

Foster Parent MENTAL HEALTH RESOURCES

Helpful PDFs

Adoptive Families Association of BC	https://www.bcadoption.com/resources/articles/ <i>Numerous in-depth articles on adoption issues and parenting, from parents and professionals alike.</i>
Classroom Strategies (Dr. Linda O'Neill)	http://web.unbc.ca/~loneill/classroomstrategiesmanualnew.pdf
Coping Strategies for Supporting Students	https://www.anxietybc.com/sites/default/files/anxiety-bc-coping-strategies-v3.pdf
Empowering Teens To Build Self-Esteem	https://ptsda.squarespace.com/s/empowering_teens.pdf
FASD Resource Toolkit (163 pages)	http://www.fasdnan.ca/resources/1fasd/FASD%20RESOURCE%20TOOLKIT.pdf
FASD Tool Kit for Aboriginal Families	http://ofifc.org/sites/default/files/docs/FASD%20Toolkit%20-%202008-01.pdf
How Do I Parent my Teen <i>This site also has numerous other free videos and PDF's (such as How Do I Teen my Parent)</i>	http://teenmentalhealth.org/product/parent-teen/
Invisible Suitcase	http://www.interiorcommunityservices.bc.ca/clients/25/assets/325/invisible%20suitcase.pdf
Living Confidently with Food Allergy handbook <i>intended to help your family feel confident about handling food allergies. This link is to their page "Managing Anxiety & Feeling in Control"</i>	http://www.allergysupportcentre.ca/managing-anxiety.html
Mental Health Matters <i>Brought to you by heretohelp BC this is the first in several modules</i>	http://www.heretohelp.bc.ca/sites/default/files/wellness-module-1-mental-health-matters.pdf
Strategies Not Solutions (FASD)	http://www.faslink.org/strategies_not_solutions.pdf
Safe Sleep (Public Health Canada)	https://www.canada.ca/content/dam/phac-aspc/migration/phac-aspc/hp-ps/dca-dea/stages-etapes/childhood-enfance_0-2/sids/pdf/sleep-sommeil-eng.pdf
Separation Anxiety	https://www.anxietybc.com/sites/default/files/Separation%20Anxiety%20Doc%20FINAL-2.pdf
What makes Teens Ticks	http://come-over.to/FAS/TeensTick.htm

Helpful Books

- Caring for Drug Exposed Infants** Barbara Drennon with Elaine Purchase, 2010: Classis Day Publishing
- Creating Loving Attachments:** Kim S. Golding & Daniel A Hughes
Parenting with PACE to Nurture Confidence and Security in the Troubled Child
- Discipline without Damage** Dr. Vanessa LaPointe, 2016: Lifetree Media
- The Case of the Prickly Feelings** Linda Namka, 2013: Create Space
A book for children to explore feelings
- The Foster Parent Survival Guide:** Larry Anderson, 2014: Keewatin Press
How to Navigate the Child Welfare Matrix
- Growing an In-Sync Child:** Kranowitz and Newman, 2010: Perigee
Simple, Fun Activities to Help Every Child Develop, Learn and Grow
- Hold Onto Your Kids** Dr. Neufeld with Dr. Mate, 2004: Random House
- Nurturing Attachments:** Kim S. Golding
Supporting Children Who Are Fostered or Adopted
- The Out of Sync Child (Revised and Updated)** Carol Stock Kranowitz, 2005: Perigee
- Overcoming animal and insect phobias:** Antony, M.M., & McCabe, R.E., 2005: Oakland, CA: New Harbinger Publications.
How to conquer fear of dogs, snakes, rodents, bees, spiders, and more. Available in PDF form at <http://martinantony.com/publications/>
- Promoting FIRST Relationships** Kelly, Zuckerman, Sandoval & Buehlman, 2008: NCAT Publications
- Rest, Play, Grow:** Dr. Deborah MacNamara, 2016: Aona Management
Making Sense of Preschoolers (Or Anyone Who Acts Like One)
- Scattered Minds:** Dr. Gabor Mate
A New Look at the Origins and Healing of Attention Disorder
- Seven Steps to Help Your Child Worry Less:** Sam Goldstein, 2003: Specialty Press
A Family Guide
- 10 simple solutions to shyness:** Antony, M.M. 2004: Oakland, CA: New Harbinger Publications.
How to overcome shyness, social anxiety, and fear of public speaking. Available in PDF form at <http://martinantony.com/publications/>
- Worried No More:** Aureen Pinto Wagner, 2005: Lighthouse Press,
Help and Hope for Anxious Children

