

# The Island Connection

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

## Ring the Bells that Still Can Ring

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

CPC PUB #40780167



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 4 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

**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).
- 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 250-	TYPE OF HOME
Baldwin Lori	381-6971	Regular/ 0-8 yrs
Ryan Melissa & Kevin	642-3008	Regular/ 0-5 yrs
Sabadash Sheila & Ed	360-0622	Regular/0-14 yrs
Buhr Johanna & Darren	391-1878	Regular/0-5 yrs
Morley Sandy & Bob	478-8490	Level 2/0-5 yrs
Morin Heather & Bill	479-9975	Level 1/0-14 yrs
Kitcher Julie	294-0275	Level 1 / 0-12 yrs
Dyble Rob & Susan	642-5774	Lev 1 / 6-12 yrs boys
Johner Lynette	474-4083	Level 1/ 2-12 yrs
Adams Karen	652-0727	Level 2/0-12 yrs
Batten Linda & Doug	642-2579	Level 2/0-12 yrs
Moore Kelly	920-9206	Level 2/0-8 yrs
Cameron Connie & Gord	385-4673	Level 2/0-9 Girls
Case Sandy & Rob	478-2782	Level 2/ 0-5 yrs
Beattie Kerston	475-3639	Level 2 / 0-2 yrs
Shumard Laura & Steve	478-1973	Level 2/0-5 yrs
Hayward Terri	590-5051	Level 3
Fisher Heather	885-2776	Level 3
Clifford Shandra	727-6542	Level 3/ 0-10 yrs
Gerry David & Grace	383-0818	Level 3/ 0-12 girls
Dewar Maria & Bob	478-6503	Level 3/ 5-19 boys
Henderson Carol	474-7470	Level 2/ 0-12 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

Cole Jacqueline	339-6710	Level 2
Anderton Ev & Warren	338-4064	Level 3
Caine Naomi	898-8218	Level 2
Smith Karen & William	897-3688	Level 2

### 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**



## Resources is Moving!

The South Island MCFD Residential Resource Team is tentatively scheduled to move on **JUNE 17<sup>th</sup>** to:  
**#140 – 4460 Chatterton Way**  
**Victoria, BC V8W 9S1**  
**Phone # 250-952-4707**

Foster parents will receive a letter from Resources once everything is confirmed.

## Foster Parent FYI: RE: Prescription Drug CONCERTA

The prescribing physician will need to submit a Special Authority request for consideration of approval through the medical/ pharmaceutical plan.

If the physicians want the children and youth to remain on this medication, they will need to submit this request. Please make sure that the foster parents of youth receiving this medication follow-up with the physicians.

As of June 15 (two months subsequent to approval), MCFD will be questioning any further submissions for payment of CONCERTA.

Foster parents should direct their enquiries to the child's Guardianship Worker.

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

Basic Foster Care Costs (per month)	Ages 0-11years	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
Sub-total	482.29	591.46
Additional Family Care Costs	Ages 0-11years	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
Total Maintenance (per month)	803.82	909.95

\*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.

## Ministry TRANSFORMATION

[http://www.mcf.gov.bc.ca/about\\_us/transformation.htm](http://www.mcf.gov.bc.ca/about_us/transformation.htm)

The ministry's transformation is about creating the most effective system of service delivery to ensure the best outcomes for children, youth and families.

The ministry's transformation process began with extensive consultations. Ministry staff, organizations and communities were provided with opportunities to contribute ideas on change and provide guidance on the ministry's transformation. Staff and community partners participated in the development of a comprehensive vision, guiding principles and next steps through province-wide Transformation Reference Groups and workshops. This ongoing consultation and collaboration is reflected in the ministry's action plan, [Strong, Safe and Supported: A Commitment to B.C.'s Children and Youth](#).

Significant progress has been made on transformation, including important structural changes and innovative projects at the regional level that reflect our commitment to strengths-based practice. An improved approach to practice is now a top ministry priority, as reflected in Strong, Safe and Supported. The ministry is committed to moving forward with the practice change phase of transformation through the introduction of Child and Family Support, Assessment, Planning and Practice, known as "CAPP."

CAPP is designed to support better outcomes for children, youth and families by providing staff with a consistent, developmental approach to their practice. A developmental approach focuses on building relationships, identifying needs and providing the opportunity, environment and resources for people to meet their needs. CAPP involves an assessment, the development of a plan, working directly with children and families, and evaluating progress.

CAPP is being introduced at five initial implementation sites across the province. Initial implementation will focus on children and youth in care, and youth under youth agreements. Through initial implementation of CAPP, the ministry will assess existing children in care at the five sites, using the new approach, and begin to work with them in a different way, according to strengths-based, developmental practice. Further details on the initial implementation of CAPP are available in the [CAPP Initial Implementation Plan](#).

Additionally, the [Strong, Safe and Supported Practice Change Products Map](#) identifies some of the products that need to be completed to support initial implementation of CAPP, according to major components. Development of these products involves ongoing consultation and collaboration among ministry staff, as well as external partners. On the reverse of the map, a placemat highlights some of the key steps in the ministry's transformation.

(Please go to [www.mcf.gov.bc.ca/about\\_us/transformation.htm](http://www.mcf.gov.bc.ca/about_us/transformation.htm) for additional information)



THE FEDERATION  
of COMMUNITY SOCIAL SERVICES of BC

### 2010 Bursary

Please call 1-888-922-8437 for an application package

#### APPLICATION DEADLINE

- Bursary candidates are asked to complete the application process by [May 7, 2010](#).

Please call 1-888-922-8437 and we will email you a complete application package, or you can drop by the **FPSSS office in your area and we'll print one for you.**

#### Bursary Value and Timelines

- FCSS bursaries assist young people in and from care with the financial costs of tuition, books, and supplies for post-secondary academic, technical or vocational training or academic upgrading. This post-secondary bursary is available to a maximum of \$2,000 per academic year (two semesters). Bursary funds must be utilized within 18 months upon notification that you have been awarded the funding.

#### Eligibility

1. You are currently in care, a former youth in care either under a continuing custody order (CCO) or temporary custody order (TCO, Voluntary Care Agreement or Special Needs Agreement) or Youth Agreement in B.C. under the *Child, Family and Community Services Act*.
2. You are a Canadian Citizen or a Landed Immigrant.
3. You are under the age of 25.
4. You are currently enrolled or planning to enrol in a secondary, post-secondary academic, technical or vocational program, a recognized public post-secondary institution, or a registered private post-secondary institution.
5. Your education will lead to a career in the Social Service, Health, or Education sectors.



## Community Consultation on the Redesign of Residential Services Focus Group Overview

### **What is “Residential Redesign”?**

The Federation of Community Social Services of BC (FCSS) and the Ministry of Children and Family Development (MCFD) have come together to conduct consultations on the redesign of residential services for children and youth in BC. Our intention is to address significant challenges facing the current system of residential resources for children and youth including:

- Improving outcomes for children and youth receiving residential services, especially those with complex needs
- Addressing gaps in the system
- Addressing difficulties in finding and keeping qualified foster parents/caregivers
- Increasing consistency in how residential resources are provided or contracted in different regions of the Province

Our focus will be on the foster care system and staffed residential care programs (MCFD will be addressing extended family care and highly specialized care through distinct but linked processes). The feedback we receive from the consultations, along with information from previous MCFD reports, research material, publications from other jurisdictions, existing evaluations of practice and submissions made by stakeholders will provide the basis for a report and recommendations to MCFD Leadership in January 2011.

