

C.A.P. NEWS

Winter 2009



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

Province Funds New FASD Specialists by Stop FASD Coordinators

In March 2006, Manitobans became aware of the tragic circumstances of a five-year-old child's death. Two external reviews were called by the Minister of Family Services and Housing. The four Child and Family Services (CFS) authorities also initiated a quality assurance process to ensure the safety of children in their care.

The first external review, focusing on standards, processes and protocols of case openings, closings and transfers within the system, was conducted by the External Child Welfare Review Committee, co-chaired by the Ombudsman, the Children's Advocate and Michael Hardy (Executive Director of an Ontario First Nations CFS Agency).

The second review was conducted by the Child Death Review Team and was co-chaired by the Children's Advocate and Dr. Jim Newton (Manitoba Adolescent Treatment Centre), specific to deaths of children involved with the CFS system, examined 99 cases from 2003 to 2006. Reports from these two reviews were released October 11, 2006 and contained over 200 recommendations for improving the CFS system in Manitoba.

Many of the key themes and recommendations in the external reviews were consistent with the plans to improve the CFS system already initiated under the Aboriginal Justice Inquiry—Child Welfare Initiative (AJI-CWI). Together, the external review recommendations, combined with the ongoing work of the AJI-CWI are providing a blueprint to achieve substantial and long-lasting improvements in

Continued on page 17

5

Nathan Ory Event Draws
a Tremendous Crowd

10

Edmonton Conference
Uplifts and Inspires

12

Celebrating 10 Years
of Stop FASD

Happenings

Brandon Workshop Highlights Need for Public Education by Viola Fleury, Brandon Interagency FAS/FAE Committee Inc.

On September 9, 2008 the Brandon Interagency FAS/FAE Committee Inc. presented, “What is Fetal Alcohol Spectrum Disorder?,” a workshop featuring “This is Me,” presented by Ms. Lia Braun (Fetal Alcohol Family Association of Manitoba Inc.)

The goal of the event was to bring information to our communities regarding this important issue.

The committee was pleased by the overwhelming turnout for the one-day event, with approximately 90 participants in attendance from the Westman region. Participants included daycare providers, foster parents, parents, social workers and educators to name a few.

The feedback was very positive. Participants particularly noted how much they enjoyed being able to attend a professional educational session in their own area.

This workshop is a lead up to a conference being planned by the committee in 2009. More information about this event will be available in the next issue of CAP News.

The Committee

The Brandon Interagency FAS/FAE Committee Inc. is comprised of agencies and community members sharing a common goal of encouraging and supporting activities in the Westman area for effective interventions of FASD including:

- Prevention and public education
- Providing an avenue to share between agencies
- Identify gaps and overlap in services
- Facilitate and encourage the development of parent/caregiver supports and groups
- Create professional development opportunities
- Information clearinghouse for the public

Committee members are available for presentations to agencies or organizations as well as a resource to individuals struggling with concerns.

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Member Organizations

- Addictions Foundation of Manitoba
- Assiniboine Community College
- Brandon Correctional Centre
- Brandon Regional Health Authority
- Brandon RHA Public Health
- Brandon School Division
- Child & Adolescent Treatment Centre
- Child & Family Services of Western MB
- Committee on Alcohol & Pregnancy
- Community & Youth Correctional Services (Justice)
- In A Good Way Program—Brandon Friendship Centre
- Learning Disabilities Association of MB
- Little Teaching Lodge—Aboriginal Headstart Program
- Southwest Daycare Centre—Manitoba Métis Federation
- Parents/Caregivers



Shine Some Light

by Caroline Robson, Manitoba Justice

On September 26, 2008 seventeen organizations/agencies and two individuals who provide services to persons with FASD met at the Khartum Shriners office on Wilkes Ave. in Winnipeg to share, learn and support each other in the difficult, but exciting, work they do.

The following programs offered short presentations: Stop FAS, Mennonite Central Committee, Supported Living Program, New Directions Empowering Justice Program, Children's Special Services, Susan Opie, FASD Outreach Team, FASD Life's Journey Inc., Spectrum Connections, Provincial Special Needs Program, Clinic for Alcohol and Drug Exposed Children, FASD Specialists, Fetal Alcohol Family Association of

Manitoba, Interagency FASD Program and FASD Youth Justice Program.

Reoccurring themes in many of the presentations were the difficulty in finding affordable, safe housing for clients and the gaps in services despite some significant gains in service delivery to individuals with FASD.

A concern raised by Interagency FAS was the lack of service for children between the ages of six and seventeen years.