Helpful Websites

Support to Family Care

<https://www.icsfp.info/>

Includes Interior Region Foster Home Protocols, Child and Family Development - Caregiver Support Service Standards, Basic Family Care Rate Per Child, Health Supports for Children in Care and Youth Agreements, Dental Benefits for Children in Care and Youth Agreements, Invisible Suitcase, Hope Air and BC Residence Program, Your Life Your Rights - A Guide to the Rights of Young People in BC, Celebrating Canadian Foster Families

BCFFPA

www.bcfosterparents.ca

Indigenous Perspectives Society

www.fostercaregivers.bc.ca

Ministry of Children and Family Services

<http://www2.gov.bc.ca/gov/content/family-social-supports/fostering>

Includes Foster Family Handbook (PDF), Standards for Foster Homes (PDF), Child, Family and Community Service Act

Adoptive Families Association of BC

<https://www.bcadoption.com/resources/>

Access to in-depth information on adoption issues and parenting. These resources are drawn from over 35 years of experience, from parents and professionals alike.

Alberta Family Wellness Initiative

<http://www.albertafamilywellness.org/resources>

The Alberta Family Wellness Initiative (AFWI) facilitates research into early brain development as well as addiction and mental health treatment, and applies this research to policies and practices that support positive lifelong health outcomes. They connect and collaborate with leaders in policy, research, education, and service delivery to turn scientific discoveries and insights into measurable results.

Aha! Parenting

www.ahaparenting.com

Blogs, books and information by Dr. Laura Markham “Whether you’re wondering how to handle a specific challenge, just figuring out your child-raising approach, or ready to tear your hair out, you’ve come to the right place.”

Angries Out

www.angriesout.com

A range of tools for kids, parents and families on how to manage anger

Anxiety BC

<https://www.anxietybc.com>

Anxiety Disorders Association of Canada

<http://anxietycanada.ca>

ADAC/ACTA are a registered Canadian non-profit organization whose aim is to promote the prevention, treatment and management of anxiety disorders and to improve the lives of people who suffer from them.

Anxiety Disorders Association of America

www.adaa.org

BC Assoc for Child Development & Intervention

<http://www.bcacdi.org/>

BC Crisis Line Association

www.crisislines.bc.ca

Canada FASD Research Network

<http://canfasd.ca/>

Child Trauma Academy<http://childtrauma.org/>

CTA is a not-for-profit organization based in Houston, Texas working to improve the lives of high-risk children through direct service, research and education.

Ementalhealth.ca

eMentalHealth.ca is a non-profit initiative of the Children's Hospital of Eastern Ontario (CHEO) dedicated to improving the mental health of children, youth and families. It provides anonymous, confidential and trustworthy information, including Mental Health Help (i.e. directory of mental health services and organizations), Info Sheets: Information about a variety of mental health conditions and topics, Screening Tools: Find out if you or a loved one has a mental health concern with our free, online screening tools.

FASlinkwww.acbr.com/fas/**Food Allergy Canada**<http://www.allergysupportcentre.ca/managing-anxiety.html>

*Managing Anxiety & Feeling in Control and also has the **Living Confidently with Food Allergy** handbook which is intended to help your family feel confident about handling food allergies*

Hand In Hand Parenting<https://www.handinhandparenting.org>

Providing parents with insights, skills, and support they need to listen to and connect with their children in a way that allows each child to thrive. With easy-to-access supports and literature, they offer vital information to help parents deal with issues from children biting and kids' temper tantrums to learning issues and bullying on playgrounds and in schools.