### *What are the focus groups about?*

We are making every effort to include a broad range of key stakeholders in the consultations. Their input is critical for understanding what currently exists and what is possible in the future. In order to gather this input, there will be an opportunity for stakeholders to participate in focus groups being held across the Province as well as opportunities for giving input through written submissions and web-based conferences. **MCFD’s “Strong, Safe and Supported: BC’s Commitment to Children, Youth and Families” and the Ministry’s Service Plan will provide context for stakeholder discussions about residential care.** The aim of the focus groups is to:

- **Gather information about what’s working in the current system and what needs to be improved**

- Discuss immediate changes that could result in improved outcomes for children and youth over the next two to three years using available resources
- Identify long-term strategies for strengthening residential services including future financial investments

### *What kinds of questions are going to be asked?*

The following are proposed questions for focus group participants and for the overall consultation process:

- **What’s in place now? What’s working well?**  
What are the strengths of the current residential system? What needs improvement?
- What residential services are necessary to meet the needs of children and youth of your **community? What’s missing from or insufficient** about the existing residential system?
- What can we do to improve transitions to and from placements?
- How can we reduce unplanned placement moves?
- What can be done to reunify more children with their families or extended families?
- Where reunification is not possible, how can we establish permanent lifelong relationships for children and youth sooner?
- How can we make best use of specialized residential resources and services?
- What changes can be made over next 2-3 years within available resources?
  - \* Changes in policy?
  - \* Changes in practice?
  - \* Changes in training or human resources practice?
  - \* Changes in contracting or procurement?
  - \* Changes in system structure or alignment?
  - \* Changes information systems?
- What financial investments should we be planning for the longer term?
- How will we know whether the needs of children and youth are being better met?

## Area Coordinator **UPDATES:**

### SOUTH Island Area UPDATE

Prepared by Dan Malone

Contact Info: 778-430-5460 or [svicoordinator@fpsss.com](mailto:svicoordinator@fpsss.com)

Toll free: 1-888-922-8437

#### Healthy Ways to Manage Change and Transition in Our Lives

On February 20<sup>th</sup>, Vicki Bridge MA, RMFT, facilitated this interactive workshop. Fourteen foster parents attended this workshop which suggested lots of practical ways to help yourself and others through periods of transition.

#### Pre Service Orientation

The Ministry of Children and Family Development held a Pre-Service Orientation training on March 6<sup>th</sup>, 13<sup>th</sup>, and 20<sup>th</sup> with seven regular foster parents in attendance.

#### Foster Parent/Resource Team Meeting

These meetings happen 10 months a year. They have been well attended and provide babysitting. Foster parents are encouraged to come out to these MCFD run meetings where there is always at least one Resource worker in attendance.

#### Safe Babies Workshop: Caring for the Caregiver and Cultural Awareness Training

On March 24<sup>th</sup>, 14 foster parents attended these two workshops. *Caring for the Caregiver* was facilitated by foster parent Dana Kinney and taught foster parents ways to help manage stress. The second workshop was facilitated by Corrina Sparrow, Resource Social worker from Surrounded by Cedar Child and Family Services. Both workshops were very well received.

#### 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, South Island Area 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 forward your suggestions by e-mail to [svicoordinator@fpsss.com](mailto:svicoordinator@fpsss.com).

### CENTRAL Island Area UPDATE

Prepared by Mem Xavier

Contact Info: 250-390-9686 or [cicoordinator@fpsss.com](mailto:cicoordinator@fpsss.com)

Toll free: 1-888-922-8437

Unfortunately due to an overwhelming number of high risk cases; the Nanaimo Child and Youth Mental Health Workshops had to be postponed.

The workshops will be rescheduled, so make sure to keep an eye out for the new date and time.

Cowichan Valley FASD Team has put on several excellent and very informative workshops. The team consists of one support worker and six adults who live with FASD. The team puts on a presentation about living with FASD, at the end of the presentation there was a great question and answer period.



#### Nanaimo Support Group:

A Nanaimo emergency services coordinator was invited to help foster parents prepare a 72 hour emergency kit and to share emergency preparedness information.

#### Duncan Partnership Meeting:

On April 14<sup>th</sup>, ten caregivers attended the partnership meeting. There were lots of interesting issues and questions brought up, and as usual a beautiful potluck lunch.

#### Ongoing Training and Support Groups:

Foster Parents are always welcome and encouraged to attend all of our training opportunities and support groups. If there are any topics you would like to learn more about please contact Mem Xavier Da Silveira at 250-390-9686 or e-mail [cicoordinator@fpsss.com](mailto:cicoordinator@fpsss.com). I will be contacting foster parents by e-mail throughout the summer so make sure that you are on our e-mail list. Have a great summer!

#### Central Vancouver Island Support Groups and Life Book Sessions:

Come and join other foster parents for a coffee or tea and discuss life, the great and not so great foster parenting experiences. These interactive coffee/support groups are a great way to release some stress and vent your frustrations. If there things you would like to change about fostering, or parenting techniques you would like to share with other caregivers, please feel free to stop by one of our groups. **"Be the change you want to see in the world"** – Gandhi.

To find out about upcoming events in the summer or for general e-mail, please ensure that we have your e-mail address, by sending us a quick message to [cicoordinator@fpsss.com](mailto:cicoordinator@fpsss.com).

### UPPER Island Area UPDATE

Prepared by Judy Hollywood Bonnett

Contact Info: 250-286-0555 or [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca)

Toll free: 1-888-922-8437

*Take a moment to catch up on events in the Upper Island over the past few months.*

**Communication.... ATTENTION all Upper Island foster parents and C&YSN foster parents!** If you wish to receive email notification of local training events, peer support meetings, and news of interest to foster

## Island Area Coordinator **UPDATES** continued:

parents please join your local foster parent email distribution list by contacting the Area Coordinator. If you are new to fostering, you can also request a Welcome Gift Bag **containing information about FPSS Society's** programs and services. If you are no longer providing foster care and would like to be removed from our email list please contact me. I can be contacted at 250-286-0555 or [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca).

**Upper Island Area Partnership Meetings: The Comox Valley Partnership Meetings** were January 27th and March 31st. Thanks to all who attended and bought food to share. There was a request from the Resource Team that foster parents contact their resource workers with any changes to their email addresses. There is interest in enhancing the foster parent network. Ideas such as developing a Christmas Shopping Day for foster children or having a Roving Potluck dinner were considered. Foster parents can contact me at [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca) if you would like a copy of the partnership minutes.

**The Campbell River and Area Partnership Meeting** was held Jan 21st. Great turnout, it was nice to see so many foster parents and social workers in attendance. The sub-committee presented its report and recommendations. Foster parents interested in receiving a copy of the report and the partnership meeting minutes can contact me at [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca). Thanks go out to the Resource Team for connecting with the foster parents and encouraging their participation.

