



**Family Peer Support Workers** use their own lived experience of parenting a young person with mental health and/or substance use challenge to provide peer support to other parents and caregivers.



## **Family Peer Support Workers** can meet with families:

- In Person
- Video Chat
- Phone
- Email

Our services are completely free and there is no waitlist

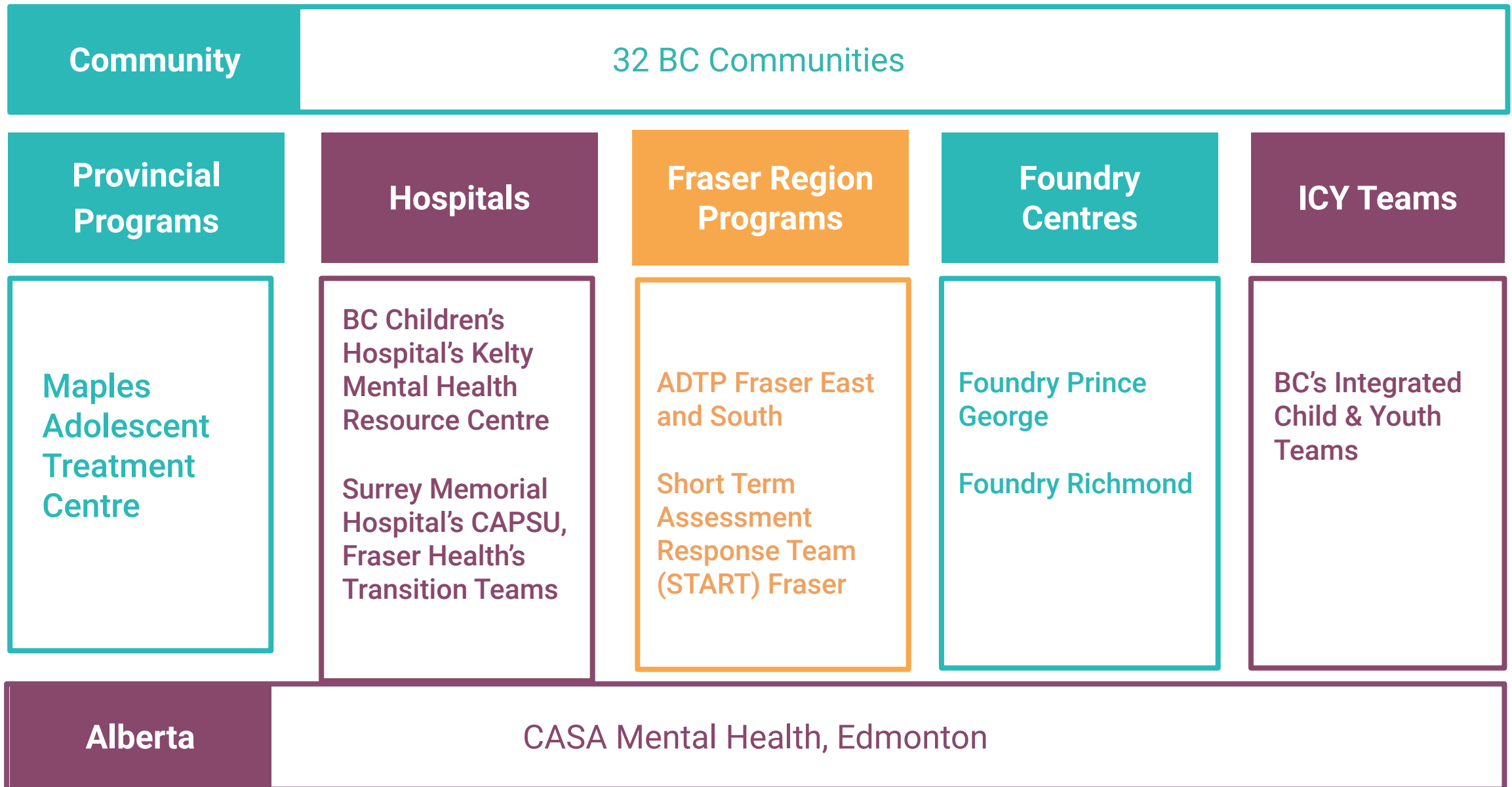


## WHAT WE TALK ABOUT :

- We listen for and focus on areas of strength
- We ask about their own capacity and self care. What do YOU need?
- We offer connection to other parents, so they don't feel so isolated
- We reflect back on what a parent has shared, helping them to focus on what is most important to them.
- We offer resources based on a parents preference, capacity and tailored to their learning style.



