



A bimonthly brief of current support and training

THE Support Report

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, **June 5 & 7** 6:30pm – 8:00pm (PST) OR
Wednesday, **June 7** 9:00am – 12 noon

Zoom Meeting ID: 822 6488 1131
(For all sessions)

For more info, please contact Marna Forsyth at 250 609-2017 (phone / text) or email: mforsyth@interiorcommunityservices.bc.ca

THE DISRUPTORS DOCUMENTARY SCREENING

Forget everything you thought you knew about ADHD!

Monday, June 12 9:30am – 11:45am (PST) OR
Tuesday, June 13 6:30pm – 8:15pm (PST)

Zoom Meeting ID: 841 7435 2491

See poster for more details. For more info, please contact Marna Forsyth at 250-609-2017 (phone / text) or email: mforsyth@interiorcommunityservices.bc.ca

Let's Connect >>> >>> >>>

VIRTUAL Caregiver Drop-Ins

Wednesday, May 17 (3rd Wed of the Month)

7:00pm – 8:00pm (PST)

ZOOM ID: 873 8896 8659

Monday, June 5 (1st Mon of the Month)

1:00pm – 2:00pm (PST)

ZOOM ID: 858 3771 6954

“IN PERSON” East Kootenay Caregiver Drop-In

Wednesday, May 17 10:00am (MST)

at 1824 Hunter Rd. Cranbrook

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

YOUR EMERGING ADULT

A toolkit by CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder)

“This toolkit provides resources for parents and caregivers who are supporting their emerging adults with ADHD towards independence.”

This toolkit includes numerous resources under each of the following topics: Quick Facts; Infographics; Watch and Listen; Articles; and Other Resources.

For more information and to check out their other toolkits visit:
<https://chadd.org/nrc-toolkit/>

CHADD is a success story, inspired by the desire of countless parents to see their children with ADHD succeed. From one parent support group in Florida, the organization grew dramatically to become the leading non-profit national organization for children and adults with ADHD.



SUBSTANCE USE IN YOUTH WITH FASD

Excerpts from May 3, 2023 Blog by CANFASD

"Substance use by individuals with FASD is becoming an increasing concern. Data from the National FASD Database shows that nearly half of individuals with FASD are using substances with alcohol and cannabis being the most common. One study reported that 38% of people with FASD were misusing alcohol and 46% were misusing other substances."

In 2016, CanFASD hosted a workshop called Learning Together. This workshop brought together individuals with FASD, caregivers, and researchers for a two-day discussion about FASD research in Canada. Among the many issues that attendees identified, high dropout rates from addiction treatment programs were a huge concern."

"However, through our research, we found that youth with FASD continue to be a population that goes under-supported and under-recognized in substance use treatment.

Substance Use in Youth with FASD

Data from the National FASD Database show 34% of youth with FASD use cannabis compared to 10% of youth in the general population and 5% use crack/cocaine compared to 1% in the general population. Youth with FASD need intervention programs designed specifically to meet their needs, and designed with their input, in order for treatment to be successful.

Last year we successfully applied for increased funding to continue our study. This time we're focusing on supporting youth with FASD in substance use treatment. However, we need input and insight from our community to make sure the information we're collecting and the recommendations we provide at the end of this project really help support individuals with FASD.

Participate in our research on youth substance use

We're looking for youth with FASD and their caregivers to participate in a short interview to help us collect data for this study. People with FASD who are 12 to 24 years old and have done substance use treatment, or caregivers who have supported someone through treatment, are eligible for this study. All you have to do is join us for a 30-45 minute zoom interview to talk about your experiences. Your participation will inform resources that will help substance use practitioners better support youth with FASD who are using substances.

Email Elizabeth Carlson at emcarlso@ualberta.ca if you're interested in joining this study and please pass this information on to your networks and anyone else who may be interested!

For more info and to read the full article, visit:

<https://canfasd.ca/2023/05/03/substance-use-in-youth-with-fasd/>

[Connect with the team >>>](#)

SUPPORT TO FAMILY CARE NETWORK PROGRAM

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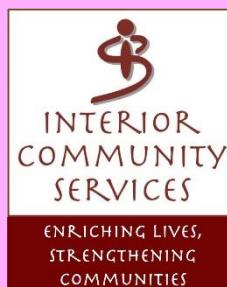
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NUTRITION

Healthlink BC has some great pointers around nutrition.

Serve modest portions. Remember that younger children may eat smaller amounts than adults. It is up to your child to decide how much food he or she needs to eat at a meal to feel full.

Offer lots of vegetables and fruit every day. Add some fruit to your child's morning cereal.

Offer new food. When trying a new food at a meal, be sure to include another food that your child already likes. Don't give up on offering new foods.

Don't say "Clean your plate." Try not to manage your child's eating with comments such as "Clean your plate" or "One more bite."

Don't use food as a reward for success - even in school or sports. If you serve dessert, consider it part of the meal: not a treat.

Use knowledge to reinforce healthy eating habits. Help your children understand healthy eating by teaching them about food.

Let your children start helping you cook as soon as they show interest.

Let older children help you with shopping. Use it as a chance to teach them about food labels.

Make a game of naming those food groups.

For more info visit the following websites:

<https://www.eatright.org/food>

<https://food-guide.canada.ca/en/>

[https://www.healthlinkbc.ca/health-](https://www.healthlinkbc.ca/health-topics/healthy-eating-helping-your-child-learn-healthy-eating-habits)

<topics/healthy-eating-helping-your-child-learn-healthy-eating-habits>

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*