



The Shuswap Children's Association does not necessarily endorse or recommend products or services referred to in this handbook.

Table of Contents

What Now?.....	3
Diagnosis and assessment options	4
Autism Spectrum Disorder (ASD) resources.....	5
Speech, Occupational & Physiotherapy, FASD options	6
Children’s Vision & Children’s Hospitals	7
LGBTQ+	7
First Nations, Metis & Inuit Status	8
Help finding child care	9
Child is in school and needs support?	9
Support for families	10
Family Navigators.....	10
Anxiety or behaviour concerns	11 & 12
Financial Help Available; Child Care, Children’s Activities	13
Equipment, Home Modifications & Transportation Funding	14
Medical, Dental, Hearing and Vision Funding	15
Tax Credits and Savings Plan Funding	15
Shuswap Children’s Association programs.....	16, 17 & 18
Not receiving enough services? Who you can contact	19

The Waitlist Garden

Your child is on a waitlist, what now?

Are you concerned with your child's development?

- Contact the Health Unit, Public Health Nurse, 851 16 Str NE, **250-833-4100**. They have free child health clinics and other public health services.
- Visit 'Baby Navigator' they provide resources and tools for families to support their baby's early learning and nurture their development <https://babynavigator.com/>



Contact the *Infant Development Program (IDP)*

778-824-0439 or 778-824-0440, idp@shuswapchildrens.ca



You can also do an **Ages & Stages Questionnaire**.

They pinpoint developmental progress or social emotional health in children between the ages of 1 month to 5 ½ years old.

They are quick, easy and fun to do.



Learn more by contacting our *Family Navigator*

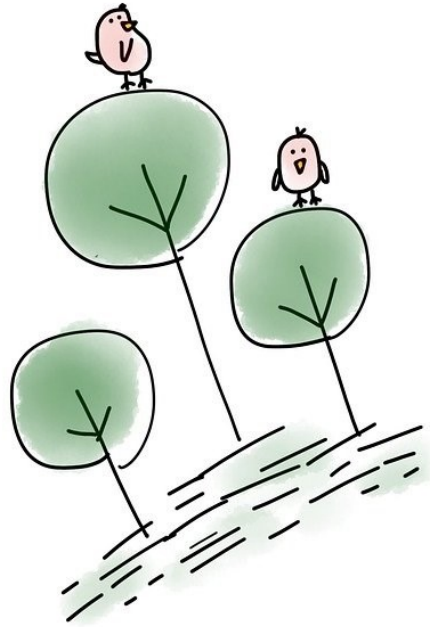
at 778-824-0443, navigator@shuswapchildrens.ca

Diagnosis and Assessments

If a disorder such as any of the below is suspected please visit your family doctor as soon as possible to talk about getting an assessment.

Assessments can take 7 to 18 months to get.

- ♥ Autism Spectrum Disorder
- ♥ Attention Deficit Hyperactivity Disorder
- ♥ Fetal Alcohol Spectrum Disorder
- ♥ Intellectually Disability
- ♥ Learning Disorder
- ♥ Social Emotional Assessment



Do you need help with the assessment process contact our
Family Support Worker 778-824-0453, fsw@shuswapchildrens.ca

Diagnosis and Assessment Options

Public Clinic, Free

Interior Health Children's Assessment Network (IHCAN) **250-833-4100**

Private Clinic, For a fee

Okanagan Ability Centre, **250-762-7790**, <http://okanaganabilitycentre.com/>

*If your child qualifies for Children & Youth with Support Needs (CYSN)
service and funding options call*

Children and Youth with Support Needs (CYSN) 250-832-1719

Autism Spectrum Disorder (ASD) Resources



Do you need help with what to do next?

Contact our free **Family Support Worker 778-824-0453**, fsw@shuswapchildrens.ca

Shuswap Children's Association Programs; ASD diagnosis is not required.

Fees can be paid by ASD funding, distributed learning funding or private funds.

- **The Nest Positive Behaviour Support** for children 0 to 18 yrs. of age. Individualized to your child's needs based on your family priorities. Support plans based on the 'board certified' Behaviour Analyst's assessment to help your child or youth's skills and/or reduce challenging behaviours using positive behaviour supports. Parent support sessions are also available.

250-833-2794, nestinfo@shuswapchildrens.ca



- **Project Affinity** 8 to 18 yrs. of age, any youth with support needs able to join without 1-1 support. Group fun through themes while learning social skills.