Some of the exciting new developments highlighted at the event include:

- Stop FAS expansion into more Manitoba communities.
- New Directions has a new program called "Empowering Justice" through which they provide intensive programming to sixty level 4 & 5 youth who have been involved in auto theft.

- FASD Life's Journey Inc. received provincial funding for "Spectrum Connections," a program to support transitioning teens and adults who do not qualify for the Provincial Special Needs Program, Supported Living or Mental Health Services.
- Four new Provincial FASD Specialists in the four Authorities.

The day was a huge success and several were heard to say, "We should do this at least once a year!"

A big thank you goes to Erin Klimpke who recently completed a six-month secondment to the FASD Youth Justice Program. Erin went above and beyond the call of duty in organizing and helping to ensure the event ran smoothly. Thanks also to Healthy Child Manitoba for sponsoring a lovely lunch.

Happenings

Sunshine and Community Spirit on FASD Awareness Day in The Pas

by Carie MacIntosh, Children's Special Services

On September 9th, 2008, the sky was clear and hopes were high on International FASD Awareness Day in The Pas, MB. Weather-wise it was the first time we weren't walking in fog, wind or freezing temperatures!

The gathering marked our 5th year of participation in the world-wide event and included an awareness walk, fundraising BBQs, information displays, radio and print media, and FASD information sessions.

Our walk began at 11:30 a.m. at a grassy space beside the local post office. Our welcoming remarks included reading The Pas Proclamation, sharing the invocation, greetings from the MLA's office and hearing the "Jordan's Principle" government announcement. Wristbands, pins and tattoos were distributed to over ninety enthusiastic participants.

We walked together down Fischer Avenue with lead and trail vehicles provided by the RCMP and four people proudly raising banners.

When we reached Hometown Park, local volunteers were waiting with hotdogs and drinks at the fundraising BBQ. Under a rare (but much appreciated) September sun, there was a chance to network with friends, visit with family, catch up with colleagues and enjoy one last bbq'd hotdog. Proceeds from the BBQ go to the 2009 Peter Stevenson Memorial Bursary at Mennonite Breth-

re Collegiate Institute and the Despite the Odds Bursaries at Kelsey Learning Centre and Joe A Ross School.

A small but mighty committee had started gathering momentum and ideas at the beginning of June 2008. For the first time, we welcomed the newly elected MBCI High School Student Council to help develop our local activities. Kudos to them for their sunny smiles, energy and enthusiasm in helping us plan a great celebration while on their summer vacation. They hosted a staff/student BBQ on Sept 9th at the high school to raise awareness about

An event begins as a thought in a person's mind and becomes reality through community spirit.

FASD and shared the profits with the local FASD committee. Posters were hung up around the school and information was shared for all students in their daily announcements "The Blurb."

Around town committee members organized information displays in various public buildings including The Pas Regional Library, The Pas Health Complex, Whitewater Clinic, The Pas Provincial Building, The Otineka Mall, MBCI (high school) and the Primary Health Care Centre.

Two committee members unearthed their radio personalities and recorded a

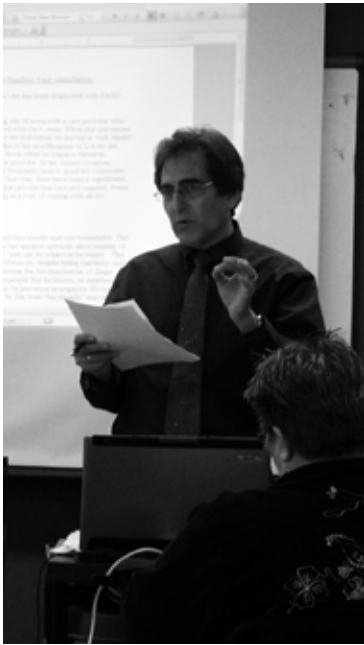
series of Public Service Announcements related to not drinking while pregnant or trying to get pregnant. Thanks to Alaska's FASD program for making the PSA's available to other groups wanting to make a difference. A note of appreciation also goes out to our local radio station CJAR for replaying the PSA's throughout the year and for letting us use the recording studio.

Committee members offered two information sessions to Regional Health Authority staff. Information packages were prepared with local committee information, addiction treatment resources, general FASD facts, and brochures on women and alcohol. Approximately 15 people viewed the DVD "FASD Our Way" produced by the Kaleidoscope Program in Alberta and a lively discussion followed.

As an unknown author wrote, "An event begins as a thought in a person's mind and becomes reality through community spirit." Community spirit abounded with the participation of so many local individuals in this important yearly event. We were happy to see strangers in our midst and welcomed them to our circle of caring. The hope generated on Sept 9th carries forward with our local committee in trying to raise awareness, support families and provide information around FASD. See you in 2009!