**The Team Building Subcommittee of the Campbell River Partnership** meeting had its first meeting on March 9th. This group is addressing the information sharing issues identified through the survey process. Foster parent participation is welcomed. Please contact sub-committee chairperson Brenda Hanrahan at 250-286-7542 for details on how to get involved.

**Foster Parent Training:** Campbell River training on March 17th was **Building Bridges to Understand the Village** presented by Cathi Kamilleri. This powerful event informed and sensitized foster parents to the issues and concerns resulting from the historic and current Aboriginal experience.

There was a **Pre-service Orientation** FPSS Society presentation, Comox Valley February 10th. Those attending received

## *Ring the bells that still can ring ...*

Submitted by Margaret Howley  
FPSS Executive Director

As most of you already know, there are ministry changes to community social services coming our way in the not too distant future. We are making every effort to keep you abreast of these changes and initiatives, and how they may or may not affect you as a foster parent. There should be little or no disruption to services and the people accessing these services. In this issue I have managed to provide you with information from the Ministry Transformation Team, Mary Ellen Turpel-Lafond (BC's Representative for Children and Youth), South Island Contracted Service Delivery Project, and Residential Redesign.

In my experience, the best way to manage change is through COMMUNICATION. We will be posting articles, news releases, and briefs to our website at [www.fpss.com](http://www.fpss.com) under the NEWS section on the home page. Visit the site often to keep yourself abreast of new and breaking news. The ministry is working collaboratively with community partners and providing updates on a regular basis.

The ministry will be seeking input from foster parents through focus groups and consultation. ***"We are making every effort to include a broad range of key stakeholders in the consultations. Their input is critical for understanding what currently exists and what is possible in the future. In order to gather this input, there will be an opportunity for stakeholders to participate in focus groups being held across the Province as well as opportunities for giving input through written submissions and web-based conferences."*** (Ministry Transformation Project)

Remember, change is natural, is often good, and even more often very necessary. The best interests of the children is first and foremost in all our endeavours.

**So, I'll finish this on this positive note in the words of Leonard Cohen...**

*Ring the bells that still can ring,  
Forget your perfect offering  
There is a crack in everything  
That's how the light gets in.*

orientation packages that included The Island Connector newsletter and brochures on FPSS society, Safe Babies, and Rights and Responsibilities. Welcome to our new foster families.

**Foster Parent Support:** **Campbell River Foster Parent Alliance** met on February 10th with guest speaker Mary Catherine Bellamy, FASD Key Worker who spoke on **Advocating for Your Child in School**. There is a hand-out package available from this event. Foster parents can contact Judy for a copy.

**Comox Valley Foster Parent Network Gathering** was held on March 24th meeting with guest Mary Catherine Bellamy, FASD Key Worker & FPSS Safe Babies Coordinator. It was decided to have Foster Parent Networks gatherings every second month, alternating with the Partnership Meetings. Please call Judy with ideas or for details at 250-286-0555.

**North Island Foster Parent Support Gatherings** continued on the last Thursday of the month; January 28th, February 25th and March 25th. These events couple peer support with training. Valerie Ramchuk, NI Behaviour Consultant, has led a three part series entitled **A Safe Environment for Children in Care** focusing on sexual acting-out, anger management and healing. Sincere thanks go out to Valerie Ramchuk for leading this series.

**Caregiver groups for Safe Baby or FASD** placements have been offered by Mary Catherine Bellamy monthly in Campbell River. These events have been announced in The Island Connection newsletter and by personal invitation. Mary Catherine has offered to facilitate similar peer support groups in the Comox Valley. Please contact her at 250-203-0488 or [mbellamy@shaw.ca](mailto:mbellamy@shaw.ca) if you would like to join either of these caregiver groups in your community.

# South Island News & Events

Foster Parent Coffee/Support Morning  
 Thursday, May 6<sup>th</sup>, 9:30am to 11:30am  
 Thursday, May 20<sup>th</sup>, 9:30am to 11:30am  
 MCFD Office, 345 Wale Road in the Youth Room

- Take a break from it all and please come and join us for coffee, tea, goodies and a great time to share the joys of fostering, meet other foster parents, and collaborate on problem solving. On-site babysitting is provided.

Summer Coffee Parties

- Please check your emails for notification of any summer events.

Lifebook Work Session Show and Tell  
 Wednesday, May 26<sup>th</sup>, 7:00pm to 9:00pm  
 Wednesday, June 23<sup>rd</sup>, 9:30am to 11:30am

- FPSS Society Regional Office, 145-735 Goldstream Avenue
- Please bring your Life books to this work session and be prepared to share your 'Hassle Free' approach/ideas/strategies to share with others.

Foster Parent/Resource Team Meeting  
 Monday, May 10<sup>th</sup>, 9:30am to 11:30am  
 Monday, June 14<sup>th</sup>, 9:30am to 11:30am  
 MCFD Office, 345 Wale Road in the 2<sup>nd</sup> 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. At each meeting there will be a different guest speaker. On-site babysitting is provided.

Foster Parent/MCFD Advisory Meeting  
 Tuesday, May 11<sup>th</sup>, 9:30am to 11:30am  
 FPSS Society Office, 145-735 Goldstream Avenue

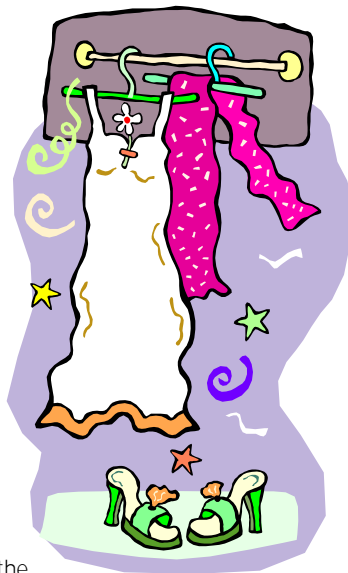
- Our local executive meets with Ministry Staff to discuss issues and concerns that are presented to them by foster parents.
- If you have anything to you would like added to the agenda please contact Sandy Case at 250-478-2782.

## Spring/Summer Clothing Exchange *and Extravaganza*

Tuesday, May 11<sup>th</sup>  
 7:00pm to 9:00pm  
 FPSS Society Regional Office  
 145 - 735 Goldstream Avenue

Please join us for our annual spring and summer clothing exchange. You are asked to bring clean adult, teen, or children's clothing that you no longer need and exchange it for items you do need.

Please come whether you need items or not as we will also be celebrating foster mothers and the exceptional job that you do.



**Prizes and refreshments will be provided!**

## FOSTERING 101

proudly presented by SI FPA and FPSS Society  
 Tuesday, June 1<sup>st</sup>, 7:00pm to 9:00pm  
 Location To Be Announced

This is an informative evening for new and seasoned Foster Parents. Come and hear experienced foster parents speak on a variety of basic fostering practices and join in on lively discussion.

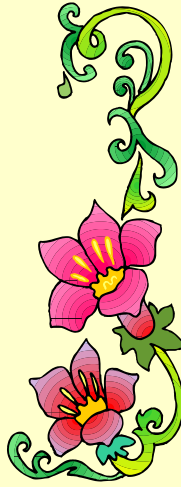
Please watch your email for further details. For more information and to RSVP contact Nicola at Nicola.mackay@telus.net or 250-744-4119.