780-824-0435, affinity@shuswapchildrens.ca,



- **Friends & Leisure Youth Recreation** 8 to 18 yrs. of age, any youth with support needs able to join without 1-1 support. Evening group fun and recreational day camps are held throughout the year.

778-824-0442, fly@shuswapchildrens.ca,



Other Resources

- **Registry of Autism Service Providers (RASP)**; a list of professionals who work with children with an ASD diagnosis. (If your child is under 6 you will need a service provider from the RASP in order to use your autism funding), Search "RASP BC."
- **Visit Autism Community Training's Upcoming Live Events**
<https://www.actcommunity.ca/education/act-events>
- **Visit Autism Community Training's Autism Videos for Parents and Professionals (Free)**
<https://www.actcommunity.ca/education/videos>
- **Visit Autism Navigator for families of children diagnosed with or characteristics of ASD (Free)** <https://autismnavigator.com/family-resources/>
- **ASD Support Groups (Free)** <https://autismsupportbc.ca/events/>

Is Fetal Alcohol Spectrum Disorder suspected or diagnosed for your child?



Call our FASD Keyworker at 778-824-1068, keyworker@shuswapchildrens.ca

- Take the free 'Foundations in FASD' 2 hr online course, <https://estore.canfasd.ca/foundations-in-fasd>
- Free resources <https://www.fasdoutreach.ca/resources/>

Are you concerned with your child's speaking, communication or hearing?

Contact the Health Unit's, Speech-Language Programs. This is a free service for families and their children from birth to school age.

- Salmon Arm, 851 16 Street NE, **250-833-4100**
- Enderby, 707 3 Avenue, **250-838-2450**

Are you concerned with your child's physical and/or daily living skills?

Contact our free therapy programs, for families and their children from birth to school age.



Physiotherapy 778-824-0446, pt@shuswapchildrens.ca

Occupational Therapy 778-824-0438, ot@shuswapchildrens.ca



Do you need help with what services you should access contact our Family Support Worker 778-824-0453, fsw@shuswapchildrens.ca

Private Options, benefits often cover these services

Private Occupational & Physiotherapy Options

- Find a private OT <https://www.caot.ca/site/findot>
- Find a private PT <https://bcphysio.org/find-a-physio>

Private Speech Pathologist Options

- Find a SLP <https://speechandhearingbc.ca/#professional-map>



Are you concerned with your child's vision?

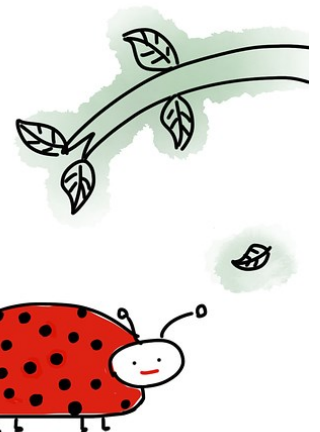
Children's eye check-ups are \$10, and many optometrists help with the cost if needed.

- ♦ Children should have their first eye check-up done around 6 months of age.
- ♦ The next check-up should be at 3 years old and then again before they start school.
- ♦ School-aged kids should have annual eye check-ups.

If glasses are needed, costs can be covered by benefits, the *Healthy Kids Program* or many optometrists have programs to help with the costs if needed. Healthy Kids Program also covers dental and prescription costs.

Children's Hospitals

- BC Children's Hospital, 4480 Oak Street, Vancouver, **888-300-3088**,
<http://www.bcchildrens.ca/>
- Shriner's Hospital for Children, **800-361-7256**,
patientreferrals@shrinenet.org, <https://www.shrinershospitalsforchildren.org/shc>



LGBTIQ2SA+ people and their families in the Shuswap region

- Essie's Place, 450 Okanagan Ave E, Salmon Arm, **672-572-1300**, hello@essiesplace.org
<https://www.essiesplace.org/>
- LGBTQ+ Youth Night, Thursdays @ 681 Marine Park Dr NE, 6 to 8pm, **250-833-0164 ext 0**,
youthnight@shuswapchildrens.ca, <https://shuswapchildrens.ca/our-programs/lgbtq/>

Does your child have First Nation's, Metis or Inuit status?

