

FosterlineBC

BC Foster Parents Association



**Happy Foster
Family Month**

**Foster Parent
Spotlight:
Mavis Pascal**



**Join a Branch,
Start a Branch**

**Sector News
and Updates**

BC FOSTER PARENTS ASSOCIATION (BCFPA)

208 - 20641 Logan Avenue, Langley, BC V3A 7R3

The BCFPA Provincial Office is located on the traditional, ancestral and unceded territories of the Kwantlen, Katzie, Matsqui and Semiahmoo peoples.

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PROVINCIAL STAFF

Executive Director	Jayne Wilson jayne@bcfosterparents.ca
Communications Manager	Michelle Relevante michelle@bcfosterparents.ca
Solutions Manager (Interim)	Krissy Ramcharan krissy@bcfosterparents.ca
Administrative Coordinator	Saarah Sandhu saarah@bcfosterparents.ca
Communications Assistant	Taiah Repstock communications@bcfosterparents.ca
Reception	Dinuri Jayasena office@bcfosterparents.ca
Donations & Fund Development	Anita Cymet anita@bcfosterparents.ca

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Submissions — Forward articles, personal stories or ideas to the BCFPA provincial office. Materials may be edited for length and suitability. To be added to our Foster Community Resources list as a regional or agency contact, please email Michelle Relevante at michelle@bcfosterparents.ca.

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IN THIS ISSUE

- 2** President's Report
- 4** Notes from the Office
- 5** Message from the Minister of Children and Family Development, the Honourable Mitzi Dean
- 6** Regional Reports
- 7** Sector News & Updates
- 9** BCFPA Updates
- 10** 5 Simple Ways to Celebrate Foster Family Month
- 11** Foster Parent Spotlight
- 13** Retirement Announcement
- 14** Lessons I Have Learned as a Biological Child in a Foster Family
- 17** The Rider Insurance Program vs the UDL Program
- 18** The Period of PURPLE Crying
- 19** BCFPA Membership
- 20** Join a Branch, Start a Branch
- 22** Foster Community Resources

President's Report



Hello Fellow Foster Parents:

Happy Foster Family Month! To all foster parents in British Columbia, you are all unsung heroes and we owe you so much gratitude! You make such a big difference in the lives of children and youth placed in your home. As BCFPA's President, it is an honour to represent you – the dedicated group of people who work 24/7 to ensure that the most vulnerable children and youth in our province are given the best chance at success. I absolutely love hearing stories from long-time foster parents where they have been contacted by a child that was previously in their care who have thanked them for making an impact in their lives.

I hope everyone had a fun and exciting summer! In Kelowna, we had some great weather and not too much smoke compared to previous years. It's been so nice to see faces in person again, both familiar and new! Nothing beats in-person connections that allows us to hear laughter, see smiles, and offer a supportive hand to those that need one.

BCFPA is pleased to have sent so many kids to summer camps this year. We hope that they learned new skills and created memories that will last a lifetime. We also awarded a few education bursaries to youth from government care. A big thank you to all our donors whose generous contributions pave the way for opportunities and success for children and youth in foster families!

Wherever you may be in the province, we know that you may be struggling on some level with the alarming rise in the cost of living. We can't keep up and it is forcing many seasoned, educated and skilled foster caregivers to move on to a different career or to retire. As many of you know, we have sent Minister Mitzi Dean a letter directly explaining our concerns over maintenance, service fees and cost of living increases, which have not changed significantly since 2009. Our letter was supported by others from support agencies, all referencing our community's need. You can find Minister Mitzi Dean's response to our letter [here](#). We are working diligently on this and

we continue to bring the need for an increase in service and maintenance payments to the Ministry's attention. Foster families need more financial support to keep us going in these trying times and to support the vulnerable children and youth placed in our homes. BCFPA is advocating as hard as we can and are confident that our voice is being heard. We will keep you informed about any progress. Thank you for your patience and continued dedication to the vulnerable children, youth and families in our province.

We are still looking for eligible members to fill some vacant board positions. We need a member from the north and Vancouver Island to keep us informed of what's going on in their areas. If you are interested or know someone that might be, please contact our Executive Director and let us know. Being involved on the BCFPA board keeps you informed and gives you an opportunity to represent all the foster parents in your areas as well as shape fostering policy and practice.

This year, the BCFPA board and staff will be pleased to celebrate Foster Family Month in person at our Annual General Meeting in Victoria. We hope to see at the Inn at Laurel Point on October 21-22 for a unique conference experience filled with networking opportunities, learning opportunities, and fun activities. How exciting that our bucket draws and loonie auction are both making a comeback this year! We have many valuable auction prizes for our attendees to bid on so be prepared to be WOW'd! I hope to see many new and familiar faces!

Julie Holmlund
President

OUR MISSION

To represent and support all foster parents who provide quality in-home family care in BC.



OUR BELIEF

Supported and resilient caregivers raise empowered children and youth.



OUR VISION

Supporting children and youth to reach their full potential through exceptional care.



BC Foster Parents Association (BCFPA) is a provincial organization for foster parents, run by foster parents. We are a registered non-profit charity which aims to bring together foster parents, social workers and other stakeholders who are working to continuously improve the standard of care for children and youth in our province.

We provide information to the general public about fostering and recruitment services to the Ministry of Children and Family Development and Delegated Aboriginal Agencies. We offer our community a support network through our local Branch affiliations and our Solutions Program, accessible fostering information and education, a hub to share news across our sector and insurance resources for foster caregivers. For over 50 years, we have consulted about the revision and development of policy and practice within BC's child welfare sector.

