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**STFC – SUPPORTING FOSTER FAMILIES**

# WEEKLY *Communiqué*

**YOUTH  
IN  
CARE  
ARE  
AWESOME**

2023 CAMPAIGN

## **BC Youth Week: May 1 – 7**

**“Why Youth Week?”** Wherever Youth Week is celebrated, the idea behind it is the same: Young people are important and need to be recognized in a constructive and positive manner; their contributions need to be acknowledged and celebrated.” **For more info**, including events in your area, **visit:** <https://www.bcyouthweek.com/>

## **UPCOMING ZOOM TRAINING**

### **BUSINESS SIDE OF FOSTERING**

**“All caregivers/contractors are required to provide services as outlined in the contract they have with the Ministry.”** Did you ever wonder what all that entailed? Do you find yourself wondering who you should call and when? Do you find yourself wondering what the difference in the levels of fostering contracts are? Do you wonder what makes it a Protocol rather than a Family Home Investigation?

**Then this training is for you!**

**Session 1:**      **Wednesday, May 17 6:30 – 8:30pm (PST) OR**  
                         **Thursday, May 18 9:30 – 11:30am (PST)**  
**Session 2:**      **Wednesday, May 24 6:30 – 8:30 pm (PST) OR**  
                         **Thursday, May 25 9:30 – 11:30 am (PST)**

**Please register by May 15:**

<https://us06web.zoom.us/join/register/tZ0kfumpgqjgG9bWnIXcilDSiNhOXgffp0bK>

### **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.

**For more info on these upcoming trainings, please contact  
your Network Facilitator or Marna Forsyth at (250) 609-2017 or email:  
[mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)**

### **IN PERSON**

#### **KAMLOOPS**

**Foster Parent Drop-In  
Wednesday**

**9:00am – 11:00am (PST)**

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

#### **EAST KOOTENAY**

**Foster Parent Drop-In  
May 3**

**10:00am (MST)**

at 1824 Hunter Rd. Cranbrook

Drop-in meetings are starting!! Mark  
your calendar for 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**

# CANNABIS USE & 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>

# NEURODIVERSITY AND FASD

Excerpts from CANFASD Paper (Feb 2023) by Kelly Harding, PhD; Jacqueline Pei, PhD, RPsych; and Lauren Richardson

## "Recommendations for FASD and Neurodiversity:

In this section we offer both theoretical and pragmatic recommendations for considering FASD and neurodiversity. Some of these recommendations centre on the individual with FASD while some focus more broadly on the society around them. We present these recommendations with recognition of the fact that FASD and neurodiversity, when considered both independently and together, are complicated.

- ☞ **Genuinely humanize the FASD narrative.**
- ☞ **Include individuals with FASD.** Individuals with FASD

should not be excluded from conceptualizations of neurodiversity. Building on the expanding and evolving conceptualizations of what it means to be neurodivergent, FASD should be considered and discussed within this framing. By adopting an inclusive rather than exclusive definition of neurodiversity, we can continue to accommodate all variations, rather than dismiss them.

- ☞ **Recognize that individuals with FASD have rights and action those rights.**
- ☞ **Elevate the voice of individuals with FASD.**
- ☞ **Ask individuals with FASD how they want to be identified.**
- ☞ **Promote goodness of fit.**
- ☞ **Reflect on our biases.**
- ☞ **Increase support and challenge inequity at the systems level.**
- ☞ **Embrace the complexity.**

**KEY MESSAGES:** The concept of neurodiversity is a relatively new phenomenon that represents the wide variety of differences among humanity.

Although neurodiversity has been discussed in relation to other disabilities, increased attention is needed to better understand and consider how FASD can be part of neurodiversity. This issue paper describes the concept of neurodiversity, identifies some of the ways neurodiversity is discussed in the literature, and presents recommendations for considering FASD and neurodiversity.

To read the full report, visit: <https://canfasd.ca/wp-content/uploads/publications/Neurodiversity-and-FASD.pdf>

## BROUGHT TO YOU BY:

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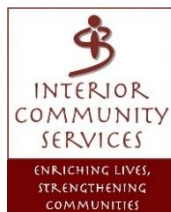
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## WELCOME TO FED CONNECTS!

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](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