

# The Support Report

VOLUME 3

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ISSUE  
FOURTEEN

## Times to Connect

Out of Care / Kinship Care Drop in

Tuesday Aug 5  
10:00 - 11:00AM (PST)  
Zoom ID: 858 3771 6954



CHECK OUT THE  
ON DEMAND PAGE

DR. Cindy Blackstock Spirit Bear's  
Guide to Reconciling History  
DBT Skills  
And Much More!

## Thriving Kids: A Parenting Podcast From the Child Mind Institute

Thriving Kids is a podcast for parents and caregivers who want clear, honest answers about child and adolescent mental health. Hosted by Dr. Dave Anderson, clinical psychologist at the Child Mind Institute, each episode tackles a common parenting challenge — from anxiety to tantrums to school struggles — with practical strategies backed by science. You'll hear real talk, expert advice, and compassionate guidance from clinicians who work with kids every day. New episodes every other week, with companion newsletters for easy reference.

The Child Mind Institute

## How to Support Adolescents Through Mental Health Challenges

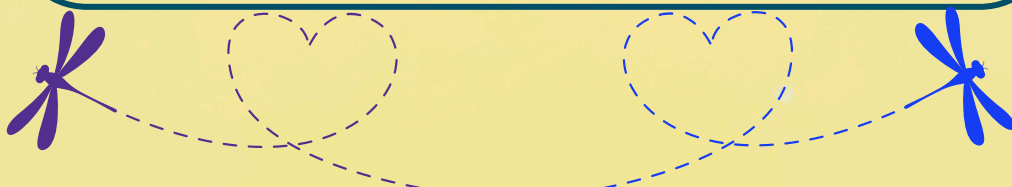
During adolescence, youth may feel more pressure, worry, and bewilderment in how their bodies, beliefs, and connections are changing. They may even experience mental health challenges as pressures change and grow. Guidance and help from teenagers' support network are essential as they face new experiences and develop their independence. We can be there for adolescents by listening to their worries, acknowledging their emotions, and providing helpful advice when asked.

### What are the signs that an adolescent might be struggling?

There are some key indicators that a teen may need help with their mental health. These may go beyond the "typical" adolescent behaviours.

- Mood swings can look like sudden irritability, anger, or sadness for no apparent reason. If these moods persists for more than a few days, check in on them. Also keep track of their mood in the coming days and weeks.
- Problems falling or staying asleep could be an indicator that your adolescent is struggling with overthinking, depression, or anxiety.
- Changes in appetite or shifts in eating patterns, such as binge eating or not eating at all may be a cue your teen is struggling – be sure to check in on them and ask questions.
- Loss of interest in once-enjoyed activities or withdrawal from social interactions they once loved and wanted to attend are also red flags.
- Coping or numbing with drugs or alcohol could be a sign of emotional troubles for your teen.
- Physical health challenges such as headaches or stomach-aches, back or neck tension may indicate a mental health challenge. Our physical health is directly tied to our mental health.
- A decline in academic performance, such as missed assignments or failing grades when they were previously doing well in classes could be an indicator they're struggling.
- If they have expressed suicidal thoughts or any signs of self-harm, it is crucial that you seek immediate professional help in your local area.

For tips to support visit CTRI





## **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"

## **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.

"Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters."

- Amy Mercree

## ***Connect with us...***

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## **SUPPORT TO FAMILY CARE NETWORK PROGRAM**



Enriching Lives, Strengthening Communities

## **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](http://www.icsfp.info/outofcareproviders)



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