- Check in with the First Nations Health Authority <https://www.fnha.ca/>
- First Nations children living in Canada can access products, services and supports they need through funding from Jordan's Principle.
<https://www.sac-isc.gc.ca/eng/1568396296543/1582657596387>
- Miyoopimatishihk (Wellbeing) Program for families with Metis children birth to 8 years old. Apply for funds to health, social and educational supports
<https://www.mnbc.ca/families/>
- Metis Family Navigator : **604-557-5851 (EXT. 8260)**
- Representative for Children and Youth <https://rcybc.ca/>



Contact our *Family Navigator* 778-824-0443, navigator@shuswapchildrens.ca

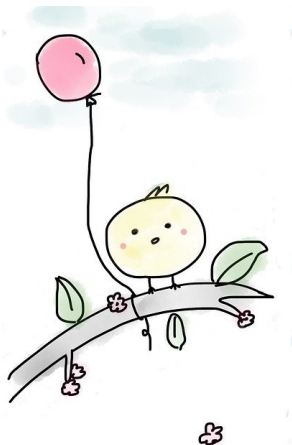


Need help finding child care?



Contact our ***Child Care Resource and Referral*** program

250-832-4191, ccrr@shuswapchildrens.ca, www.shuswapchildrens.ca



1. Has your child lost or is at-risk of losing their space in a day care or preschool due to their support needs?
2. Has your child unable to register in day care or preschool unless they have support?



Contact the ***Supported Child Development Program*** Coordinator

778-824-0437, scd@shuswapchildrens.ca

Is your child in school and in need of support?

- Contact your child's teacher, learning resource teacher (LRT) and/or the school counsellor to discuss your concerns.
- Inclusive Education Contact for SD#83, **250-804-7828**, (Director of Instruction-Inclusive Education)
- **Diverse Abilities Advocacy Committee (DAAC)**

They are committed to getting a better understanding of the challenges facing parents/guardians of students with diverse abilities. They advocate for and support the improvement of high quality learning experiences for students with diverse abilities in the public school system. <https://dpac.sd83.bc.ca/>

- **BCEdAccess**

They support children and youth who have disabilities and who are complex learners to reach their full potential in BC education, and in all aspects of their lives.

<https://bcedaccess.com/>

Support for families who have a family member with a disability

Family Support Institute of BC, **800-441-5403**, www.familysupportbc.com

Parenting programs and resources for families across BC

- Parent Support Services Society of BC, **855-345-9777**, <https://www.parentsupportbc.ca/>
- Kinship Care Help Line (Formerly Grandparents Raising Grandchildren Support Line)
Support, advocacy and resources for grandparents and other relatives raising a family member's child. kinshipcare@parentsupportbc.ca,
<https://www.parentsupportbc.ca/services/events/>
- Reaching In....Reaching Out
<http://www.reachinginreachingout.com/resources-parents.htm>

Contact your area's Family Navigator

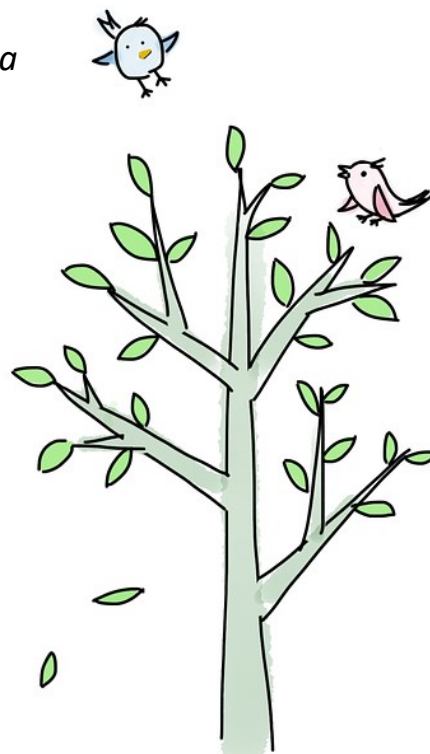
They have information on free playgroups and available supports. Playgroups are a great source of information and they have very knowledgeable staff.

Family Navigators

- Salmon Arm **778-824-0443**, navigator@shuswapchildrens.ca
- Enderby **250-838-9446**, edcrc.csw@outlook.com
- Sorrento/Blind Bay, **250-515-4682**, nsscr@live.ca
- Sicamous **250-804-6890**, ggau@telus.net

NICU (Newborn Intensive Care Unit) Family Resource

- <https://www.mynicufamily.com/> (based in Salmon Arm)



Is your child experiencing anxiety or struggling with behaviour?

