

# The Island Connection

Serving Vancouver Island Foster Parents through Peer Support, Education, Networking & ongoing Training

*To Our Wonderful Foster Parents:*

*Wishing you all the blessings  
of the New Year;*

*the warmth of home,  
the love of family, and  
the company of good friends.*

*Live Well, Laugh Often,  
and Love Much!*

Foster parents foster hope.  
You're there for the children.  
We're here for you.

CPC PUB #40780167



Please think about the  
environment before printing



FPSS Society is CARF Accredited

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The opinions expressed herein are those of the writers and not necessarily those of the FPSS Foster Parent Support Services Society or the Ministry of Children and Family Development.

**NEWSLETTER:**

Is published 5 times per year and mailed free of charge to any foster home & MCFD office in the Vancouver Island region.

**ADVERTISING INFORMATION:**

**Margaret Howley, Executive Director**  
**Tel: 778-430-5462 / Fax: 778-430-5463**  
**mhowley@fpsss.com**

**Call Us**  
**TOLL FREE AT**  
**1-888-922-8437**  
 Visit our website at  
**www.fpsss.com**

# Do You Need Help or Information?

The following numbers are provided for your convenience. Please feel free to call these numbers when you need assistance.

**EMERGENCY “After Hours” Duty Worker (MCFD)**

**Contact Number: 1-800-663-9122**

- Foster Parents are encouraged to call this number in the event of an EMERGENCY or CRISIS concerning a child in their care, occurring after regular office hours.

**FOSTER PARENT SUPPORT LINE (MCFD)**

**Call Toll Free: 1-888-495-4440**

**Weekdays: 4:00pm to 12:45am**

**Statutory Holidays & Weekends: 8:00am to 12:45am**

If you have a n immediate concern relating to child in your care we are here to help you and will provide:

- Fast response for urgent issues outside regular office hours.
- Professional support, information and consultation.

**PROTOCOL SUPPORT WORKER TEAM (FPSSS)**

**TOLL FREE 1-888-922-8437**

**The FPSS Society office can arrange for a support person to help you through a Protocol Investigation.**

- The support person can answer your questions, attend any interviews with you, and give you information about the investigation.

**FPSS SOCIETY COORDINATORS (FPSSS)**

**TOLL FREE 1-888-922-8437**

**Weekdays 9:00am to 4:00pm—Closed Weekends and Statutory Holidays**

**The FPSSS Coordinators are available 5 days a week to assist you.**

- There are three FPSS Society Offices—Victoria (778-430-5460), Nanaimo (250-390-9686), Campbell River (250-286-0555), and one Local Coordinator in Port Hardy (250-949-7397) and one in Port Alberni (250-724-9655).
- Coordinators are available to assist foster parent in obtaining current information; support services for caregivers; on-going training and development opportunities; peer support and mentoring; and BC Foster Care Education Program information.



The Island Connection is now accepting advertising from local Vancouver Island merchants and businesses.

*Do you have goods or services that would be useful and beneficial to foster parents and/or community service providers?*

Why not place an advertisement in this publication—The Island Connection? Businesses extending a discount to foster families will receive a 10% discount on advertising costs.

Newsletter Distribution: all Vancouver Island foster families, ministry offices and posted to our website.

Contact Margaret Howley at 778-430-5462 or Toll Free at 1-888-922-8437 for information about our extremely affordable pricing. Some restrictions apply.

Proceeds from the sale of advertising space will be used to offset printing costs and Foster Parent Special Events.

The following is a listing of Ministry approved homes willing to provide Relief Care for foster parents. This list is for information purposes only. Foster parents must make their own arrangements **with the prior knowledge and approval of their Resource Worker.**

### SOUTH Island Relief Care Listing

CAREGIVER	PHONE	TYPE OF HOME
McKay Meaghan	250-744-7507	Regular 6-18 yrs
Morin Heather& Bill	250-479-9975	Level 1/0-14 yrs
Kitcher Julie	250-294-0275	Level 1 / 0-12 yrs
Dyble Rob & Susan	250-642-5774	Lev 1 / 6-12 yrs boys
Johner Lynette	250-474-4083	Level 1/ 2-12 yrs
Tuttle,Plant Celina & Roger	778-433-5988	Lev 1&2, 10-18 yrs
Adams Karen	778-433-5424	Level 2/ 0-12 yrs
Baird Jennifer	778-426-1480	Lev 2&3, 7-18 yrs
Morley Sandy & Bob	250-478-8490	Level 2/0-5 yrs
Cameron Connie & Gord	250-385-4673	Level 2/ 0-9 yrs
Case Sandy & Rob	250-478-2782	Level 2/ 0-5 yrs
Beattie Kerston	250-475-3639	Level 2 / 0-12 yrs
Shumard Laura & Steve	250-478-1973	Level 2/ 0-5 yrs
Henderson Carol	250-474-7470	Level 2/ 0-12 yrs
Hicke Julia & Mike	250-598-8457	Lev 2 / 0 -10 yrs
Leippi Linda & Gord	250-882-6001	Level 3
Hurtig JoAnne	250-598-1106	Level 3 / 2-10 yrs
O'Leary Sandra	250-888-3316	Level 2 / 7-18 yrs
Jane Foster Barb Csinos	250-360-2900	Level 3/ 5-10 boys
Fast Kathryn	250-220-8989	Level 3 / 7m-7yrs
Clifford Shandra	250-727-6542	Level 3/ 0-10 yrs
Gerry David&Grace	250-383-0818	Level 3/ 0-12
Dewar Maria & Bob	250-478-6503	Level 3/ 5-19 boys
Cochrane Sue	250-385-6689	Level 3 / 6-12 yrs

### CENTRAL Island Relief Care

**Please Note:** Central Island area Foster Parents are encouraged to contact their Resource Social Worker, or the Child's Social Worker when seeking relief care from Ministry approved caregivers.

### UPPER Island Relief Care Listing

**Relief Information Package:** There are a number of capable caregivers in our area, from a variety of backgrounds (including current and former foster parents with MCFD, John Howard Society and/or CLBC), who are willing to provide relief care for foster parents. Contact your Resource Worker or local relief list manager for more information. **In Comox Valley, please call Jill Beech at 250-33-1261. In Campbell River, please call Ellen Fyfe at 250-287-3727**

### The Relief Foster Care Rates

Restricted (for a child aged 0 to 11 yrs)	\$36.79
Restricted (for a child aged 12 to 19 yrs)	\$40.33
Regular (for a child aged 0 to 11 yrs)	\$36.79
Regular (for a child aged 12 to 19 yrs)	\$40.33
Level 1 (all ages)	\$55.60
Level 2 (all ages)	\$68.35
Level 3 (all ages)	\$90.89

RATES EFFECTIVE APRIL 1, 2009

## In Loving Memory of Loraine Emigene "Emi" Carmichael

CARMICHAEL, Loraine Emigene "Emi" passed away suddenly during the evening of October 21, 2011 at her home. Predeceased by her parents Julius and Winona Michaloski, brothers Herman and Bruce Michaloski, her best friend and younger sister Laura Hall, her elder infant sister Marianne Michaloski, and her nephew Robin Nash. She leaves to cherish her memories daughter Kalee Tan and son Jordan Tan, granddaughters Zuva Turner-Tan and Alexandra Tan, sister Bernice Schwartz, brother Brian Michaloski, former husband and father of her children Sid Chow Tan, and second husband James Carmichael, as well as uncles, aunts, nieces, nephews, relatives and friends, numerous foster children she supported over the last 20 years, including the three treasured foster sons she live with at the time of her passing, and her beloved dog Napoleon. Memorial service took place Saturday, October 29th at 2:00pm at St. John's Heritage Church, 537 Glencairn Lane, Colwood. Donations may be made in Emi's name to the Foster Parent Support Services Society / 641285.

Emi had been a caregiver since March 1990. She provided care for some of our more challenging children and youth over her 30 years with the Ministry of Children and Family Development (MCFD).

She provided hands on care involving the children and youth in her life and the community. She enjoyed long walks on the beach every evening with her dog Napoleon and the children placed in her home. She found this to be the best time to connect with the kids in her care. Emi was best described as passionate and caring. She was a strong advocate for all the children that entered her life. She will be greatly missed by the many people she touched in her life.

