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**TEEN GIRLS
EXPERIENCING
INCREASED
SADNESS AND
VIOLENCE2**

WEEKLY Communique

STFC – SUPPORTING FOSTER FAMILIES

IN PERSON

KAMLOOPS

Foster Parent Drop-In
Wed: 9:00am – 11:00am (PST)
The Loft 200 Maple Street
(2nd floor of the grey building)

EAST KOOTENAY

Foster Parent Drop-In
Wed March 15: 10:00am (MST)
at 1824 Hunter Rd. Cranbrook
EK Drop-ins are the 1st and 3rd
Wednesdays of the month.

VIRTUAL

WEST KOOTENAY

Foster Parent Drop-In
Fridays 11:00am - 12noon (PST)
Zoom ID: 250 608 7674

RATE INCREASE BEGINNING APRIL 1

“After many (many) years of advocacy the Ministry of Children and Family Development budget includes a significant lift to the rates for foster caregivers and kinship care, effective April 1, 2023.

The maintenance rate will increase up to 47%: Monthly service rates will increase by up to 30%.

Monthly Maintenance Rates	Current Rate	As of April 1, 2023
Children aged 0-11	\$1024.64	\$1465.86
Children aged 12-19	\$1124.19	\$1655.91
Monthly Service Rates	Current Rate	As of April 1, 2023
Level 1	\$458.02	\$591.90
Level 2 – 1 child	\$1140.40	\$1473.74
Level 2 – 2 children	\$1968.68	\$2544.13
Level 2 – 3 or more children	\$2692.92	\$3480.06
Level 3 – 1 child	\$1816.66	\$2347.67
Level 3 – 2 children	\$3113.12	\$4023.08

Daily rates for relief care for all levels of foster care will increase by up to 36%; and the annual respite payment will increase by up to 30% and Introduction of enhanced out of care agreements.”

KERI ISHAM (Power Up Education)

Sexual Health Education For Children/Youth with Support Needs K - 7

Thursday, April 6, 2023

9:30am - 11:30 am (PST)

- ☒ What is sexuality?
- ☒ Why teach sexual health education early?
- ☒ What children need to know and when.
- ☒ Why children with special needs are at greater risk of sexual abuse.
- ☒ Other risk factors.
- ☒ Why teach sexual health education to children with special needs?

Can't make the date? No worries!! Register and you will receive the limited time presentation replay link after the training.

Please register in advance via the following link by no later than Tuesday, April 4:

<https://us06web.zoom.us/join/register/tZYpduusrj4qE9wO0uLYTdy5xgT7WNMCZBUw>

For more information on the above training, please see attached poster or
contact Marna Forsyth Cell: (250) 609-2017 or email: mforsyth@interiorcommunityservices.bc.ca

U.S. TEEN GIRLS EXPERIENCING INCREASED SADNESS AND VIOLENCE

Article by Center for Disease Control and Prevention (CDC) (Press Release Feb 13, 2023) "New CDC report raises urgency to invest in schools as a vital lifeline to help struggling youth

- Teen girls are experiencing record high levels of violence, sadness, and suicide risk
- LGBTQ+ teens continue to face extremely high levels of violence and mental health challenges

According to new CDC data [9.8 MB, 89 pages] released today, nearly 3 in 5 (57%) U.S. teen girls felt persistently sad or hopeless in 2021 - double that of boys, representing a nearly 60% increase and the highest level reported over the past decade.

While all teens reported increasing mental health challenges, experiences of violence, and suicidal thoughts and behaviors, girls fared worse than boys across nearly all measures. The new report also confirms ongoing and extreme distress among teens who identify as lesbian, gay, bisexual, or questioning (LGBQ+).

'High school should be a time for trailblazing, not trauma. These data show our kids need far more support to cope, hope, and thrive,' Debra Houry, M.D., M.P.H., CDC's Chief Medical Officer and Deputy Director for Program and Science. 'Proven school prevention programs can offer teens a vital lifeline in these growing waves of trauma.'

The analysis includes 2021 data and trends from the Youth Risk Behavior Survey (YRBS), which examines health behaviors and experiences among U.S. high school students. Youth mental health has continued to worsen—with particularly stark increases in widespread reports of harmful experiences among teen girls:

TEEN GIRLS WHO EXPERIENCED SEXUAL VIOLENCE INCREASED
20%↑
BETWEEN 2017 AND 2021

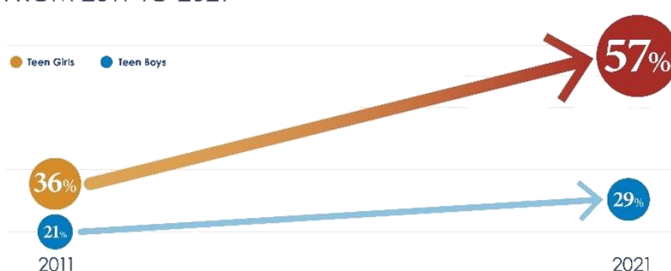
- Nearly 1 in 3 (30%) seriously considered attempting suicide - up nearly 60% from a decade ago.
- 1 in 5 (18%) experienced sexual violence in the past year - up 20% since 2017, when CDC started monitoring this measure.
- More than 1 in 10 (14%) had ever been forced to have sex - up 27% since 2019 and the first increase since CDC began monitoring this measure.
- Teen girls who experienced sexual violence increased by 20 percent between 2017-2021

The report also found more than half (52%) of LGBQ+ students had recently experienced poor mental health and, concerningly, that more than 1 in 5 (22%) attempted suicide in the past year. Trend data are not available for students who identify as LGBQ+ due to changes in survey methods.

Findings by race and ethnicity also show high and worsening levels of persistent sadness or hopelessness across all racial and ethnic groups; and that reported suicide attempts increased among Black youth and White youth.

To read the full article and for additional resources please visit: <https://www.cdc.gov/media/releases/2023/p0213-yrbs.html>

TEEN GIRLS WHO PERSISTENTLY FELT SAD OR HOPELESS INCREASED DRAMATICALLY FROM 2011 TO 2021



BROUGHT TO YOU BY:

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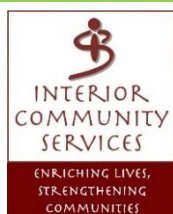
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WELCOME TO FED CONNECTS!

Fed Connects is a virtual space where the Fed Family can come together, share their experiences, stay well and learn new things!

WORKSHOPS • LIVE EVENTS • DISCUSSIONS • INFO SHARING
AND LOTS MORE!

BY COMING TOGETHER, WE'RE NOT ALONE

Have a youth in care? Be sure to check out our website or Facebook page!

**Need resources or information?
Check out our website!**

Are you wanting more information about upcoming training in your area, helpful resources or information about our program? Find all this and much more at our website:

www.icsfp.info



Find us on Facebook!

Connect with us on our

'ICS Support To Family Care Network' Facebook page and our agency's 'Interior Community Services' Facebook page.

"Being able to feel safe with other people is probably the single most important aspect of mental health; safe connections are fundamental to meaningful and satisfying lives." *Bessel van der Kolk*