesn't make sense and you need to ask someone else. You and your family could also visit our website, Leakybrakes.ca for more information.

If all your questions aren't answered here, don't worry! You can ask us more questions when you meet us.

- **What IS the Brake Shop anyway?**

Just like people take their cars to a garage or to a 'shop' if their car isn't very good at stopping, kids and teens can come to the CPRI Brake Shop when, for some reason, THEY aren't very good at stopping certain things about themselves either!

We all need brakes in our heads to stop doing different things, to stop thinking different things, and to stop looking at or listening to or feeling different things. Maybe life isn't going so well for you because your body wants to keep doing strange things or making strange noises. **Maybe you can't stop your attention from wandering all over the place, or maybe the worries in your head just won't go away.**

If these or other things are happening to you, all it means is that you have "leaky brakes". It doesn't mean you are bad or stupid-just like it isn't the **car's** fault if it can't stop well either! Both you and the car just need your brakes serviced-that's all!

Not everyone in the world knows people can have leaky brakes though. We bet that you sometimes get into trouble when you are supposed to stop something and you can't! We bet sometimes the other kids and adults around you might even think you aren't using your brakes on purpose! They might just tell you to "try harder" when you are already trying your very hardest! That isn't fair. We know **leaky brakes aren't about being bad or not trying hard enough**, and so we want to help.

- **What is going to happen when I come in?**

When cars first pull into a garage or shop, the first step is for mechanics to give them an 'All-Points Check'. They want to look at EVERYTHING on the car to make sure that they catch ANYTHING that's causing problems.

On your first day here YOU might have an 'All-Points Check' too, except we'll be checking YOU out instead of your car!

One of our doctors will need to ask you a LOT of questions so we can figure out everything that's causing you problems. That means there are a LOT of things we are supposed to talk

about and check out. Someone will explain which leaky brakes you have, create a Service Plan that's just right for you, and give you some cool stuff to take home. You can also borrow some books to read or videos to watch too if you want. **NONE of it will hurt, and some of it could even be fun!**

- **Do I just come this one day, or will there be other days I come back to the Brake Shop?**

It depends. We'll decide whether or not you and your family need more from us after this first day. If you do, then we'll all decide together what those things will be.

Many people bring their cars into a brake shop because they want a brake adjustment-**they don't want the 'leaky brakes' causing them so many problems anymore!** Maybe you, your family, or your school are hoping for a "**Brake Adjustment**" too....

Maybe you're hoping for a "Brake Job"-you just want to be able to stop better and be more like everyone else! We can help with that.

Maybe you're hoping for some "Driver Training"-you kind of like who and how you are but you need some help learning how to live with leaky brakes without getting in trouble so much! We can help with that too.

Maybe you're hoping people will stop thinking you are trying to be bad- you want your family or people at school to "learn more about leaky brakes" so they understand you better. Guess what? We can even help with that!

- **Do I HAVE to do any of this?**

Nope! But we know lots and lots of kids and teens who have come to the Brake Shop before, who are now REALLY glad they did!

Coming to the Brake Shop means you and your family can learn skills to understand and support your leaky brakes; this work can help make brakes a little less leaky, and can eliminate some of the problems that were happening before.

Coming in means you will likely miss some school and parents will likely miss some work. Time must be set aside in the family for everyone to practice these new skills we'll be teaching so things can improve.

Sometimes kids, teens or parents may feel overwhelmed and anxious at everything there is to learn and practice, or guilty they weren't doing these things before. But don't worry - no one expected you or your parents to know these things before. Plus, you have your whole life to learn and practice!

If you don't want to come in, this means we won't talk to people about your "leaky brakes" and you won't have to come back for any Brake Adjustments. You can change your mind whenever you want, plus you can still use the Brake Shop website (leakybrakes.ca) to view presentations and read strategy documents, borrow books and videos from the Family Resource Centre here at CPRI-Brake Shop Library, and your school staff can check them out too!

But here's the thing: if no one knows about your leaky brakes, and nothing changes, this might mean that you just keep on getting in trouble or being misunderstood!

If you decide to come to the Brake Shop and then change your mind later, that's OK too. You're allowed to do that whenever you want.

- **If I DO decide to come into the Brake Shop, who all is going to know about it?**

If you decide to let us help, Brake Shop Service Technicians will get to know all about you. Sometimes we have students (Technicians in Training) working with us who might learn a bit about you too.

We'll also want to talk to your parents, your teachers, and other doctors or people helping you. We'll also write reports that we'll ask you and your parents who to send these to. We'll only do this if you and your family sign a form saying that it's OK, or if a judge in a courtroom tells us to. We would get in a LOT of trouble if we broke that promise!

Sometimes we might want to use some information about you, along with information about a lot of other people, to answer research questions. Any of that information we use for research would be anonymous-this means no one knows it is YOUR information.

The only times we would have to tell something about you without your family's permission is if it will protect someone from being hurt really badly. If we thought someone was abusing you we would tell so that those things wouldn't happen anymore. If we thought you were going to hurt yourself really badly, we would also tell so that you would be protected from yourself. Finally we would have to tell if we thought you were going to hurt someone else really badly.

Well, we hope this answers at least SOME of your questions, and makes you feel a little bit better about **COMING to the CPRI Brake SHOP!**

See **YOU** soon!