### GUIDELINE TO THE FAMILY CARE RATE—2009\*

Basic Foster Care Costs (per month)	Ages 0-11 years	Ages 12-19 years
Food	135.04	183.35
Housing	149.51	183.35
Transportation	67.52	76.89
Personal Needs	14.46	17.74
Recreation	33.78	35.50
Clothing	81.98	94.63
<b>Sub-total</b>	<b>482.29</b>	<b>591.46</b>
Additional Family Care Costs	Ages 0-11 years	Ages 12-19 years
Education	25.72	31.85
Babysitting	86.81	57.33
Transportation	61.09	60.51
Personal Spending	41.79	54.14
Gifts/ Activities	61.09	60.51
Equipment/ Recreation	45.03	54.15
Sub-total	321.53	318.49
<b>Total Maintenance (per month)</b>	<b>803.82</b>	<b>909.95</b>

\*The amounts in each category are estimates of what is required for most children. Actual costs will vary between categories, with some caregivers spending more in some categories but less in others. The total amounts should be sufficient to cover the actual costs for most children. (Estimates developed by Dan Malone, FPSSS)

# FPSSS Coordinator **UPDATES:**

## **SOUTH Island Area UPDATE**

Prepared by Dan Malone

T: 778-430-5460 E: [svicoordinator@fpsss.com](mailto:svicoordinator@fpsss.com)

Toll free: 1-888-922-8437

**Fostering 101:** On November 23<sup>rd</sup> we held a training session with 13 foster parents in attendance. Rebecca Mabee, BSW, Cultural and Community Liaison for Métis Community Services spoke about their services and provided information around the Métis people and their culture. We also had Katie Zimmerman, UVic student nurse speak about going to the Emergency Room with a child in care, and Safe Sleep Practices for infants. If foster parents have any topics that they would like to see discussed at these sessions please contact Dan Malone at [svicoordinator@fpsss.com](mailto:svicoordinator@fpsss.com) or Sandy Case at [slcase@shaw.ca](mailto:slcase@shaw.ca)

**First Aid Course:** On November 16<sup>th</sup>, Alert First Aid trained 19 foster parents in Basic First Aid and CPR including Infant CPR. One foster parent said that this was the best first aid course she had taken because it was very practical and hands on. FPSSS subsidizes this training and encourages foster parents to keep their training up to date.

**“Early Childhood and Brain Development: How Experience Shapes Child, Community and Culture”:** by Bruce Perry Video showing: We had 18 foster parents attend this video showing, with 15 others on a waitlist. We did a second showing on December 15<sup>th</sup> in partnership with Boys and Girls Club. For more information on trauma informed care you can go to [www.childtrauma.org](http://www.childtrauma.org). For free online training courses you can go to: [www.childtraumacademy.com](http://www.childtraumacademy.com)

**Safe Babies Support Group - “When Science Meets Practice: Supporting High Risk Infants and Toddlers”.** Video lecture series by Evelyn Wotherspoon, MSW, RSW. **Lecture One: The Core Story of Child Development.** (November 14<sup>th</sup>) **Lecture Two: What Derails Development?** (December 12<sup>th</sup>) For more information and to view these lectures online go to: <http://www.research4children.com/admin/contentx/default.cfm?Pageld=89418>

**Kids Halloween Party:** Held on October 29<sup>th</sup> at the Burnside Community Centre, with 80 children and 48 Foster Parents in attendance. The Bouncy Castle and Crawly Dinosaur were a big hit with the children. There was face painting, goodie bags, hot dogs, cake and a

mini Halloween pumpkin given to all the kids. A great time was had by all. Thank you to SIFPA and all the volunteers who put on this event.

### **Annual Foster Parent Christmas Dinner:**

On December 1<sup>st</sup>, 40 foster parents came out to share a nice dinner and kick off the Christmas season. This was a time to socialize and connect with other foster parents. There was also an entertaining and fun Christmas gift exchange game.

### **Children Only Christmas Shopping Night:**

On December 6<sup>th</sup>, over 450 gifts were bought and wrapped for one dollar each by children in care to give to their friends and families. There were 34 foster parents and 58 children attending. Thank you to all those people who donated gifts, to Saanich Neighborhood House for the use of their community room, to SIFPA for putting on the event and to all the volunteers for wrapping and setting up.

**Annual Foster Family Christmas Party:** On December 10<sup>th</sup>, SIFPA put on the Foster Family Christmas Party with over 240 people in attendance. All 151 kids received an age appropriate gift from Santa. There was an excellent performance by Victoria High School Advanced Dance Team, a silent auction, potluck lunch, food bank donations, crafts, and ginger bread cookies to decorate. Thank you to the South Island Foster Parent Association and Volunteers for putting on this huge wonderful event.

**Foster Parent/MCFD Resource Partnership Meeting:** These meetings happen 10 months a year. They have been well attended and provided babysitting. Foster parents are encouraged to come out to these MCFD run meetings where there are always Resource Social workers to answer any questions you may have.

**E-mail Distribution List:** If you would like to receive notification of workshops, meetings and news of interest to foster parents via e-mail please contact Dan Malone, Regional Coordinator at 778-430-5460 or [svicoordinator@fpsss.com](mailto:svicoordinator@fpsss.com)



**Ongoing Training:** We continue to look for relevant training available in our community. If you know of training that might be beneficial to caregivers, please contact Dan Malone at 778-430-5460 or e-mail to [svicoordinator@fpsss.com](mailto:svicoordinator@fpsss.com).

## **CENTRAL Island Area UPDATE**

Prepared by Steve Hancock, RCG

T: 250-390-9686 Toll free: 1-888-922-8437

E: [communitydevelopment@fpsss.com](mailto:communitydevelopment@fpsss.com)

### **Foster Parent /Inter Agency Drop-In:**

Nanaimo FPSS Society office  
102-6401 Applecross Road, Nanaimo  
These meetings will include coffee and a chat with other foster parents, resource social workers, and Steve Hancock. If interested please contact Steve at 250-390-9686 or [communitydevelopment@fpsss.com](mailto:communitydevelopment@fpsss.com).

## **UPPER Island Area UPDATE**

Prepared by Judy Hollywood Bonnett

T: 250-286-0555 E: [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca)

Toll free: 1-888-922-8437

Get connected to hear about the foster parent social events and professional training that are planned in your community. All Foster Parents on the Upper Island can ensure you are in the loop by sending your e-mail address to the FPSS society Upper Island Coordinator, Judy Hollywood Bonnett, at [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca).

## **COMOX VALLEY AND AREA**

On October 24<sup>th</sup>, 57 Comox Valley Foster Parents attended a mix and mingle **Foster Parent Appreciation Dinner** at the Westerly Hotel, Courtenay. The FPSS door prizes of 2

### COMOX VALLEY AND AREA continued

dinner for two at The Old House Restaurant were won by Angela & Peter Van Kessel and Tanya & Chad Hooker.

Eight foster parents joined Margot Janz at John Howard Society meeting room on Nov 7<sup>th</sup> for the first **Strength and Strategies Sessions**. The DVD "Sparks" was viewed and discussed. At the December 5<sup>th</sup> session, participants viewed a Dr. Bruce Perry DVD which proved to be highly relevant and a good conversation starter.

**Foster Parent MCFD Partnership Meeting** on November 16<sup>th</sup> at Comox Valley Soccer Club House, Courtenay. Twenty six in attendance including 12 foster parents. Delicious potluck refreshments, new CV Foster Parent Council members were announced and the "Sparks" DVD was shown.

**Group Home Open House** took place on Saturday, November 26<sup>th</sup> with a great turnout of group home foster parents in attendance.

Courtenay and Campbell River foster parents and their teens in care attended **"A Better High"** with Matt Bellace, speaker and comedian, at Sid Williams Theatre on November 15<sup>th</sup>. This event was sponsored by Courtenay Community Drug Strategy committee as part of their Addictions Awareness Month activities.

### CAMPBELL RIVER & AREA

On October 26<sup>th</sup> the **Campbell River Foster Parent Appreciation Gala** was held at CR Museum, Campbell River 25 FP attended. FPSS door prize – 2 dinners for 2 at Dolphins Resort were won by Cheryle & Bruce Gilbert and Wendy & Roger Barker.

**CR Foster Parent Alliance** met on November 2<sup>nd</sup> with guest speaker: Emily Mayson, FAFP Vancouver Island Coordinator, ten in attendance including 7 foster parents.

On December 14<sup>th</sup> the Alliance hosted a Holiday Potluck providing a pause for foster parents and social workers.

**Seeds of Resilience** an 8-hour exploratory workshop on November 17<sup>th</sup> and 24<sup>th</sup> with 16 foster parents completing both days. We discovered methods of building resiliency within ourselves and promoting it in others. To learn more go to [www.imaginecampbellriver.ca](http://www.imaginecampbellriver.ca).

**FASD Caregiver Support Group:** As many of you know, Mary Catherine

Bellamy has moved on from her job as FASD Key Worker. Thanks for your years of dedicated serve to our families and children! Mary Catherine remains in her role as Upper Island Safe Babies Liaison for Foster Parents. Please stay tuned for more information on FASD caregiver support opportunities once the new Keyworker is hired and has settled in.

### Safe Babies Caregivers Support Gathering and Training

On October 25<sup>th</sup> a Safe Babies workshop "From the Bench" was presented with 12 in attendance including 10 caregivers. On November 15<sup>th</sup> the Safe Babies group met for support with 8 eight participants. The December 22<sup>nd</sup> meeting was a Christmas event.

