

C.A.P. NEWS

November 2009



“Changes for Children” FASD Strategy Implementation Team Progress Report

by Cathe Umlah

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CAP News logo designed by Bridges intermediate program students at David Livingstone School, Winnipeg, MB, 2008.

As an update from the report in the Summer 2009 CAP News, the Strategy Implementation Team (SIT) continues to advance a number of FASD initiatives designed to support women, children and families involved in the child welfare system and for all Manitobans.

SIT is comprised of the four CFS authority FASD Specialists: Cathe Umlah, General CFS Authority, Mary Werba, First Nations of Northern Manitoba CFS Authority, Leilani Buschau, Metis Child, Family and Community Services, and Sue Mozdzen, Southern First Nations Network of Care as well as Jill Isbister, Healthy Child Manitoba, Tracey Arnold, Child Protection Branch, Colin Kinsella, Office of the Standing Committee. Funding for new initiatives is based on the “Changes for Children” initiative through

the child welfare system and the Provincial FASD Strategy.

New initiatives funded to date within the 2009/10 fiscal year include:

Expansion of diagnostic services in Manitoba: SIT funding has contributed to the development of pre- and post-diagnostic services in rural and northern communities within Manitoba. These services will be housed and delivered by the Regional Health Authorities. Together these satellites will form the Manitoba FASD Network.

Administrative Coordinator for CAP: SIT has funded an administrative contract position to assist CAP to develop capacity and reach even more communities in Manitoba.

Development of New FASD Coalitions: SIT is providing one-time grants to communities that are interested in developing an FASD Coalition. A Call for Interest circulated November 2009.

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Hats Off to Deidre Bissonnette

Northern Authority FASD Program Update

by Mary Werba, Manitoba FASD Specialist

On Sept 9, 2008, the Minister of Family Services and Housing announced several new initiatives designed to address the issue of Fetal Alcohol Spectrum Disorder in Manitoba. One of those initiatives was the hiring of an FASD specialist in each of the four CFS Authorities; a role that was created to address a number of FASD specific recommendations that came following reviews of the CFS system.

I was selected for the position by the First Nations of Northern Manitoba CFS Authority. The job description identified the specialist role as “Policy and program development consultant with a specialty in the area of FASD.” Over time, each of the authorities has modified that role to suit its unique needs and circumstances. For Northern Manitoba, the vast geography and limited existing resources have made it challenging. But the northern people and the communities have made this the opportunity of a lifetime for me and I am honored to be a partner in this important work.

It’s really hard to believe that it’s been over a year since I started in this position. It has been a flurry of activity that began with meeting a lot of new people and travelling far and wide on planes, trains, boats and automobiles! Throughout this year I have been in regular consultation with the Northern CFS directors who have given the “go ahead” to develop a Northern FASD committee for the First Nations CFS agencies.

“It’s really hard to believe that it’s been over a year...”

I am so grateful to be working with the following CFS agency representatives:

- Myrna Flett, Opaskwayask Cree Nation CFS.
- Lucy Muswagon, Kinosao Sipi Minisowin Agency, Norway House.
- Rebecca Monias, Island Lake First Nations Family Services, Winnipeg.
- Pauline Primrose, Caring 4 U Resource Centre, Thompson (Interagency).
- Lucy Robinson, Cree Nation Child and Family Caring Agency, Misipawistik First Nation.
- Kim-Linklater, Caring 4 U Resource Centre, Thompson (Interagency).
- Jean Johnson, NCN FCWC (Nelson House).

This committee is in its early stages of development but we have already completed a number of tasks and activities this year, including a ‘Meet and Greet’ day for Thompson region FASD service providers, CFS workers and alternative care providers, and regional elders (*see story page 3*). This gathering was held on March 25, 2009, in Thompson. Presentations were made by MB Education, Provincial Special Needs Program, the NCN Wellness Centre mentorship program, Melody Smith and Mary Parisien—caregivers parenting a child with FASD, and First Nations Mentorship program supervisors. We also held FASD awareness gatherings in the communities of Misipawistik First Nation and Garden Hill First Nation.

Thompson 'Meet and Greet' Brings Community Together

by Mary Werba, Manitoba FASD Specialist



Elder Marie Ballantyne, Nelson House Medicine Lodge shares her wisdom with the group.

On March 25, 2009 mentors from several of the Northern First Nation FASD/maternal child health programs shared information about their programs and services and were quite honored to have several caregivers and elders in attendance from South Indian Lake for a very special and unique event.

