VOL. 4 ISSUE 10
MAY 25, 2026

SUPPORT Report

VIRTUAL

Out of Care / Kinship Providers Drop in

Tuesday June 2
1000 - 11:00 AM (PST) &

Wednesday June 17
8:00-9:00 PM (PST)

Zoom ID: 858 3771 6954

AUDIO CLUB

WEDNESDAYS
10:00-12NOON OR
6:30-8:30 PM (PST)

Zoom ID:
832 4280 1289

HELP STARTS HERE

"Everyone's story is unique, whether you are on a personal journey or are supporting someone who is facing mental health or substance use challenges. HelpStartsHere.gov.bc.ca was created because:

- People from all over British Columbia should have the tools necessary to navigate accessing the services and resources they need. And sometimes you may not know where to start.
- People need access to the right supports, at the right time, that meet them where they are at, easily and quickly."

CRISIS & TRAUMA RESOURCE INSTITUTE

WHAT HAPPENS IN THE BRAIN DURING ESCALATION?

Escalation is a familiar experience for those working in mental health, health care, social services, and other helping professions. It may present as agitation, defensiveness, withdrawal, hostility, or sudden emotional intensity.

While these behaviors can feel interpersonal – directed at us, shaped by context, or even intentional – the underlying process is fundamentally neurobiological. Understanding what is happening in the brain during escalation can shift how we interpret these moments and how we respond in a more effective and compassionate way.
When Brain Control Shifts.

At a basic level, escalation reflects a shift in which parts of the brain are driving behaviour. Under stable conditions, the prefrontal cortex – the area responsible for judgement, impulse control, planning, and social reasoning – plays a central regulatory role. This allows our clients to pause, reflect, consider consequences, and respond thoughtfully.
During escalation, however, control shifts away from the prefrontal cortex, toward more primitive, survival-oriented systems in the brain, particularly the amygdala and related limbic structures.

The Brain's Alarm System
The amygdala functions as an internal alarm system. It continuously scans the environment for potential threats, not only physical danger but also emotional and relational threats such as perceived disrespect, loss of control, unpredictability, or shame.
When the amygdala interprets something as threatening, it activates rapidly and often outside of conscious awareness. This process prioritizes speed over accuracy. As a result, our client's brain may respond to a perceived threat as if it were an actual one.

From Alarm to Survival
Once this alarm system is activated, the brain signals the body to prepare for action. This involves engagement of the sympathetic nervous system and the release of stress hormones such as adrenaline and cortisol. Physiologically, our clients may experience increased heart rate, faster breathing, muscle tension, and a general state of heightened arousal. Psychologically, there is a narrowing of attention and a shift toward urgency. Our clients become more focused on immediate relief or self-protection than on long-term consequences or nuanced thinking.

Read More Here

SOCIAL THINKING

FEELING SAFER BEHIND SCREENS: WHY REAL-LIFE INTERACTIONS FEELS HARDER

Screens, Social Comfort, and the World Beyond the Device
Screens offer convenience, entertainment, and connection. They help us learn, work, and stay in touch. At the same time, research is telling us that heavy screen use may make it harder for many people to comfortably engage in the broader social world around them.

According to the American Academy of Child and Adolescent Psychiatry, students ages 8–18 spend an average of **7.5 hours per day** on screens. Adults average **7–9 hours daily**. In schools, estimates suggest students spend **1.5 to 3 or more hours per day** on screens during class time alone, roughly **25%–50% of the school day**. And this doesn't include screen use during breaks, lunch, or after school.

While screen time is often discussed in relation to sleep, attention, and physical activity, one topic receives far less attention: the discomfort many people feel when stepping away from screens and into face to face social interactions.

Online communication feels safer and more controllable than in person interaction. In real world social situations, conflict can be uncomfortable and hard to avoid. It may require communication and problem solving skills, and emotions can run high. Online, however, people can disengage quickly by ignoring messages, logging off, or "ghosting" someone entirely.

Read more HERE

CAREGIVER LEARNING NETWORK

BECOMING TRAUMA-INFORMED: AN INTRODUCTION

About the session: This introductory session describes several dimensions of trauma and invites caregivers to explore ways to minimize trauma's impact by building positive relationships in developmentally and culturally safe ways for children and families with diverse histories. Overall, it makes the case that the principles of trauma-informed care - trauma awareness; safety and trustworthiness; choice, collaboration and connection; and strengths-based and skill building approaches- can be applied universally for the benefit of all.

Tuesday June 2nd
11:30AM-1:30PM

Register Here

Connect with us... SUPPORT TO FAMILY CARE NETWORK PROGRAM

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