**The Child-in-Care Transitions Subcommittee:** The subcommittee's recommendations will be finalized and shared soon.

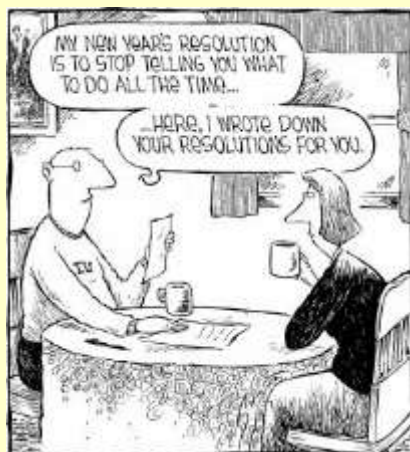
**"Sixth Annual Kids Only Christmas Shopping Day"** took place on December 1<sup>st</sup>. This was a wonderful event for over 60 youth and children in care who found those perfect gifts for the special people in their lives. Huge thanks to our organizing team including seven dedicated Foster Parents. Kudos to the many enthusiastic volunteers who made the day such a success! The organizers wish to extend thanks to Laichwiltach Family Life society for the venue and to MCFD, John Howard society and FPSS society for their contribution of both staff hours and supplies. Heartfelt gratitude is sent to "Santa" and the Badgero family. This year generous community sponsorship came from Quinsam Coal, USW Local 9347, Royal Lepage (Lynda Snagg), Wal-Mart & staff, Save-On-Foods, Great Canadian Superstore, Staples, Tim Horton's, Costco and a number of kind individual donators. Nearly \$200 was contributed by the kids to be donated to local Christmas charities. Thanks go to everyone for making this year the best ever!"

**Holiday Potluck Luncheon** on December 14<sup>th</sup> was hosted by the **Foster Parent Alliance** among those attending were 9 foster parents.

### PORT HARDY AND AREA

**N.I. Foster Parent Appreciation Luncheon** hosted on October 26<sup>th</sup> at Malone's Oceanside Bistro. 24 foster parents attended. Lunch and local entertainment provided!

**A Christmas Party for the Children in Care** was held on December 7, 2011 at Port Hardy Civic Centre. Thanks to our organizers and volunteers. Those foster families in attendance had a great time!



### New Year's Resolution ...

#### Starting that diet:

My friend Kimberly announced that she had started a diet to lose some pounds she had put on recently.

"Good!" I exclaimed. "I'm ready to start a diet too. We can be dieting buddies and help each other out. When I feel the urge to drive out and get a burger and fries, I'll call you first."

"Great!" she replied. "I'll ride with you."



# South Island News & Events

## Coffee/Support Mornings

345 Wale Road, Youth Room

Wednesday, January 4<sup>th</sup>, 9:30am to 11:30am

Wednesday, January 18<sup>th</sup>, 9:30am to 11:30am

Wednesday, February 1<sup>st</sup>, 9:30am to 11:30am

Wednesday, February 15<sup>th</sup>, 9:30am to 11:30am

This is a great opportunity for foster parents to support and network with each other on a regular basis. Free on-site babysitting provided.

## Foster Parent/MCFD Resource Partnership Meeting

Monday, January 9<sup>th</sup>, 9:30am to 11:30am

Monday, February 13<sup>th</sup>, 9:30am to 11:30am

MCFD Office, 345 Wale Road, 2nd Floor Boardroom

This is an opportunity for all foster parents to meet with resource social workers and be informed of Ministry updates, staffing changes, policy changes, and have their questions answered. Free on-site babysitting provided.

## Foster Parent/MCFD Advisory Meeting

Tuesday, January 10<sup>th</sup>, 9:30am to 11:30am

FPSS Society Office, 145-735 Goldstream Avenue

Our local executive meets with Ministry Staff to discuss issues and concerns that are presented to them by foster parents.

If you have anything you would like added to the agenda please contact Sandy Case at [slcase@shaw.ca](mailto:slcase@shaw.ca).

## Lifebook Work Session

Monday, January 16<sup>th</sup>, 7:00pm to 9:00pm

Monday, February 13<sup>th</sup>, 7:00pm to 9:00pm

FPSS Society Office, 145-735 Goldstream Avenue

Please bring your Lifebooks to this work session and be prepared to share your ideas. If you have a Lifebook that is full but would like a digital copy of it, bring it in during these sessions and we will scan it in for you and make a copy you can give to the child's worker to put on the child's file.

## FOSTERING 101

Tuesday, January 24<sup>th</sup>, 6:30pm to 9:00pm (6:30-7:00 Meet & Greet)

Saanich Neighbourhood Place, 3100 Tillicum Road

Speaker: Heather Lawson, MCFD

Adoption and Guardianship Team Leader

Topic: Adoption and Guardianship

- You're invited to an interactive meeting with lively discussion on current fostering issues. There will be time for Q&A, experience sharing and open discussion. Please RSVP to Sandy Case at 250-478-2782 or [slcase@shaw.ca](mailto:slcase@shaw.ca)



## SAFE BABIES SUPPORT GROUP

**“When Science Meets Practice:  
Supporting High Risk Infants and Toddlers”**

**Lecture Three:  
Supporting Maltreated Infants and Toddlers**  
Video lecture series by  
Evelyn Wotherspoon, MSW, RSW

**Monday, January 9<sup>th</sup>, 7:00pm to 9:00pm**  
**FPSS Society Meeting Room, 145-735 Goldstream Ave**

To register please contact Dan at  
[svicoordinator@fpss.com](mailto:svicoordinator@fpss.com) or 778-430-5459  
All foster parents welcome!

Now a social worker in private practice, our lecturer, Evelyn Wotherspoon, amassed great experience working as an infant mental health consultant with Alberta Health Services' Collaborative Mental Health Care Program in Calgary, Alberta for almost ten years.

As a result of her time spent observing and assessing babies and toddlers involved with the child welfare system, and working with the Collaborative Mental Health Care Program, pertinent and relevant information for child welfare workers was compiled.

This information has been pulled together to form three lectures in a series titled “When Science Meets Practice: Supporting High Risk Infants and Toddlers”.



## “NEW” Peer Support Evening

Wednesday, February 22<sup>nd</sup>, 7:00pm to 9:00pm  
FPSS Society Office, 145-735 Goldstream Avenue  
Call Dan at 778-430-5460 for more information

This evening coffee support event gives foster parents who are not able to come out to the coffee support mornings an opportunity to:

**Socialize • Network • Support One Another • Share Ideas**

Goodies, coffee, and tea will be served.

All foster parents welcome!

## “Healthy Ways to Manage Change Transitions”

Refresher Workshop

Wednesday, January 11<sup>th</sup>, 9:30am to 2:30pm  
MCFD Office, 345 Wale Road - 1<sup>st</sup> floor youth room  
Facilitator: Vicki Bridge MA, RMFT

**MUST PRE-REGISTER—Dan at 778-430-5460**

**Experiencing change? You are not alone!**

**Do you want to learn about a practical change management model that includes useful tools and strategies, for not only staying sane and healthy, but thriving during transitions? Why not join us for a day long interactive workshop on Wednesday, January 11<sup>th</sup>, 2012.**

**During this workshop we will:**

- Explore change and the 3 stage model of transition developed by William Bridges.
- Experientially explore our natural emotional responses to change during transitions.
- Discover how change offers opportunities and potential for growth.
- Explore ways to seize new opportunities with greater comfort, purpose, and focus.

**You Will:**

- Learn a practical framework to talk about the stages of transition.
- Learn to recognize the presence of transitions in your life.
- Learn useful ways to help yourself and others during periods of transition.

**Vicki Bridge, RMFT, PCC**, is a registered marriage and family therapist and a certified executive and personal coach with a private practice in Victoria.

Vicki has deep roots in the fostering community, both as a seasoned foster parent and as a resource to other foster parents and specialized care providers. She loves to coach, deliver workshops, and share her expertise about building personal resilience and understanding complex behaviour and relationship systems.

Vicki can be reached at [vicki@vickibridge.ca](mailto:vicki@vickibridge.ca) or by telephone at 250-661-3348

## FOSTERING 101

Tuesday, January 24<sup>th</sup>, 6:30pm to 9:00pm  
(6:30-7:00 Meet & Greet)  
Saanich Neighbourhood Place  
3100 Tillicum Road

SIFPA & FPSSS would like to invite you all to an interactive meeting with lively discussion on current fostering issues.

Topic: Adoption and Guardianship  
There will be time for Q&A, experience sharing and open discussion

Speaker: Heather Lawson, MCFD  
Adoption and Guardianship Team Leader

Please RSVP to Sandy Case at  
250-478-2782 or [slcase@shaw.ca](mailto:slcase@shaw.ca)

## Créo Hair Studio

107-2355 Millstream Road  
Langford, BC

**250-478-4322**

[www.facebook.com/pages/Creo-Hair-Studio](http://www.facebook.com/pages/Creo-Hair-Studio)

We create a look and experience that will leave you glowing from the inside out. Touching the lives of every person we come in contact with in a positive and caring way; our clients, team members and the community.