BCFPA's structure facilitates contact with all foster parents in the province. We provide funding to our Branches and Regional Councils, and we maintain a Board of Directors that represents the diversity of our province. BCFPA's Board of Directors provincially, regionally and at a community level are all volunteers, elected by their foster parent membership community.

Notes from the Office

Happy Foster Family Month to our friends around the province! This year is just flying by.

Foster Family Month is a great time for a reminder that you are valued for your commitment, dedication, and skill. Without you, so many kids in our communities would miss the essential family environment, love, guidance, experience, and nurturing that only a skilled foster parent can provide. Know that we are advocating with MCFD to ensure you have the resources you need to get the job done. Because of you, BC's communities are stronger and more resilient.

We are aware of how challenging the past couple of years have been and that you are all in need of maintenance rate and service payment increases. We are continuously updating the Ministry about the financial crisis that foster parents find themselves in. Minister Dean and her team are aware that the rates and service payment focus needs to be brought back to the top of the priority list. There is nothing more important than retaining the services of our valuable foster parents. 77% of BC's foster parents have indicated that the current maintenance rate is inadequate to meet the financial needs of the children and youth in their homes.

Foster Family Month is also the time to address our challenging recruitment needs and to build awareness about success stories and focus on retention of our valuable foster parents. Watch for new campaigns and articles coming out this month that profile some foster parents in British Columbia.

Summer was busy for the provincial office as we were deep into AGM planning. We've had some changes in the team including growth in our Communications group and some shifts in our Solutions Program team. We are expanding, thanks to our strong foundation of talented and experienced individuals taking care of the fostering community's needs. Welcome to Dinuri, Brianne, and Taiah who have all recently joined the BCFPA family!



Our Board of Directors is excited to return to our in-person AGM conference format. We hope to see many of you there! If our current registration numbers are any indication, we should have a full house. It's always a treat to host the conference on Vancouver Island. You can look forward to hearing keynote speeches from Dr. Jennifer Charlesworth, BC's Representative for Children and Youth as well as the Honourable Mitzi Dean, Minister of Children and Family Development. Don't forget to plan some time for self-care activities while you're there and take in a few of the many beautiful sites Victoria has to offer.

We are still seeking foster parents to represent the north and Vancouver Island regions on our Board of Directors. We provide lots of support and whatever resources you need to network in your region. The benefit of being part of the provincial board is that you can bring the big picture information back to your community members and make sure we're aware of trends and challenges that are impacting your area. Please contact me if you're interesting in receiving more information about joining the BCFPA Board of Directors.

Wishing you all a wonderful Foster Family Month with your families!

Jayne Wilson
Executive Director

Message from the Honourable Mitzi Dean, Minister of Children and Family Development



This October marks the 32nd anniversary of Foster Family Month.

I am so appreciative for all the work you do and the difference foster caregivers make in the lives of some of our province's most vulnerable young people. Your work continues throughout all 12 months, but I'm glad we can stop, pause, and highlight your commitment at this time every year.

I wanted to acknowledge the additional stresses you've endured over the past two-and-a-half years. Experiencing and emerging from a pandemic is something none of us has ever been through, and the conditions under which you had to do what you do for these children and youth in your care were under circumstances none of us ever imagined. Please know I am grateful for your continued selflessness.

I'm sure you're aware of our new supports for youth transitioning from care that we introduced in Budget 2022. We believe in these young people, and we're showing that by giving them the supports they need to lead healthy and happy lives. We are very aware that because of these new supports, many of you are caring for an additional child or youth in your home, and some are providing a home for a youth beyond the age of 19. I thank you for your flexibility and patience during this time.

Due in part to these new supports, we are very conscious of the need for additional foster homes. Our staff members have been working overtime to complete backlogged SAFE home studies so we can process those prospective foster caregivers who have been waiting. The fact that our staff has been accomplishing this during the current labour shortage speaks to their dedication to support and honour your work as foster caregivers.

A new recruitment campaign is being designed and should be unveiled to the public by early next Spring. We want to enlist new caregivers so we can provide much-needed additional care homes, simplify and modernize the application and assessment process, and support our current foster families.

To all caregivers and supporters, please accept my heartfelt thanks for your work and dedication to these young British Columbians who need you. Thank you for opening your homes, sharing your life, your love and your guidance.

Finally, in a welcome change from the past two years, I am looking forward to seeing many of you in-person for the first time at your Annual General Meeting this October!

Sincerely,

A handwritten signature in black ink that reads "M. Dean".

Mitzi Dean
Minister of Children and Family Development

Interior Delegate Report by Raquel Lesieur



Happy Foster Family Month! There are more than 2,000 foster families in BC who have opened their hearts and their homes to some of our province's most vulnerable children and youth. Foster parents step in to care for children and youth who are unable to live with their families for a variety of reasons. Whether they provide emergency, short or long-term care, it's comforting to know that there are families who open their doors to vulnerable children, youth and families.

As British Columbians and Canadians in general deal with a 7% inflation rate, foster parents are very concerned about the lack of financial support for their families. Not as many foster parents are attending drop-ins in recent months. Most areas of the Central Interior and Okanagan are offering additional training workshops for foster parents. Staffing shortages are leading to delays in receiving responses to questions about children and youth placed in foster homes. There is a shortage of homes in some areas and youth are being sent to placements in other cities.

Our Board of Directors (who are all foster parents) and our provincial office staff are here for you. Bring any fostering challenges to our attention so that we can support and advocate for you. Please do not foster in isolation. The BCFPA toll-free Fosterline is available Monday through Friday from 8:30 am to 4:00 pm.