World Class Event a Huge Manitoba Success

by Deborah Kacki, Interagency FASD Program



The Coalition on Alcohol and Pregnancy (CAP) was excited to bring Psychologist Nathan Ory from Victoria BC to Winnipeg for a two day conference on November 27 and 28.

Mr. Ory brought over 30 years of experience working with individuals with Autism Spectrum Disorder, Fetal Alcohol Spectrum Disorder and extremely challenging behaviour and/or concurrent mental illness.

The case studies workshop took place at Mount Carmel Clinic on November 27th with 57 people registered from various organizations and occupations.

The audience represented education, justice, health, as well as a broad spectrum of services to families, children,

youth and adults living with FASD. Conference organizers presented Mr. Ory with seven case studies, created by seven different organizations and representing the diverse and complex issues associated with FASD. He responded to each study and interspersed a power point presentation to highlight key information.

The audience appreciated Nathan's specific recommendations and his sense of humour.

The conference on November 28th took place at the Marlborough Hotel. It was exciting to be booked to capacity with 770 people registered to attend.

The conference was also made available to those who could not attend in person via webcast.

Nathan focused his presentation on useful strategies for working with challenging behaviour in FASD, supporting people with FASD who are functionally dependent and emotionally fragile and the values and methods necessary for providing support.

The second edition of his popular book *Working with people with challenging behaviors: A guide for maintaining positive relationships* was available for purchase along with other books specific to the topic of FASD.

Articles written by Nathan Ory are available online at fasdconnections.ca under the heading "feature articles." These are helpful free resources for families and organizations.

Happenings

The Path to Justice: Access to Justice for Individuals with Fetal Alcohol Spectrum Disorder by Holly Gammon, Healthy Child Manitoba Office

The world's first conference solely devoted to FASD as an access to justice issue was held in Whitehorse, Yukon on September 17 – 19, 2008. The conference was held to assist senior decision-makers in justice-related fields within governmental and non-governmental organizations, to fully understand how the issues surrounding FASD impact the justice system.

The conference was divided into five sections: 1) An overview of the legal issues related to access to justice and the neurological issues related to FASD. 2) Presentations from individuals who had experienced barriers in accessing justice. 3)

Presentations by professionals who had experienced working with people with FASD involved in the criminal justice system - both victims and offenders. 4) An overview of issues that arise when individuals with FASD come into conflict with the law: fitness to stand trial, criminal responsibility, and legislative barriers to access to justice. 5) Presentations on successful innovations and alternatives to traditional sentencing practices currently in place. This final section of the conference was devoted to exploring where changes could be made to the legal system to better address the needs of individuals with FASD.

Flin Flon Celebrates International FASD Awareness Day by Janet Modler, Creighton Community Interagency FASD Committee

A small but enthusiastic group of about 40 kids, moms, dads and members of the Flin Flon Creighton Community FASD Interagency Committee joined together on the steps of the Flin Flon Community Hall at noon on September 9th to celebrate International FASD Awareness Day. An RCMP-led march proceeded down Main Street where marchers handed out FAS knots to drivers and pedestrians. A barbeque for all the participants at the Northern Neighbours Park completed the event.

As part of the awareness campaign, the committee provided local restaurants with promotional placemats that were

used on September 9. They also gave schools FAS knots to distribute to students and teachers and interviews were done with the local radio station and CBC radio to help spread the message about FASD.

The regional Parent Child Coalition has allocated funds for training events related to FASD. The local committee is involved with the Regional FASD committee in planning these community training events that will be held over the next few months.

The committee continues to meet at NOON every 2nd Tuesday of the month at the Flin Flon Friendship Centre. Everyone is welcome to attend. For more information call Virginia at 687.3900.

9th Annual Fetal Alcohol Canadian Expertise (Face) Research Roundtable

by Holly Gammon, Healthy Child Manitoba Office

Information from the latest research on all aspects of Fetal Alcohol Spectrum Disorder (FASD) was presented at The Fetal Alcohol Canadian Expertise (FACE) conference held in Montreal, Quebec on September 9th, 2008.

Highlights

1. New studies linking folic acid levels, alcohol consumption during pregnancy and risk to the fetus, presented by Dr. Bhushan M. Kapur;
2. Louise Nadeau presenting on best practices when serving women with substance use issues;
3. Joseph Jacobson presenting on two potential biomarkers involving “automatic processing” that appear to be particularly vulnerable to fetal alcohol exposure--impaired eye blink conditioning and magnitude comparison. These findings can potentially lead to interventions targeted specifically at the core deficits associated with this disorder.