*Mention this advertizement and receive \$10.00 OFF any service or product purchase.*

# Central Island News & Events

## PORT ALBERNI AREA

### Coffee Morning

Tuesday, January Date—TBA

Tuesday, February Date—TBA

- Karen Bennys-6110 Westport Blvd

### Monthly Meeting

Thursday, January 19<sup>th</sup>, 9:30am to Noon

Thursday, February Date TBA

—call Diane at 250-723-9779 for date

Alberni Valley First United Church

Church Street

- Craig Summers from VIHA is coming to speak about family support workers and their programs
- Child minding onsite.

## PARKSVILLE AREA

### Parksville & Oceanside Support/Coffee Group:

- For support group information, please contact MCFD Bonnie Lamarche at 250-954-4737

## COWICHAN AREA

### Duncan Coffee/Support Mornings

Tuesday, January, 17<sup>th</sup>, 10:00am to 12:00 noon

Tuesday, February, 21<sup>st</sup>, 10:00am to 12:00 noon

Locations to be announced. Watch your e-mail.

This is a great opportunity for foster parents to support and network with each other on a regular basis.

On-site babysitting provided.

### Duncan Partnership meeting

Wednesday, January 18<sup>th</sup>, 11:00am to 1:30pm

Wednesday, February 29<sup>th</sup>, 11:00am to 1:30pm

161 – 4<sup>th</sup> Street, MCFD office

Join other caregivers in partnership with MCFD staff to vocalize issues, concerns and ideas. Discussion will be followed by a delicious potluck lunch.

Call Steve at 250-390-9686 or toll free at 1-888-92208437 for more information, questions and suggestions.

## NANAIMO AREA

### Foster Parent /Inter Agency Drop-In:

Nanaimo FPSS Society

102-6401 Applecross Road

Nanaimo

- Call Steve at 250-390-9686 for date and venue
- 10:00am to 12:00 noon
- These meetings will include coffee and a chat with other foster parents, resource social workers, and Steve Hancock.
- Please contact Steve Hancock for more information, questions and suggestions at 250-390-9686 or [communitydevelopment@fpss.com](mailto:communitydevelopment@fpss.com).

# *A Fond Farewell*

Congratulations and Many Thanks  
are extended to long time foster parents  
Karon Claas Giesbrecht (30 years)  
and Bonnie Budgen (17 years).



Best Wishes from the  
Port Alberni Foster Parent Association

# Welcome!

## **NEW**

### **COWICHAN VALLEY FOSTER PARENTS GROUP**

Chair: Claudia McIntyre 250-748-1112  
[claudia@pacificcoast.net](mailto:claudia@pacificcoast.net) Fax: 250-748-1123

Vice Chair: Sandra Beagley 250-743-0236  
[sbeagl@yahoo.com](mailto:sbeagl@yahoo.com)

Treasurer: Linda Lecky 250-743-1001 [llecky@telus.net](mailto:llecky@telus.net)

Secretary: Diane Wilbee 250-743-3934  
[wilbeefamily@keopah.com](mailto:wilbeefamily@keopah.com)

This group will host coffee support mornings and plan fun events for Foster Families.

We are looking for energetic, positive foster parents who want to network and socialize with other foster parents and have some great ideas for foster family events throughout the year.

For more information please contact Claudia McIntyre at [claudia@pacificcoast.net](mailto:claudia@pacificcoast.net) or come on out to the next Duncan Coffee/Support morning on Tuesday, January 17<sup>th</sup>, 10:00am to 12:00 noon.

Call Claudia at 250-748-112 for more information.



SAFE ONLINE OUTREACH SOCIETY

<http://www.safeonlineoutreach.com/>

SOLOS has been providing information to B.C. schools, parents and professionals since 2002. We have the knowledge and tools to help parents and educators keep our children and youth safe online. If you have concerns about online safety for you, your children, teens, staff or clients we have the information and resources you need!

### After the SOLOS Presentation, continue the conversation ...

#### For Teachers:

- Talk to your students about who the trusted people are in their life that they turn to for help and who they can talk to about uncomfortable online experiences.
- Do your best NOT to freak out if/when your students come to you with an issue.
- Go online yourself. Check out popular sites. Ask your students to walk you through the websites that they visit.
- Be clear about classroom and school expectations and rules around online behavior.
- Know the resources and be able to provide them to your students.

#### For Students:

- Don't shut your parents out. Nobody cares about you more. Take this hand out home and talk with them about the SOLOS presentation that you saw today.
- Don't let your peers influence your better judgment.
- Listen to your gut!
- Know who you can turn to and ask for help. Role model for others.

#### Reminders For Everyone:

- Don't post, send or text sexual images of yourself to anyone. Tell youth not to let anyone make sexual pictures of them; Don't take, or let others sexual pictures of you.
- Be careful about how much personal information you share.
- Be aware of what is in your "Shared" folder.
- Never share your passwords and usernames.
- Don't use the same password for everything that you do and change passwords regularly.
- Have different email addresses for different uses.
- Cover your webcam when it's not in use.
- Choose applications wisely.
- Use privacy settings. Use your privacy settings where possible.
- Know when NOT to talk online.
- If you have problems, delete your account and start a new one.
- Know how to capture online threats or problems.
- "Google" yourself! Include your city in the search.

#### SUGGESTED LINKS FROM SOLOS

##### Online Safety:

Safe Online Outreach Society: [www.safeonlineoutreach.com](http://www.safeonlineoutreach.com)

Common Sense Media: [www.common sense media.org](http://www.common sense media.org)

Childnet: [www.childnet.org](http://www.childnet.org)

Media Awareness: [www.media-awareness.ca](http://www.media-awareness.ca)

##### Some Interesting Links:

Google Scholar: [www.google scholar.com](http://www.google scholar.com)

Ted TV: [www.ted.com](http://www.ted.com)

iTunes U: [Access through iTunes Store](#)

Teacher Tube: [www.teachertube.com](http://www.teachertube.com)

Videos: [www.youtube.com](http://www.youtube.com)

Free Hugs: [www.youtube.com/watch?v=vr3x\\_RRjdd4](http://www.youtube.com/watch?v=vr3x_RRjdd4)

Netlingo: [www.netlingo.com](http://www.netlingo.com)

Technorati: [www.technorati.com](http://www.technorati.com)

Blogger: [www.blogger.com](http://www.blogger.com)

##### Recommended Links:

Youthinbc: [www.youthinbc.com](http://www.youthinbc.com)

Kids Help Phone: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

Sexuality and u: [www.sexualityandu.ca](http://www.sexualityandu.ca)

Won't Get Weird: [www.wontgetweird.com](http://www.wontgetweird.com)

Go Ask Alice: [www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)

Cool Nurse: [www.coolnurse.com](http://www.coolnurse.com)

Suicide: <http://www.metanoia.org/suicide>

Not Even Once: [www.notevenonce.com](http://www.notevenonce.com)

Cybersmart Curriculum: [www.cybersmart.org](http://www.cybersmart.org)

Snopes.com: [www.snopes.com](http://www.snopes.com)

##### Online Support:

Healthy Places: [www.healthyplace.com](http://www.healthyplace.com)

Online Addiction: [www.netaddiction.com](http://www.netaddiction.com)

Eating Disorder Recovery: [www.eatingdisorderrecovery.com](http://www.eatingdisorderrecovery.com)

Centre of Addictions Research BC: [www.barbc.ca](http://www.barbc.ca)

A Safer Space: [www.asaferspace.com](http://www.asaferspace.com)

##### Places to Report Concerns:

NCMEC: [www.missingkids.com](http://www.missingkids.com)

Cybertip.ca: [www.cybertip.ca](http://www.cybertip.ca)

Online Addiction: [www.netaddiction.com](http://www.netaddiction.com)

# Upper Island News & Events



## Becoming a Foster Parent in the Comox Valley

If you have a friend, co-worker, neighbour, or childcare provider interested in becoming a foster parent in the Comox Valley please have them contact **Shawna Stevenson at 250-334-5820 (MCFD)** to learn how, and to find out about up-coming Foster Parent Information Sessions.

### COMOX VALLEY AND AREA

#### Comox Valley Community Development Project

A number of activities are happening as a result of our summer project! Thank you to the energetic, positive Foster Parents who have agreed to serve on the Advisory Council.

The Education Committee will be announcing local foster parent training events for the spring of 2012. All foster parents will be receiving invitations to participate in Foster Family Fun events organized by the Event Planning Group throughout the year.

#### Strengths and Strategies Session

Monday, January 9<sup>th</sup> 10:00am – 11:30am AND 7:00pm – 8:30pm  
 Monday, February 13<sup>th</sup> 10:00am – 11:30am AND 7:00pm – 8:30pm

The John Howard Society meeting room  
 (usually first Monday each month)

1455 Cliffe Ave Courtenay

Evening session, please use door at the back

Behavioural Consultant to Caregivers, Margot Janz, facilitates foster parent sharing and support with a focus sessions. Foster parents who are attending are discovering these sessions are providing a refreshing, relaxing and positive learning environment. The same topic is offered in the daytime and evening session. Choose the session that suits your schedule. Light refreshments. Call Margot for details or with topic ideas at 250-338-7341.