Overall, the FASD 'Meet and Greet' was a great introduction for the Northern CFS FASD Committee and I hope that we can continue providing community-based activities and support to the Northern First Nations CFS agencies.

Entertainment was provided by the beautiful and talented Rikki Linklater and Hailey McDonald.

Special thanks to Audrey North who facilitated her session in Cree, Anne Kresta (Community Living MB and FAFAM), Andy Orobko of the Provincial Special Needs Program who made the long drive to Thompson to be a presenter at our event, Jennifer Volk who contributed her expertise and by an FASD 101 workshop to the foster parents in attendance, and especially to Janet Brauner who provided catering. The moose stew, bannock and preserves were the best!



Foster parents attend a workshop facilitated by HCMO researcher Jennifer Volk.

FASD Awareness Day Celebration

Brandon Hosts Lunch and Learn

by Kim Akins, Brandon Interagency FAS/E Committee Chair

On September 9, 2009, the Brandon Interagency FAS/E Committee celebrated International FASD Day by hosting a brown bag “Lunch and Learn: FASD Resource Fair” at the Riverbank Discovery Centre.

Three community organizations: 7th Street Health Access Centre, Community Respite and Public Health, were part of a panel that discussed the services and supports they offer for individuals, families and caregivers. The panel discussion was followed by a question and answer period with the audience. The event allowed participants to learn about some of the unique services

available in our community, including: free shower and laundry facilities available at 7th Street Health Access Centre, the range of care available to families from Community Respite, as well as the current trends in prenatal alcohol consumption from Public Health.

Over 60 participants attended this free event, including family members, caregivers, literacy workers, representatives from the Brandon School Division, Child and Adolescent Treatment Centre, Brandon Regional Health Authority, as well as individuals working with the immigrant communities in Brandon. Feedback from both the community members and panelists was

positive. Many people said they learned something new about the services being offered in the Brandon area.

The Brandon Interagency Committee, as well as other members from the Westman Directory of FASD Services, had information on hand for the participants.

We would like to take this opportunity to thank our sponsor, the Brandon Neighbourhood Renewal Corporation, as well as the CKX Noon Day Show, *Westman Parents* magazine and the *Brandon Sun* for their media coverage of the event.



Walk About

Approximately 75 people gathered at Extra Foods to march down Fischer Avenue to the Manitoba Metis Federation office. The Rising Sun traditional drum group opened the morning with a song. Three banners pronounced International FASD Awareness Day to the passersby. Participants were presented with temporary tattoos and royal blue key chains for their attendance at the event. Some outgoing committee members passed out condoms to passing motorists and pedestrians

The Pas Hosts a Variety of Activities

by The Pas and Area FASD Committee

courtesy of the Play it Safer Network. Two local RCMP members provided lead and trail vehicles to ensure the safety of all involved.

Official Greetings

The mayor and council members opened our celebration with the formal proclamation of International Awareness Day. Greetings were given by Frank Whitehead, MLA for the area. He pledged to make the legislative members aware of the work we are doing to support people in The Pas.

Celebrated Across Manitoba

2010 Bursaries

One of our bursaries for graduating students in 2010 will be renamed the Claudia Demchynski Memorial Bursary and will be awarded to a student in care who, with the support of family, is graduates high school in our community.

Lunch and Learn

Delicious and nutritious bag lunches were provided by the Manitoba Métis Federa-

tion for the walkers who had worked up an appetite. Locals Mary Stevenson and John Martin offered grace. Over lunch, a local traditional flute player entertained the crowd with his music and stories. The video "Picture This" was also played throughout the lunch hour. Participants were able to visit informational booths provided by Nor-Man Regional Health Authority, The Pas Family Resource Centre, Suicide Awareness Commit-

tee, The Pas and Area FASD Committee, The Pas Mentor Program and Best Beginnings: Baby and Me. Professionals were on hand to answer questions and provide information to people curious about Fetal Alcohol Spectrum Disorder. Damaged Angels by Bonnie Buxton and FASD knot pins were offered for sale as a fundraiser.

Manitoba FASD Centre Celebrates with New Location

by Mary Cox Millar, manager, Manitoba FASD Centre

On Wednesday, September 9, at the opening of the Manitoba FASD Centre's new location in Winnipeg, in the Rehabilitation Centre for Children, Minister Gord McIntosh announced a significant new investment in FASD services in Manitoba.

