



**ZOOM MEETINGS
& TRAININGS.....1**



**AUTISM PARENTING
SUMMIT2**



**TREVOR PROJECT
ANNUAL REPORT.....2**

○ VOLUME 4: ISSUE #19 | MAY 8 | 2023 ○



MAY 29 - JUNE 4, 2023
...
BC Child & Youth in Care Week
notice, listen, respect, celebrate children & youth in care
[WWW.BCCHILDANDYOUTHINCAREWEEK.COM](http://www.bcchildandyouthincareweek.com)

STFC – SUPPORTING FOSTER FAMILIES

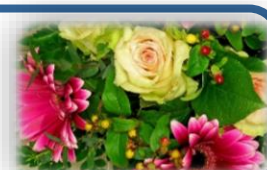
WEEKLY *Communiqué*

**YOUTH
IN
CARE
ARE
AWESOME**

2023 CAMPAIGN



Sunday, May 14
Happy Mother's Day



UPCOMING 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/tZ0kfumpqigpG9bWnlXciIDSiNhOXgffp0bK>

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.

Monday and Wednesday,
Wednesday,

June 5 & 7
June 7

6:30pm – 8:00pm (PST) OR
9:00am – 12 noon

Zoom Meeting ID: 822 6488 1131

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

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 17

10:00am (MST)

at 1824 Hunter Rd. Cranbrook
Drop-in meetings are 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

THE AUTISM PARENTING SUMMIT

GET YOUR FREE PASS TO THIS ONLINE CONFERENCE

"Learn how to help your child THRIVE!

From the comfort of your home, navigate the challenges of the autism spectrum and learn how you can give a child the best start in life from our panel of experts.

The Summit bridges the ever-growing gap between autism experts and special needs families." "But the Summit isn't just for parents - it's for the entire autism community. Other family members, allies, caregivers, and people on the spectrum will find valuable insights from this event." You can learn effective strategies on topics such as:

Behavior Solutions	Speech & Communication
Social Skills	Sensory Solutions
Transitioning to Adulthood	Dealing with Transitions
Executive Function & Motor Skills	Education
Mental Health & Anxiety	And much more...

For more info / to register visit:

<https://autismparentingsummit.com/>

TREVOR PROJECT ANNUAL REPORT

"May 1, 2023 — The Trevor Project, the leading suicide prevention organization for LGBTQ young people, released the findings of its 2023 U.S. National Survey on the Mental Health of LGBTQ Young People today, representing the experiences of more than 28,000 LGBTQ young people ages 13 to 24 across the country."

- ✦ 41% of respondents seriously considered attempting suicide in the past year, including half of transgender and nonbinary young people and nearly 3 in 10 cisgender young people (29%).
- ✦ A large majority of LGBTQ young people also reported recent symptoms of anxiety (67%) and depression (54%),
- ✦ yet 56% of young people who wanted mental health care in the past year **were not able** to get it.
- ✦ The top four barriers to care reported by young people were the same as last year:
 - * fear about discussing mental health,
 - * concerns with parental permission
 - * fear of not being taken seriously,
 - * and lack of affordability.
- ✦ 24% of LGBTQ young people reported that they were physically threatened or harmed in the past year due to either their sexual orientation or gender identity, and those who were reported triple the rate of attempting suicide in the past year compared to those who were not.
- ✦ 60% of LGBTQ young people reported that they felt discriminated against in the past year and
- ✦ 15% reported being threatened with or subjected to conversion therapy.

The survey finds that LGBTQ young people continue to report significantly high rates of mental health challenges and suicide risk and that experiences of anti-LGBTQ stigma and victimization are associated with these disparities. *However, the survey also underscores the protective nature of affirming homes and schools, and how LGBTQ young people would envision a more accepting world.*

In both cases, LGBTQ young people who experienced this type of victimization attempted suicide at more than double the rate of those who have not.

To find out more, read the report and find more tools, visit:

<https://www.thetrevorproject.org/survey-2023/>

BROUGHT TO YOU BY:

SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Beppe

kbeppe@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

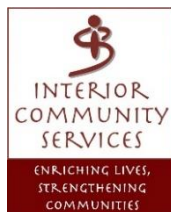
mforsyth@interiorcommunityservices.bc.ca

Gerri Burleigh (250) 426-6013

gburleigh@interiorcommunityservices.bc.ca

Jayne Wesko (250) 608-7674

jwesko@arcprograms.com



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



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