



A bimonthly brief of current support and training

THE Support Report

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.

Rate Increases for Foster Caregivers, Kinship and Out of Care Caregivers

Effective April 1, 2023, the maintenance rates for foster, kinship and out of care caregivers will see an up to 47% increase to their maintenance rates:

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

Let's Connect >>>

VIRTUAL

Caregiver Drop-Ins

Monday, April 3

1:00pm – 2:00pm (PST)

ZOOM ID: 858 3771 6954

(1st Monday of the Month)

Wednesday, April 19

7:00pm – 8:00pm (PST)

ZOOM ID: 873 8896 8659

(3rd Wednesday of the Month)

“IN PERSON”

East Kootenay Caregiver Drop-In

Wed, Apr 12 10:00am (MST)

at 1824 Hunter Rd. Cranbrook

EK Drop-ins are the 1st & 3rd Weds of the month

Please note:
NO Drop-in
on April 5

TRAININGS

KERRI 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)

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

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/meeting/register/tZYpduusrj4qE9wO0uLYTdy5xgT7WNMCZBUw>

For more info, please see attached poster or contact Marna Forsyth
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Free 35-minute Webinar

How to Ask for Help: Why It's Hard & How We Can Help A Free Webinar by Social Thinking

- Why individuals resist help or refuse to ask for it
- A multi-step process for how to ask for help
- Benefits gained by all participating in this unique and rewarding relationship
- Q&A moderated by Dr. Pamela Crooke
- All participants receive** downloadable resources, Certificate of Completion & **unlimited access to recorded replay**

To register and to find out more (with many more free webinars and resources), visit: <https://www.socialthinking.com/online-training/on-demand/webinar-how-to-ask-for-help>

HANDS, NOT HURDLES: HELPING CHILDREN WITH FASD AND THEIR FAMILIES

KEY MESSAGES FOR COMMUNITY SERVICE PROVIDERS

(Publication by the BC Representative for Children and Youth September 2022)

1. FASD is misunderstood, leading to blame, shame, discrimination and racism.
2. All children and youth, including those with FASD, have the right to thrive.
3. Children and youth with FASD are excluded in every aspect of their lives.
4. Families of children and youth with FASD are isolated and desperate for support.

Families whose children have FASD receive limited supports compared to those whose children have other support needs. They are often excluded and alone in their journeys supporting their children. Some feel as though they are being punished because of the blame that is placed on parents of children with FASD. Many families do not have access to FASD services in their communities such as the FASD Key Worker Support Program; and the majority of families do not have access to respite at all – which is unique to families of children with FASD, as other neurodiverse diagnoses qualify parents for greater respite funds.

Parents are left alone to take on the role of caregiver, system navigator, administrative assistant, respite worker, classroom support worker and more, leaving them stretched thin and in many cases having to leave their employment to fulfill these roles. Without funding, support and compassion, families struggle to meet the social, emotional, mental, cultural and physical needs of their children, not to mention their own needs.

Fear and judgement: Parents of children with FASD express fears about having their children taken away from them if they tell someone they need help, further reducing their access to supports and leaving them to parent in isolation. Because of the fear and stigma, they do not seek the limited funding that is available to them. They also describe feeling judged by others regarding the diagnosis and for the tools and strategies they use with their children.

Parents of children with FASD are desperate for community understanding, peer-to-peer relationships and a safe space to seek support where they are understood. Without strong social networks, many parents must navigate the challenges of raising children with FASD on their own. Families need support, and they need breaks. They constantly have to be the experts who educate everyone else about FASD, in addition to being full-time advocates and caregivers for their children. It is exhausting. Families get offers to put their children in care when what they really need is support at home and in community. Without support and without breaks, families face burnout, which can have negative impacts on the child, the family and the community.

5. Children and youth with FASD live happy and healthy lives when given the right supports.

To read the full article and to find out more visit:

<https://rcybc.ca/wp-content/uploads/2022/09/RCY-Hands-Not-Hurdles-2022.pdf>

Connect with the team >>>

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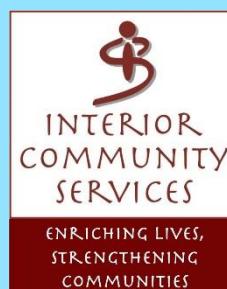
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CHALLENGE SUCCESS FREE ONLINE PRESENTATION: MENTAL HEALTH ON PURPOSE: Teaching Young People Skills As They Step into Their Future

Wednesday, April 19, 2023
4:00pm – 5:00pm (PST)

The statistics regarding young people's mental health continue to cause alarm. Anxiety is the most common and often the earliest issue to surface, and then becomes a risk factor for increasing problems throughout the teen years. The good news? We know what helps. Taking action to increase connection and actively focusing on certain cognitive and social skills make a big difference in preventing future struggles. Lynn Lyons will showcase an approach consisting of skills that move away from the all-too-common avoidant behaviors (and myths) that interfere with academic, social, and emotional growth.

This event is hosted by Challenge Success and REACH Student Life Management. The event will feature a presentation by licensed clinical social worker and psychotherapist, Lynn Lyons, as well as a conversation with Challenge Success Co-Founder, Denise Pope, Ph.D., and high school students."

A recording of the event will be sent to all registrants on April 20th. For more information and to register visit: <https://challengesuccess.org/event/mental-health-on-purpose-with-lynn-lyons/>

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/outofcareproviders



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*