

FAMILY SUPPORT INSTITUTE OF BC (FSIBC)

FAMILIES SUPPORTING FAMILIES

Stay Calm Stay Safe; Stay Healthy



FAMILY SUPPORT
Institute of **BC**
families supporting families



ACKNOWLEDGEMENT & GRATITUDE FOR THE LAND

“

We want to gratefully recognize and acknowledge that today we are meeting on the traditional and unceded territories of First Nations.

We also would like to acknowledge the Metis People who live and work on the various traditional territories across B.C.

It is on this land that we live, we learn, and we do our work. Thank you.

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ABOUT FSIBC



The Family Support Institute of BC (FSIBC) is a provincial not for profit society committed to supporting families who have a family member with a disability.

FSIBC is unique in Canada and the only grass roots family-to-family organization with a broad volunteer base.






FSIBC's supports and services are FREE to any family.



FSIBC'S BELIEFS



The Family Support Institute of BC (FSIBC) honours that FSIBC grew out of an era that did not value the pivotal role of families. Therefore, FSIBC believes:

-  Families are the best voice to speak for their unique circumstances
-  Informed, involved, and confident families are the most effective agents for creating social change
-  Informed families are more empowered to speak for themselves when needed
-  Families are the best resource to support one another
-  Families have a critical role in shaping the future for their family members



VISION & MISSION STATEMENT

VISION

All individuals and families are supported, connected and fully valued in their communities.

MISSION

To strengthen, connect and build communities and resources with families of people with disabilities in BC.

WHAT DOES FSIBC OFFER?



Peer-to-peer support for anyone, any age, any disability (including mental health), anywhere in BC



FREE supports and services to any family - do not have to have a diagnosis to call



Workshops and training



Networking opportunities



Information sharing and referral

FSIBC'S FAMILY SUPPORT MODEL

The Family Support Institute of BC (FSIBC) has trained volunteers throughout the province.

These volunteers are referred to as “Resource Parents” (RPs) and “Resource Family Members” (RFMs).

They all have a family member with a disability.

This network supports and connects families by sharing experiences, expertise, and guidance.



WHAT CAN FSIBC'S VOLUNTEER RESOURCE PARENTS DO?

- ✚ Connect by phone, email or in person
- ✚ Guide families to community resources
- ✚ Attend meetings; take notes; debrief
- ✚ Mentor and coach
- ✚ Listen and learn
- ✚ Share successes and celebrate families

Contact FSIBC today to learn about becoming a Volunteer Resource Parent!

(604) 540-8374 | 1-800-441-5403

Email: fsi@fsibc.com



WHAT IS THE IMPACT OF FAMILY-TO-FAMILY SUPPORT?



Reduction in isolation



Being understood



Acceptance



More connection and empowerment



Culture of hope: celebrating successes & abilities



Increased individual & family capacity

FSIBC FAMILY SUPPORT PROCESSES

01 STEP

FSIBC receives a family support request.

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Anyone can call for support.

Professionals often call FSIBC to brainstorm ways to best support families in BC.

02 STEP

FSIBC staff will speak with the family and learn about their needs.

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FSIBC staff and the family will decide the best way to match with a FSIBC Volunteer Resource Parent based on age, region, diagnosis, experience and others.

03 STEP

FSIBC staff will make a referral to resources right away.

AND/OR

FSIBC staff will make a referral to a FSIBC Volunteer Resource Parent.

04 STEP

A FSIBC Volunteer Resource Parent calls a family.

