



REPORT 2023-24

Submitted to: Johnny's Heart of Gold

Quarterly Report: January 1, 2024 - March 31, 2024

1. FAMILY PEER SUPPORT

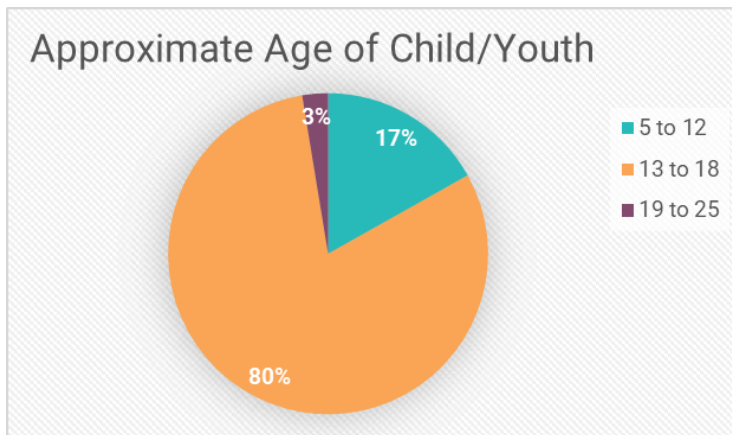
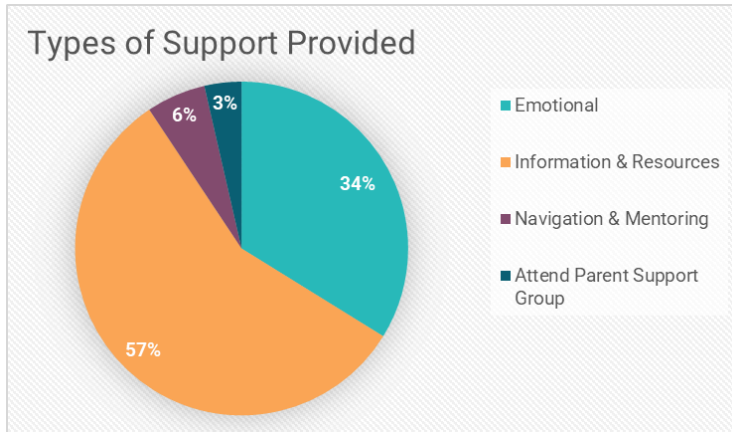
Family Peer Support Workers use their own lived experience to offer support, resources and information, system navigation, education and mentoring to other families.

1. Family Peer Support at START North

Short Term Assessment Response Treatment (START) provides assessment and intervention services for children and teens (6 - 18 yrs) who are experiencing a mental health and substance use crisis. START's services are focused on the mental health and/or substance use needs of the young person and their family, through a family centered approach.

Johnny's Heart of Gold Funds: Family Peer Support 2 Days Per Week at START North. Between January 1st 2024 to March 31, 2024, parents and caregivers with a youth in crisis were supported by a Family Peer Support Worker at START North **85 times**.

Types of Support Provided to START families this quarter:



Reflections from the families served in the Tri-Cities:



2. Help for the Hard Times Workshop - A workshop for BC families whose child or youth is or has been a patient in a psychiatric unit and/or had an ER visit because of their mental health.

Parents' journey with mental health services often starts or in some way culminates in acute settings where the stay is short and then they are back home and in the community, often with nothing more than they had before except a safety plan for their child or youth. At this time, young people and families are at their most vulnerable, do not know what to do, and have little support.

The Help for the Hard Times workshop supports B.C. families after a mental health crisis. The workshop empowers families whose child/youth has had an inpatient experience in a psychiatric unit or emergency room to manage the transition from acute care to home. It includes 1-1 tailored support. The value of this workshop is that it offers parents/caregivers the opportunity to make practical plans for how to keep their child/youth and family safe, how to take care of their families' mental health and wellness and how to navigate the many resources available to help support their child or youth's mental health in the community. The workshop content, the opportunity to connect with other families, and the learning facilitated by the Family Peer Support Worker is unique and of great value to families.

Johnny's Heart of Gold is funding 8 Help for the Hard Times Workshop series this year.

3 workshops were hosted this quarter, and **41** parents and caregivers participated.

When asked about their experience being part of the workshop this quarter, this is what some parents and caregivers said:

Before this session I felt really lost in terms of how to help my child when she was in crisis or really low. In fact, one part of her school safety plan is that she comes home if she hits a 3/10 and my internal response was "and what am I supposed to do with her then?". After this workshop and specifically the example of the parent safety plan, I feel more confident that I am capable of helping her. I was able to have a discussion with her about what she wants from me at different times which helped me to trust her more, which in turn helps me feel less afraid.

Attending these sessions has given me practical tools, reminders and encouragement...mindfulness, self care and boundaries were some of my struggling areas. They've really helped in reminding me the importance of "putting on my own oxygen mask."

Reminding me of the importance of self-care was good. Also, the network of peer support makes me feel like we're not alone in this journey.

I really appreciate the layout of the sessions, they progressed in a way that made sense. As well as the wealth of knowledge and support shared. The Facilitators were so approachable and easy to understand, and I felt like they could really relate to my family's struggles. Thank you so much!

3. OUTREACH IN THE TRI-CITIES

Throughout the quarter, FamilySmart connected with families, caregivers and professionals in the Tri-Cities by hosting resource tables and/or presenting at the following events:

- **Information Presentations were made to:**
 - DPAC 43
 - Tri-Cities Community Youth Table
 - BC Connections
 - Nobody's Perfect Parenting Group
 - Early Childhood Development Tables
 - School District 43 Counselor Coordinator

- **FamilySmart hosted a table at the following community events:**
 - BC Literacy Fair
 - Substance Use Learning Series
 - Johnny's Heart of Gold's Screening of Toxic, A Documentary