With substantive new resources allocated by the province, the FASD Centre now has expanded its services, staffing and mandate. Using a multidisciplinary approach to diagnosis, the centre will build upon its experience to provide assessments for adolescents. This is a service that families and communities have been requesting for some time. Another key feature of the expanded services and resources is the establishment of the Manitoba FASD Network. The Network will include all the RHAs throughout Manitoba.

The Manitoba FASD Centre and the Manitoba FASD Network is funded by Manitoba Health and Healthy Living, and Changes for Children; an initiative of the four child welfare authorities and the Manitoba Family Services and Housing.

The Centre was formerly known as the Clinic for Alcohol & Drug Exposed Children (CADEC) which had been operating from Winnipeg Children's Hospital since 1999. The new name reflects an expanded mandate and increased services. The centre will now provide:

- **Assessment:** Comprehensive multidisciplinary FASD diagnostic services for children and youth.
- **Education:** Resources for families, caregivers, professionals and others living, supporting and working with individuals with FASD. The Building Circles of Support information series is provided regularly for

families and others living with FASD.

- **Training:** For regional coordinators and emerging multidisciplinary assessment teams in regional health authorities, offered through the FASD Network, increasing diagnostic capacity and improving access throughout the province.
- **Research:** Multidisciplinary research that furthers understanding of FASD and supports effective intervention.

"Manitoba FASD Centre staff members are profoundly grateful and enthusiastic about the opportunities to respond to the critical need for more available FASD diagnosis and for the first time providing FASD diagnostic services to adolescents," said medical director of the FASD Centre and network Dr. Sally Longstaffe. "We are equally eager to work collaboratively in the development of the Manitoba FASD diagnostic network, allowing enhanced access to

New Initiatives

...continued from page 1

Aboriginal Elders Gathering on FASD (funded in the 2008/09 fiscal year): November 12th and 13th, 2009. Manitoba elders were invited to participate in a gathering which brought together mainstream and aboriginal teachings about FASD and how to provide for children, families, communities and individuals affected by FASD, particularly as they relate to the needs of the Manitoba child welfare system.

Respite Camp for Children with FASD—based on the Stepping Out on Saturdays program offered in Calgary, AB, SIT has funded this program in four communities in Manitoba: Rehab Centre for Children, Winnipeg, Caring for You Centre, Thompson, Southeast CFS, Little Grand Rapids, Brandon Friendship Centre. This program will focus on providing respite and therapeutic services to children ages 3-12 within the child welfare system.

Our efforts continue this year on a number of additional projects which have not yet been fully developed. We will continue to report on new initiatives as they emerge.

diagnosis and support everywhere in Manitoba.”

In addition to the increase in assessment capacity in Winnipeg, the new funding will enhance diagnostic capacity in rural and northern regional health authorities.

The FASD Centre will coordinate the Manitoba FASD Network. The initial phase of the development of the network will involve establishing a network steering committee with representation from all RHAs,

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and the hiring of coordinators in six regional health authorities (Burntwood, NOR-MAN, South Eastman, North Eastman, Interlake and Brandon). Coordinators and satellite sites in other RHAs will be phased in as the network resources develop.

For more information consult the Manitoba FASD Centre website at www.fasdmanitoba.com or visit 633 Wellington Crescent, Winnipeg, MB R3M 0A8 P: 204.235.8866.

New Program Gives Voice to Stories of Adults with FASD

by Jewel Reimer, FASD Program Coordinator, Mennonite Central Committee

Visions and Voices is an exciting new project which will promote awareness of FASD in the broader community. The program prepares six adults living with FASD to tell their personal stories to the public. The result is the creation of a Speaker's Bureau for interested audiences in Manitoba to call on in the future.

Visions and Voices is well underway. The first six project participants have been selected and are

hoping to have their stories (including DVD) ready for audiences by spring, 2010.

The project is being undertaken by a partnership consisting of the Changes for Children FASD Strategy Implementation Team, the Communications Representative with the First Nations of Southern Manitoba CFS Authority and the Mennonite Central Committee's FASD Program. Stay tuned for updates in the next *CAP News*.

Hats Off...



to... Deidre Bissonnette FASD Youth Justice Program at the Manitoba Youth Centre

Since May 2009, Deidre Bissonnette has been developing portfolios or “This is Me” booklets for youth diagnosed with an FASD. To date ten booklets have been completed.

