



A bimonthly brief of current support and training

THE *Support Report*

*Let's
Connect*



**VIRTUAL
Caregiver Drop-Ins**
ZOOM ID: 858 3771 6954
(1st TUESDAY of the Month)
Tuesday, December 3
10:00am – 11:00am (PST)
(3rd Wednesday of the Month)
Wednesday, December 18
8:00pm – 9:00pm (PST)

NATIONAL ADDICTIONS AWARENESS WEEK

November 24–30, 2024

National Addictions Awareness Week (NAAW) is November 24–30, 2024. NAAW highlights solutions to help address the harms related to the use of alcohol and other drugs. It provides an opportunity for people in Canada to learn more about prevention and harm reduction, to talk about treatment and recovery, and to discuss solutions for change.

The theme for NAAW this year is Forging Connections. Working in the substance use health field and addressing its challenges can result in different experiences, ideas and opinions for individuals, families and communities. At times, it can be challenging to agree on the best ways to address these issues in Canada.

One of our primary mandates at CCSA is to collaborate with partners, communities and individuals to develop connections, identify common ground and work together to help address the challenges of substance use health. By forging and strengthening these connections, we work together more efficiently to find effective solutions and actions we can all support.

To find out more, visit: <https://www.ccsa.ca/national-addictions-awareness-week>

FREE ONLINE 9 WEEK COURSE:

THE FAMILY-TO-FAMILY SERIOUS MENTAL HEALTH COURSE

Pathways Serious Mental Illness Society is offering this 9-week course for families, significant others, or friends of a loved one with serious mental illness. "The Family-to-Family education course is from the National Alliance on Mental Illness (NAMI). NAMI is the largest grassroots mental health organization in the United States. The course is licensed and adapted for use in British Columbia. It is a designated evidence-based program. This means that according to research, attending this course significantly increases the problem-solving and communication skills of those supporting a loved one with a serious mental illness.

Based on the trauma model of education, the course utilizes a unique combination of healing, consciousness-raising and empowerment to address the long-neglected needs of those caring for a loved one with a serious mental illness.

The course is taught by two trained Course Leaders, who have lived experience of caring for a friend, sibling, partner, or child with a serious mental illness.

During this 9-week course, you will understand more about different mental illnesses and find out how to navigate the B.C. Mental health system. In addition, you will develop a range of practical communication and problem-solving skills to help you better care for your ill loved one and yourself.

Furthermore, throughout the course you will have regular opportunities to share your lived experience and knowledge with others and create lasting connections with a community that has similar experiences to you."

Who Can Attend: Families, significant others, or friends of a loved one with a serious mental illness.

Course Dates: January 16, 2025 – March 13, 2024

Course Times: 6:30 PM – 9:00 PM" (Online, Zoom)

To find out more, please visit: https://pathwayssmi.org/education/family-to-family-course/?mc_cid=b85657d3e2&mc_eid=859a7d92b0

MINISTRY OF SOCIAL DEVELOPMENT & POVERTY REDUCTION ENDOWMENT 150

The Endowment 150 grant offers eligible people with disabilities a one-time grant of \$150 to help their Registered Disability Savings Plan (RDSP) grow.

A \$150 grant towards the RDSP for BC residents To be approved and receive your \$150 payment before the end of 2024, you must submit your application by December 4th, 2024. Applications that are incomplete or received after December 4th, 2024, will be considered for approval in January 2025.

Plan Institute, Disability Alliance of BC, and the British Columbia Aboriginal Network on Disability Society, have united to launch a new program designed to help British Columbians with disabilities learn about and access tax benefits that will help them save for the future. As part of this initiative, Plan Institute is distributing a one-time \$150 grant to help low-income British Columbians to start growing their RDSP, thanks to the support of the Vancouver Foundation.

Endowment 150 grants are available for all children in BC with RDSPs, and individuals and families with low-incomes who are residents of BC and have an RDSP. Read the requirements and make sure you send in all the items on the checklist with your Application Form.

If the individual who receives the \$150 endowment grant is eligible for matching government grants, they could receive an additional payment of up to \$450 into their RDSP, bringing the total contribution to \$600.

For more information, visit:
<https://www.rdsp.com/endowment-150>

Connect with the team >>>

SUPPORT TO FAMILY CARE NETWORK PROGRAM

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MONTHLY BOOK CORNER: BEYOND ADDICTION: How Science and Kindness Help People Change

by Jeffrey Foote, Carrie Wilkens, Nicole Kosanke and Stephanie Higgs (2014) "Beyond Addiction goes beyond the theatrics of interventions and tough love to show family and friends how they can use kindness, positive reinforcement, and motivational and behavioral strategies to help someone change. Drawing on forty collective years of research and decades of clinical experience, the authors present the best practical advice science has to offer. Delivered with warmth, optimism, and humor, Beyond Addiction defines a new, empowered role for friends and family and a paradigm shift for the field. This new approach is not only less daunting for both the substance abuser and his family, but is more effective as well. Learn how to use the transformative power of relationships for positive change, guided by exercises and examples. Practice what really works in therapy and in everyday life, and discover many different treatment options along with tips for navigating the system. And have hope: this guide is a life raft for parents, family, and friends - offering "reminders that although no one can make another person change, there is much that can be done to make change seem appealing and possible."

MAMA'S WAVES / DADDY'S WAVES

by Chandra Ghosh Ippen (2020 / 2021) Ellie's mom did not come for their visit, and Ellie is stuck in a cloud of sadness and anger as she tries to understand why. Fortunately, Miss K. and Ellie's Uncle Finny are there to help her. Using the metaphor of a wave, they help Ellie talk about and understand her mother's ups and downs, recognize and hold on to loving memories, and know that she is not alone. The story was developed to open doors to conversations that young children need to have. Mama's Waves shows us that these conversations are possible, important, and support healing and connection. While the book was written specifically for children whose parents have struggled with addiction or mental illness, other children may benefit from having language and dialogue that helps them to empathically understand the challenges that too many families are facing.



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 'Support To Family Care Network' Facebook page and our agency's 'Interior Community Services' Facebook page.

"There are those who see the need and respond. Those people are my heroes." *Fred Rogers*