## South Island Foster Parents Association

### June Potluck Lunch

Monday, June 11<sup>th</sup>, 11:30am to 1:30pm  
 MCFD Office, 345 Wale Road Youth Room  
 Please call Laura at 250-479-1973  
 for more information

- Please come and join us in celebrating the end of the school year and the start of summer.
- Please bring a potluck lunch item to share. Coffee, tea, and juice will be provided
- Babysitting is provided in the gym.



## FASD Caregiver Support Group Fostering Healthy Attachment

Wednesday, May 5<sup>th</sup>, 7:00pm to 9:00pm  
 Speaker: Mary Anne Leason, PhD, Registered Psychologist  
 JDF Lower Lawn Bowling Club House  
 1767 Island Highway

*To register please contact Dan at 778-430-5460 or svicoordinator@fpss.com .*

Using simple and clear graphics, we will explore attachment theory and practice:

- Why is healthy attachment important?
- How is attachment built?
- What happens when attachment is damaged?
- What can foster parents do to help?

*All foster parents welcome!*

FASD Caregiver Support Group  
 Wednesday, June 2<sup>nd</sup>, 9:30am to 11:00am  
 FPSS Society Regional Office, 145-735 Goldstream Avenue

- Speaker/Event to be announced. Please watch your e-mail. All caregivers are welcome to attend these support sessions! For more information please contact Dan Malone at 778-430-5460 or svicoordinator@fpss.com

Safe Babies Support Group Workshop

**Regional Complaint Resolution Consultant**

Wednesday, May 19<sup>th</sup>, 10:00am to 11:30am  
 FPSS Society Meeting Room  
 145-735 Goldstream Avenue  
 Everyone Welcome!

Guest Speaker:

Pat Cormie, Regional Complaint Resolution  
 Consultant for the Ministry of Children and Family  
 Development

Ms. Cormie will speak to foster parents on:

- the complaint resolution process;
- the regional protocol process;
- when it is appropriate to use them;
- and how they work.

To register please contact Dan at 778-430-5460 or  
 svcordinator@fpsss.com .

JUNE Safe Babies Support Group  
 Wednesday, June 16<sup>th</sup>  
 7:00pm to 9:00pm  
 FPSS Society Office  
 145-735 Goldstream Avenue  
 Speaker/Event to be announced. Please  
 watch your e-mail.



Foster parents are reminded to state they are South Island Foster Parents if they are making a purchase at Cobb's on Millstream or at Westshore Town

Center. Cobb's will donate 5% of foster parent purchases to SIFPA at the end of the year. Thank you all for helping us with this fundraiser which in turn contributes to the activities that SIFPA puts on for your children.

Dear South Island Foster Parents,

Members of your South Island Foster Parent Association Executive had the pleasure of meeting with The Right Honourable Minister Mary Polack on March 31st, where we introduced ourselves and our volunteer group (SIFPA).

We had the opportunity to share your ideas, issues and concerns regarding the "best interests of children in care" with the minister. We are expecting to hear back from her shortly; please watch your email for a more detailed report on the meeting and discussions, or you can email me at slcase@shaw.ca and I will send you a copy.

Best wishes for a safe and happy summer with your families.

Sandy Case

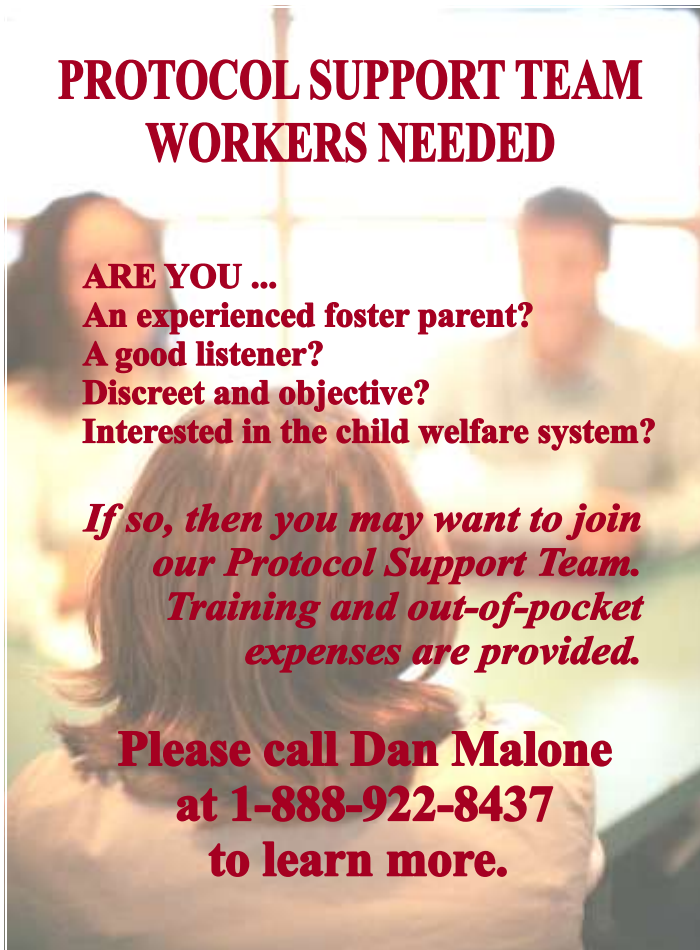
Sandy Case, SIFPA President

**PROTOCOL SUPPORT TEAM WORKERS NEEDED**

- ARE YOU ...**
- An experienced foster parent?**
- A good listener?**
- Discreet and objective?**
- Interested in the child welfare system?**

*If so, then you may want to join our Protocol Support Team. Training and out-of-pocket expenses are provided.*

**Please call Dan Malone at 1-888-922-8437 to learn more.**



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# Central Island News & Events

## COWICHAN VALLEY

### Self-Care Workshop

Monday, May 10<sup>th</sup>, 10:00am  
 FPSS Society Training Room  
 102-6421 Applecross Road, Nanaimo  
 Presenter: Roslyn Pringle

Come on out and learn some fun and interactive ways to:

- Cope
- Relax, and/or
- Share some of your self-care techniques with other caregivers.

This information will help you ensure that you are taking care of yourself so you can provide the best care possible for the children in your home.

- Call Mem at 250-390-9686



Cowichan Valley Support/Coffee Group

Thursday, May 13<sup>th</sup>, 10:00am to Noon

Monday, June 21<sup>st</sup>, 10:00am to Noon

The Alexander Centre

2471 Beverly Street (behind the elementary school)

- For more information or to suggest a specific topic you would like to discuss contact Mem at 250-390-9686.

Life Book Sessions

Tuesday, May 18<sup>th</sup>, 10:00am to Noon

Tuesday, June 22<sup>nd</sup>, 10:00am to Noon

Studio 11 Designs, 2411 Trillium Terrace, Duncan

- **Come and work on your life books with Linda Giles!** Linda's store has many great scrap booking supplies, and Linda is very helpful and creative.