These presentations and the first-year winners of the grant awards by the Canadian Foundation on Fetal Alcohol Research (CFFAR) can be viewed on the web cast at: <http://www.motherisk.org/fas/>.

FASD Youth Justice Program Welcomes Jennifer Sanderson

by Caroline Robson, Manitoba Justice

Jennifer started with the team as half-time FASD coordinator for the Pas, Manitoba in July. She spent her first two weeks at Manitoba Youth Centre (MYC) with the Winnipeg team.

Jennifer is an enthusiastic, quick study who took to her role immediately.

While she was at MYC, Dan Neault, one of the program coordinators, determined that there was a youth from the Pas currently at MYC who fit the criteria for assessment. Jennifer “hit the floor running” when she returned to the Pas and began the assessment process by meeting with the youth’s family. Jennifer also familiarized herself with the court system in the Pas.

She returned to Winnipeg the week of August 18th for further learning and to attend the assessment clinic held at MYC

on August 22nd. Teresa Brown (coordinator), Erin Klimpke (community facilitator) and Dan Neault continued to provide support for Jennifer when she returned to the Pas.

Thank you to Joanne Wyman, Coordinator of the Pas Mentor Program, who is providing informal support to Jennifer. It is a daunting task to do this challenging work when you are an office of one. We all remember our struggles when we started the FASD Youth Justice Program in Winnipeg 3 years ago. We had the benefit of experienced CADEC staff and Dan from Interagency FASD. Jennifer has to rely on “support by phone” as she blazes a trail in the Pas.

**NEW WEBSITE
COMING SOON!**

Coalition on
Alcohol and Pregnancy
www.cap.mb.ca

*Look for us online
in the new year.*



Hats Off to...

Probation Icon Project by Caroline Robson, Manitoba Justice

Over the years, Manitoba Justice staff noted that some youth diagnosed with FASD appeared not to understand their probation conditions as written and explained by their probation officer. Subsequently, they often breached those conditions.

The “Icon Project” was developed to help visual or hands-on learners to better understand their probation conditions by using pictorial representations of each condition.

In March 2007, the FASD Youth Justice Program staff asked approximately 40 Red River College, Graphic Art students to design pictorial representations of the probation conditions with a concrete statement describing each icon. All icons were submitted and reviewed by the FASD Youth Justice Program; the work of Jessica Parker was selected.

The 15 icons were then printed and placed on poster boards and distributed to the probation offices to display in waiting room areas.

In June 2008 the icons were made into a booklet and each icon into a sticker.

The probation officers would use the booklet and relevant icons to help clients understand his/her conditions.



Currently, there are eight probation officers and one court worker utilizing the materials. This pilot project has been implemented for three months in all four Community Youth Probation offices.

The project is ongoing, and it is hoped, upon completion of a project evaluation, that other icons will be developed.

Probation Officer Feedback

“GOODAFTERNOON! I just had to contact both of you to relate my experience ...This young man is cognitively impaired and though 20 cannot read or write and has serious difficulties remembering. Today we sat down and went through both his old YouthOrder and his new Adult one using the Icons. It was an absolute EUREKA moment for him... He was just so proud of himself and stated, ‘I understand my conditions for the first time.’ He was heading home to put them on his fridge. It actually brought a tear to this old goat’s eye...”

“You had phoned about [L] and how he had shown up for that special sitting on the 23rd as he was instructed to do and expressing full intention of complying. That was Tuesday and then Wednesday, reporting day, he was here which was tremendous. So far I have already seen an improvement over the last few months...it bodes well this week that he showed up for the court sitting and that he showed up to report indicates that you know we might have some ability to actually work with him.”

CAP Volunteers

by Carie MacIntosh and Lia Braun, CAP

Hats off to all those volunteer members of the Coalition on Alcohol and Pregnancy who give their time and experience to head committees, organize events and work on projects to make CAP the vibrant, effective network that it has become over the years.

We would like to pay a special tribute to Brenda Bennett and Jocelyn Bjorklund who cochaired CAP from September, 2006 to January 2008.

During their extended time in office CAP was rejuvenated and many positive projects were completed. One major accomplishment was the FASD Resource and Information Fair, held in September, 2007 where 300 participants from a wide variety of Manitoba communities were able to learn about great resources such as the newly launched the DVD, “This is Me” the “You Can Do It Too” comic, and *Jilly’s Story* written by the students of the David Livingstone School Bridges program. Participants received valuable information from speakers Dr. Gideon Koren from Motherisk and Susan Opie, and out of this experience began the networking that eventually contributed to the organization of the rural and northern CAP group.