#### Foster Parent MCFD Partnership Meeting

Wednesday, January 25<sup>th</sup>, 9:30am to 11:30am  
 Comox Valley Soccer Club House

1701 Lerwick Road, Courtenay

#### Potluck Refreshments

All foster parents, social workers, MCFD and C&Y Mental Health workers are invited to participate. This is an opportunity to address your concerns, receive updates, discuss fostering trends and suggest future fostering events. For more information, to add to the agenda or for copies of past meeting minutes please contact the Upper Island Area Coordinator at [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca).

Please note venue. Sorry, child-minding is not available.

#### Group Home Open House

Saturday, January 28<sup>th</sup>, 8:00pm

Saturday, February 28<sup>th</sup>, 8:00pm

Location: TBA

Comox Valley foster parents operating group homes for MCFD to their home on the last Saturday of every month; no open house is planned for December. These evenings are opportunities to create supportive relationships in a friendly and relaxing atmosphere. For information call Kim at 250-897-3148.

#### Safe Babies Caregivers Support Group

Monday, January 30<sup>th</sup>, 10:00 am to Noon

"Helping Babies from the Bench" Video Series

Location TBA – watch you emails!

All Safe Baby Caregivers are invited to join us for the DVD viewing and discussion of the role that courts play when rulings impact infants who have experienced abuse and neglect. If there is a specific topic you want to learn more about please contact Mary Catherine Bellamy at 250-705-6135.

### CAMPBELL RIVER & AREA

#### CR Foster Parent Alliance

Wednesday, February 22<sup>nd</sup>, 11:00am to 1:00pm

C.R. Family Services' Conference Room, 487 - 10<sup>th</sup> Avenue

All foster parents are encouraged to attend our **Foster Parent Only Alliance Meeting**. Is the Alliance serving your needs? Do you have ideas on ways to improve our network, peer support, or partnership with MCFD? We plan on discussing the next steps for the Alliance. Everyone is welcome! Contact Heather Murphy at 250-923-6028 for more information.

#### Safe Babies Video Series

Tuesday, January 24<sup>th</sup>, 10:00am to 11:30am

Robron Centre, Room A127

We are dipping into the Safe Babies Resources Toolkit. Safe Babies caregivers, caregivers of pre-schoolers and maternity home caregivers are welcomed to attend. Light refreshments. Contact Mary Catherine Bellamy at 250-705-6135.

## Become a Foster Parent in Campbell River



**FOSTER PARENT INFORMATION SESSIONS**  
 Call Deborah at 250-286-7542 for date & time  
 MCFD Office, 929 Ironwood Road

If you know anyone interested in becoming a foster parent, please encourage them to attend the Pre-Service Orientation or invite them to call **Deborah Weber at 250-286-7542 (MCFD)** to learn more about fostering in Campbell River.

## Upper Island News & Events

**Joint Education Committee Meeting**  
**Monthly meetings, 9:00am to 10:00am**  
**MCFD Board Room**  
**929 Ironwood Road**

Joint Education Planning meetings are in full swing planning Foster Parent education events for the coming year. Foster parents are invited to join in this planning.

- Please contact Judy at 250-286-0555 or [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca) for meeting dates and agendas.

**Safe Babies Caregivers Support Gathering**  
**Tuesday, January 17<sup>th</sup>, 10:00am to noon**  
**Tuesday, February 21<sup>st</sup>, 10:00am to noon**  
**The Robron Centre**  
**The Family Place, Rm in A127**  
**740 Robron Street**

Safe Babies Caregivers are invited to network, support and learn from one another. We will be digging into the Safe Babies resource bag and exploring the new materials at both gatherings. Caregivers can suggest specific learning topics.

- Watch for more information about the December meeting or contact Mary Catherine Bellamy at 250-705-6135. The meeting room is child friendly. Refreshments provided.



### LIFEBOOKS

All foster parents should make sure Life Books are completed. Foster Parents and Guardianship Social workers have an integral part to play in the collection of these materials.

For a CIC who has not been in school for some time or might have moved here from another region or province, collecting information may be more difficult. Other suggestions include, but are not limited to:

- Taking pictures of the CIC/youth
- Asking CIC/youth for a copy of their art work/poems, etc
- Contacting previous caregivers for photos, souvenirs
- Contacting previous schools/programs for report cards, certificate of completions or attendance, etc
- Contacting former parent/ guardian or extended family members for photos and mementos

Once Life Books are complete, they can be scanned electronically and put on CD or DVD. This can be given to the Guardianship worker to put on the child's file.

## North Island News & Events

**Foster Parent/MCFD Partnership Meeting**  
**Tuesday, January 10<sup>th</sup>, 1:00pm to 2:00pm**  
**8755 Gray Street, MCFD Boardroom, Port Hardy**

These meetings take place every second month. All foster parents, social workers, MCFD and C&Y Mental Health staff are invited to participate. This is an opportunity to address your concerns, receive updates, and discuss local fostering trends. Please contact Jackie Kervin at 250-949-7397 or Salla Sukow if you would like to add an item to the Agenda prior to the next meeting.

**North Island Foster Parent Support Gathering**  
**Thursday, January 27<sup>th</sup>, 6:00pm to 8:00pm**  
**Thursday, February 23<sup>rd</sup>, 6:00pm to 8:00pm**  
**Mental Health and Addictions Office**  
**7070 Shorncliffe Avenue, Port Hardy**

Valerie Ramchuk, N.I. Behavioural Consultant for Caregivers, facilitates these evening gatherings where foster parents can network, learn, support and be supported. Foster parents and Social Workers are invited to attend. Coffee, Tea and desserts will be offered. Please contact Valerie at 250-956-3134 or 250-230-7164 to confirm gathering dates or to suggest a topic.

#### Shoot the Breeze Coffee Meetings

- These meetings will alternate with Partnership meetings/ every second month.
- Foster parents who would like to host are asked to contact resource worker, Salla Sukow at 250-949-8011.

#### Coffee Meet 'n Greet Meetings

Watch for more information about the foster parent, social worker

coffee meet and greet. These casual events will alternate between the MCFD office and foster parent's home. Foster parents who would like to host are asked to contact their resource worker.

#### Foster Parent Training

Look for information as details are finalized. Valerie Ramchuk would like to present training in the near future regarding attachment issues.



### Becoming a Foster Parent in North Island

**If you have a friend, co-worker, neighbour, or childcare provider interested in becoming a foster parent in North Vancouver Island please have them contact**

**Salla Sukow at 250-949-8011 (MCFD)**

**We are currently seeking foster parents interested in fostering Youth.**

## FPSS Service Satisfaction Survey Results

**Congratulations to our iPad2 winner, foster parent Debra Diamond of Errington! Way to go, Debbie!**

And a Great Big Thank You to Everyone who participated in our recent survey. We appreciate and need your input; it is very helpful to us in the identification of which services are most useful and meaningful to you as a foster parents. Please be assured your personal information will be held in the strictest confidence. **This survey was circulated electronically to 450 Vancouver Island foster parents, of which 181 or 40.2% responded.** This is an excellent response rate which will form the basis for future FPSS service delivery and content planning. Thank you!

**Please note:** Comments from respondents have been provided "verbatim" for your information. Look for our responses to some of the comments in future issues of The Island Connection. Please feel free to contact us anytime if you have questions or concerns about services.

### Do you receive our newsletter – The Island Connection?

YES:	Responses: 178	Ratio: 98.9%
NO:	Responses: 2	Ratio: 1.1%

### What are your favourite parts of the newsletter?

Local News & Events:	Responses: 134	Ratio: 74.4%
Fostering Stories:	Responses: 96	Ratio: 53.3%
Updates & Reports:	Responses: 91	Ratio: 50.5%
MCFD Policy Info:	Responses: 78	Ratio: 43.3%
Workshop Info:	Responses: 135	Ratio: 75.0%
Other:	Responses: 7	Ratio: 3.8%

### Would you like to receive the newsletter by email instead of through regular mail?

YES:	Responses: 98	Ratio: 54.1%
NO:	Responses: 80	Ratio: 44.1%

### Would you like to be notified via email of upcoming events, ministry news releases/update, workshops and other opportunities for foster parents?

YES:	Responses: 158	Ratio: 87.2%
NO:	Responses: 21	Ratio: 11.6%

### FPSS Foster Parent Support Services Society provides numerous support services to the foster parents of Vancouver Island. Which Services are you are of, and/or use?