# FamilySmart Parent Peer Support



# FamilySmart joins Integrated Child & Youth Teams





# Who ICY teams serve

- Serving all children, youth and families within a school district boundary, including those in any school or not at school
- Young people connect to ICY teams based on geographic location
- Serving children, youth and families from early years to age 19 (up to age 21 if receiving ICY team services)

# ICY teams in school district areas

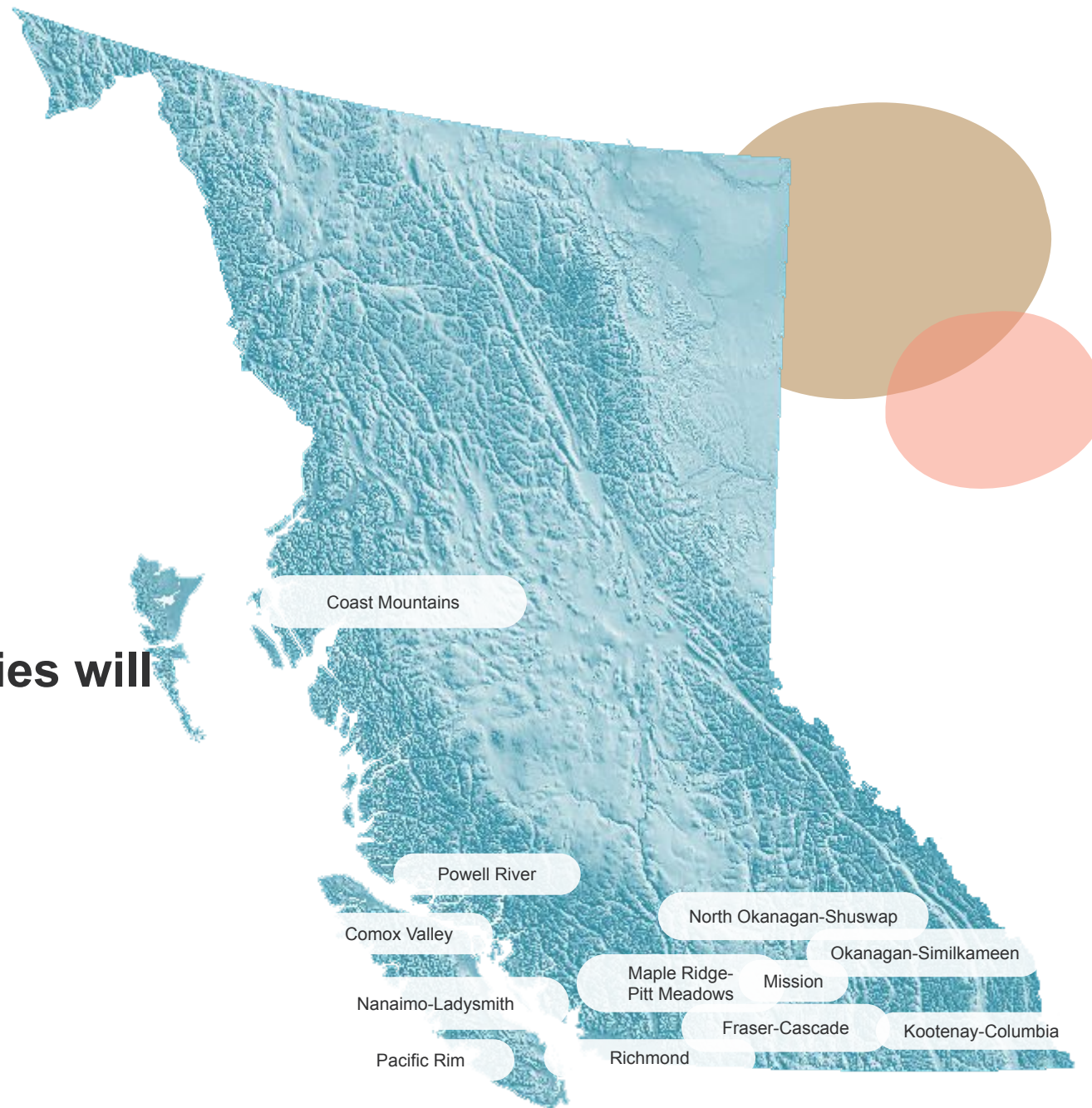
## Teams are operating in:

