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A bimonthly brief of current support and training

# THE Support Report

## Let's Connect >>>

### VIRTUAL

#### Caregiver Drop-Ins

Wednesday, April 19

7:00pm – 8:00pm (PST)

**ZOOM ID: 873 8896 8659**

(3<sup>rd</sup> Wednesday of the Month)

Monday, May 1

1:00pm – 2:00pm (PST)

**ZOOM ID: 858 3771 6954**

(1<sup>st</sup> Monday of the Month)

### “IN PERSON”

#### East Kootenay

#### Caregiver Drop-In

Wed, Mar 15 10:00am (MST)

at 1824 Hunter Rd. Cranbrook

EK Drop-ins are 1<sup>st</sup> & 3<sup>rd</sup> Weds of the month.

## APRIL 1, 2023 RATES

### 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

### KERI ISHAM (Power Up Education)

#### REPLAY SESSIONS

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

Tuesday, April 11

6:30pm – 8:30pm (PST) or

Thursday April 13

10am – 12noon (PST)

Meeting ID: 857 9223 9627

If you missed Keri Isham's presentation, please join us for one of our replay sessions. Kerri was full of information, including answering the following questions:

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.

For more info, please contact Marna Forsyth Cell: (250) 609-2017 or email: [mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

## The Support To Family Care Network Program ANNUAL REPORT will be available mid-April

With the addition of the Out of Care / Kinship homes to our contracts, coupled with the complex support needs of our Foster Parents our support hours increased significantly. The STFC Network program is celebrating 20 years of educating, training, and supporting caregivers throughout the Interior of B.C. Over the 20 years we have always opened our training to all caregivers including Indigenous Child and Family Service Agencies (ICFSA) caregivers, Out of Care / Kinship caregivers, Bio families (where appropriate) and community professionals. **“A caregiver is a caregiver”**

Check it out on our website homepage: <https://www.icsfp.info/>

## Free Webinar by Crisis & Trauma Resource Institute LANGUAGE MATTERS: Rethinking How We Talk About People and Problems

Language and meaning are interconnected. The words we choose communicate deeply and influence how we understand and work with people and their problems. This webinar explores how developing awareness about language and choosing the right words are essential for an effective counselling relationship.

To watch the webinar visit: <https://ctrinstitute.com/free-webinar/#video>

# ADHD Grandfamilies: Grandparents Raising Neurodivergent Grandkids

Live Webinar by ADDitude  
Magazine on April 26

(Not able to make the date?  
Register and receive the link  
to the recording)

"If your grandchild has ADHD, you likely struggle with kickstarting the morning routine, tackling and turning in homework, doing chores, and even sitting at the dinner table."

In this webinar, grandparents will learn:

- About the three presentations of ADHD and how each can affect a child's life at home, at school, and in peer relationships
- About evidence-based behavior management strategies to improve interactions with your grandchild
- How to address everyday struggles, such as getting ready in the morning, starting and completing homework, following directions, and balancing screen time
- How to avoid common pitfalls, such as yelling and using escalating threats

To register visit:

<https://www.additudemag.com/webinar/adhd-grandfamilies-generational-differences-raising-grandkids>

Connect with the team >>>

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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## ONLINE HARMs FACED BY YOUTH & YOUNG ADULTS

### THE PREVALENCE AND NATURE OF CYBERVICTIMIZATION: Conclusions

(Article by Darcy Hango Feb 20, 2023 found on Statistics Canada)

"Internet and smart phone use among youth and young adults in Canada is at a very high level, particularly since the pandemic. It is a tether to the outside world, allowing communication with one another, expanding knowledge, and being entertained. It is this importance and pervasiveness that makes it particularly challenging when there are risks of online victimization. A goal of this study was to highlight the current state of cybervictimization among Canadian youth and young adults aged 12 to 29. Four separate surveys were used to paint a picture of who is most at risk of cybervictimization, how online and offline behaviours may contribute to this association, and the association with other forms of victimization. Based on the analysis of the data, there are five key messages related to cybervictimization of youth and young adults:

- ④ Not all youth and young adults experience cybervictimization equally. Those that are most vulnerable to online harm were youth aged 15 -17 with same-gender attraction or, more broadly, LGBTQ2 young adults aged 18-29, youth and young adults with a disability, Indigenous youth, and young adult women when the cybervictimization measures were more of a sexual nature.
- ④ Cybervictimization increases during adolescence and remains high among young adults in their early 20s. The risk drops somewhat as young adults approach age 30.
- ④ Greater internet use, as well as using devices at bedtime and upon waking up was associated with being cybervictimized. Potential buffers of this connection especially for the teenage population (ages 12-17) were not using devices at mealtime, having parents who often know what their teens were doing online, and having less difficulty making friends.
- ④ Taking action to make themselves safer was seen for youth and young adults who have been cybervictimized. This included blocking people online, restricting their own internet access, and carrying something for protection when offline.
- ④ Experiencing other forms of victimization was more common among those who were cybervictimized. This includes being stalked and being physically or sexually assaulted and experiencing other types of unwanted behaviours in public.

The benefits of the internet for the youth and young adult population are numerous, however, as this study has illustrated, there are certain risks associated with the anonymity and widespread exposure to many unknown factors while online. Knowing the socio-demographic factors and internet use patterns associated with cybervictimization can help tailor interventions to better prevent and respond to cybervictimization."

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

<https://www150.statcan.gc.ca/n1/pub/75-006-x/2023001/article/00003-eng.htm>

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](http://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*