Healthlink BCwww.healthlinkbc.ca**Healthy Families BC**<https://www.healthyfamiliesbc.ca>**Here to Help BC**<http://www.heretohelp.bc.ca/>

info sheets and personal stories about mental health problems and mental illnesses. You'll also find more information, tips and self-tests to help you understand many different problems, and resources located around the province

Kelty Mental Health<http://keltymentalhealth.ca/>

information, referrals and support for children, youth and their families in all areas of mental health and addictions.

Kidcare Canada<http://kidcarecanada.org/>

Their focus is social and emotional health, now considered the best foundation for mental, emotional and physical wellness, and happiness and success throughout life. Their practical resources are based on the most reliable evidence. See how your everyday nurturing actions put your infant or toddler on the path for social and emotional health. Nurturing is needed at every stage of life and you can apply the concepts in our resources to children and adults of any age. After all, our need to feel happy and safe in relationships is life-long.

Mindcheck (Foundry BC)<http://mindcheck.ca>

This website is designed to help youth and young adults in British Columbia check out how they're feeling and quickly connect to mental health resources and support. Support includes education, self-care tools, website links, and assistance in connecting to local professional resources.

My grief.ca

One for kids:

<http://www.mygrief.ca>

<http://kidsgrief.ca>

National Institute of Mental Health

<https://www.nimh.nih.gov/>

The National Institute of Mental Health (NIMH) is part of the U.S. Department of Health and Human Services (HHS) and is the lead federal agency for research on mental disorders. NIMH is part of the National Institutes of Health (NIH), the largest biomedical research agency in the world.

National Child Traumatic Stress Network

<http://www.nctsnet.org/>

The NCTSN works to help traumatized children and their families by raising public awareness of the scope and serious impact of child traumatic stress on the safety and healthy development of America's children and youth and to ensure that knowledge and skills are widely shared (American)

Neufeld Institute

<https://neufeldinstitute.org/about-us/dr-gordon-neufeld/>

Dr. Gordon Neufeld is a Vancouver-based developmental psychologist with over 40 years of experience with children and youth and those responsible for them. A foremost authority on child development, Dr. Neufeld has a widespread reputation for making sense of complex problems and for opening doors for change.

NOFAS

<https://www.nofas.org/resources/>

National Organization on Fetal Alcohol Spectrum Disorders (USA) has a number of different DVDs and youtube videos that can apply to both FASD and other mental health issues. NOFAS strives to reduce the stigma and improve the quality of life for affected individuals and families.

OCDbc

<http://www.ocdbc.ca>

a parent advocacy group whose mission is to bring awareness to Obsessive-Compulsive Disorder (OCD) and to improve access to effective treatment for those affected by OCD

Offord Centre for Child Studies

<https://offordcentre.com/research/knowledge/>

Offord Centre is multi-disciplinary research institute studying ways to improve the lives, health and development of children and youth. They have a list of resources and helpful brochures

POP FASD

<https://www.fasdoutreach.ca/elearning>

POPFASD is a British Columbia Ministry of Education provincial resource program whose mandate is to increase educators' capacity to meet the educational needs of students with Fetal Alcohol Spectrum Disorder (FASD) through FASD-informed practice that benefits all students. Their website provides educational resources, such as: eLearning Videos; Print Resources; Conferences & Events; FASD News; and downloadable resources.

Practical Apps

Practical Apps is dedicated to giving patients the tools they need to look after their health in collaboration with their primary care provider. They take a critical look at mobile health apps to figure out which can actually help and which are just digital snake oil.