- Comox Valley
- Maple Ridge-Pitt Meadows
- Richmond
- Coast Mountains
- Okanagan-Similkameen

## Seven More ICY Teams Communities will be operational in 2024/2025

- Fraser-Cascade
- Kootenay-Columbia
- Mission
- Nanaimo-Ladysmith
- North Okanagan-Shuswap
- Pacific Rim
- Powell River

**2024-25:** eight more school districts, locations TBD





# Family Peer Support on ICY Teams

The Family Peer Support Worker (FPSW) is a core member of the ICY team, with a SUPPORT role. Every ICY parent and caregiver has the option to access FPSW services through the ICY team.

Family Peer Support Workers are now working as part of ICY teams in:

- Comox Valley
- Ridge Meadows
- Okanagan - Similkameen
- Coast Mountains - Terrace
- Richmond
- Mission



## WHAT WE DO:

- Provide emotional support, as a family who has been there.
- Provide a safe space for a parent to talk about what it's like for them.
  - We listen with the intent to understand their perspective and hear what is important to them.
  - We listen without any agenda or goal in mind to educate, change, fix or advise.
- Help parents understand and navigate services available to them
- Attend care team or planning meetings to listen, support and debrief with parents



## HOW IT HELPS THE FAMILY

Families are better able to support their child when they are feeling supported themselves.

We help families to see their own strengths

FPSW share ideas and strategies that have helped other families. Families choose what is helpful or what makes sense for them to try.

We encourage self care by sharing what has worked for us (and others like us).

## HOW IT HELPS THE TEAM

The parent is better able to engage with services when they are feeling supported themselves.

Frees up clinical time when the parent has support.

FPSW can share relevant information, to support the clinical team in their work with the family.

FPSW can co facilitate parent groups and support the learning by leaning into their own lived experiences.

FPSW can provide a parent perspective to the team.

# What does our work on the ICY teams look like right now?

Family Peer Support Workers are:

- Connecting with families 1-1 through referrals from ICY Program Leads, ICY Clinical Counsellors and School Counsellors. *In Richmond families can connect directly with FPSW on ICY Teams for peer support.*
- Co-facilitating parent groups with ICY Clinical Counsellors
- Hosting drop-in groups for parents to connect and learn
- Outreach and presentations to build relationship with School Counsellors to ask how can we help parents and caregivers in your school community.



# Family Peer Support for ALL BC Families

**ICY teams, in community and in treatment settings**

**Family Peer Support Workers help children and young people by helping their family and other caring adults.**

We know children and young people do better when the adults who care about them are supported.



# What is different about ICY Family Peer Support Workers and Community Family Peer Support Workers?

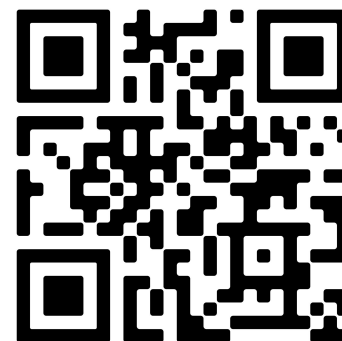
ICY Teams - Family Peer Support is available to any family connected to an ICY team. Referrals to Family Peer Support Workers come through the ICY team (exception: Richmond).

Community - Family Peer Support is available to ANY family in BC in 32 communities and provincially through the Kelty Mental Health Resource Centre at BCCH.