Once completed, the personal portfolio is given to each youth to share with support staff. It is designed to feature that particular youth’s strengths, abilities and dreams.

The portfolio began as a creative way for youth to develop a better understanding of themselves; to help them understand their diagnosis/disability; to help them feel accepted, safe and valued; and to provide strategies and supports, i.e. what do they need in their life to have success? It has become an important tool to help the youth explain to family and support staff their strengths and areas where support is needed for success to occur.

Each booklet is developed with the youth and includes their personal stories, as well as research-based information on the diagnosis (specific brain domain damage).

It also includes the following fill-in-the-blank areas:

- how they learn best;
- their strengths;
- goals for the future;
- identified stressors and/or what makes them angry and/or shut down;
- how they calm themselves and what support they need to help them regain a regulated state;
- times of the day they function best (working, learning)
- sleep and waking routines;
- what caregivers can do to accommodate the youth;
- a daily schedule of planned activities and resources; etc.

The books are designed so that information and experiences can be added on a continual basis. As well, the youth are encouraged to incorporate the things that are important to them. So far youth have included pictures of trips, completed projects (such as a tree house), pictures of their bedrooms, prized possessions, their art work, poems and program

evaluations. In the end, each portfolio becomes as unique as the youth who created it.

When asked about how these portfolios are helping the network of support to better create environments conducive to success, one Manitoba Youth Centre staff member wrote, “By using the input from the residents and staff [in developing the portfolios] you created something that they have pride in. When they share it with staff, there is a lot of insight into how they feel, how you can tell what they are feeling and what we can do to help them if [their challenges] escalate.”

Part of the journaling process includes a follow-up appointment with the youth, the support worker involved in completing the book, and anyone else the youth asks to attend.

At this meeting the youth identifies what has happened since they began using the portfolio; “the good and not so good” and successes are identified. The group brainstorms any need for change, accommodations or community resources so that the success can continue.

Resources

Effective September 9, 2009, the Clinic for Alcohol and Drug Exposed Children (CADEC) at Children's Hospital will become The Manitoba FASD Centre.

All services at our former location at Children's Hospital of Winnipeg (CK275 - 840 Sherbrook St., Winnipeg MB R3A 1S1) have been relocated to our new facility in the Rehabilitation Centre for Children.

Manitoba FASD Centre
633 Wellington Crescent,
Winnipeg, MB R3M 0A8

OUR NEW INFO!

Please note our new phone and fax numbers:
Phone: (204) 235-8666
Fax: (204) 235-8870

Our name change reflects enhanced services including assessment and diagnosis for adolescents. To learn more, visit our new website at www.fasdmanitoba.com



It's Here!

The long-awaited publication of *Living and Learning with FASD - Jilly's Story* is here! This compelling picture book, written and illustrated by the Bridges Intermediate Classroom at David Livingstone School in Winnipeg School Division is being released at a book launch on November 20, 2009. For more information on how to purchase your copy, please contact David Livingstone School 204.586.8346.

www.wildberryproductions.ca

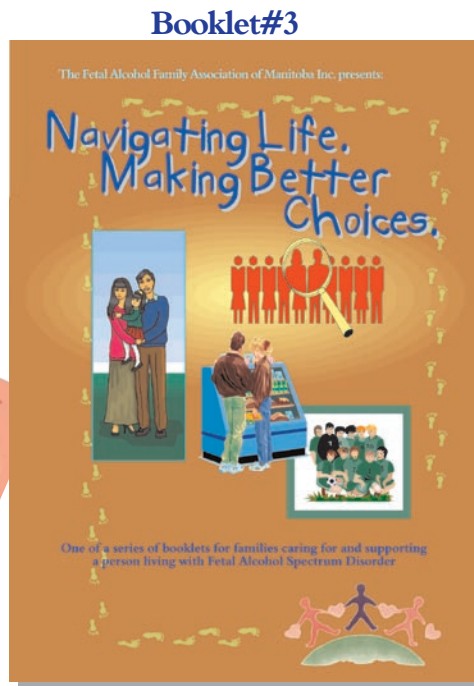
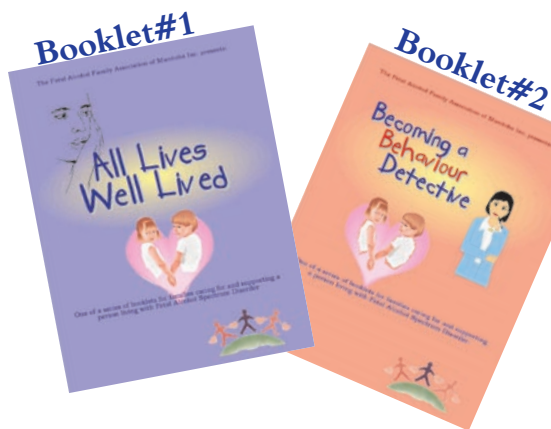
Forgetful Frankie: The World's Greatest Rock Skipper, a book by Jill and Katherine Bobula, illustrated by Rob Hall, tells the story of Frankie, a delightful child with FASD. The book is part of the WE ARE POWERFUL series designed to introduce the lives of children affected with various disorders, syndromes and learning disabilities. This book shares with readers the daily joys and challenges that Frankie faces and helps us develop a better understanding of what life is like for children with FASD.