Cowichan Valley Partnership Meeting

Wednesday, May 26<sup>th</sup>, 11:00am to 1:00pm

MCFD Training Room, 15 Craig Street, Duncan

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

*Has anyone had the pleasure of calling Deb Underhill, lately?  
 (RSW MCFD, Duncan)*

**I did, and I have to say "Thank You, Deb!" for taking a few moments**

to record such a pleasant, sincere and heartfelt voice mail message to foster parents who may be trying to reach you. It sure put a smile on my face, and I just know it will be very much appreciated by the Duncan **foster parents. I'll bet it only took you a few moments** to record it, but the kindness of it lasts quite awhile. Thanks for being you, Deb. (from Margaret)



## NANAIMO AREA

Nanaimo Support/Coffee Group

FPSS Society Training Room

102-6421 Applecross Road

Monday, May 3<sup>rd</sup>, 10:00am to Noon

Monday, June 8<sup>th</sup>, 10:00am to Noon

*Regional Complaint Resolution with guest speaker Dan Shadbolt.*

## NEW Child and Youth Mental Health Series

- *BEHAVIOURAL MANAGEMENT*
  - *SOCIAL SKILLS*
  - *The INTAKE PROCESS For Referring a Child to the Child & Youth Mental Health Team, & More!*
- FPSS Society meeting room  
 102-6421 Applecross Road, Nanaimo

Created especially for foster parents, this series of modules covers various child mental health topics. Child and youth mental health clinicians will be hosting interactive presentations for caregivers in central Vancouver Island.

If you attend all five modules you will be presented with a certificate from the CYMH Team. However, you are more than welcome to attend select modules of your choice.

The modules will be available in the morning and evening for your convenience. We have already covered two **modules; depression and anxiety. You won't want to miss the remaining modules; social skills, and the intake process for referring a child to the Child and Youth Mental Health Team.**

The dates have not yet been scheduled so please register to receive notification. Registration is a must for this event. Please register with Mem at 250-390-9686 or by email to [cicoordinator@fpss.com](mailto:cicoordinator@fpss.com) as soon as possible. Hope to see you there!

PORT ALBERNI DELIVERY:

In Port Alberni a similar series (three workshops) has been organized by the Port Alberni Child and Youth Mental Health Team. Two members of the Port Alberni CYMH team will be presenting the first two workshops and for the third work shop set for a date yet to be determined; psychiatrists and many of the Port Alberni CYMH team will be attending as well. The first two workshops will be on the following dates:

Thursday, May 6<sup>th</sup>, Moods  
 Thursday, June 3<sup>rd</sup>, Behaviour

The time and locations are to be announced. An e-mail will be sent out two weeks prior to the workshop dates. So if you are interested please register by e-mail to [cicoordinator@fpss.com](mailto:cicoordinator@fpss.com) or contact Mem at 250-390-9686 to receive notification of time and location.

FASD Workshop Opportunity

Wednesday, May 19<sup>th</sup>, 11:00am to 1:00pm

Wednesday, June 16<sup>th</sup>, 11:00am to 1:00pm

FPSS Society Training Room, 102-6421 Applecross Road

- FASD Keyworker, Annemarie Richmond will be presenting a two part series. In the first workshop we will learn about what FASD and other neurodevelopment conditions are.
- The second workshop will focus on FASD behavioural management and advocacy with caregivers.
- Please register by email to [cicoordinator@fpss.com](mailto:cicoordinator@fpss.com) or contact Mem at 250-390-9686.

# Central Island News & Events

Safe Babies Connection Support Group  
Thursday, May 27<sup>th</sup>, 10:00am to Noon  
Thursday, June 24<sup>th</sup> 10:00am to Noon  
FPSS Society Training Room  
102-6421 Applecross Road



- A chance to connect with other Safe Babies caregivers in the Nanaimo area and an opportunity to discuss caregiving techniques, frustrations and joys, and other fostering experiences – or just life in general!

Life Book Sessions

Tuesday, May 25<sup>th</sup>, 1:00pm to 3:00pm  
Wednesday, June 23<sup>rd</sup>, 1:00pm to 3:00pm  
FPSS Society Training Room  
102-6421 Applecross Road

- **Bring your child's Lifebook, photos and creativity for some fun at our monthly scrapbooking group.** Call for Mem for more information 250-390-9686.

## PARKSVILLE AND OCEANSIDE AREA

- For support group information, please contact Bonnie Lamarche at 250-954-4737.
- If you are interested in starting a new support group or have ideas for some support group topics please call Mem at 250-390-9686.

## PORT ALBERNI AND AREA

Port Alberni Support Group  
Thursday, May 20<sup>th</sup>, 9:30am to Noon  
Thursday, June 17<sup>th</sup>, 9:30am to Noon  
The Alberni Valley United Church on Church Street

- If anybody in the Port Alberni area has a suggestion for a workshop or educational opportunity he or she would like to see, please contact Mem at 250-390-9686.
- Look for new training opportunities at the next support groups.

## Foster Families Needed!

**VICTORIA, DUNCAN  
LADYSMITH & NANAIMO  
Foster Info Session**

VICTORIA

Call 1-888-922-8437  
for information

DUNCAN, LADYSMITH  
& NANAIMO AREA

Call 250-390-9686 for date &  
location

Call toll free 1-888-922-8437  
for more information



[www.fosterhope.ca](http://www.fosterhope.ca)

FPSS Foster Parent Support Services Society ©2010

## Foster Parent Burnout

Submitted by Mem Xavier  
Source <http://firstcareweb.com/>



Foster parenting can be a tough job. In order to provide the best care possible to the children in your care, it is important that you remember to take care of yourself first. An aspect of foster parenting you should continually be aware of is foster parent *burnout*.

Burnout is a common psychological problem that affects people of all ages and walks of life, but is most common in helping professions, such as nurses, social workers, teachers, and parents (biological or foster).

Burnout is a slow growing condition that derives from stress and poor stress management. It occurs over a long period of time, usually months, and the chief complaint is mental and physical exhaustion.

Burnout can strike anyone but mostly affects those in the helping professions because of the demands placed on them.

The risk of burnout in the helping professions and care giving roles increases when people:

- Are nurturing by nature and anticipate the needs of others
- Have less support than they need, or fail to access supports available to them
- Feel powerless and/or overwhelmed
- Are workaholics
- Are perfectionists

**The symptoms of burnout occur in stages. A foster parent's tiredness gives way to exhaustion when their coping skills fail. Behaviour is affected, as well as attitude and motivation. Sadness and apathy follow the anger and resentment. Some may become estranged from their own feelings and deny that anything is wrong and may double their work efforts in an attempt to "shake off the blues." Some symptoms of burnout may include:**

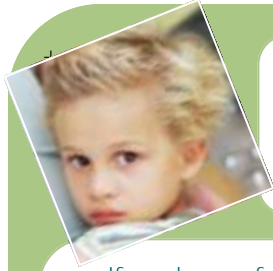
- Tiredness
- Too little or too much sleep
- Feeling sad, angry, irritable and depressed
- Change of appetite
- Loss of interests in daily activities that you once enjoyed
- Feelings of hopelessness or being trapped
- Lack of motivation

Awareness is the key to preventing burnout. Knowing your risk factors and gauging the level of activity in our lives is the first step. A busy lifestyle with little support is enough to trigger burnout. All caregivers should be proactive and put into place a stress management plan to deal with the challenges of foster parenting and everyday life. You can make changes that will keep burnout at bay such as:

- Make lifestyle choices including diet, exercise, and relaxation methods (i.e. eat more fruits and veggies, walking, stretching, napping, meditation and or prayer).
- Develop and maintain a social support system (i.e. friends, relatives, neighbours, other foster parents).

