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STFC – SUPPORTING FOSTER FAMILIES

# WEEKLY Communiqué

## LET'S CONNECT...

### IN PERSON

#### KAMLOOPS

**Foster Parent Drop-In**  
Wed: 9:00am – 11:00am (PST)

The Loft - 290 Maple Street  
(2nd Floor of the grey building)

#### EAST KOOTENAY

**Foster Parent Drop-In**  
April 12 (no meeting on April 5)

10:00am (MST)

at 1824 Hunter Rd. Cranbrook

Drop-ins are the 1st and 3rd Wednesdays of the month.

### VIRTUAL

#### WEST KOOTENAY

**Foster Parent Drop-In**  
Fridays 10:00am - 11:00am  
Zoom *Cancelled due to long weekend*

### 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)

**Can't make the date? No worries!!**

Register and you will receive the limited time replay link after the training.

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

<https://us06web.zoom.us/j/84458112345>

For more info, please contact Marna Forsyth

Cell: (250) 609-2017 or email: [mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

### New Rates as of APR 1

Monthly Maintenance Rates	Current Rate	As of April 1
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
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 + children	\$2692.92	\$3480.06
Level 3 – 1 child	\$1816.66	\$2347.67
Level 3 – 2 children	\$3113.12	\$4023.08

Reminder: Payments are made around the 15<sup>th</sup> of the following month. Thus, you will see your payments increase in your May 2023.

## GET OUTDOORS AND BE SURE TO LOOK UP ("way, way up") at the night sky this month!

This year in April Venus will glow bright along with the Pleiades and Hyades star clusters, near Taurus (the bull). The Pleiades star cluster is a dipper-shaped treasure. The brightest stars in this cluster are named the Seven Sisters. The Hyades star cluster is Y-shaped and has a bright orange star (Aldebaran) near it. Venus will be easy to see as it looks like a radiant star in the southwest. An hour after sunset on April 11, look for a spectacular "close" display of Venus and Pleiades star cluster. From a dark place, you should be able to spot the Pleiades, which includes 3,000 stars. Venus is about 100 million miles from Earth and the Pleiades are around 2.6 quadrillion miles away. Additionally, Mercury will reach its highest point in the sky on April 11. The best view of Mercury all year will be around sunset. You may need binoculars to help cut through the glare of the sun.

**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 20<sup>th</sup>. For more information and to register visit:**  
<https://challengesuccess.org/event/mental-health-on-purpose-with-lynn-lyons/>

**Live Webinar: 5 Life Skills  
Every ADHD Young Adult  
Needs to Cultivate**

**Webinar by ADDitude  
Magazine on April 13** (Register and receive the link to the recording)

Ask any teen or young adult with ADHD if they're ready to embark on independent living and adulthood without supervision, and they'll likely say, "Yes, I've got this!" Ask the parents of those kids the same question, and they'll likely say, "I'm not so sure!"

In this webinar, coaching experts Elaine Taylor-Klaus and Diane Dempster of **ImpactParents** will share the important life skills every teen with ADHD needs and discuss how they helped their own young adult children build independence and thrive.

You will learn:

- ☑ About tools to foster independence and approaches to engage your kids in understanding what it takes to move into a more independent life
- ☑ How to build the skills that teens and young adults with ADHD need to embark on a journey to college or trade school, or to enter the workforce
- ☑ How to help your teen or young adult build a foundation for a successful and fulfilling life on their own terms.

**For more info and to register visit:**  
<https://www.additudemag.com/webinar/life-skills-adhd-teens-adulting-preparation>

**PANDAS/PANS?**

**THE PREVALENCE AND NATURE OF**

Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS) and Pediatric Acute-Onset Neuropsychiatric Syndrome (PANS) occur after an infection, most commonly a strep infection. Brain inflammation occurs when the body's immune system mistakenly attacks healthy brain cells, leading to autoimmune processes that affect central nervous system function. An affected child generally has a sudden, dramatic change in personality, displayed as obsessive-compulsive disorder (OCD), anxiety, tics or other abnormal movements, personality changes, decline in math and handwriting abilities, sensory sensitivities, restrictive eating and more.

PANDAS/PANS is being increasingly recognized as a form of autoimmune encephalitis (AE)—more specifically post-infectious basal ganglia encephalitis (BGE). There are a variety of forms of AE, and they should be considered in a differential diagnosis to PANDAS/PANS. Symptoms can cause serious debilitation and extreme neurological changes in AE, including seizures and/or problems with balance, speech or vision. Psychiatric symptoms also occur and can include aggression, inappropriate or compulsive behaviors or fear. To learn more, watch their video:  
<https://www.youtube.com/watch?v=rPTOuIXLwo>

**To find out more visit:**  
<https://pandasnetwork.org/>

**BROUGHT TO YOU BY:**

**SUPPORT TO FAMILY CARE NETWORK PROGRAM**

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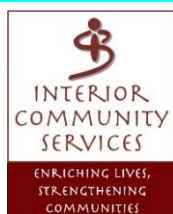
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**WELCOME TO FED CONNECTS!**

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](http://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*