

Trainings	pg 1
Family Support Saves Lives	pg 2
Fort Health Free Webinars	pg 2



A bimonthly brief of current support and training

THE *Support* Report

Let's Connect >>>

VIRTUAL

Caregiver Drop-Ins

Monday, June 5

(1st Monday of the Month)

1:00pm – 2:00pm (PST)

ZOOM ID: 858 3771 6954

Wednesday, June 21

(3rd Wednesday of the Month)

7:00pm – 8:00pm (PST)

ZOOM ID: 873 8896 8659

IN PERSON

East Kootenay Caregiver Drop-In

Wed, June 7 10:00am (MST)

at 1824 Hunter Rd. Cranbrook

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

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 Tuesday, June 5 & 6

6:30pm – 8:00pm (PST) OR

Wednesday, June 7

9:00am – 12 noon

Zoom Meeting ID: 822 6488 1131

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

SALMON WARRIORS

Young adults ages 19-29 years who are Syilx Okanagan, Secwépemc or Ktunaxa Nation members are invited to apply to participate in the **Bringing the Salmon Home Salmon Warriors Gathering:** Fri, June 23 - Tues, June 27, 2023.

This gathering will be held near the headwaters of the Columbia River, at the beautiful Raven's Nest Resort & Campground by Fairmont Hot Springs. Experience amazing workshops, ceremony and activities on the land and water. Creative facilitation is provided by IndigenEYEZ. Travel support, accommodation, meals and honorarium are provided. **Spaces are limited, apply now!!**

For more info, visit **BRINGING HOME THE SALMON:**

<https://columbiariversalmon.ca/apply-now-salmon-warriors-gathering-2023/>

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

- ✓ 9.4% of American children are diagnosed with ADHD
- ✓ 1 out of 4 children diagnosed with ADHD do not receive any treatment
- ✓ Adult ADHD diagnosis rates are rising 4 times faster than in children

To watch the trailer, visit: <https://disruptorsfilm.com/>

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

Family Acceptance Project® proves Family Support Saves Lives!

Family Behaviors that Increase Your LGBTQ Child's Health & Well-Being

Research from the Family Acceptance Project® found more than 50 family accepting behaviors that help protect your lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) child against health risks like depression, suicide and illegal drug use and help to increase your LGBTQ child's self-esteem, health and well-being. A little change makes a difference in decreasing your child's isolation and risk and giving them hope that their family will be there for them.

Family support saves lives!

BEHAVIORS THAT HELP...

Tell your LGBTQ / gender diverse child that you love them	Support your child's gender expression	Talk with your child or foster child about their LGBTQ identity and listen respectfully – even when you feel uncomfortable or think that being gay or transgender is wrong	Require other family members to treat your child with respect	Show affection when your child tells you or when you learn that your child is LGBTQ
Ask your child if – and how – you can help them tell other people about their LGBTQ identity	Welcome your child's LGBTQ friends to your home	Bring your child to LGBTQ groups and events	Get accurate information to educate yourself about your child's sexual orientation, gender identity and expression	
Find a congregation that welcomes your LGBTQ / gender diverse child and family	Participate in family support groups and activities for families with LGBTQ and gender diverse children to get support for yourself and your family and guidance for supporting your LGBTQ child	Use your child's chosen name and the pronoun that matches their gender identity	Tell your LGBTQ / gender diverse child that you're proud of them	
Tell your LGBTQ / gender diverse child that you will be there for them – even if you don't fully understand	Connect your child with LGBTQ adult role models	Express enthusiasm for your child having an LGBTQ / gender diverse partner when they're ready to date	Stand up for your child when others mistreat them because of their LGBTQ identity or gender expression – at home, at school, in your congregation and in the community	Speak openly about your child's LGBTQ identity
Welcome your child's LGBTQ partner to family events and activities				Believe that your child can be a happy LGBTQ adult – and tell them they will have a good life

The more of these behaviors that parents and families do, the better your LGBTQ child's health & well-being



- Better health
- Higher self-esteem
- Stronger social support
- Better family relationships
- Less likely to be depressed
- 3 times less likely to attempt suicide
- 3 times less likely to think about suicide
- Less likely to have substance abuse problems

For more information about acceptance and rejection and your LGBTQ child's risk & well-being – Family Acceptance Project®: <https://familyproject.usf.edu>
Biden Foundation's Family and Community Acceptance Campaign: <https://go.bidenfoundation.org/askyouare>

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For more info visit <https://lgbtqfamilyacceptance.org/evidence-based-resources/>

FORT HEALTH FREE WEBINARS

"We believe the more we care the better we will do."

"Fort Health is an independent non-profit dedicated to transforming the lives of children and families struggling with mental health and learning disorders." Fort Health provides mental health webinars and we have highlighted a few.

May 31: 2:30pm(PST) Why Are Many Kids

Anxious and How Can Parents Help? Anxiety affected more than 1-in-10 children and adolescents. As parents, caregivers, and educators; we can be a part of the problem. But we are also the biggest part of the solution. This webinar will teach you how to support children and adolescents in an age of anxiety. Featuring some of the nation's leading mental health and anxiety experts, this session is filled with practical skills as well as a live parent Q&A. **A recording of the session will be sent within 2 days to everyone who registered. To register, visit: [FortHealthWhyAreManyKidsAnxious](https://forthealth.org/whyaremanykidsanxious)**

Supportive Parenting for LGBTQ+ Youth The mental health crisis is especially severe for LGBTQ+ youth. 7 in 10 report symptoms of anxiety and 6 in 10 report symptoms of depression. The key takeaway: being LGBTQ+ does not inherently cause mental health challenges. Mistreatment, violence, discrimination, and bigotry toward them are the causes of many of these challenges.

Effective Strategies for Managing Inattention & Impulsivity In The Classroom n-person learning has been especially hard for students with inattention & impulsivity challenges. These kids require more support and make it harder to create a learning environment in the classroom. Fort Health's clinical leadership held an education session with teachers and staff from New Jersey schools

To check out these and other webinars visit:

<https://www.forthhealth.com/resources>

Connect with the team >>>

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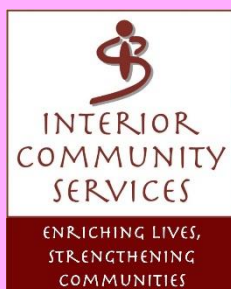
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Need resources or information?

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*