www.gov.mb.ca/healthychild/fasd/contacts.html

Healthy Child Manitoba has published an FASD Services in Manitoba resource list which is available free from the Healthy Child Manitoba Office, 204.945.2266 or toll free at 1.888.848.0140 or online.

FASD Information Manitoba
Toll-free line offering information
on FASD and support to parents,
caregivers, and professionals.
1.866.877.0050

**NOW available...
our THIRD
BOOKLET!**



There are now **THREE** helpful, easy-to-read booklets on FASD that will be of interest to parents of persons living with FASD, caregivers, organizations and their staff and community groups concerned about FASD. Your response to our first two booklets has been wonderful. This new, third booklet is a continuation of the series. If you have questions about FASD, these booklets are an ideal resource for you!
The first copy of each book is yours free. See more information below.

ASK US about Training Events for your community on topics such as:
 • Basic knowledge about Fetal Alcohol Spectrum Disorder • Becoming a Behaviour Detective
 • Planning for Individuals • Education Planning

GETTING YOUR COPIES OF THE BOOKLETS:

Your first copy is free. Ordering an additional 2 -10 copies will cost \$5. each; while ordering 11-25 copies will cost \$4.50 each. Simply fill in the order form below. Payment is to be by cheque only, made out to "FAFAM, Inc."

Payments are to be sent to **FAFAM, 3rd Floor - 555 Broadway, Winnipeg, MB R3C 0W4.**
 For more information call Fran Mercer (204) 786-1847

Name: _____ Shipping Address: _____
 City/Postal Code: _____ Phone #: _____ eMail: _____

Quantity: Booklet #1: ___ Cost (based on quantity - first one is free): _____
 Quantity: Booklet #2: ___ Cost (based on quantity - first one is free): _____
 Quantity: Booklet #3: ___ Cost (based on quantity - first one is free): _____
 My Cheque for \$ _____ made payable to **FAFAM, Inc.** is enclosed.



Upcoming Events



The CAP FASD Info Series

the coalition on alcohol and pregnancy (CAP)

October 30. 12:00 - 1:15 pm
Psychobiology of Trauma
 Marlene Richert,
 Program Manager,
 New Directions for Children, Youth, Adults,
 and Families

November 27. 11:45-1:00 pm
**Current FASD Research
 Initiatives in Manitoba**
 Dr. Ana Hanlon-Deaman
 Dr. Carla Ens
 Manitoba FASD Centre

January 29. 11:45-1:00 pm
**Panel Discussion:
 CFS FASD Specialists**
 Leilani Buschau, Metis CFS Authority
 Sue Mozdzen, Southern CFS Authority
 Cathe Umlah, General CFS Authority
 Mary Werba, Northern CFS Authority

February 26. 11:45-1:00 pm
**New Resources
 on FASD**

March 26. 11:45-1:00 pm
**The MB FASD
 Network**

April 30. 11:45-1:00 pm
**FASD Respite
 Camp**

for
 Televideo
 Conferencing
 contact

The Pas: Joanne Wyman [jwyman@normanrha.mb.ca];
Thompson: Brenda Dawyduk [bdawyduk@brha.mb.ca];
Norway House: Lucy Muswagon [lucym_mmp@yahoo.ca];
Brandon: Julie Hockley [jhockley@afm.mb.ca];
Flin Flon: Colleen Tower [ctower@normanrha.mb.ca];
Morden/Winkler: Bronwen Budgen [bugden@mts.net];
Russell: Jo-Anne Hamilton [jhamilton@pwsd.ca]

*If your community
 is not listed here
 contact
 Kerri Hiebert
 [kerrihiebert@mts.net]*

2009 - 2010 FASD Info Schedule

Winnipeg sessions
 located at the

Rehab Centre for Children

633 Wellington
 Crescent

all sessions
 available via
 televideo
 Conference

The FASD Information
 Sessions are
 sponsored by the
 Coalition on Alcohol and
 Pregnancy [CAP].