This Foster Family Month, I would also like to recognize and thank the people who are working hard to support foster families. Foster families need all the support that they can get. It truly takes a village!

Coast Fraser Delegate Report by Catherine Clutchey



Happy Foster Family Month to all the dedicated foster families in British Columbia! To the thousands of foster families who commit to making a real and lasting difference in the lives of BC's children and youth, thank you for your dedication and your determination to create a better future for our province! Many of BC's future leaders, parents, teachers, nurses, social workers, doctors, lawyers, artists and social service advocates have lived in your caring homes.

As the newest member of the BCFPA Board of Directors, I have had the pleasure of spending the last several months getting to know the functioning and the roles within our Association. There has been a learning curve but the last several months have been full of inspiration and motivation. I'm grateful for all the support I have received in this role. Foster parents deserve respect. They need more support and representation, and I am thrilled to step up and participate in shaping fostering policy and practice at the provincial level.

As the former president of a local foster parent support agency, my connections within the Fraser Valley are extensive—both within MCFD and with foster parents. My goal for the upcoming year is to get to know the membership within my entire portfolio, Coast Fraser. Please reach out to me if you are a foster parent in my region and we haven't connected yet. Whether you're looking to find resources or have questions about policy and practice, BCFPA's Board of Directors and staff are here to support you.

Sector News & Updates



Applications for RISE grants for youth in and from care are now open

The provincial government launched a new grant program to help children and youth during and after government care under the age of 27 participate in sport, physical and cultural activities. The program is called the RISE Grant Program—RISE stands for Resilient, Inspire, Strength and Engage. The RISE Grant Program is administered and distributed by the Indigenous Sport, Physical Activity & Recreation Council (ISPARC).

Grants for as much as \$1,000 annually will help children and youth with the costs for registration, travel, and equipment for sport, physical and cultural activities. Individual may apply for support more than once in a calendar year. However, the maximum amount an individual may apply for in a calendar year is \$1,000. Applications will be reviewed as received. Applications may take up to 30 days to be confirmed and payments deployed to participants and to the program organizations. To apply, visit this [LINK](#).

Grants for as much as \$10,000 are also available for organizations to develop and deliver programs for children and youth in and from government care.

—[Source: Indigenous Sport, Physical Activity & Recreation Council](#)

Indigenous children continue to be overrepresented in the child welfare system

New census data suggests that Indigenous children continue to be overrepresented in the child welfare system. Statistics Canada released data from the 2021 census that says Indigenous children made up 53.8% of all children in foster care, despite representing only 7.7 percent of children 14 and under in Canada. This number has gone up slightly from the 2016 census, in which 52.2% of children in care under age 14 were Indigenous. At the time, only about eight per cent of kids that age in Canada were Indigenous. The census also found that 3.2% of Indigenous children in Canada were in foster care, compared to just over 0.2% of non-Indigenous children. Despite the federal government's efforts to reduce the overrepresentation of Indigenous children and youth in foster care, the number remains almost unchanged since 2016.

In recent years, there has been a significant push from Indigenous leaders and child welfare advocates across the country to address the multitude of systemic issues contributing to the overrepresentation of Indigenous children in care. Factors such as colonialism, the legacy of residential school systems, chronic underfunding of child welfare systems, discriminatory practices and poverty remain. —[Source: CBC](#)

Research underway on how tuition waiver programs are helping former children and youth in care

In Nova Scotia, Mount Saint Vincent University (MSVU) professor Jacquie Gahagan is leading two research studies into tuition waiver programs and how they benefit youth from foster care. Gahagan said that about 50% of people with lived experience in the child welfare system don't finish high school, "which really doesn't set them up to get into many, if any, post-secondary institutions." Through funding from Research Nova Scotia, Gahagan launched the first part of the study in the spring, which interviewed recipients. Interviews revealed that the applicants needed to know they're "not going it alone" and will have continued support from the program. The responses will guide a larger, three-year study on the impact of tuition waiver programs on the lives of recipients and how they can improve equity, diversity, inclusion and accessibility at post-secondary institutions. Once the three-year study is complete, the research will be brought back to the institutions that provide the waivers. —[Source: CBC](#)

Latest package of supports for young people transitioning from care

Consistent with Budget 2022 plans, MCFD announced its latest package of supports which includes:

- Youth Transition Support Workers who will support youth in care starting at age 14 and guide them in accessing services until they are 25. Hiring is underway.
- A \$600-a-month rent supplement to help with rental costs in the private market as young people from care transition to adulthood. Applications will open soon.
- A new no-limit earnings exemption that means youth from care will not see a reduction in benefits for working, gaining skills and earning income. The program, which came into effect in August 2022, gives incentives and supports the pursuit of employment and paid training programs.

Since 2017, BC has led Canada in improving supports for youth transitioning to adulthood from government care. This latest package of supports builds on existing programs. —[Source: MCFD](#)

A restorative practice approach to supporting parents on their healing journey

The Vancouver Aboriginal Child and Family Services Society (VACFSS) is calling for more respite caregivers for Indigenous children so parents can take much-needed self-care breaks and focus on their healing journey. Respite caregivers temporarily provide a safe home for a child whose biological family needs time away from their daily parenting responsibilities. VACFSS pairs children with other Indigenous families, usually for just a few days at a time. VACFSS Resources Manager, Gavin O'Toole said: "Respite care undoubtedly reduces the risk of children coming into foster care by providing parents with a necessary break as part of their healing journey."

