

# WEEKLY *Communiqué*

STFC Supporting Caregivers throughout BC's Interior



October is Foster Family Month.  
We appreciate all you do and take  
time to celebrate you!!

**IN PERSON**  
**KAMLOOPS**  
**FOSTER PARENT**  
**DROP-IN**  
**Wednesdays**  
**9:00am - 11:00am**  
**At the Loft**

(2nd Floor of grey building)

**VIRTUAL**  
**FOSTER PARENT**  
**DROP-IN**  
**Mondays**  
**9:00am - 11:00am (PST)**  
**Zoom ID: 878 8822 2406**

**WEST**  
**KOOTENAY**  
**FOSTER PARENT**  
**DROP-IN**  
**Fridays**  
**11:00am - 12noon**  
**Zoom ID: 250 608 7674**

**AUDIO BOOK CLUB**  
**Wednesdays**  
**10:00-12Noon or 6:30-8:30 pm (PST)**  
**Zoom ID: 832 4280 1289**  
**BOOK: LET THEM (MEL ROBBINS)**



## WORLD MENTAL HEALTH DAY OCTOBER 10

**"Mental Health in Humanitarian Emergencies"**  
"Emergencies can make existing challenges worse, from poverty to discrimination, and they often create new problems such as family separation, harmful substance use, or loss of safety and community."

For more info, visit CMHA

## CANFASD ARTICLE

### **BILL S-234: NATIONAL FRAMEWORK FOR FASD**

"In September 2025, the Honourable Senator Ravalia re-introduced a bill respecting a framework for FASD in the Senate of Canada. This Bill outlines the development of a national framework designed to support Canadians with fetal alcohol spectrum disorder (FASD), their families, and their caregivers. Bill S-234 (formerly Bill S-253) represents an important step toward establishing a coordinated, evidence-based approach to prevention, diagnosis, and lifelong supports. The Bill has now successfully passed Second Reading in the Senate, which means it has received initial approval and is moving forward for further study and debate at committee. This stage is crucial, as it provides an opportunity to strengthen and refine the legislation before it returns to the Senate for final consideration.

**Why do we need a National Framework for FASD?** Not solely a healthcare issue, FASD intersects with homelessness, substance use, education, the legal system, mental health, child welfare, social services, family health, and more. The statistics are alarming. Recent studies show 90% of people with FASD will experience mental health issues. They are over 20 times more likely to face substance use challenges. And 35% of teens with FASD report suicidal ideation, with 13% reporting at least one serious suicide attempt in the past year. Due to its complicated nature, a systemic, coordinated, evidence-based approach to FASD prevention, diagnosis, intervention, and lifetime support is vital. We need a National FASD Framework that ensures that all people with FASD and their families have full and equitable access to the resources they need."

## FAMILY SUPPORT INSTITUTE OF BC LEAVING HIGH SCHOOL, WHAT'S NEXT?

**Monday, October 20, 2025,  
7:00 to 8:30 pm**

"How do you prepare for this big change in your child's life? This workshop is designed to help families understand how to prepare for their child's transition from high school into a full life in the community. Drawing on the experiences of many parents and professionals, we will discuss roles and responsibilities, the planning process, planning tools and available resources and services."

*There really are places in the heart that you don't know exist until you love a child. Ann Lamont*

# CAREGIVER LEARNING NETWORK

## NEW ON-DEMAND COURSES WITH COMPLEX TRAUMA RESOURCES

### How To Calm Your Child's Stress Response and Emotions

"Practical skills and tools you'll learn:

- Real parenting questions answered during a Q&A with Dr. Chuck
- Trauma-informed strategies to help kids heal
- How trauma changes the developmental trajectory of a child
- Why regular parenting strategies don't work on kids with trauma
- Why your child retreats or explodes and how to calm their stress response system
- How to minimize power-struggles
- Cutting-edge perspectives on medication and trauma
- How to help your child become emotionally regulated
- Practical strategies on the 5-steps of how to emotionally connect with your child."

### Why Children are Addicted to Gaming and Social Media

Be sure to check out the other on-demand courses too!

BE SURE TO  
KEEP A RECORD  
OF ALL MILEAGE

## DID YOU KNOW?

### EXCEPTIONAL TRANSPORTATION COSTS

are now part of your regular 325 km / month

Medical mileage used to be covered for the whole trip on its own separate form. This has changed in the **Resource Work Policies**.

Resource Work Policies (July 2025) now state:

"The restricted/regular foster family care rate and service payment for leveled homes includes an amount for transportation. This amount is expected to cover the majority of transportation costs specific to each child/youth's care plan, including bus passes. Exceptional transportation costs are those not covered by the foster family care rate.

**One-time-only or exceptional ongoing payments will not be considered until transportation costs exceed what can reasonably be expected to be covered by the foster family care rate.**

Examples are: long-distance travel for recreational, cultural, medical and visiting purposes, and care plan requirements for travel within each child/youth's own community. Approved exceptional transportation costs:

- are paid at 63¢ per kilometer **that exceeds the 325 kilometers** of driving per month, included in the family care rate for each child, or
- are compensated for the actual costs of public transportation."



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

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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/resources](http://www.icsfp.info/resources)



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.