If burnout is left untreated or ignored it may lead to serious psychological and physical problems. Respite is a valuable tool for maintaining and strengthening placements. Support Services are available 24 hours a day, 7 days a week and are another essential support for foster homes. **Remember, you don't have to do this on your own... you are part of a team and we are here to help!**

# 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 Donna Rushton, RSW at 250-334-5820 to learn how, and to find out about up-coming Foster Parent Information Sessions.



## Social Networking and Changing Communication Systems Workshop

Wednesday, May 12<sup>th</sup>  
 Session One: 9:30am to 11:30am  
 Session Two 1:00pm to 3:00pm  
 Location: Glacier View Learning Centre  
 241 Beecher Drive, Courtenay

Contact Judy FPSS Society Area Coordinator at [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca) for registration details

Ninety percent of teens 11 to 17 years old are on-line. Almost all are involved in social networking. We have seen a vast shift in how our children interact as the result of using social networking. Youth connect with others using identities and self-expression that may concern and alarm their caregivers. Generational differences can lead to misunderstanding and frustration. It is possible that internet use can contribute to better communication and understanding.

Foster parents are invited to participate in a community workshop co-sponsored by a number of agencies including MCFD, John Howard Society, CV Family Services and School District 71. Facilitator Avi Luxenberg, Educational Technology teacher at NIDES, will address topics such as on-line bullying, texting and social networking sites such as My Space and Facebook.

For the convenience of participants this training is offered in a morning session and repeated in an afternoon session. Register for the session that best suits your schedule. Seating is limited to 20 participants per session so early registration is a must.

## COMOX VALLEY & AREA

Foster Parent/MCFD Partnership Meeting  
 Wednesday, May 26<sup>th</sup>, 9:30am to 11:30 am  
 MCFD Boardroom - 2455 Mansfield Drive, Courtenay

- All foster parents, social workers, MCFD support staff and C&Y Mental Health are invited to participate in the partnership meetings. This is an opportunity to address your concerns, receive up-dates, discuss fostering trends and learn.

### + First Aid Training +

Interested in taking Emergency First Aid training? Visit [www.nic.bc.ca](http://www.nic.bc.ca) or [www.sja.bc.ca](http://www.sja.bc.ca) to view the training schedules in your area. The FPSS Society will subsidize first aid training for foster parents so the cost to them will ultimately be \$25 after proof of payment and attendance. Please contact the Upper Island Area Coordinator, Judy, at 250-286-0555 or [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca) for more information on this subsidy.

Foster Parent Relief Care Listing & Information Package  
 Jill Beech in Courtenay and Brad Hercina in Campbell River are foster parents who have kindly agreed to maintain a local relief care listing of approved and non-approved homes for foster parents to access. Please call Jill at 250- 338-1261 or Brad at 250-202-1207 to access these lists.

- To learn more on how to recruit, screen and orientate relief caregivers while meeting the Foster Parent Standards on alternative care arrangements please call your resource social worker or the Upper Island Area Coordinator at -250-286-0555 **for your copy of the "Foster Parents Guide to Relief Care" package.**

## CAMPBELL RIVER & AREA

FASD Caregiver Support Group  
 Tuesday, May 3<sup>rd</sup>, 10:00am – Noon  
 Tuesday, June 7<sup>th</sup>, 10:00am – Noon  
 The Robron Centre, 740 Robron Street  
 The Family Place Room in A127

- Many of the children and youth placed in your care may have FASD. Join other caregivers parenting children affected with FASD for support, learning and sharing parenting strategies. The meeting room is child friendly. Refreshments provided. For more information or to suggest a specific topic you would like to learn more about please contact Mary Catherine Bellamy at 250-203-0488.

Safe Babies Caregivers Support Gathering  
 Tuesday, May 17<sup>th</sup>, 10:00am-Noon  
 Tuesday, June 21<sup>st</sup>, 10:00am-Noon  
 The Robron Centre  
 740 Robron Street  
 The Family Place Room in A127

- Safe Babies Caregivers are invited to network, support, brainstorm, and learn from one another.
- If there is a topic you want to learn more about please contact Mary Catherine Bellamy at 250-203-0488 so she can prepare and possibly arrange a guest speaker.
- The meeting room is child friendly. Refreshments provided.



## Upper Island News & Events

### 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 Foster Parent Information Session or invite them to call Deborah Weber, RSW, at 250-286-7542 to learn more about fostering in Campbell River.

CR Foster Parent Alliance  
Wednesday, June 2<sup>nd</sup>, 11:00am to 1:00pm  
**C.R. Family Services' Conference Room**  
487 - 10<sup>th</sup> Avenue

- All foster parents in the area all welcome to join us to connect, share and collaborate in our role as caregivers.
- Child friendly room, refreshments available, bring your brown bag lunch.
- Foster parents can bring general questions and concerns to a Resource Team social worker.
- Also, there has been a request to set up child-minding so foster parents can attend this event. If there is enough interest something could be arranged.
- Please call me with ideas or for details - Judy at 250-286-0555.

Joint Education Committee Meeting  
Monthly Meeting Dates To be announced  
9:00am to 10:30am  
MCFD Office, 929 Ironwood Road

- Foster parents and social workers are invited to participate in these meetings where we identify and plan training events for the fostering community.
- Please contact Upper Island Area Coordinator at 250-286-0555 for up-coming dates.

Foster Parent/MCFD Partnership meeting  
MCFD Boardroom, 929 Ironwood Road

- All foster parents and social workers are encouraged to attend these interactive meetings where you can participate in an open discussion regarding local fostering issues, training, trends, MCFD up-dates as well as ask questions.
- For more information or copies of past meeting minutes please call the Upper Island Area Coordinator at 250-286-0555.

### Hollywood with Foster Parent Standards—TAKE IV "What's My Role? We are all actors in the big production"

Thursday, May 27<sup>th</sup>, 2010, 9:00am to 2:00pm

John Howard Society of North Island, 210 Beech Street

This annual event explores the Standards for Foster Homes in an **interactive, thought provoking and relevant manner. It's a great way** to learn how other foster parents interpret, utilize and account for the standards in their home. Focusing on Standard C-Planning, participants will discover their role in developing and implementing successful placement plans using fun and interactive presentations, group discussions but NO ROLE PLAYING!

- Lunch is provided.
- Registration is happening now! Please register with Judy Hollywood Bonnett by Friday May 21<sup>st</sup>, 2010 at 250-286-0555 or e-mail [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca) to save your place.

## North Island News & Events

### 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, RSW  
at 250-949-8011

to learn how, and to find out about up-coming Foster Parent Information Sessions.