Psyberguide.org

<http://psyberguide.org/>

PsyberGuide is a non-profit website dedicated to consumers seeking to make responsible and informed decisions about computer and device-assisted therapies for mental illnesses and provides information about software and apps designed to treat schizophrenia, bipolar disorder, depression and anxiety disorders.

PTSD Association (Canada)

<http://www.ptsdassociation.com/landing>

A non-profit organization dedicated to those who suffer from post-traumatic stress disorder (PTSD), those at risk for PTSD, and those who care for traumatized individuals, as well as bringing together society at large to form an ocean of compassion, awareness, knowledge and tools necessary for recovery.

Qmunity (LGBTQ2/S)

<http://qmunity.ca/learn/>

RCMP Drug trend info

<http://www.rcmp-grc.gc.ca/qc/pub/sens-awar/droque-drug/droque-drug-eng.htm>

Representative for Children and Youth

www.rcybc.ca/

Sensory World

www.sensoryworld.com

A large collection of sensory related books, CDs, and DVDs available

SHARE Family & Community Services

<http://sharesociety.ca>

a non-profit, independent, community-based organization providing leadership and programs in response to the social needs of the residents of the Tri-Cities (Coquitlam, Port Coquitlam, Port Moody, Anmore and Belcarra), New Westminster and adjacent communities.

Teen Mental Health

<http://teenmentalhealth.org/>

Based in Ontario, this website strives to create and disseminate the highest quality mental health information (products and training programs), addressing the needs of youth (ages 12 to 25 years), families, educators, health providers, policy makers and others.

Apps

Breathr	created by BC Children's (spelled with a r at the end is correct) , it is an app that helps with breathing exercises for anxiety and depression (currently mobile phones only)
Calm	website (calm.com) and app with meditations to relax, focus and sleep better
Mindshift	created by Anxiety BC, this app is designed to help teens and young adults cope with anxiety. Rather than trying to avoid anxiety, they can make an important shift and face it.
Pacifica for Stress and Anxiety	based on CBT, mindfulness meditation, relaxation and mood/health tracking, this app gives you tools to address stress, anxiety and depression (12+)
RCMP Drugs awareness	provides timely and convenient access to a wide range of information about drugs and related trends in Canada (17+)
This Way Up	This Way Up is a web-based program based on CBT (Cognitive Behaviour Therapy) that provides information and skills for overcoming anxiety and depression. With clinician-assisted, self-help, and school-based-prevention modules, This Way Up can be used by many different kinds of users who need help to cope with symptoms of depression and anxiety.

YouTube Videos

BC Foster Parent videos (**BCFFPA**) on youtube: <https://www.youtube.com/user/bcffpa/videos>

Recovering Hope 1: <https://www.youtube.com/watch?v=LCz7C05kTRw>

Recovering Hope 2, 3 & 4 also available

Brains Journey to Resilience <http://www.albertafamilywellness.org/resources/video/brains-journey-to-resilience>

Learn about the resilience scale in this scientifically rigorous (and cinematically epic) video created by the AFWI in consultation with the FrameWorks Institute and the Harvard Center on the Developing Child.

NOFAS https://www.youtube.com/results?search_query=nofas

National Organization on Fetal Alcohol Spectrum Disorders (USA) has a number of different DVDs and youtube videos that can apply to both FASD and other mental health issues. NOFAS strives to reduce the stigma and improve the quality of life for affected individuals and families.

Oregon Behavioral Consultations https://www.youtube.com/watch?v=Arh8vk-uP_M
<http://www.oregonbehavior.com/itsabrainthing/>

Nate provides interactive and fun trainings for families, caregivers, and professionals in Fetal Alcohol Spectrum Disorders and Cognitive Support.

POP FASD <https://www.fasdoutreach.ca/elearning>

POPFASD is a British Columbia Ministry of Education provincial resource program whose mandate is to increase educators' capacity to meet the educational needs of students with Fetal Alcohol Spectrum Disorder (FASD) through FASD-informed practice that benefits all students.