

ZOOM MEETINGS  
& TRAININGS.....1SUBSTANCE USE  
AMONG MALTREATED  
YOUNG MOTHERS .....2HELPING YOUR CHILD  
TO MANAGE  
TRANSITIONS .....2

STFC – SUPPORTING FOSTER FAMILIES

**IN PERSON**

**KAMLOOPS**  
**Foster Parent Drop-In**  
Wednesday  
9:00am – 11:00am (PST)  
The Loft - 290 Maple Street  
(2nd Floor of the grey building)

**VIRTUAL**

**EAST KOOTENAY**  
**Caregiver Drop-In**  
Wednesdays  
10:30am – 11:30am (MST)  
Zoom ID: 817 1942 8373

**WEST KOOTENAY**  
**Foster Parent Drop-In**  
Fridays  
11:00am – 12:00pm (PST)  
Zoom ID: 817 1942 8373

*Cancelled for  
Sept 22 only*

# WEEKLY *Communiqué*

**KERRI ISHAM****(POWER UP EDUCATION)****Sexual Health Education for Teens  
with Support Needs in Grade 8-12**

Monday, September 18

9:30am – 11:30am (PST)

**THE WHITE HATTER****Internet Safety: Monitoring,  
Filters and Tools**

Wednesday, October 4

7:00pm – 8:30pm (PST)

**CIRCLE OF SECURITY****PARENTING™****FOR FOSTER PARENTS**

Thursdays starting Sept 28

7:00pm – 8:00pm (PST)

For more info, please see attached posters  
or contact Marna Forsyth at:

250 609-2017 (cell) or email:

[mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)**DID YOU MISS FORT  
HEALTH'S WEBINARS?**

You can still watch them!

- ↳ How To Steer Through Back-To-School-Stress: A Parent's Guide
- ↳ Who's Stealing My Child's Sleep?: Parenting Strategies For Bedtime And Beyond
- ↳ Why Are Many Kids Anxious and How Can Parents Help?
- ↳ Supportive Parenting for LGBTQ+ Youth

To learn more, visit:

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

Be sure to check out their other resources as well!

**HAVE YOU CHECKED OUT OUR  
WEBSITE LATELY?**

Under the Resource tab:

- ↳ There is a new Resource section "Youth".
- ↳ The updated Resource Work Policies (July 2023) are posted.

**"SAFE BABIES TRAINING"****TUESDAY AND THURSDAY MORNINGS****9:30am – 11:30am (PST)****Beginning Tuesday, October 24 through to November 23 (inclusive)**

The Safe Babies Foster Parent training is an educational program for those interested in becoming caregivers of children under the age of 3 who have been exposed prenatally to drugs and/or alcohol. Foster Parents, Caregivers, MCFD/Delegated Aboriginal Agency staff and community partners who work with Safe Babies homes are welcome. This training will be facilitated by the Support To Family Care Network Team and guest presenters for each module. **You must attend all 9 sessions to receive your Safe Babies certificate.** CPR-C (Infant CPR) is also required to be Safe Babies certified. To register, please visit: <https://us06web.zoom.us/meeting/register/tZMlcOmorjgsHNEEnzXI30rO9HMD1amz1zoa>

For more information, please contact Marna Forsyth: cell: 250 609-2017 or email: [mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

## ARTICLE: SUBSTANCE USE AMONG MALTREATED YOUNG MOTHERS

Experiences of Child Welfare Social Workers in Addressing Substance Use Among Maltreated Young Mothers to Prevent Child Maltreatment (Child and Family Social Work Journal, 2023)

"The opioid crisis and the legalization of medicinal and recreational cannabis have led to increased substance use among pregnant people (Hirai et al., 2021; Jarlenski et al., 2017). Substance use in pregnancy has potentially severe health implications for both the mother and foetus (Forray & Foster, 2015) and can lead to impaired parenting, including child abuse and neglect, if continued into the postpartum period (Borelli et al., 2012). Current regulations around perinatal substance use stipulate the creation of safe care plans with child protective services, which has led to a higher burden of caseloads for the child welfare system (Ghertner et al., 2018). The current phenomenology study explores the experiences of social workers working with mothers who have tested positive for substances at delivery."

"Substance use during the perinatal period and while parenting can pose a significant risk to children's safety and well-being. Mothers who have experienced child maltreatment are more likely to use substances than mothers without a history of maltreatment. This study explores how child welfare social workers experience supporting young, maltreated mothers struggling with substance use to prevent the intergenerational transmission of child maltreatment."

*"The issue with a lot of our clients is that you need to support them in their own recovery, which can be very difficult when you are trying to parent. And I think that because we get cases from the hospital, at delivery. So, they may have been using [substances] their whole pregnancy, and now not only do you have to stop using, but you also have to parent an infant. And a lot of times, if the children are going through withdrawal, which we see a lot, then you are having a child that is a little bit more difficult than other children. And again, a lot of our moms have family tension too, because they have been using. So it just makes it all very difficult." (Wilma)*

To read the full article, visit <https://onlinelibrary.wiley.com/doi/10.1111/cfs.13009>

## "HELPING YOUR CHILD TO MANAGE TRANSITIONS"

with the Center of Excellence in Child Trauma

**MONDAY, OCTOBER 16  
10:00am**

brought to you by Okanagan Foster Parents Association (OFPA)

"During this course we will be looking at transitions, what they look like, and why children's behaviour escalates or changes dramatically following the change. We will look at factors that may affect transitions including:

- ↳ Fear of change
- ↳ Emotional age
- ↳ Fear of adults
- ↳ Being in control
- ↳ Lack of cause and effect thinking
- ↳ Separation anxiety
- ↳ Sensory issues
- ↳ And finally, we will end with strategies!"

Certificate provided after completing  
this 1-hour workshop

To register, please contact Heather Lessard  
by October 10 at  
[shuswapsupport@okfosterparents.ca](mailto:shuswapsupport@okfosterparents.ca)  
or 250-515-1522

**BROUGHT TO YOU BY:**

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

Program Coordinator: Kari Beppe

[kbepple@interiorcommunityservices.bc.ca](mailto: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](mailto:rbonthoux@interiorcommunityservices.bc.ca)

Krista Sherwood (250) 819-5819

[ksherwood@interiorcommunityservices.bc.ca](mailto:ksherwood@interiorcommunityservices.bc.ca)

Marna Forsyth (250) 609-2017

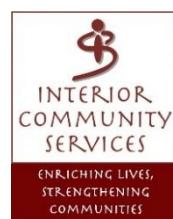
[mforsyth@interiorcommunityservices.bc.ca](mailto:mforsyth@interiorcommunityservices.bc.ca)

Jayne Wesko (250) 608-7674

[jwesko@arcprograms.com](mailto:jwesko@arcprograms.com)

Tabitha Fournier (250) 320-4603

[tfournier@interiorcommunityservices.bc.ca](mailto:tfournier@interiorcommunityservices.bc.ca)



### 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.