—[Source: Vancouver Sun](#)

Representative for Children and Youth urges the government to improve the mental health outcomes of youth from government care

A new report released by the Children's Health Policy Centre (CHPC) at Simon Fraser University (SFU) and commissioned by the Representative for Children and Youth (RCY) shows that young people in government care in comparable jurisdictions to British Columbia have dramatically higher rates of mental health disorders than the general population. It has been well-documented that young people who age out of government care experience higher rates of homelessness, lower educational attainment, lower attachment to the workforce, lower rates of income and poorer mental health. According to the studies, about half of children in care are estimated to have at least one type of mental disorder, a rate nearly four times greater than in the general population of children. RCY recommends that the government and Indigenous Child and Family Services Agency (ICFSA) Directors co-lead comprehensive research to identify the prevalence of the range of mental health disorders amongst children in care in BC and that development and implementation of the recommendations be informed by and aligned with the ICFSA Directors' Culture is Healing: An Indigenous Child and Youth Mental Wellness Framework. —[Source: RCY](#)



BCFPA Updates: What's Keeping Us Busy

Here's a sample of what's keeping us busy lately:

Ongoing meetings and discussions with MCFD leaders and Minister Mitzi Dean regarding:

- maintenance/service rates,
- mileage amounts,
- extraordinary payments,
- cost of living increases,
- foster caregiver fatigue,
- lack of relief resources,
- MCFD worker shortage impact on foster families and children/youth,
- looming crisis as foster parents decide to stop fostering in order to afford to support their families

Monitoring and updating MCFD leadership regarding the Under-deductible Losses (UDL) program

Discussion about Rider Insurance premium increases with MCFD

Committee member on Quality Assurance division's Social Worker Oversight committee

Seeking clarification with the Representative for Children and Youth (RCY) on the role that their advocates play in situations where the Federal Legislation governs placement decisions

Summarizing and distributing policy changes so that foster parents have an understanding of how their homes may be impacted

Meeting with MCFD's Strategic Integration regarding status of the foster caregiver maintenance/service rates review and design

Gathering information about most needed topics for BC Foster Basics videos, scripting and finding video facilitators who are topic experts

Continuous introduction of BCFPA's Fostering Solutions program to new MCFD leads and workers; making appropriate contacts to resolve individual and broader community issues

Partnerships with foster parent support agencies who refer clients for advocacy/support

Retention/recruitment campaigns

5 SIMPLE WAYS TO CELEBRATE FOSTER FAMILY MONTH

1



Send thank you cards or care packages to foster families.

2



Host a foster parent appreciation event.

3

Use social media to share inspiring stories about foster families as well as foster parent recruitment campaigns to create awareness about the need for foster parents in your community.



4

Contact a local or provincial foster parent support agency and ask how you can help. They may be looking for community members to get involved with some programs or community celebration events. You can also donate or plan a fundraiser.



5

Ask foster parents how they want to be supported and empowered as you celebrate them. They know best what support they need.





Photo: Braydon Chapelas
Interview transcription: Benj Kathwaroon

Foster Parent Spotlight: Mavis Pascal

What made you decide to become a foster parent?

I was born and raised in Mount Currie, and moved in with my auntie at a very young age. She had two beautiful daughters that welcomed me into their home. I've learnt so much from them that I feel very passionate about caring for children and youth who are temporarily unable to live with their families.

I have a best friend who's a foster parent, and she was letting me know that she could never find respite care and [that] she really needed a break, and she asked if I would sign up to be a foster parent. So, I signed up to be a foster parent. I gradually took the courses and once finished, I was providing respite care for about 25 children.

What's the best thing about fostering?

I've enjoyed watching the children grow and reach their potential. The challenges become so worth it when they start to trust me, tell me they love me, or thank me even just for little things like buying them a piece of candy. Those things really hit my heart.

How has being a foster parent changed your life?

Foster parenting has changed my life, yes but not too much. I have always lived a busy life and always had kids around me. I just have that kind of personality where kids just want to be around me. The biggest change I had to adapt to was the need for routine — a specific schedule, a plan. Routines make children feel safe. It also helps them develop skills and healthy habits.

What are some of the rewards that come with fostering?

It's been so rewarding to watch kids become their own, and to witness families come together. I enjoy taking them to hand drumming, singing, dancing, and seeing them participate and learn about their culture. I also love that they are able to stay close to their culture and within our community here in Mount Currie, supported by the Lil'wat Nation.

What have you learned about yourself in your fostering journey?

Patience and adaptability. I didn't realize that I would have enough patience to do be a foster parent. I honestly didn't have full understanding of how much patience is required in order to be a foster parent. Before I started to foster, people would encourage me and I would be like, "oh, I have no time" but when my best friend asked me to sign up to foster and I actually did it, it was empowering to discover new things about myself! Through fostering, I realized that I am growing and blooming myself. I love seeing the children in my care so happy that it adds more joy in my life to be around them. I also learned that I love connecting with new people. I'm constantly meeting new people from our community here in Mount Currie and it gives me so much joy that they want to be around my family.

What has been the most challenging part about fostering?

As a foster parent, I have to learn each child's behaviour. Every child is different and they come with different behaviours. It can be very challenging to meet them where they're at. The educational courses and training opportunities I have taken have really prepared me to respond to challenges.