- **Talk with your family doctor.** If you don't have one, talk to a physician at a walk-in clinic.
- **Contact your local Child and Youth Mental Health (CYMH) office.** Free mental health services/supports for children 0 to 18 years old. Please call **250-832-1719**.
- **Contact your local Canadian Mental Health Association (CMHA) office 250-832-8477.** Free mental health services and supports for families. <https://shuswap-revelstoke.cmha.bc.ca/types-programs-services/family-initiative/>

BounceBack

Free programs to help youth (15 to 24 years old) manage low mood, mild to moderate depression, anxiety, stress or worry. <https://bouncebackbc.ca/>

Youth Living Life to the Full Course

Free program for youth (13 to 18 years old) giving them skills they need to face challenges in life.

<https://cmha.bc.ca/programs-services/blue-wave/living-life-to-the-full-for-youth/>

Confident Parents Thriving Kids - Anxiety Program

Free program to help parents support their children ages 3 to 12 who experience mild to moderate anxiety. <https://welcome.cmhacptk.ca/>

Confident Parents Thriving Kids - Behaviour Program

Free program to help parents who are experiencing difficulties with their child's behaviour. <https://welcome.cmhacptk.ca/>



Shuswap Children's Association Program

Fees can be paid by ASD funding, distributed learning funding or private funds.



The Nest Positive Behaviour Support Services (birth to 19 years of age)

Individualized to your child's needs based on your family priorities. Support plans based on the 'board certified' Behaviour Analyst's assessment to help your child or youth's skills and/or reduce challenging behaviours using positive behaviour supports.

Parent support sessions are also available.

250-833-2794, nestinfo@shuswapchildrens.ca

Is your child experiencing anxiety or struggling with behaviour continued...

- **Contact the Shuswap Family Centre, 250-832-2170, sfrrcinfo@familyresource.bc.ca**

Child and Youth Mental Health Outreach Program Intensive treatment and support for children/youth and their families suffering significant distress due to mental health issues.

The Connect Parent Program 9-week attachment based parenting program, offered 2 times a year.

Community Support Counseling Program for children and families.

Parents Together Program Education and group support for parents experiencing challenges while parenting a teen.

- **For free counselling in Sicamous contact Eagle Valley Community Support Society 250-836-3440.**

Private Options, benefits sometimes will cover these services

- Find a therapist <https://www.psychologytoday.com/ca/therapists/bc/salmon-arm>



Other Resources

- www.anxietycanada.com Practical tools and strategies to help you manage your child's anxiety.
- <https://foundrybc.ca/> Offers young people ages 12-24 health and wellness resources, services and supports.
- <https://www.heretohelp.bc.ca/> Find quality information, learn new skills, connect with key resources in BC.
- <https://mentalhealthliteracy.org/> Mental health support and resources geared to teenagers.
- <https://cmha.bc.ca/programs-services/living-life-to-the-full/> Feel happier, gain confidence, less stress.
- <https://www.strongmindsstrongkids.org/> Promoting the mental well-being of children.
- <https://familysmart.ca> Mental health support services for children and youth.

Financial Help Available

Child Care Funding

- **Affordable Child Care Benefit** supports low and moderate income families to meet the costs of child care. www.childcare.gov.bc.ca/
- **Special Needs Supplement (SNS):** Children with a special needs designation, and who need child care may be eligible to get the Special Needs Supplement. The SNS gives an extra \$150 per month towards the cost of child care.



Contact **CCRR** at 250-832-4191, ccrr@shuswapchildrens.ca.

They will help you with the use of a computer and setting up an affordable child care benefit account.

Activities Funding

- **Jumpstart** helps getting kids into a sport or a physical activity. 1-844-937-7529, <https://jumpstart.canadiantire.ca/>
- **Access 2 Entertainment Card** gives discounted rates to the support person going with a person with a disability to movie theatres across Canada. www.access2card.ca/
- **Campsite Fees** This program provides individuals living with a disability and facing significant financial challenges with the opportunity to connect with nature and outdoor recreation in BC Parks. <https://bcparks.ca/fees/disability.html>



