

# HELLO SEPTEMBER! *The Support Report*

VOLUME 3

SEPT 15, 2025

ISSUE  
SIXTEEN

## Times to Connect

### Out of Care / Kinship Care Drop in

Wednesday Sept 17

8:00 - 9:00PM (PST)

Zoom ID: 858 3771 6954

### Book Club

Starting Wednesday, Sept 17

10:00am - 12:00pm OR 6:00pm - 8:00pm

Zoom ID: 832 4280 1289

Temple Grandin's  
Autism, Sensory and Behavior:  
Everything  
You Need to Know

## UPCOMING FALL TRAINING CAREGIVER LEARNING NETWORK

### LEARNING CHALLENGES & SCHOOL ADVOCACY

Sept 18

6:00pm - 9:00pm (PST)

### GRIEF AND LOSS FOR CAREGIVERS WITH SARAH DAY

Mondays

Sept 22 & Sept 29

6:30pm - 8:30pm (PST)

### GRIEF AND LOSS FOR CAREGIVERS WITH SARAH DAY IN PERSON

Denisqi in Williams Lake

Mondays

Sept 22 & Sept 29

5:30pm - 8:30pm (PST)

Dinner will be provided

Please contact Tabitha for more info at  
250-320-4603

## Managing After-School Meltdowns

### Why do After-School Meltdowns Happen?

For many kiddos, particularly our young ones and our Highly Sensitive Children, the school day demands so much from them. They are like little pressure cookers where the accumulative stress has been silently building over the school day. Each challenge builds on another: "I don't understand the work", "the teacher is mad", "who am I going to play with at recess", "my shoes are uncomfortable", "I forgot my homework", "I'm nervous about the monkey bars." None of these stressors are scaffolded or cushioned by their safe person- until they get home and their "lids" come off in an attempt to release the pent up pressure.

After 7 hours of being away from everything that brings them comfort, there is finally a release. The fancy term for "After school melt-down" is "After School Restraint Collapse." After School restraint collapse beautifully describes the restraint that they utilize all day at school -and the collapse that so many caregivers are familiar with.

For some children, the after school melt-down may contain elements of defensive attachment. This is our child's subconscious response to being alone throughout the day without the person they depend on to help them. Their release is an underlying expression of "where were you? I needed you today." Don't feel guilty: this is a normal part of development that our children need to go through. As our children develop and they become more independent, the compilation of their brave moments become the tapestry of their personality.

For tips please, visit the [Institute of Child Psychology](#).

### READY TO GET BACK TO TRAINING? REGISTER FOR THESE FREE ONE HOUR WEBINARS.

#### MINDSPRING MENTAL HEALTH ALLIANCE

Everyone who registers for a webinar will receive the recording via email 24 hours after the live event.

[Understanding suicide](#) [Understanding Grief](#) [Understanding PTSD](#)

[Understanding Adjustment Disorder](#) [Understanding Seasonal Depression](#)

[Understanding Intergenerational Trauma](#)

[Understanding Hording](#)



## BOOK CORNER

# EMBRACING HOPE: INNOVATIVE STRATEGIES TO EMPOWER PARENTS RAISING NEURODIVERSE TEENS

by Carl Young &, Joel Sheagren (2025)

"This comprehensive guide by Carl Young & Joel Sheagren addresses parents raising neurodiverse teens with ASD, ADHD, FASD, and trauma-related challenges. The authors, both fathers with lived experience, bridge the gap between neuroscience and practical parenting strategies. Revolutionary Approach The book breaks new ground by:

- First to explicitly include FASD in neurodiversity discussions alongside ASD, ADHD, and trauma
- Dual-father perspective combining personal experience with evidence-based research
- Integrated framework treating these four profiles as interconnected rather than separate conditions

**Core Philosophy** The authors emphasize that neurodiversity isn't about "fixing" children but understanding their unique brain wiring. They translate complex neuroscience into "kitchen table wisdom" - practical strategies tested in real homes and validated by research.

### Practical Tools

The book provides 72+ intervention strategies, including:

- BUILD Method: Base on strengths, Understand goals, Implement gradually, Leverage interests, Document progress
- Visual tools like mind maps and emotion charts
- Social stories starring the child as hero

### Understanding vs. Judgment

A central theme is reframing "behaviors" as symptoms of underlying neurological differences. Instead of asking "Why won't they stop?" parents learn to ask "Which domain needs support?" This shift from judgment to understanding transforms family dynamics.

Beyond strategies, the book connects to a larger movement including novels, films, apps, and online communities designed to increase understanding and acceptance of neurodiversity.

The authors' personal stories of misdiagnosis, system failures, and breakthrough moments provide hope while acknowledging the real challenges families face. Their message is clear: with proper understanding and support, neurodiverse children can thrive."

"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...

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



#### 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.