The most challenging part for me is finding respite caregivers. It would be really nice to have a nice break to maintain balance in my life, even if it's just three or four days in a month. I want to know that they're safe and that they are spending time with a caregiver that I trust. Self-care breaks may be non-existent for many foster parents but we need them as we juggle many roles and duties. Pushing on for weeks or even months on end without checking in with yourself could lead to burnout. To effectively take care of others, we must first take care of ourselves.

What impact do you hope to make on the children that you foster?

I want them to know that they are loved; they are wanted; they can dream and create goals for themselves. I want them to grow, thrive and flourish. Whatever they want to achieve, I will support them and be right behind them.

What is the role of foster parents in helping and keeping children connected with their ancestral land, culture and family?

I believe as a foster parent, it is our responsibility to help children understand and stay connected with their culture and background. For example, we learn to make their favourite food together like bannock. I take them to a rodeo, to a community centre, or wherever there is hand drumming. We also make drums or red dresses to raise awareness about the Missing and Murdered Indigenous women. Children appreciate taking ownership of something that can become a part of them—something that they can carry with them for the rest of their life. That something can be culture as it is theirs for them to claim, carry and pass on to their children.

How important is a good support network to a foster parent?

Having a strong support network is very important! The children placed in my care have been through a lot—and for me to try and take care of them alone and without support? I couldn't do it alone. I need the social workers' support. I need the Lil'wat Nation Wellness Team to guide me and support me because if I didn't have them, I wouldn't succeed.

What role does the Lil'wat Wellness Centre play in supporting you as a foster parent?

Community wellness is important. It is important to have a culturally rooted approach to wellness which leads to a greater capacity to heal oneself, one's family, and community. The Lil'wat Wellness team is always there for me—from beginning to end of a placement. They're available to guide me in any courses I take, or if I encounter any challenges. If I need to attend any meetings with MCFD, they advocate for me, ask the right questions, and to make sure that I am treated fairly and respectfully.

Retirement Announcement

In June of 1988, Marie Murdoch said to herself that she would give fostering a try—perhaps for 5 years and then move on to pursue her dreams of becoming a realtor. Just like many stories we hear from seasoned foster parents, 5 years turned into another 5 years and before she knew it, she had spent she had spent 34 years “giving fostering a try”. In her 34 years of fostering, a lot has changed in Marie’s life but what remained constant was her desire to make a difference in the lives of the vulnerable children, youth and families. In Marie’s words, “It was a journey and a life I’m so thankful I was able to share with all the kids that came through our home. I am especially grateful for those that have stayed part of our family forever”. Marie reveals, “our own children had to give up a lot of their mom and dad’s time to share with others and now it’s time for us to spend more time with them and our grandchildren so that we can be fully present for them through life’s milestones”.



Marie has served on the BCFPA provincial board and is also considered as one of the strong pillars of the BCFPA branch in Mission. Jeanette Dyer, who has worked with Marie for years, shares: “Because of Marie, we have all been enlightened, encouraged, and guided through the ups and downs of fostering. We are truly grateful for her vast knowledge of the system, community, and BCFPA. She has generously shared with us everything that’s stored in her filing cabinet of memories.”

Thank you, Marie and family, for your years of service, dedicating your life to the province’s vulnerable children, youth and families. We will miss you and we are so excited for this new chapter in your life.

**Don’t foster in isolation!
Our Solutions Program Team
is here for you. We can all do
so much more together than
we ever can alone.**

**Call 1-800-663-9999 for
support and advocacy.**



Lessons I Have Learned as a Biological Child in a Foster Family

When I was seven, I remember walking to the bus stop with my mom. She asked me what I thought of welcoming and taking care of two little boys. My immediate response was 'yes, no questions.' I don't recall seeing them for the first time nor do I have any other memories of them from when I was little but that one moment has always stuck with me. I have always wanted to take care of more children—no matter how many kids were already in our home.

This journey has taught me a lot and opened my eyes to many things. One of the most important lessons that I have learned from being part of a foster family is how pain and trauma alter the brain. Kids who have experienced family disruptions and significant pain encounter mental, emotional, and physical challenges which weigh them down. Many kids who end up in the foster care system are affected by choices their mothers made while they were still in utero. They often have FASD or other drug-related brain alterations which affect how they think, speak, and act. When they are born into a broken family, they experience more trauma and don't learn how to function properly meaning they often never really grow up. This is where I want to help. I am going to university to get my Bachelor of Science in Psychology. With this degree I hope to be able to better understand the workings of the brain and in turn, help vulnerable kids reach their full potential and break the cycle of former foster children ending up with their own children in foster care.

I could never be who I am today if my family had stayed with the typical parents with biological kids model. No aspect of my life has been left untouched. I am forever changed and will be forever grateful for it.

My journey has not been without pain, I know what it is like to love and then lose, to give a child your heart and then have it taken from you. But this pain is not useless, it has taught me to better love the children who enter our home, to show them that they are not alone in the world even when it seems



Madeline van Raalte is this year's recipient of BCFPA's Natural Child Bursary.

that everyone else has deserted them. It has made me question why I want to foster and helped me realize that the answer is not about me, but about all the children out there who are in desperate need of loving arms. Experiencing such pain helped me realize that these kids go through so much more than the pain I feel and that it would be selfish to turn my back on them. All these lessons and experiences have shaped me into who I am today and given me the framework for wanting to continue in loving and caring for these beautiful children.

I will be forever grateful for that moment when I was seven years old and was asked whether or not I wanted to give two little boys a loving, stable home. It has shaped my life in unimaginable ways.

"My journey has not been without pain. I know what it's like to love and then lose."