N.I. Foster Parent Support Gathering  
(Last Thursday of each month)  
Port Hardy – location to be announced

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

Welcome Books

Welcome Books are a simple transitional tool that introduces a child or youth to their new foster home. Welcome Books contain pictures of where the child will eat, sleep, play and rest along with captions about your home, your family, your interests, your pets and your neighbourhood.

- If the idea of making a Welcome Book appeals to you please contact the new Upper Island Area Coordinator at 250-286-0555 or e-mail [uicoordinator@shaw.ca](mailto:uicoordinator@shaw.ca) for more details.

Foster Parent Support Services Society  
RCY Newsletter Submission

April 28, 2010



Hello everyone. I would like to start by thanking the editors of *The Island Connection* for making space for me to talk to you. I sincerely appreciate the opportunity.

The voices of our young people are soft, and are seldom heard in the halls of government. **Children can't vote and they don't command much attention without strong champions.** Especially for those children and youth in government care, we must strive to improve their opportunities. For this to happen, both government and non-government organizations must recognize we are all responsible for children and must take every opportunity to speak on their behalf.

**Advocating for vulnerable children is the mandate of my Office and therefore it's possible that political parties, and indeed many British Columbians, think their concerns and issues are exclusively the purview of the Representative. That's not the case, of course. Government must have a rigorous and dedicated policy framework dedicated to improving outcomes for children and commitments made must be fulfilled.** If we **don't collaborate and coordinate our efforts, the social inequities vulnerable children face now surely compound, especially as we face a tough economic climate.**

Given the deteriorating economic circumstances in B.C. and Canada, the vulnerability of children and youth will likely increase and the net of those vulnerable will widen. **Ontario's Poverty Reduction Act** is very promising. Their five-year plan vows to "lift 90,000 children out of poverty" with increased benefits for low-income families and improved public education programs. It sets targets, requires reporting to citizens on meeting those targets, and focuses attention in that province, which is also struggling with a tough economy, on what can be done. In the end, it will result in a total of \$300 million in new initiatives in Ontario and some hope for the children, youth and families who are struggling in these difficult times.

**We're fortunate to have many positive programs, services and supports in place for children and youth in British Columbia.** However, I would like to see these services effectively and efficiently coordinated into a meaningful and detailed plan to improve the circumstances of the most vulnerable children and youth. This will require public consensus and leadership from both sides of the House and will pave the way for the sort of coordinated effort on behalf of children and youth that we so need in this province.

Please consider my Office a support in your vital and valuable work. We have exceptional advocates in Victoria, the Lower Mainland and Prince George to assist you in advocating for vulnerable children and youth. Contact us if we can be of assistance to you either by calling our toll free number at 1-800-476-3933 or by emailing us at [rcy@rcybc.ca](mailto:rcy@rcybc.ca). I thank you very much for your time and wish you and your families a wonderful summer.

Sincerely,

Mary Ellen Turpel-Lafond  
B.C.'s Representative for Children and Youth





For immediate release

March 30, 2010

## CWLC and CFFA Announce New Foster Parent Project

### *Support and resources focus of latest initiative*

Ottawa – CWLC (Child Welfare League of Canada), in partnership with the Canadian Foster Family Association (CFFA), is pleased to launch its newest project, *Every Child Matters: An Action Plan for Foster Parenting Abused and Neglected Children*. This 3-year initiative will create opportunities for foster parents to access new information, resources and supports to improve their fostering experience.

**“Foster children often have complex and challenging needs which require special attention and skills from their foster parents,”** says Peter Dudding, Executive Director with CWLC. **“There are problems in the current system with overcrowding, placement mismatches, lack of training and support, all of which can result in placement breakdown and harm for these children. Through this project CWLC, along with support from the Canadian Foster Family Association, will work with foster families to enhance some areas. There is a strong commitment by everyone involved to improve the quality of life and outcomes for children growing up in foster care.”**

Sheila Durnford, current CFFA president, agrees. **“Foster parents are involved with the system because they care about the most vulnerable children and youth but we do experience challenges with helping them. New resources and supports that help us develop as foster parents are really needed. We’re very happy with this project and we’re excited to get started.”**

The new project, funded by the Government of Canada’s Social Development Partnerships Program, will also promote the sharing and interaction among child welfare organizations in the development of best practices for foster parent recruitment, retention, training and standards. CWLC will consult with the provinces and territories to develop a uniform data collection template to ensure consolidated information on fostering families.

**“Families are the building blocks of our society and the Government of Canada partners with the provinces, territories, private sector and not-for-profit organizations to help families achieve their aspirations for a better and stronger future,”** said the Honourable Diane Finley, Minister of Human Resources and Skills Development. **“With our investment of almost \$600,000, the government supports the Child Welfare League of Canada in their project that will make a big difference in the lives of many foster families.”**

CWLC is a membership-based national organization dedicated to promoting the well-being and protection of vulnerable young people. CWLC plays a significant role in promoting best practices among those in the field of child welfare, child rights, children and youth mental health and youth justice.

-30-

Information: **Shailagh O’Shaughnessy** - Manager, Communications (bilingual)  
 (613) 235-4412 x. 28  
[info@cwlc.ca](mailto:info@cwlc.ca) / [www.cwlc.ca](http://www.cwlc.ca)