Equipment, Therapies, Home Modifications and Transportation Funding

- **At Home Program** coverage for medical equipment and supplies, medical transportation, therapy, respite care and nursing respite. <https://www2.gov.bc.ca>
- **Variety Club Children's Charity** provides direct help to children in BC with funding for medical care and services, mobility equipment, specialized therapies, and education. **1-800-381-2040**, www.variety.bc.ca
- **CKNW Kids Fund** helps families with funding for essential specialized medical equipment, therapies, and programs for at-risk youth. <https://www.cknwkidsfund.com/>
- **Kinsman Foundation of BC** funds a range of new and used equipment and will consider even the most obscure devices if they will assist an individual living with disabilities in their quality of life and personal mobility. <http://www.kinsmenfoundationofbc.ca/>
- **Cops for Kids** supports children and youth in crisis suffering from medical, emotional, mental, developmental, or behavioural problems that require extraordinary help and support <https://copsforkids.org/funding-for-families/grant-application/>
- **Home Adaptations for Independence Program** helps people with disabilities finance home modifications for accessible, safe and independent living. <https://www.bchousing.org/housing-assistance/BC-RAHA> **1-800-407-7757 (ext.7055)**
- **Hope Air** is Canada's only national charity providing free flights to low-income Canadians who must travel to medical care not available in their community. <https://hopeair.ca/>
- **Travel Assistance Program (TAP BC)** helps with some of the transportation costs for eligible BC residents who must travel within BC for non-emergency medical specialist services not available in their community. <https://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc>
- **BC Ferries** offer discounted fares to residents of BC who have a permanent disability. To receive the discounted fare apply for a BC Ferries Disabled Status Identification (DSI) Card. https://www.bcferries.com/files/PDFs/bcf_disabled_status_application_form.pdf



Medical, Dental, Hearing and Vision Funding

- **BC PharmaCare** helps with the cost of eligible prescription drugs, certain medical supplies, and pharmacy services.

<https://www2.gov.bc.ca>

- **Healthy Kids Program** provides coverage for basic dental treatment, vision and hearing care to children in low-income families. <https://www2.gov.bc.ca>

Tax Credits and Savings Plan Funding visit *Plan Institute* at <https://planinstitute.ca/learning-centre/events/> for free webinars on the below,

- **Disability Tax Credits:** you may be eligible if you care for a child who has a mental or physical impairment. <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>
- **Child Disability Benefit** is a non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay. <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/child-disability-benefit.html>
- **The Registered Disability Savings Plan** is a savings plan for people with disabilities in Canada. Helps families plan for the long-term financial security of their relatives with disabilities. www.rdsp.com
- **Endowment 150** offers a one-time \$150 gift to Registered Disability Savings Plans (RDSP) www.endowment150.ca, **604.439.9566**



Shuswap Children's Association

Our Free Programs

Referrals welcome from parents, caregivers and professionals.

Visits can be virtual, at your home, in the community, or at our office.

Infant Development Program (IDP) (0 to 3 years old)

We support families with children who may have, or are at risk of a developmental delay or have a diagnosis.

778-824-0439, 778-824-0440, idp@shuswapchildrens.ca

Physiotherapy (PT) and Occupational Therapy (OT) (0 to school age)

We provide therapies for families with concerns about their children's physical and/or functional development.

778-824-0446, pt@shuswapchildrens.ca

778-824-0438, ot@shuswapchildrens.ca

Supported Child Development (SCD) (0 to school age)

We assist children needing extra support to take part in their child care programs.

778-824-0437, 778-824-0436, scd@shuswapchildrens.ca

Fetal Alcohol Spectrum Disorder (FASD) Key Worker Program (0 to 19 years old)

We help families and other professionals in understanding FASD, keeping the needs of the child/youth first in mind.

778-824-1068, keyworker@shuswapchildrens.ca

Family Support Worker (FSW) (for families with children 0 to 19 years old)

We provide emotional, informational, and practical support for families facing difficult situations.

778-824-0453, fsw@shuswapchildrens.ca

A diagnosis of ASD is not required for any of our programs or services.

Shuswap Children's Association



Our For Fee Services

Families can use their Autism or distributed learning funding, or they may privately pay.

Referrals welcome from parents, guardians and professionals.

Visits can be virtual, at your home, in the community, or at our office.

The Nest Positive Behaviour Support Services (0 to 19 years of age)

Individualized to your child's needs based on your family priorities. Support plans based on the 'board certified' Behaviour Analyst's assessment to help your child or youth's skills and/or reduce challenging behaviours using positive behaviour supports.

Parent support sessions are also available.