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Step 3: Enter your member ID code which is BCFPA + your 5-digit membership number (e.g. BCFPA12345). Once you are logged in, click on your name in the top right corner of the screen, then choose 'Profile'. Your BCFPA Membership Number will appear as the first item under 'Your Information'. You can now navigate back to perkopolis.com.

Step 4: Enter the required information. Click the 'accept terms and conditions' box. Click 'Confirm'. You're all set to start saving!

Use your BCFPA membership to enjoy savings on North America's top travel, entertainment, health and wellness, and lifestyle brands!

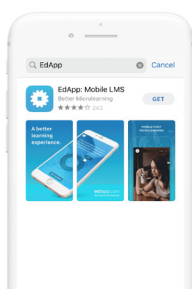
Adidas	The Brick
Apple	Carter's
Cineplex	Cruises.ca
Cirque du Soleil	Columbia
Disney on Ice	Club Monaco
Disneyland	CityPASS
Dyson	Dell
Great Wolf Lodge	Ever New
Hunter	HP
Indigo	KitchenAid
La-Z-Boy Furniture	Kiehl's
Landmark Cinemas	LE CHÂTEAU
LEGOLAND	RW & CO
Lenovo	Matt & Nat
Petsecure	Panasonic
Reitmans	Sorel
Samsung	TurboTax
UGG	Walt Disney World
Universal Orlando	WestJet

Take our free Early Years mobile microlearning course!

Our mobile microlearning course is available on EdApp. Simply follow the login guide and gain access to five modules with many interactive tools such as animated videos, narrated content and game-based knowledge tests.

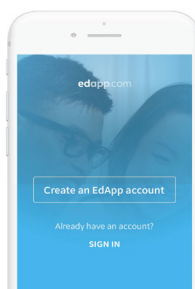
Download your certificate upon successful completion of the course.

Login Steps



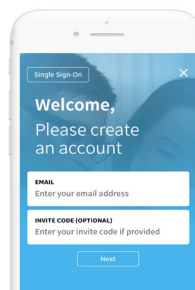
STEP 1

Search for **EdApp** in the App Store or Play store on your device, then install the app.



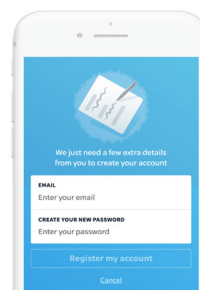
STEP 2

Open EdApp and swipe through the instructions. On the last screen, select **Create an EdApp Account**.



STEP 3

Enter **your invite code (BCFPA)**. Select **next** once you're ready.



STEP 4

Enter your details and agree to any terms before selecting **Register My Account**.

edapp.com





Camps for Kids Grants are now open for applications for the Fall/Winter cycle!

We have opened a Fall/Winter cycle to alleviate some of the costs BCFPA members encounter when sending their foster, adopted, or birth children to winter camps.

Application Dates

Applications are accepted from August 1 – October 31.
Awards will be made in November.

Amount of Grants and Grant Cycle

The Fall/Winter grant cycle provides grants of \$300 per eligible family of BCFPA members.

How to Apply

Complete the application form outlining the name, type of camp, and proposed dates of attendance for each participant in the family being applied for, and the full cost for each child/youth to attend. Depending on funds available, grants will be awarded to eligible applicants chosen at random who have applied with all relevant documentation.

Not covered by a group health plan? Concerned about health & dental expenses?

Find the coverage that's right for you and your family with a **Health Assist plan** from **Green Shield Canada (GSC for short)**.



You can choose a plan that offers prescription drug coverage, dental or a combination of both. Plus, all plans provide coverage towards vision care, extended health care (like registered massage therapists and chiropractors), and emergency medical travel protection. Your acceptance is guaranteed for many plans – no medical questions asked*. Best of all, Health Assist plans are easy to understand and easy to get.

It's all about you and what you need.
Want more info?

Contact

Candace Dodson-Willis

in strategic alliance with Group One
Candace_Dodson@icloud.com

Plans provided by **Green Shield Canada (GSC)**

*Acceptance is guaranteed for select plans as long as GSC receives the initial payment; other plans require completion of a health questionnaire and medical underwriting.

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Damage or loss in your home due to a placement?

We have two programs you can access at no cost to you!

Evaluate the damage or loss. How much is it going to cost to replace or repair the damage or loss?

If it's below \$10,000, access the Under-deductible Losses (UDL) Program.

Launched April 1st of this year, the UDL Program is a low-barrier program that manages damages and losses valued below \$10,000 (under the Rider Insurance Program deductible), caused by the child/youth in care. This program will be an alternative to submitting eligible repairs and losses to MCFD or Indigenous Child and Family Service Agencies for compensation.

Damage or loss under this program should have been done suddenly and either accidentally or intentionally by a child or youth placed in the home.

Claimant must be a foster caregiver with a current Family Care Home Agreement with MCFD or a DAA.

Claim must be under the Rider Insurance Program deductible of \$10,000.

The UDL program is not a replacement for property insurance. This program is not accessible to cover damages above the rider deductible for those who are not insured. As part of the Family Care Home Agreement, it is expected that foster caregivers have insurance for their homes.

This program does not cover damage due to wear and tear.

If it's above \$10,000, access the Rider Insurance Program.

The Ministry of Children and Family Development has arranged for Extended Property Damage (Rider) Insurance to supplement a residential caregiver's homeowner or tenant insurance policy. The Rider follows the underlying homeowner or tenant property policy to provide up to the same limits and coverages. The rider mirrors the caregiver's own primary policy. For example, if the policy covers \$10,000 for jewelry, then the Rider will cover \$10,000 for jewelry that is damaged by the child or youth in care.