ALL SERVICES:	Responses: 74	Ratio: 42.2%
Workshops:	Responses: 92	Ratio: 52.5%
Protocol Support:	Responses: 30	Ratio: 17.1%
Area Coordinator:	Responses: 47	Ratio: 26.8%
Peer Support:	Responses: 37	Ratio: 21.1%
Toll Free Line		
1-888-922-8437:	Responses: 45	Ratio: 26.2%
Relief Care Listing:	Responses: 50	Ratio: 28.5%
Partnership Mtgs:	Responses: 38	Ratio: 21.7%
FP Support Line:	Responses: 51	Ratio: 29.1%
MCFD Emergency After Hours		
Duty Worker:	Responses: 70	Ratio: 40.0%
Website fpss.com:	Responses: 38	Ratio: 21.7%
Mentoring Program:	Responses: 20	Ratio: 11.4%
Open Houses/Meet n' Greet		
for FP & MCFD staff:	Responses: 51	Ratio: 29.1%
Regional Partnership:	Responses: 29	Ratio: 16.5%

### Do you feel the support services offered by FPSS Society meet your needs?

YES:	Responses: 160	Ratio: 88.3%
NO:	Responses: 15	Ratio: 8.2%

### Do you have any suggestions as to how to improve the Support Services to foster parents that you believe would be more meaningful and useful?

- A "buddy" system for new foster parents would be very helpful.
- A list of respite for the Nanaimo area like they have south.
- Advanced workshops that complement the Mandatory foster parent courses and would help to develop some of those. Such as Practical care of the Autistic child. How to deal with addicted and abusive teens.
- As long as there is someone to phone who can point me in the right direction, it's always worked out.
- Be more active and talk to the foster parents on an individual basis. The

sad thing we have discovered is that the less active you are with the ministry the better they like you.

- Better coordination.
- Connecting foster parents.
- Do offer things at different days and times. It is impossible to find sitters in the morning or during school hours. Provide childcare during services offered.
- Email works better for me.
- FPSS is doing an excellent job in bringing the information to all Foster Parents in a timely manner.
- FPSS has pretty much ignored the Nanaimo Foster Parents. They need to provide workshops, on-going training and put some time and effort into introducing themselves to new foster parents. Why is there no list of relief care in the newsletter for Nanaimo? And ONE staff member who works part time? Even the Nanaimo office doesn't compare to the Vic one!
- Free courses for basic first aid and specific workshops for how to deal with specific disabilities.
- Great job...thank you for all the support and information!
- Have not had a need to use the Support Services so feel we cannot provide feedback.
- Have up to date newsletters on website.
- Having ministry and MCFD meetings also in the evenings.
- Having occasional meetings/workshops in the evening I would be able to attend.
- I am a new foster parent as of may so haven't had the chance to really find things out.
- I am happy with the direction that service improvement is going. Networking amongst fostering families is a new and long overdue help; having support thru independent organization (John Howard Society) another excellent improvement.
- I am in the process of having a review of a decision to close my home by USMA. I have found the lack of relevant information for me to be appalling. I have been extremely isolated. I find your motto that you are there for the foster parents to be ludicrous!
- I have not been able to get to a meeting so would like more info on the whole service.
- I think foster parents look for answers when they are having difficulties. The support services are invaluable for this. Knowledgeable, trustworthy, and thoughtful people are their greatest asset. I think the support services are running very well.
- I think FPSS does a fantastic job already.
- I think the services offered are wonderful and a great help.
- I think you are doing a great job.
- I think you are doing well. It's just important for Foster Parents to know who to contact if and when they need supports. I think the greatest support we can have as foster parents are one another, so it is great to have opportunities for getting together as much as possible.
- I would enjoy more work with the children ...I'm level 3 with great references from special needs parents ...is there work to be had?

- I'm pretty resourceful; I mentor several foster parents on my own and have regular coffee get-togethers or hikes with a smaller group. I would certainly like to see an on line buy and sell site for foster parents only. As I mentioned before time is precious and used victoria is vast. I would think the previous question should have had a comment box.
- It would be nice if the FPSSS and the BCFFPA could get along a little better.
- It would be nice to have an office location in Courtenay
- It's amazing all ready and has helped us out on our fostering journey! Keep up the good work
- I've never been aware of these services.
- May be more education and awareness as to the process from foster parent to adoption. Maybe even having an advocate to help in this process that can help walk us through this process. It just seems to be a lonely process. Also someone to advise us of our rights through this process.
- More events on weekends and evenings, because we both work weekdays.
- More funding to FPSSS for more training. You are doing an excellent job but need more funding to provide more training. Need more advanced training offered if possible.
- Also training for social workers in trauma, mental illness, FASD, Autism, etc would make life a lot easier for the CIC and the foster parents
- More workshops.
- More workshops before 2:00 p.m. as the busiest time of my day is between 2:30 p.m. and bedtime. Although I am interested in many workshops that are offered the evenings aren't the best times. I feel that I can count on the services offered if they are needed and would reach out if I need assistance.
- More workshops in the evenings for those of us that work during the day would be very helpful.
- Not be affiliated with MCFD.
- Nothing at this time - 14 respondents said this.
- Please try to have some of the meetings and workshops, courses etc in the evenings. It is hard for working foster parents to take time off.
- Presently, I'm not fostering any child so I can't comment but I do know that all these services have been helpful when I was a foster and respite parent.
- Provide foster parents with a basic document that outlines each of the services, access criteria, etc.
- Self-directed online course offerings with continuing credit for completion.
- Some workshops need more space than the office meeting room, which is a good sign :)
- Somehow we need to get more MCFD information, changes, policies, etc. out to foster parents . . . still too many working in isolation.
- Sorry to say "no" to #6, that may not be fair. We have had such a problem going on so long and have been caught up in Ministry and RCY and haven't explored this resource. Our situation has led to a long investigation of an Agency. We are still not fostering, don't know why- written to MCFD Minister and Deputy about it.
- The FPSSS has been very helpful whenever we have called upon them. Thank you.
- There aren't any services in Duncan and as there are 77 foster families in the area it would be very helpful. There are so many shifts with MCFD and the government that it's difficult to both gain information about upcoming changes and have a support person to talk with about what it means for individual foster parents.
- There should be a way to get "advanced placement" in the training workshops - I have an MSW and have done this work for 20 years, though fostering is new to me it is quite ridiculous that I have to take hours of basic lectures on "what is FASD" and "active listening skills".
- This isn't a support service but I would really like to see the mandatory education classes offered online.
- We are in a small area, but I think a monthly coffee group just to vent and visit would be helpful.
- We need to be able to ask questions about problems, such as with the ministry, without fear of being labelled. A lot of information is lost because foster parents fear reprisals or difficulties with the workers or the ministry.
- We need to get info on events. Usually last minute and often other commitments and we miss all the good events.
- We need to have access to medical and dental plans.
- With improvements of technology, I think there could be groups (closed) with say Facebook on particular issues, such as who wants / who can offer relief, or supports during hard times like foster care breakdown, death of spouse, conflicts with social workers etc.
- Workshops and things in the evenings, rather than during the day for those of us who work.
- Yes I do ....I have been a respite caregiver for many, many years, live alone in a big musical home but my respite contracts are either condensed into a short notice, 7 days sometimes, in July or August.
- You are doing a great job!

#### Do you know where the Foster Parent Support Services Society offices are located?

YES:	Responses: 157	Ratio: 86.7%
NO:	Responses: 24	Ratio: 13.2%

#### Have you completed the mandatory BC Foster Care Education Program?

YES:	Responses: 143	Ratio: 79.0
NO:	Responses: 37	Ratio: 20.4%

#### Have you attended any of the BC Foster Care Education classes in the last 12 months?

YES:	Responses: 83	Ratio: 45.8%
NO:	Responses: 97	Ratio: 53.5%

#### Have you attended any (optional) on-going training workshops or events during the last year?

YES:	Responses: 129	Ratio: 71.2%
NO:	Responses: 52	Ratio: 28.7%

#### On-going Training Workshops: What topic(s) would you like to see covered through foster parent workshops.— 91 Responses

<i>ADD / ADHD</i>	<i>FASD</i>	<i>Relief / Respite</i>
<i>Adoption</i>	<i>First Aid Training</i>	<i>Safe Babies Training</i>
<i>Attachment Disorder</i>	<i>Grief and loss</i>	<i>Special Needs</i>
<i>Autism</i>	<i>MCFD Policy</i>	<i>Suicide</i>
<i>Behaviour</i>	<i>Mental Health</i>	<i>Trauma Informed care</i>
<i>Communication</i>	<i>Miscellaneous</i>	<i>Youth</i>
<i>Cultural / Aboriginal Info</i>	<i>Plan of Care</i>	<i>ALL Training</i>

#### Are you interested in becoming a Mentor to a new foster parent?

YES:	Responses: 51	Ratio: 28.1%
NO:	Responses: 115	Ratio: 63.5%

#### Do you believe you are adequately informed of MCFD changes in policy, services & expectations?

YES:	Responses: 111	Ratio: 61.3%
NO:	Responses: 68	Ratio: 37.5%



January 2011

**RE: BCFFPA INSURANCE RIDER INFORMATION**

To Whom It May Concern:

The BCFFPA Foster Parent Insurance Rider for Extended Property Damage (“the insurance Rider” or “Rider”) was implemented in September 1984. As an indication of the value the then Ministry of Social Services placed on the work of foster parents, the Ministry paid for coverage for approximately 4,500 foster homes in the province. The Ministry of Children and Family Development (MCFD) continues to provide this additional coverage for family care resources that have children placed by a Director designated under the Child, Family and Community Services Act, Section 91. This coverage extends to:

1. Restricted, Regular, Levels 1, 2 & 3 Foster Care Homes as well as Aboriginal Delegated Agency Homes #125396
2. Residential Resources, “Mom & Pop” Group Homes #125397
3. Youth Justice Care Homes

If a foster parent fosters directly with the Ministry or through a Delegated Agency and has a signed contract, which follows MCFD guidelines, they are automatically covered by the Rider Insurance. Effective December 2010, Youth Justice care homes are also covered by the Rider Insurance.