250-833-2794, nestinfo@shuswapchildrens.ca

Project Affinity

(8 to 18 years. of age any youth with support needs, able to join without 1-1 support)

Small peer groups with fun themes to learn social skills.



778-824-0435, affinity@shuswapchildrens.ca

Friends & Leisure Youth Recreation

(8 to 18 years of age any youth with support needs, able to join without 1-1 support)

Evening group fun and recreational day camps are held throughout the year.



778-824-0442, fly@shuswapchildrens.ca

A diagnosis of ASD is not required for any of our programs or services.



Shuswap Children's Association

Our Free Services

Child Care Resource and Referral (CCRR)

Help and information on affordable child care benefits, setting up a child care centre, referrals to child care centres for families, and a toy lending library for everybody.

250-832-4191, ccrr@shuswapchildrens.ca

Early Years Family Navigator & Playgroups (ages 0 to school age)

We help families navigate the services and programs available to them, serving Salmon Arm, Canoe and Silver Creek. We lead playgroups and help families connect with each other.

778-824-0443, navigator@shuswapchildrens.ca

Book Program (for everyone)

Stop in anytime to pick up a free book for your child, teenager or grandchildren.

**Programs at our facilities, referrals are only made by
MCFD Child and Youth Support Needs (CYSN) Programs**

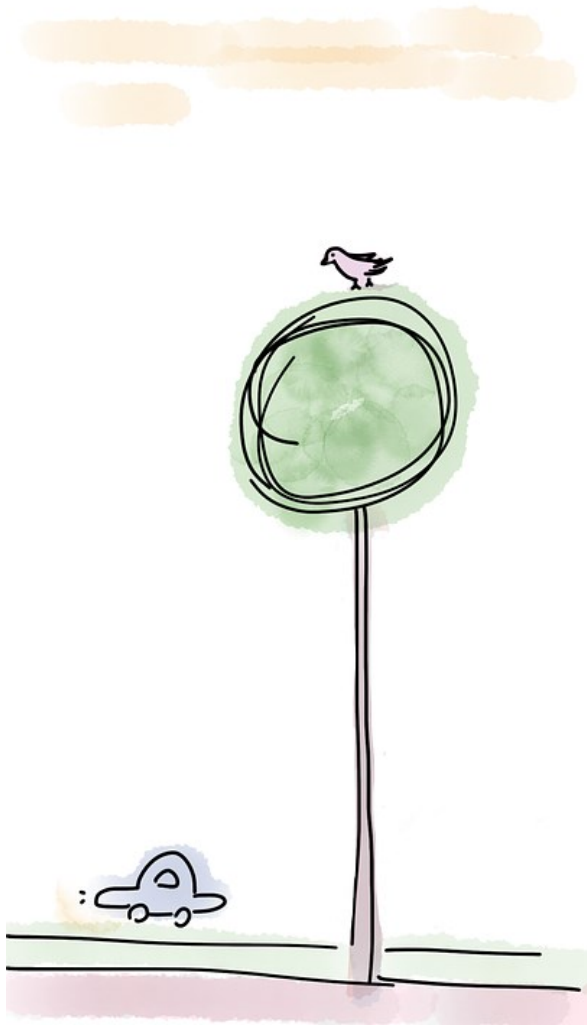
Contact them at 250-832-1719

The Loft (7 to 18 years of age with support needs, able to join without 1-1 support)

An after-school group with a club like atmosphere working on youth's individualized goals while having fun. Days camps during Spring Break and in the Summer are also available.

Respite Care (ages 0 to 18 years of age)

Families can get some rest and relief through contracted respite, or families can receive funding to get the services that best meet their needs.



Who can you contact about not receiving services in a timely matter, or not receiving services at all?

Parents are the ones who can make change!

Call the numbers below!

- **Contact the Ministry of Children and Family Development (MCFD)** * MCFD is our funder
Call **1-877-387-7027** and ask for a Complaints specialist, MCF.ComplaintsProgram@gov.bc.ca


- **Contact our Member of the Legislative Assembly (MLA)**

Part of the MLA's job is to listen and address parent concerns about the lack of funding given to programs and services for children in BC.

MLA, Greg Kylo, **877-771-7557**, greg.kylo.MLA@leg.bc.ca

- **Contact the Representative for Children and Youth**

They support children, youth and families who need help in dealing with the child services system. **1-800-476-3933**, <https://rcybc.ca/>



**“We support
children and their
families to
play, grow, and thrive.”**

The Shuswap Children's Association