Damages are covered by the Rider program when done by the children/youth in care only if any one incident is more than the deductible on the caregiver's policy. The minimum deductible is \$10,000 per claim or the deductible stated on the foster caregiver's policy, whichever is greatest. Contact MCFD or your Indigenous Child and Family Service Agency for payment or reimbursement of the deductible.

Report claims as soon as possible. Do NOT let your claims accumulate as they are processed on a per-occurrence basis. Multiple incidents cannot be combined into one claim. Foster caregivers have two years to finalize a claim and a deductible is applied to each incident.



Call Coast Claims Insurance Services toll-free at 1-866-694-3111 and ask for Shannon Mycroft to initiate a claim.

Damages should be reported as soon as possible after the event has occurred. This coverage is provided per-occurrence, and each event will need to be reported individually.

Updated Resource: The Period of PURPLE Crying

Infant crying is a part of normal child development. It is a way for babies to communicate. Increased and persistent crying however, can also be very frustrating. It is often this increase in crying that can be overwhelming for parents/ caregivers, and in a moment of frustration they can lose control and react in frustration and anger. This is why crying is the number one trigger for shaken baby syndrome.

The Period of PURPLE Crying is a universal parent education intervention program that is delivered to all parents/ caregivers of newborns in BC. It provides information on infant crying, the dangers of shaking a baby as well as research-based soothing methods and coping strategies. Since the PURPLE program started in 2009, there has been an overall 35% decrease of shaken baby cases in children under 24 months of age in BC.

The Period of PURPLE Crying education is available in an App/Booklet format. The 10-page booklet comes with a unique QR code to access the App (available for free on the Google Play and App Stores) which has links to topics such as crying, soothing, coping and sleeping. Please contact us directly to receive your free copy of the PURPLE materials (Email: Chumphreys@bcchr.ca or Karen.Sadler@bcchr.ca). A one-page infographic is also available electronically and in print.

PURPLE education specific to foster and adoptive parents is also available free of charge online. It may be accessed directly at this [link](#). The training takes about one hour to complete and a training completion certificate is generated at the end of the presentation.

For additional information and resources on the Period of PURPLE Crying program, please contact:

Prevent Shaken Baby Syndrome BC
BC Children's Hospital
Managers: Claire Humphreys and Karen Sadler
4480 Oak Street, F503
Vancouver, BC V6H 3V4
Email: Chumphreys@bcchr.ca and Karen.Sadler@bcchr.ca

The letters in PURPLE stand for

P

PEAK OF CRYING

Your baby may cry more each week, the most in month 2, then less in 3-5 months

U

UNEXPECTED

Crying can come and go and you don't know why

R

RESISTS SOOTHING

Your baby may not stop crying no matter what you try

P

PAIN-LIKE FACE

A crying baby may look like they are in pain, even when they are not

L

LONG LASTING

Crying can last as much as 5 hours a day, or more

E

EVENING

Your baby may cry more in the late afternoon and evening

The word PERIOD means that the crying has a beginning and an end.

How does a BCFPA Membership Benefit YOU?

- 85% of the membership fees paid to BCFPA are sent to our community branches formed by our network of foster parents across the province. The funds you give to us for membership in turn provide support for your very own community's foster family activities, meetings and workshops.
- As a member, you can participate in shaping the future of the sector by proposing motions for action at our Annual General Meeting, through working with committees or by joining the provincial BCFPA Board of Directors.
- Members have access to our Camps for Kids Grants. We also support youth in and from care with education bursaries as well as our members' biological and adopted children.
- Members have access to our new Medical Travel Grant. Foster parents should not be out of pocket for the work that you do, and we realize that you often incur extra costs that may not be covered for out-of-town trips for medical care.
- Through our Perks Program, BCFPA members receive substantial discounts on various brands and products.

Our membership classifications are as follows:

- **Foster Parent Members (Voting):** Foster parents pay a small fee to join as a member, make motions and vote at meetings, participate in directing BCFPA's programs and services, and benefit from grants and discount offerings. Your membership fees still support the family-focused and networking activities of our community branches.
- **Associate (Foster Parent/Non-Voting):** This membership classification is for foster parents who want to join at no cost, receive all of our general information, be eligible for some bursaries and ensure that your name is in our database for additional group offerings.
- **Community (Stakeholders/Donors/Non-Voting):** This classification is available at no cost for our partners and donors who wish to be in our database to receive sector news and updates.

BCFPA was formed in 1967 by foster parents and social workers. We work directly with the Ministry of Children and Family Development to advocate for all foster parents regardless of whether they foster for MCFD or a Delegated Aboriginal Agency. Together, BCFPA and MCFD have brought about an abundance of positive change in fostering practice over the past 55 years.





You can start a branch when you have five BCFPA member foster parents interested in doing so. Any time of the year, any season, any day—we'll be happy to help you along the way!

JOIN A BRANCH, START A BRANCH

Community is important for foster parents. Gathering together on a regular basis gives foster parents the much needed sense of community that is essential when they're working within the complex child welfare structure. Nothing beats a group of like-minded people who share similar experiences. 85% of the membership fees paid to BCFPA are redistributed to our branches across the province. The funds you give to us for membership in turn provide for your very own community's activities, meetings and workshops.

When foster parents come together in a branch, they are able to communicate to BCFPA's provincial office the successes and issues experienced by their fostering community. This better informs us so that we are then able to represent the interests and activities of your community in our discussions with the Ministry.