To learn more about our Peer Support Work or to find the Family Peer Support Worker in your community, please visit:

[familysmart.ca](https://familysmart.ca)



'intheknow'

# Connect and Learn

## MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS WINTER 2024

Every month, we host events for parents & caregivers who are parenting a child or youth with a mental health and/ or substance use challenge called "in the know."

### JANUARY

Supporting a Crisis at Home  
Speaker: Lu Ripley, BC Crisis Centre and Tammy Music, Parent Peer Support Worker, Surrey Memorial's CAPSU

### FEBRUARY

For Families: A Conversation about Eating Disorders  
Speakers: Carmen Kauffman, Eating Disorders Therapist & Educator with Jessie's Legacy, Rylee McKinlay, Young Adult with Lived Experience, Terri McKinlay, Parent with Lived Experience

### MARCH

Beyond Behaviours: When Is It More?  
What it Looks Like in Ages 13-18  
Speaker: Karen Peters, RCC ThriveLife Counselling and Wellness

Join us to watch a video and talk with other families about what helps. Online events are facilitated by FamilySmart Parent Peer Support Workers.

[familysmart.ca/events](https://familysmart.ca/events)

## Monthly Events - 'in the know'

Every month, we host 5 online events called 'in the know.' We watch a video and share experiences and strategies that help in the hard moments and focus **on strengthening our understanding & connection with our kids.**

Events are facilitated by FamilySmart Family Peer Support Workers. Currently offered **online.**

[familysmart.ca/events](https://familysmart.ca/events)





# Video Library



For Families: A  
Conversation About Eating  
Disorders



Connecting With Our Kids  
When Anxiety Leads to  
Social Isolation



Parenting When Our Kids  
Can't Go to School



Parenting When Anxiety  
Shows Up As Anger



Self Harm: There is Always  
Help, There is Always Hope



Teens and Schools



These workshops are intended to offer a framework for parents and caregivers to consider as they support their child or youth after a hospital stay or ER visit for mental health.

The suggestions, tips and strategies discussed are intended to support caring, connected relationships.

[familysmart.ca/workshops](https://familysmart.ca/workshops)

## Supporting Your Family After a Mental Health Crisis

"Really filled the gap where it was most needed by way of information and moral support. I feel this workshop nailed the exact questions and concerns I as a parent was having."

### TOPICS INCLUDE:

- How to support a safety plan at home
- How to take care of yourself and family after a crisis
- How to find the resources you need

THE WORKSHOP IS OFFERED THREE TIMES EACH MONTH FOR B.C. FAMILIES:

- Wednesdays: 5:30pm - 7pm (2 weeks)
- Tuesdays and Wednesdays: 12pm - 1pm (2 weeks)
- Thursdays 6pm - 8pm (2 weeks)

*The workshop is free and offered online. Registration required.*



[familysmart.ca/workshops](https://familysmart.ca/workshops)





Every month we host an Open House for any professional who is interested in learning more about this workshop and how to refer families.

## Open House Information Session for Professionals

The Help for the Hard Times Workshop series provides a framework for parents/caregivers to consider as they support their child after a crisis. The workshop includes practical strategies, tips and tools that support caring, connected relationships.

Join this information session to learn more about Help for the Hard Times, and how you, as a Healthcare Provider, Service Provider, Educator, Police and RCMP can help connect families to this free workshop.

### TOPICS INCLUDE:

- How to support a safety plan at home
- How to take care of yourself and family after a crisis
- How to find the resources you need

### DATES:

January 10, February 14th,  
March 13th

### TIME:

12pm - 1pm (PST)

*To register: [familysmart.ca/events](https://familysmart.ca/events)*

To register for an upcoming Open House, please visit [familysmart.ca/events](https://familysmart.ca/events)



# National Child and Youth Mental Health Day - May 7



**“I care about you”** is our May 7th message. To support this, we offer events and resources that support conversations and connection between caring adults and young people. We hope you will join us this year for our 2024 event with **Dr. Kim Barthel!**





# WHY IT MATTERS

I am not looking for a solution, I am looking for someone to understand how I feel.

When I am feeling stuck the last thing I want to hear about is it being my fault when I feel like I have no control.