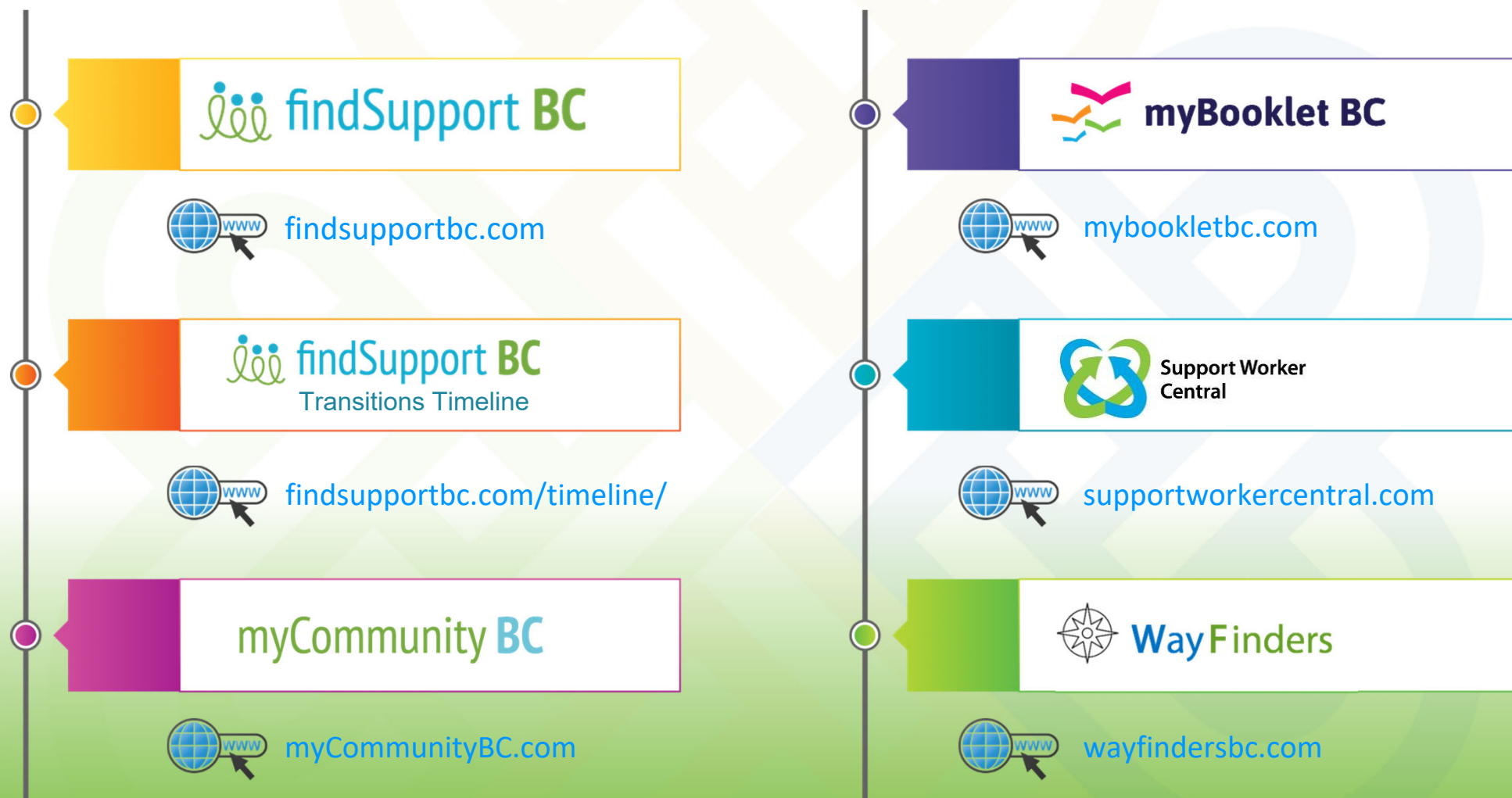
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Family will get a call within 48-72 hours.

FSIBC Volunteer Resource Parents can share their experiences, guide to resources, mentor advocacy and much more.

FSIBC PROJECTS & INITIATIVES

All our projects are always identified based on the needs of families and family tested and designed. Visit familysupportbc.com/resources/ more information!



FSIBC PUBLICATIONS



FSIBC has several publications available to families FREE of charge. Visit familysupportbc.com/resources/ more information!

- ❧ FSIBC Quarterly Newsletter - Possibilities
- ❧ FSIBC Monthly Bulletin - Kindred Thoughts Of Learning
- ❧ The Power of Knowing Each Other:
Stories about informal safeguards told by BC families
- ❧ Brothers and Sisters: The power of growing up together
- ❧ Dual Diagnosis – A Guide for Families
- ❧ FSI Wellness Booklet: “When Do I Have Time...? for Wellness” – information on physical, emotional, mental and spiritual wellness
- ❧ Employment Options for Individuals and Families in BC

FSIBC'S RESPONSE TO COVID-19

During these uncertain times of the COVID-19 pandemic, FSIBC remains open and fully functional. Our volunteer RPs are engaged and willing to support you via telephone, email, text or online video meetings.

Please visit familysupportbc.com/covid/ to learn various ways you can connect with us today!

CONNECT

for Family Support!



JOIN

a Conversation!



ACCESS

COVID-19 Resources!



FIND

Support Staff!



TELL US

How You're Doing!



(604) 540-8374 | 1-800-441-5403 | Email: fsi@fsibc.com



Call FSIBC today to learn more about
how we can support your family!