For more information about joining or starting a branch in your community, please call 1-800-663-9999.



adopt

Fall Workshops Adoptive Families Association of BC

Adopting your foster child? We're here for you! These workshops can help with transitions, trauma, and more.

Safe Babies:

Starting October 12, 2022

This workshop is designed for those planning to adopt, foster, or care for a baby or toddler—especially if there is any risk of prenatal exposure.

Learn about infant development, substance exposure, sleep issues, household and infant safety, support services, self-care, and more in this three-part online workshop.

The workshop is taught by a Safe Babies trained facilitator and includes guest speakers, as well as scheduled time for questions and discussion.

Format: Three x 1.5-hour online workshop sessions.

Fee: \$150 per person.

Trauma-informed Parenting:

Starting September 20, 2022

Parenting kids with trauma can be tough at any stage of their development.

This online workshop is designed to provide tips and tools for trauma-informed parenting and to help parents understand the relationship between trauma and adoption.

Parents will learn about the different types of trauma, how they manifest in the developing child, and strategies for parenting with a trauma-informed approach.

Format: Three x 2-hour online workshop sessions.

Fee: \$95 per person.

Learn more and register: bcadoption.com/online-workshops

FOSTER COMMUNITY RESOURCES

Provincial Resources

BC Foster Parent Associations bcfosterparents.ca	1-800-663-9999
After Hours Foster Parent Support Line	1-888-495-4440
Indigenous Perspectives Society ipsociety.ca/foster-caregiving	1-844-391-0007 ext. 229
Federation of BC Youth in Care Networks fbcyicn.ca	1-800-565-8055
Adoptive Families Association of BC bcadoption.com	1-877-236-7807
BC Council for Families	604-678-8884
Pacific Post Partum Support Society postpartum.org	604-255-7999
Parent Help Line	1-888-603-9100
Parents Together	604-325-0511
Parent Support Services of BC www.parentsupportbc.ca	1-800-345-9777
Representative for Children & Youth rcybc.ca	1-800-476-3933
FAE/S Support Network	604-507-6675
Kelty Mental Health Resource Centre	1-800-665-1822

Interior

For contact information for local foster parent groups or support in your area, please call 1-800-663-9999.

Okanagan Foster Parent Association okfosterparents.ca	
Central Okanagan	250-870-8991
North Okanagan	250-558-0939
South Okanagan	250-462-6907
Shuswap	250-515-1522
Okanagan Metis Children & Family Services	250-868-0351
Interior Community Services interiorcommunityservices.bc.ca icsfp.info	1-877-376-3660
East Kootenay	250-426-6013
West Kootenay	778-460-5174
Cariboo	250-609-201
Kamloops and area	236-421-0031

Island

For contact information for local foster parent groups or support in your area, please call 1-800-663-9999.

Foster Parent Support Services Society (FPSSS) fpsss.com	1-888-922-8437
FPSSS (South Vancouver Island)	778-430-5460
FPSSS (Central Island)	250-618-8327
FPSSS (Comox/Courtney)	250-898-4488
FPSSS (Cowichan Valley)	250-818-3293
FPSSS (Upper Island)	250-204-1566
FPSSS (Port Alberni)	250-735-1124
FPSSS (North Island)	250-949-7419

North

For contact information for local foster parent groups or support in your area, please call 1-800-663-9999.

AXIS Family Resources axis.bc.ca	1-877-392-1003
Community Bridge (Fort St. John) communitybridge.ca	250-793-2261

Coast Fraser

For contact information for local foster parent groups or support in your area, please call 1-800-663-9999.

Hollyburn Family Services hollyburn.ca	604-987-8211
Vancouver Aboriginal Child & Family Services Society vacfss.com	778-331-4500
Foster Hub fosterhub.ca	1-877-926-1185
Archway Community Services archway.ca	778-880-8555
Fraser Valley Foster Parent Association fraservalleyfosterparents.org	1-877-797-7701
South Vancouver Youth Centre milieu.ca	604-325-2004
Pacific Community Resources Society pcrs.ca	604-587-8100
The Children's Foundation childrens-foundation.org	604-434-9101

IT PAYS TO BE A MEMBER!

Please complete and return to BCFPA: 208-20641 Logan Avenue, Langley, BC V3A 7R3 or join or renew via our website at bcfosterparents.ca

Name(s): _____ Date: _____

Address: _____ City: _____ Postal Code: _____

Phone: _____ E-Mail: _____ Region: _____

Local Association (BCFPA Branch): _____

Level of Foster Home: (select one)

Restricted ____ Regular ____ Level I ____ Level II ____ Level III ____ Contractor ____ Other ____

This is a: New Membership ____ (OR) a Renewal ____

1 year: individual \$30.00 ____ OR couple \$35.00 ____

2 year: individual \$50.00 ____ OR couple \$60.00 ____

*\$10.00 of this membership fee will be used by the provincial office for administration of the program and development of services to foster parents. The balance of the fee will be returned to your regional board or BCFPA branch.

I/we contract with ____ MCFD ____ Delegated Aboriginal Agency Other: _____

OR my affiliation with the BCFPA is (i.e. staff, MCFD, non-foster parent): _____

As members of the BC Foster Parent Associations, I/we agree to abide by the Bylaws, Policy and Procedures, and Code of Ethics of the Association. _____
[signature(s)]

Please bill my VISA or MC # _____ Expires ____ / ____

[signature for approval]

Get social with us!



@bcfosterparentsassociation



@bcfosterparents



Youtube.com/
BCFosterParentsAssociation



@bcfosterparents