Foster parents who foster for an Aboriginal band and hold a contract directly with the band are required to purchase the rider themselves.

In 1987 the Insurance Rider also became available to resources caring for four or fewer children placed under contract (Satellite Homes). Because these foster parents do not foster directly for the Ministry or a delegated agency, they are required to purchase the insurance themselves. In order to be considered a Satellite Home, the children/youth must reside in the caregiver’s primary residence. Otherwise the home is considered a staffed resource (business) and is not eligible to purchase the Rider. For these foster parents, the Rider can be purchased at a cost of \$155.

The Insurance Rider is carried by AXA Insurance and is intended as a supplement to existing insurance policies held by foster parents. Its purpose is to provide coverage for the foster family home and possessions against losses caused by a child in care. Where an insurance claim due solely to malicious or willful acts by the foster child is not considered valid or collectible under the foster family’s personal insurance coverage, the Rider will apply. The limit of coverage was increased to \$500,000.00 per occurrence for a complete lost of house and contents effective April 1, 2009.

The Comprehensive General Liability Policy came into effect April 1, 1989. This policy covers all Restricted, Regular, Level 1, 2 & 3 homes. The premiums for this policy are automatically covered by

MCFD. This policy is a negligence policy whereby the insurer will pay all sums the foster parents become legally obligated to pay as a result of bodily injury occurring to, or property damage caused by, a foster child. The coverage includes all legal fees should the matter be taken to civil court. Not covered are costs for any type of abuse: sexual, physical or emotional. The policy became a “claims made” policy beginning in 2001. In order to enact a claim, the foster parent contacts AON Reed Stenhouse\* immediately upon becoming aware that there is a potential for a claim arising in the future or upon receipt of a writ of summons.

The Legal Indemnity Policy covers legal costs up to conviction for a foster parent who is charged with any type of abuse. If the foster parent is found guilty in a court of law, the government has the ability to sue back for costs under the Financial Services Act. This coverage is available to those foster parents specifically named in the Foster Care Home Agreement. Any adult over 19 residing in a foster home who is not named on the contract is not covered under the Legal Indemnity Policy.

The process for filing claims, which may require the Insurance Rider, is as follows:

- Original claim is submitted to the family primary, personal insurer
- BCFFPA office is contacted upon receipt of a letter from the primary insurer regarding denial of claim due to willful and malicious damage
- Letter outlining the requirement for filing and Insurance Rider claim along with instructions is mailed to foster parent
- Insurance Rider claim received by BCFFPA office is forwarded to the BCFFPA insurance company, who assigns and adjustor to the case
- The adjustor contacts the caregiver directly

As a condition of their contract with the ministry, foster parents are required to have homeowner/tenant insurance in place. For those foster parents unable to obtain primary insurance due to remote location, lack of water availability, high number of claims, etc., Risk Management has developed a generic policy to which the Insurance Rider can be attached. This generic policy is offered at no cost to the foster parent. Claims are sent through the BCFFPA office and forwarded to Risk Management, who will issue the letter of denial of coverage required to enact the Insurance Rider.

MCFD and the Delegated Aboriginal Agencies cover the deductible of foster parents’ insurance after ensuring that there are no unexpended funds in the maintenance portion of the foster home payment. The BCFFPA Insurance Rider Questions and Answers booklets are available from the BCFFPA provincial office. If you have further question, do not hesitate to contact us at 1-800-663-9999.

Yours truly  
Jayne Wilson  
Executive Director

\*AON Reed Stenhouse  
6<sup>th</sup> Floor, 1803 Douglas Street  
Victoria, BC V8T 5C3  
250-388-7577

# FPSSS Contact Information

FPSS BOARD OF DIRECTORS	NAME	TEL—250	FAX—250	E-MAIL
Chairperson	Sandy Case	250-478-2782	250-474-7677	<a href="mailto:slcase@shaw.ca">slcase@shaw.ca</a>
Vice Chairperson	Diane Burrows	250-723-9779		<a href="mailto:burrowsdiane@hotmail.com">burrowsdiane@hotmail.com</a>
Treasurer	Nicola Mackay	250-744-4119		<a href="mailto:nicola.mackay@telus.net">nicola.mackay@telus.net</a>

## FPSSS PERSONNEL

Executive Director	Margaret Howley	778-430-5459	778-430-5463	<a href="mailto:mhowley@fpsss.com">mhowley@fpsss.com</a>
Administrative Assistant	Krista Turcotte	778-430-5459	778-430-5463	<a href="mailto:admin@fpsss.com">admin@fpsss.com</a>
Regional Coordinator	Dan Malone	778-430-5460	778-430-5463	<a href="mailto:svicoordinator@fpsss.com">svicoordinator@fpsss.com</a>
Central Island Com Dev	Steve Hancock	250-390-9686	250-390-9687	<a href="mailto:communitydevelopment@fpsss.com">communitydevelopment@fpsss.com</a>
Upper Island Coordinator	Judy Hollywood Bonnet	250-286-0555	250-286-0545	<a href="mailto:uicoordinator@shaw.ca">uicoordinator@shaw.ca</a>
Pt Hardy Local Coordinator	Jackie Kervin	250-949-7397	250-902-0565	<a href="mailto:nicoordinator@fpsss.com">nicoordinator@fpsss.com</a>
SI Safe Babies Coordinator	Dan Malone	778-430-5460	778-430-5463	<a href="mailto:svicoordinator@fpsss.com">svicoordinator@fpsss.com</a>
CI Safe Babies Coordinator	Steve Hancock	250-390-9686	250-390-9687	<a href="mailto:communitydevelopment@fpsss.com">communitydevelopment@fpsss.com</a>
UI Safe Babies Coord & UI/CI	Mary Catherine Bellamy	250-703-6135	250-286-0545	<a href="mailto:mbellamy@shaw.ca">mbellamy@shaw.ca</a>
Admin Ass't (BCFCE Program)	Eva Vowles	778-430-5459	778-430-5463	<a href="mailto:bcfce@fpsss.com">bcfce@fpsss.com</a>

## PROTOCOL SUPPORT TEAM

Team Leader	Dan Malone	778-430-5460	778-430-5463	<a href="mailto:svicoordinator@fpsss.com">svicoordinator@fpsss.com</a>
South Island	Joan Andersen	250-384-8510	250-384-8520	<a href="mailto:jborman@shaw.ca">jborman@shaw.ca</a>
Upper Island	Jill Beech	250-338-1261	250-338-1261	<a href="mailto:gildabeech@shaw.ca">gildabeech@shaw.ca</a>
Central Island	Diane Burrows	250-723-9779		<a href="mailto:burrowsdiane@hotmail.com">burrowsdiane@hotmail.com</a>

## SOUTH ISLAND LOCAL

President	Sandy Case	250-478-2782		<a href="mailto:slcase@shaw.ca">slcase@shaw.ca</a>
Secretary Treasurer	Nicola Mackay	250-744-4119		<a href="mailto:nicola.mackay@telus.net">nicola.mackay@telus.net</a>

## NANAIMO AREA

Nanaimo Partnership Circle	Steve Hancock	250-390-9686	250-390-9687	<a href="mailto:communitydevelopment@fpsss.com">communitydevelopment@fpsss.com</a>
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## PARKSVILLE AREA

Contact	Sheila Bates	250-468-1739	250-954-0744	<a href="mailto:sheila_bates@hotmail.com">sheila_bates@hotmail.com</a>
Contact	Mariann Rathlou	250-752-2541		<a href="mailto:thetruth@telus.net">thetruth@telus.net</a>

## PORT ALBERNI LOCAL

President	Diane Burrows	250-723-9779	250-720-2100	<a href="mailto:burrowsdiane@hotmail.com">burrowsdiane@hotmail.com</a>
Vice President	Pat Messenger	250-723-3540		<a href="mailto:jetskimama@shaw.ca">jetskimama@shaw.ca</a>