To hold your seat for the
 sessions in Winnipeg only
 please email
 Kerri Hiebert
 [kerrihiebert@mts.net]

Upcoming Events

Sleep Study in Children with FASD Seeking Participants

by Tiffany Wengel

Has your child with FASD ever struggled with sleep?

A large percentage of families report disrupted sleep behavior in their child, yet very little research has been done to help understand why and what to do to help.

Sleep difficulties may include a variety of problems, including trouble settling, frequent arousals, restless sleep, head banging or chewing bed clothes. Disrupted sleep is a serious issue for children and their families.

The study will look at how the children with FASD process sensory information from their environment and correlate it with sleep habits, movement and disturbances.

The study will run throughout the 2009/10 school year and into the summer.

Presently, we are looking for children with FASD between three and six years of age who are currently healthy. We also need children with no prenatal alcohol exposure to be a part of the study. If you, or someone you know, are interested in participating in or knowing more about the study, please contact Tiffany Wengel at 787-2424.

Promising Practices, Promising Futures Conference Calgary, Feb 8-9th, 2010.

4th National Biennial Conference on Adolescents and Adults with FASD

April 14th – 17th, 2010

Hyatt Regency

655 Burrard Street, Vancouver, BC, Canada

This conference will bring together a diverse group of professionals and families to share research, experience and practice in order to sustain and enhance the lives of adolescents and adults with FASD, their families, service providers, and communities.

For more information visit

www.interprofessional.ubc.ca/Adults.html

E-mail: ipad@interchange.ubc.ca

"Reclaiming Our Voices"

This conference for women who have struggled with addictions and are working to decrease or abstain will be held Nov. 16 -17 in Russell, MB. The event is being hosted by West Region CFS. Registration is full.

Upcoming CAP Committee Meetings

November 16, 2009
10:00a.m.-12:00 noon,
Healthy Child Manitoba
Office (New location)
3rd floor
332 Bannatyne Avenue

December 14, 2009
10:00 a.m.-12:00 noon
Location to be confirmed

Please contact Kerri Hiebert, CAP Administrative Coordinator at kerrihiebert@mts.net for further information.

Have You Heard?

COALITION ON ALCOHOL AND PREGNANCY (CAP)

CAP provides a forum for service providers, families and agency representatives throughout Manitoba with an interest in FASD to share ideas, information, resources, struggles and successes. CAP facilitates this through regular meetings, special events, the CAP website and this published newsletter.

CAP receives funding support from Healthy Child Manitoba.

CAP meets every third Monday of the month from 10:00 a.m. to 12:00 noon at the Healthy Child Manitoba Office. Teleconference available.

For more information or to get involved visit our website at www.capmanitoba.ca.

Interagency FASD Program Becomes a New Directions Program

by Deborah Kacki, Interagency FASD

In September 2009, the Interagency FASD Program sponsorship was moved from Mount Carmel Clinic to New Directions for Children, Youth, Adults and Families.

We are still housed at units 10 and 11 Stella Walk and our phone number is 204.582.8658.

Our services also remain the same. We continue to serve families with young children and to staff the FASD Information phone line.

New Addresses

Our email address has changed to IFASD@newdirections.mb.ca.

Soon the Interagency_FAS@shaw.ca address will no longer be functioning. If you have trouble with the new email address please contact Deborah.Kacki@newdirections.mb.ca.

You are Invited

On Thursday, January 28 you are invited to an open house at the Interagency FASD Program office. More information about this event will be available in December.

We're on the web!

Check out the new CAP website
www.capmanitoba.ca

Find information on:

- upcoming local, provincial and national FASD events
- ordering books, videos, and other FASD resources
- FASD webcasts
- Current and back issues of *CAP News*
- FASD FAQs and MORE!

Visit us today
and pass it on!

Please share this newsletter with your network.

To receive an electronic copy or if you require a print copy of CAP News contact Catherine Pate, CAP News editor at capnews@mts.net or phone 204.250.9120.