

WEEKLY *Communiqué*

STFC Supporting Caregivers throughout BC's Interior



IN PERSON

KAMLOOPS

FOSTER PARENT DROP-IN

Wednesdays

9:00am - 11:00am

At the Loft

(2nd floor of grey building)

WEST

KOOTENAY

FOSTER PARENT DROP-IN

Fridays

11:00am - 12noon

Zoom ID: 250 608 7674

VIRTUAL

FOSTER PARENT DROP-IN

Mondays

9:00am - 11:00am(PST)

Zoom ID: 878 8822 2406



CHECK OUT THE ON DEMAND PAGE

DIALECTICAL BEHAVIOURAL
THERAPY SKILLS

MENTAL HEALTH
MEDICATIONS: AN
OVERVIEW

**AUDIO BOOK CLUB
POSTPONED FOR THE
SUMMER**

FROM VICARIOUS IMPACT TO RESILIENCE

AUGUST 20TH AT 1 PM

FREE VIRTUAL WEBINAR

Crisis and Trauma Resource Institute

"Learn how you can prevent vicarious trauma using empathy and self-awareness. In this webinar, you'll hear from our Clinical Director, Joddie Walker, who has over 30 years of experience as a counsellor. She'll share insights on working in trauma-exposed positions and help you recognize the signs and symptoms of vicarious trauma. You'll also have the opportunity to ask questions at the end of the presentation.

Here's what you'll learn:

- Signs and symptoms of vicarious trauma
- The role of empathy in vicarious trauma and vicarious resilience
- Key vulnerabilities and strengths to be aware of in your helping role
- Four steps to transform vicarious impact into resilience

This webinar is for counsellors; social workers; social service and health care professionals; school personnel; and anyone working in a helping role.

PEDS CASES PODCAST

FOSTER CARE IN CANADA

"This (15 minute) podcast presents an approach to supporting children and families involved with the Canadian Foster Care system. Through the information provided in this episode, learners will get an overview of Foster Care in Alberta, the common challenges faced by children in the system, develop an approach to providing primary care to children in foster care, and understand special considerations of populations especially impacted by foster care. This podcast was created by Frances Morin, a fourth-year medical student at the University of British Columbia, with support and guidance from Dr. Barbara Fitzgerald, a developmental pediatrician and clinical associate professor of Pediatrics at the University of British Columbia."



BC SUMMER READING CLUB

"The BC Summer Reading Club is a free reading program for children. It is a great way to practice or improve reading skills over the summer, meet new friends, learn more about your community and library, and have fun! BC Summer Reading Club is a free literacy program designed to engage children, ages 5-14, with libraries and reading, throughout the summer. We strive to do so in a way that is fun, educational, inclusive, and community-oriented.

This year's BC Summer Reading Club is a celebration of colour! Explore weekly colourful activities and enjoy the sweet characters, including a curious Capybara and a friendly Fennec Fox. Colour Your Summer features artwork by Golden-based illustrator and artist Lauren Atchem.

Each week's activity sheet includes:

- Fun games and puzzles
- Hilarious jokes to share with your family and friends"

CANADIAN MENTAL HEALTH ASSOCIATION SUICIDE PREVENTION FRAMEWORK WILL SAVE LIVES

"In partnership with the Province, the Canadian Mental Health Association, BC Division (CMHA BC) led the development of a suicide-risk-reduction framework to support health-care organizations in improving care provided to people at risk for suicide. It will apply to patients who are 18 and older and are accessing mental-health or substance use care in hospital emergency departments, acute psychiatry or medical inpatient units or outpatient mental-health services. "People experiencing a mental-health crisis need to be met with compassion and person-centred care," said Amna Shah, parliamentary secretary for mental health and addictions. "When someone is experiencing thoughts of suicide, it is especially important that they get timely supports for as long as they need. This framework will support our health-care facilities in offering best practice guidance so clinicians can help more people with the right care."

Through an early, consistent, and systematic process, the framework offers guidance to enhance the detection of individuals at risk for suicide. It also provides suggestions that can help eliminate bias and barriers to care, including stigma and experiences of discrimination or Indigenous-specific racism. It also includes best practices to maximize the patient's safety during and after their care. With a tailored care plan, evidence-based treatment, effective transition to community care, and follow up and monitoring post-discharge, better outcomes can be achieved.

In addition to prioritizing cultural safety, the framework is based on a foundation of patient and family engagement, trauma-informed care and close collaboration with community care providers, which can help ensure the continuity of care."

To find out more, visit: [Suicide prevention framework will save lives](#)

***Connect with us...* SUPPORT TO FAMILY CARE NETWORK PROGRAM**

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Community
Services**
 Enriching Lives. Strengthening Communities

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