## COWICHAN LOCAL

Chairperson	Claudia McIntrye	250-748-1112	250-748-1123	<a href="mailto:claudia@pacificcoast.net">claudia@pacificcoast.net</a>
Vice-chairperson	Sandra Beagley	250-743-0236		<a href="mailto:sbeagl@yahoo.com">sbeagl@yahoo.com</a>

## NORTH ISLAND LOCAL

President	Jackie Kervin	250-949-7397	250-902-0565	<a href="mailto:odyssey@island.net">odyssey@island.net</a>
Vice President	Clarence Alfred	250-949-5777		
CLS Rep	Connie Gibbs	250-949-7682		

## CAMPBELL RIVER

Contact	Judy Hollywood Bonnett	250-286-0555	250-286-0545	<a href="mailto:uicoordinator@shaw.com">uicoordinator@shaw.com</a>
Contact	Heather Murphy	250-923-6028		

## COMOX VALLEY LOCAL

Contact	Judy Hollywood Bonnett	250-286-0555	250-286-0545	<a href="mailto:uicoordinator@shaw.com">uicoordinator@shaw.com</a>
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SOUTH FPSSS OFFICE	CENTRAL FPSSS OFFICE	UPPER FPSSS OFFICE
145-735 Goldstream Ave VICTORIA V9B 2X4	Suite 102- 6421 Applecross Rd NANAIMO V9V 1N1	106 - 301 Dogwood St CAMPBELL RV V9W 2Y1
Area Coordinator: Call direct at 778-430-5459 Fax: 778-430-5463 <a href="mailto:svicoordinator@fpsss.com">svicoordinator@fpsss.com</a>	Area Coordinator: Call direct at 250-390-9686 Fax: 390-9687 <a href="mailto:cicoordinator@fpsss.com">cicoordinator@fpsss.com</a>	Area Coordinator: Call direct at 250-286-0555 Fax: 286-0545 <a href="mailto:uicoordinator@shaw.ca">uicoordinator@shaw.ca</a>



**Foster  
Parent  
Support  
Services  
Society**

foster parents foster hope

### MISSION STATEMENT:

The FPSS Society is a CARF Accredited Grass Roots organization committed to providing meaningful and accessible support, education and networking services which will continually enhance the skills and abilities of foster parents to deliver the best care possible to the children in their homes.

**Funding:** FPSS Society is a Registered Society that is funded through contracts with the BC Ministry of Children and Family Development to deliver the BC Foster Care Education Program, support services, networking, communication and on-going training opportunities for foster parents of the Vancouver Island Region.

### Regional Office Location:

145-735 Goldstream Ave,  
Victoria, V9B 2X4

**Phone: 1-778-430-5459**

**Fax: 1-778-430-5463**

**Toll Free: 1-888-922-8437**

**Websites: [www.fpsss.com](http://www.fpsss.com),**

**[www.fosterhope.ca](http://www.fosterhope.ca), [www.ifco2011.ca](http://www.ifco2011.ca)**

### Hours of Operation:

Monday to Thursday: 9:00 am to 4:00 pm

Friday: 9:00 am to 4:00 pm

### ISLAND CONNECTION NEWSLETTER:

Published 5 times per year and mailed free of charge to all foster home & MCFD offices in the Vancouver Island region.

### NEWSLETTER COMPILATION

**Margaret Howley**

**Tel: Fax: 778-430-5462**

**[mhowley@fpsss.com](mailto:mhowley@fpsss.com)**



We invite any letters or comments. Please ensure your submissions are forwarded by the 5th of the month.

***How are we doing? Do you have Comments? Suggestions? Queries? Newsletter Submissions?***

Please feel free to contact us anytime at Toll Free 1-888-922-8437

Victoria telephone: 1-778-430-5459 fax: 1-778-430-5463

Nanaimo telephone: 1-250-390-9686 fax: 1-250-390-9687

Campbell River telephone: 1-250-286-0555 fax: 1-250-286-0545

or email us at [admin@fpsss.com](mailto:admin@fpsss.com)

## ADVERTISING?

You can place an ad in this publication—for as little as \$40.00 per issue.

Just contact Margaret Howley at 778-430-5459 or Toll Free at 1-888-922-8437 for information about our extremely affordable pricing.

Some restrictions apply.

BC Foster Care Education Program WINTER 2012								
Code	VICTORIA		COWICHAN		NANAIMO (Modified Fast-track)		COURTENAY	
S1-1	Jan 17 T	6:30pm-9:30pm	<i>That is what learning is. You suddenly understand something you've understood all your life, but in a new way.</i> Confucius		Feb 25 Sat	9:30am-12:30pm	Series 1 will be offered in Courtenay in April 2012  <i>Get over the idea that only children should spend their time in study. Be a student so long as you still have something to learn, and this will mean all your life.</i> Henry L. Doherty	
S1-2	Jan 19 Th	6:30pm-9:30pm			Feb 25 Sat	1:00pm-4:00pm		
S1-3	Jan 24 T	6:30pm-9:30pm			Feb 26 Sun	9:30am-12:30pm		
S1-4	Jan 26 Th	6:30pm-9:30pm			Feb 26 Sun	1:00pm-4:00pm		
S1-5	Jan 31 T	6:30pm-9:30pm			Mar 3 Sat	9:30am-12:30pm		
S1-6	Feb 2 Th	6:30pm-9:30pm			Mar 3 Sat	1:00pm-4:00pm		
S1-7A	Feb 7 T	6:30pm-9:30pm			Mar 4 Sun	9:30am-12:30pm		
S1-7B	Feb 9 Th	6:30pm-9:30pm			Mar 4 Sun	1:00pm-4:00pm		
S1-8A	Feb 16 Th	6:30pm-9:30pm			Mar 17 Sat	9:30am-12:30pm		
S1-8B	Feb 21 T	6:30pm-9:30pm			COWICHAN			
S1-9A	Feb 23 Th	6:30pm-9:30pm	Jan 23 M	6:30pm-9:30pm	Mar 18 Sun	9:30am-12:30pm		
S1-9B	Feb 28 T	6:30pm-9:30pm	Jan 30 M	6:30pm-9:30pm	Mar 18 Sun	1:00pm-4:00pm		
Code	VICTORIA		COWICHAN		NANAIMO (Modified Fast-track)		CAMPBELL RIVER	
S2-1	Mar 6 T	6:30pm-9:30pm	Series 2 will be offered in Cowichan in April of 2012		Mar 24 Sat	9:30am-12:30pm	Mar 6 T	6:30pm-9:30pm
S2-2	Mar 1 Th	6:30pm-9:30pm			Mar 24 Sat	1:00pm-4:00pm	Mar 13 T	6:30pm-9:30pm
S2-5	Mar 10 Sat	9:30am-2:30pm			Mar 25 Sun	9:30am-2:30pm	Mar 17 Sat	9:30am-2:30pm
S2-3	Mar 15 Th	6:30pm-9:30pm			Mar 31 Sat	9:30am-12:30pm	Mar 20 T	6:30pm-9:30pm
S2-4	Mar 20 T	6:30pm-9:30pm			Mar 31 Sat	1:00pm-4:00pm	Mar 27 T	6:30pm-9:30pm
VENUES	VICTORIA FPSSS Training Rm 145-735 Goldstream		COWICHAN/ LS Duncan 5766 Allenby Rd		NANAIMO FPSS SOCIETY Suite 102- 6421 Applecross Rd		CAMPBELL RV FPSS SOCIETY 106-301 Dogwood St	

### BC FOSTER CARE EDUCATION PROGRAM:

#### Series 1: 36 hours / 9 modules:

Each module threads together core themes of teamwork, child and youth development, communications, guiding children's behaviour, family support, diversity and inclusion, and the Ministry of Children and Family Development Guardianship Model. In many cases, modules will refer to or draw upon content from previous modules so it is recommended that Series 1 & 2 modules be taken in the sequence below.

#### Series 1: 36 hours / 9 modules:

- S1 - 1 Caring for Children: Overview—3 hours
- S1 - 2 Communication Skills & Self-Awareness—3 hours
- S1 - 3 Effects of Caregiving—3 hours
- S1 - 4 The Child's Family—3 hours
- S1 - 5 Observing, Recording, & Reporting—3 hours
- S1 - 6 Child and Youth Development—3 hours
- S1 - 7 Attachment, Separation, & Loss—6 hours
- S1 - 8 When Children Experience Abuse & Neglect—6 hours
- S1 - 9 Guiding Behaviour of Children & Youth—6 hours

#### Series 2: 17 hours / 5 modules:

- S2 - 1 Cultural Responsiveness—3 hours
- S2 - 2 Aboriginal Children in Care—3 hours
- S2 - 3 Substance Misuse Awareness—3 hours
- S2 - 4 Intro to Fetal Alcohol & Neonatal Abstinence Syndromes—3 hours
- S2 - 5 Suicide Awareness—5 hours

To REGISTER for the next Series  
—Winter 2012 CLASSES—



Please Call  
Eva Vowles, BCFCE Coordinator  
At 1-888-922-8437