## BC Foster Care Education Program Schedule SPRING/SUMMER 2010

Code	VICTORIA		VICTORIA FAST TRACK		COWICHAN TRIBES		NANAIMO		CAMPBELL RIVER FAST TRACK	
S1-1	April 8 Th	6:30pm-9:30pm	July 5 M	9:30am-12:30pm	<i>Be a student so long as you still have something to learn, and this will mean all your life. - Henry L. Doherty</i>		April 8 Th	6:30pm-9:30pm	July 19 M	9:30am-12:30pm
S1-2	April 12 M	6:30pm-9:30pm	July 5 M	1:00pm-4:00pm			April 15 Th	6:30pm-9:30pm	July 19 M	1:00pm-4:00pm
S1-3	April 15 Th	6:30pm-9:30pm	July 6 T	9:30am-12:30pm			April 22 Th	6:30pm-9:30pm	July 20 T	9:30am-12:30pm
S1-4	April 19 M	6:30pm-9:30pm	July 6 T	1:00pm-4:00pm	Mar 8 M	6:30pm-9:30pm	April 29 Th	6:30pm-9:30pm	July 20 T	1:00pm-4:00pm
S1-5	April 22 Th	6:30pm-9:30pm	July 7 W	9:30am-12:30pm	April 12 M	6:30pm-9:30pm	May 6 Th	6:30pm-9:30pm	July 21 W	9:30am-12:30pm
S1-6	April 26 M	6:30pm-9:30pm	July 7 W	1:00pm-4:00pm	April 19 M	6:30pm-9:30pm	May 13 Th	6:30pm-9:30pm	July 21 W	1:00pm-4:00pm
S1-7a	April 29 Th	6:30pm-9:30pm	July 8 Th	9:30am-12:30pm	April 26 M	6:30pm-9:30pm	May 20 Th	6:30pm-9:30pm	July 22 Th	9:30am-12:30pm
S1-7b	May 3 M	6:30pm-9:30pm	July 8 Th	1:00pm-4:00pm	May 3 M	6:30pm-9:30pm	May 27 Th	6:30pm-9:30pm	July 22 Th	1:00pm-4:00pm
S1-8a	May 6 Th	6:30pm-9:30pm	July 9 F	9:30am-12:30pm	May 10 M	6:30pm-9:30pm	June 3 Th	6:30pm-9:30pm	July 23 F	9:30am-12:30pm
S1-8b	May 10 M	6:30pm-9:30pm	July 9 F	1:00pm-4:00pm	May 17 M	6:30pm-9:30pm	June 10 Th	6:30pm-9:30pm	July 23 F	1:00pm-4:00pm
S1-9a	May 13 Th	6:30pm-9:30pm	July 12 M	9:30am-12:30pm	May 31 M	6:30pm-9:30pm	June 17 Th	6:30pm-9:30pm	July 26 M	9:30am-12:30pm
S1-9b	May 17 M	6:30pm-9:30pm	July 12 M	1:00pm-4:00pm	June 7 M	6:30pm-9:30pm	June 24 Th	6:30pm-9:30pm	July 26 M	1:00pm-4:00pm
Code	VICTORIA		VICTORIA FAST TRACK						CAMPBELL RIVER FAST TRACK	
S2-1	May 20 Th	6:30pm-9:30pm	July 13 T	9:30am-12:30pm	<i>Did You Know...</i> What is one of the first questions you will be asked during a Protocol Investigation?  <i>Have you completed your BC Foster Care Education Program Training?</i>				July 27 T	9:30am-12:30pm
S2-3	May 27 Th	6:30pm-9:30pm	July 15 Th	9:30am-12:30pm					July 29 Th	9:30am-12:30pm
S2-5	May 29 Sat	9:30am-2:30pm	July 14 W	9:30am-2:30pm					July 28 W	9:30am-2:30pm
S2-2	June 3 Th	6:30pm-9:30pm	July 13 T	1:00pm-4:00pm					July 27 T	1:00pm-4:00pm
S2-4	June 7 M	6:30pm-9:30pm	July 15 Th	1:00pm-4:00pm					July 29 Th	1:00pm-4:00pm

To REGISTER: Contact Eva Vowles toll free 1-888-922-8437 or direct line 778-430-5459

### 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  
—SPRING 2010 CLASSES—



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



Dear Foster Moms,

The most important job in the world is motherhood. Motherhood is loving and caring; it is teaching & inspiring; it is forgiving and being compassionate and always being there for the children. Thank you for caring and sharing your life with so many; you have touched their hearts, and made a difference in their young lives.



Dear Foster Dads,

Any man can be  
a father ...  
but it takes  
someone very,  
very special to be  
a Foster Dad.  
Thank you for  
always being there.

## VISTA SCHOLARSHIP OPPORTUNITY for 2010-2011

Vista is again offering an opportunity for scholarship awards for natural or adopted children of foster parents or caregivers. We were pleased to grant nine scholarship awards for the 2010-2011 year. Vancouver Island Services and Treatment Association (VISTA) is a non-profit organization that was involved for over 20 years with the Ministry and group homes caring for children. Awards include but are not limited to traditional post secondary educational experiences.

### Eligibility Criteria

- Natural or adopted children of foster parents or caregivers
- Between ages 14-22
- Whose parent(s) have been foster parents or caregivers of children for 5 or more years
- And are currently active as foster parents or caregivers in the Capital Regional/ South Island area of children in the care of the Director (including by Agreement).

### Terms

- Scholarships are available to assist with educational, learning &/or training pursuits.
- They are for any period between July, 2010 and August, 2011 and should be considered a one-time grant.

### Applications

1. Applicants must submit a brief summary about:
  - their interests and plans
  - how the scholarship money would be used
  - the amount of money needed
2. This summary must be typed and may not exceed two pages. Be sure to include name, age, address, phone number and Social Insurance Number [for income tax reporting purposes only].
3. Applicants may also submit a one page, typed resume of previous education, training or experience related to their plan.
4. **Parents of applicants are asked to attach a brief (one page typed) comment on their child's plan as well as to give consent for VISTA to confirm their active status and years of caregiver service with the Ministry**
5. **Applications must be mailed to VISTA, 440 Goldstream Ave, Victoria, B.C. V9B 2W5 and must be received no later than June 15, 2010.**

## ***Health Canada Reminds Parents to Exercise Caution When Using Infant Slings and Soft Infant Carriers***

Advisory 2010-36  
March 12, 2010  
For immediate release

OTTAWA - Health Canada is advising parents and caregivers to exercise caution when using infant slings and soft infant carriers. Injuries tend to happen when:

- the baby falls from the sling or soft carrier when the caregiver trips and falls;
- the product malfunctions or its hardware breaks;
- the baby slips and falls over the side or through the leg openings; or
- the baby suffocates as a result of improper positioning of the baby or product use.

Prior to each use, parents should examine their sling or soft carrier for ripped seams, torn straps or damaged hardware and also ensure that it is secure before placing the baby in it. Caregivers are advised to frequently check on their baby while they are in these items. To help ensure there is an adequate supply of fresh air and that the child's airway is unobstructed, the baby's head should be above the sling and the face should always be visible.

Suffocation can happen when the baby's nose or mouth presses against the product's fabric or the caregiver's body, therefore restricting breathing. The design of some slings also forces the baby

into a curled position forcing their head to bend towards the chest and potentially restricting the child's airway. Caregivers should not zip up their coats around a baby in a sling or soft carrier to keep the baby warm.

A baby can suffocate in less than a minute and as consciousness is lost, the child will likely not be able to cry for help. Premature babies or those who have pre-existing medical conditions, such as a cold, are especially at risk of suffocation. Caregivers should exercise extra caution and consult their paediatrician prior to using a sling or soft carrier.

The use of infant slings and soft carriers worn by the caregiver has led to serious injuries of babies. Since 1995, nine incidents, including two deaths in soft infant carriers, have been reported to Health Canada. Over the past 20 years, the U.S. Consumer Product Safety Commission has identified 14 suffocation deaths linked to the use of sling-style infant carriers.

ASTM International-a renown, global organization that develops standards-has published a voluntary standard for soft infant carriers. Health Canada is also working with ASTM International to develop a voluntary standard for infant slings, to help keep Canadian children safe.

To report an incident, please contact your regional Health Canada Product Safety office toll free at 1-866-662-0666 or by e-mail at cps-spc@hc.gc.ca (please indicate the province or territory from which you are corresponding).

# FPSSS Contact Information

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**Foster  
Parent  
Support  
Services  
Society**

foster parents foster hope

#### MISSION STATEMENT:

The FPSS Society is a 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.fosterbc.ca](http://www.fosterbc.ca)

Hours of Operation:  
Monday to Thursday: 9:00 am to 4:00 pm  
Friday: 9:00 am to 1:00 pm

**ISLAND CONNECTION NEWSLETTER:**  
Published 4 times per year and mailed free of charge to all foster home & MCFD offices in the Vancouver Island region.

NEWSLETTER COMPILATION  
Margaret Howley  
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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: 1-250-778-5459 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.

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over 1,500 foster children who need our help.

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- \* Spread the word

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1.888.922.8437

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