Family Support Institute of BC

227 6th Street
New Westminster, BC
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Tel: 604-540-8374

Fax: 604-540-9374

Toll Free: 1-800-441-5403

www.familysupportbc.com



Community Options for children and families Resources

- **People In Motion** work to develop and enhance the lives and informal supports for people with disAbilities and seniors with special needs – recognizing that the social isolation and obstacles inherent to the disability or special needs can prevent or hinder opportunities to engage in healthy active living activities and relationship development. <https://pimbc.ca/about-us/>
- **ARC Programs Kelowna** ARC Programs mission is to provide excellent support, prevention, intervention, treatment, and rehabilitative services, for children, youth, individuals and families in the communities of the Interior Region of BC. <https://arcprograms.com/Services/Kelowna>
- Foundry Kelowna is offering appointments virtually, over the phone or in person with our Nurse Practitioner as well as first-time and follow-up mental health counselling sessions. To make an appointment simply call our office and we will work with you to find the best option for you to get the help you need. <https://foundrybc.ca/kelowna>
- **FamilySmart Practice Program.** <https://familysmart.ca/program/familysmart-practice/>
- **CLBC** <https://www.communitylivingbc.ca/>
- **PLAN Okanagan** helps to create safe and secure futures, in community, for people with disabilities and their families. <https://planokanagan.ca/about/>
- **Okanagan Regional Library** <https://www.orl.bc.ca/kids-teens/parents-teachers/books-for-children-and-teens-with-diversabilities>

NEUROPSYCHIATRY SERVICE PATHWAY DIAGRAM

Neuropsychiatry: neurodevelopmental conditions in combination with mental health and behavioural concerns. Neurodevelopmental conditions include Autism Spectrum Disorder (ASD), Intellectual Disability (ID), Fetal Alcohol Spectrum Disorder (FASD), and genetic syndromes (I.E. Prader Willi, Fragile X, and Down Syndrome).

ASSESSMENTS FOR NEURODEVELOPMENTAL CONDITIONS IN BRITISH COLUMBIA

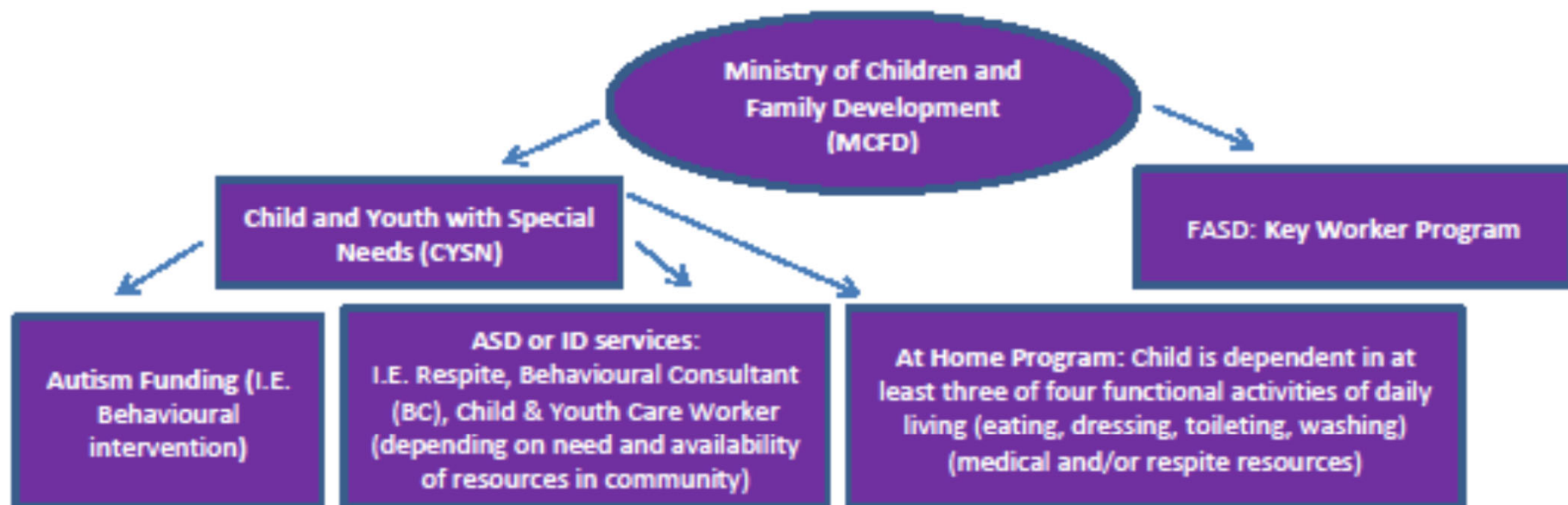
ASD: BC Autism Assessment Network (BCAAN), private psychology clinics

FASD/CDBC: Complex Developmental Behavioural Conditions (CDBC) Network

ID: Psychoeducational assessment at school, private psychology clinic, part of ASD or FASD

Genetic syndromes: Medical Genetics, Metabolic Diseases, Neurology

COMMUNITY SUPPORTS



OUTPATIENT SERVICES FOR MENTAL HEALTH AND/OR BEHAVIOURAL CHALLENGES

Examples: anxiety, depression, ADHD, aggression, self-injurious behaviours, safety concerns