

Trainings	pg 1
Youth Transition Supports Extended	pg 2
Cannabis Use and Youth	pg 2



A bimonthly brief of current support and training

THE *Support* Report

Let's Connect >>>

VIRTUAL

Caregiver Drop-Ins

(3rd Wednesday of the Month)

Monday, May 1

1:00pm – 2:00pm (PST)

ZOOM ID: 858 3771 6954

(1st Monday of the Month)

Wednesday, May 17

7:00pm – 8:00pm (PST)

ZOOM ID: 873 8896 8659

“IN PERSON”

East Kootenay Caregiver Drop-In

Wed, May 3 10:00am (MST)

at 1824 Hunter Rd. Cranbrook

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

UPCOMING TRAINING

SUPPORTING THE CHILDREN IN YOUR HOME:

Neurodivergent Learning & School Advocacy

A one-time on-line training developed for Out of Care / Kinship / Fostering Caregivers. This 3-hour training covers: the overlap of ADHD, Autism, Trauma, FASD and tips and tricks to help support the children in your care. This training comes with several resources for you to refer to and to give to the child's teachers to help them understand what the child needs to be engaged and understand some of their behaviours.

CIRCLE OF SECURITY PARENTING™ REFLECTION PROGRAM

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. Learning Objectives of the Program:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

For more info on any of these upcoming trainings, please contact your network facilitator or Marna Forsyth at (250) 609-2017 or email: mforsyth@interiorcommunityservices.bc.ca



Sources of Omega-3 Fatty Acids

Fish (mackerel, salmon, trout, oysters, shrimp)	Spinach	Edamame
Eggs (if a chicken eats a diet heavy in omega-3, its eggs will be higher in omega-3)	Beef	Broccoli
Brussel Sprouts	Walnuts	Soy beans
Canola Oil	Basil	Chia Seeds
Ground Flaxseed (our bodies can't absorb it whole)	Some beans	Cashews

Youth Transitions Implementation Roadmap

Spring 2022

- Indefinite extension to Temporary Housing and Temporary Support Agreements.
- Flexibility to AYA life-skills, rehabilitative and mental health options maintained.

Complete

Summer 2022

- No-limit earnings exemption so that benefits are not reduced or impacted based on employment.

Complete

Fall 2022

- Rent Supplement program (\$600-a-month).
- Approved life-skills provider list removed.

Complete

We are here

Spring 2023

- Rent Supplement program second intake.
- New transition workers have begun to be available on Vancouver Island and in the North.
- Duration of AYA support increased to 84 months, up to age 27.
- Enhanced medical benefits including expanded dental and optical coverage.
- Temporary Support and Temporary Housing Agreements available between age 19-21 with flexibility to move between agreements.

Summer 2023

- Enhanced funding for life-skills, training, and cultural programming.
- Provincial Tuition Waiver Program becomes available for all ages.
- Youth Transitions gets a new name through a youth-led process.

Fall 2023

- Rent Supplement program third intake.
- Enhanced medical benefits - access to counselling.
- More transition workers become available around the province.

Spring 2024

- Expanded eligibility for post-19 supports and services.
- Housing and Support Agreements to remain in current homes up to age 21.
- Unconditional income supplement at age 19, up to 20th birthday.



BRITISH COLUMBIA

Ministry of Children and Family Development

TO LEARN MORE VISIT
www.gov.bc.ca/youthtransitions

Need help accessing a resource?
Connect with a worker, friend or family member

For more information visit: www.gov.bc.ca/youthtransitions

To download the infographic visit: https://www2.gov.bc.ca/assets/gov/family-and-social-supports/yt_roadmap_infographic.pdf

CANNABIS USE AND YOUTH

A PARENT'S GUIDE by Here to Help BC

"Accurate and balanced information about cannabis is more complex than simple statements. There are no simple answers to explain the ways cannabis use may affect people's minds, bodies, relationships and future opportunities. Why? Because people are complex beings, and our choices and behaviours are complex too."

Responding To Your Child's Cannabis Use "The best thing you can do for your child is to respond responsibly. It is important not to let your concerns harm the relationship and the trust you have with your child."

- Stay calm
- Talk to your child
- Learn why your child is using
- Offer alternatives
- Lower the risks
- Keep the art of motivation in mind
- Give it time

Signs of Risky or Harmful Cannabis Use

- ☒ using regularly at an early age
- ☒ daily or near daily use
- ☒ using during school or work
- ☒ using as a major form of recreation
- ☒ using to cope with negative moods
- ☒ experiencing chronic coughing, shortness of breath, wheezing or psychotic symptoms

Note: A young person may have one or more of these signs without having a short-term or long-term problem with cannabis. However, the more signs, the higher the risk."

For more info / to download the guide, visit:

<https://www.heretohelp.bc.ca/workbook/cannabis-use-and-youth-a-parents-guide>

Connect with the team >>>

SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Bepple

kbepple@interiorcommunityservices.bc.ca

Cell: (250) 819-1919

Office: (236) 421-0031

Toll Free: 1-877-376-3660

Network Facilitators:

Renata Bonthoux (250) 319-6557

rbonthoux@interiorcommunityservices.bc.ca

Krista Sherwood (250) 819-5819

ksherwood@interiorcommunityservices.bc.ca

Marna Forsyth (250) 609-2017

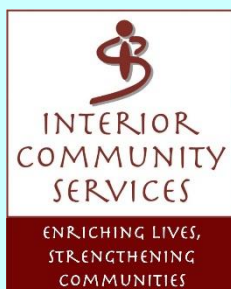
mforsyth@interiorcommunityservices.bc.ca

Gerri Burleigh (250) 426-6013

gburleigh@interiorcommunityservices.bc.ca

Jane Wesko (250) 608-7674

jwesko@arcprograms.com



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