Thanks also to Deborah, Judi, Anita, Betty, Andrea, and Chara—the team at Interagency FASD Program for their hard

work in organizing the case studies session with Nathan Ory at the Mount Carmel Clinic on November 27th.

Congratulations to the CAP special events subcommittee that hosted an amazing training session with Nathan Ory on November 28th, 2008. “Who Needs to Change: Trying their Hardest, Doing their Best” was brought to Manitoba through the hard work and dedication of a small team of people determined to see the event through to the end.

Member organizations of the subcommittee include Manitoba Education, Training and Youth, Interagency FASD Program, Winnipeg School Division—Special Education, Manitoba Justice, and Mennonite Central Committee FASD Program.

For your tireless efforts on behalf of CAP and those affected by FASD, we salute you!

Congratulations to Jill Isbister, Healthy Child Manitoba Office (HCMO) on her new position as Program and Policy Consultant, FASD. Jill may be contacted at P: 204.945.8641 TOLL FREE: 1.888.848.0140

Jessica Siddle On a Mission



This nineteen-year-old Manitoban knows the challenges of living with FASD. But confident and optimistic Jessica Siddle wants the world to know that people living with FASD have a lot to offer and she wants to help kids who have FASD learn to accept and love themselves and be the best they can be.

Jessica is eager to speak to others about her disability and her goal to help stop FASD. She and her mother are available for speaking engagements and can be reached by email at corral@mts.net.

Happenings

First Annual FASD Conference Uplifts Participants

by Joanne Wyman, The Pas Mentor Program

On Wednesday, October 15-17, 2008, over 100 participants attended a conference honouring women mentors who walk with mothers who struggle with addictions, poverty and past trauma. The event was sponsored by the Lakeland Centre for FASD and took place at Fantasyland Hotel, Edmonton, AB.

The first night of the conference was a 'meet and greet' celebration, complete with a surprise pampering session for all of the participants. There were tables set up for makeovers, mini manicures and massages, and a beautiful table set up with a wonderful selection of food. The atmosphere was relaxed and the lively conversation was punctuated with lots of laughter. The evening set a wonderful tone for the three days.

On Thursday morning, Dr. Don Bartlett, a Native American living with FASD offered the first presentation. His talk, entitled "Macaroni at Midnight," poignantly described life growing up poor in a predominantly white commu-



Dena Pinuta demonstrates belly dance moves learned in one of the many workshops.

nity in North Dakota, where Dr. Bartlett experienced racism and abuse.

Friday morning's speaker was Monica Knight. Monica is an entrepreneur, community developer, speaker, facilitator, teacher and consultant. Using delightful stories woven together with humour and a great sense of joy, Monica shared her experiences living in England, India, Ireland and South Africa. Her inspiring and uplifting pre-

sentation culminated with participants getting up and dancing together.

Workshops offerings included: Women, FASD and Addictions Treatment: Making the Links; Life Art; A Response from Birth Moms; When Parents are FASD; What We Have Learned; Grandmothers' Teachings; Vicarious Trauma; Be Drug Aware; Honouring Ourselves and Healing Our Pasts; Tai Chi; Systems Abuse: What Can We Do About It?; If it's Going to be—Its Up to Me; Mentoring in the Long-Term; Belly Dancing; Supervisors Sessions.

On behalf of the 4 Stop FAS sites in Manitoba, I would like to thank the Lakeland Centre for FASD for this wonderful, uplifting experience and a special thanks to Tracey Knowlton, conference organizer.



Conference participants toss streamers as part of banquet festivities.

Talking about Disability excerpts from “All Lives Well Lived”

Once a child has been diagnosed under the FASD umbrella, it is important to share the information in an appropriate way with the child and with select people in his or her world.

When should I tell my child about the disability?

There is likely no one right time or age. Each child is different. Be prepared and look for “teachable moments,” those times when a child asks why they are different or talks about being different. Adolescence may not be a good time to tell your child about the disability, given that adolescents are anxious to fit in with their friends or age group and don’t want to be “different.”

Before you talk to your child about FASD, you need to ensure you have worked through feelings you might have about the disability and its impact on your lives, and that you are prepared with accurate, "child-friendly" information.

How do I talk to my child about the disability?

- Keep it simple
- Use few words
- Use the same words each time
- Take advantage of "teachable moments"
- Tell a "special story" using pictures and simple language and concepts that are appropriate for your child’s level of comprehension.

How do I explain my child’s diagnosis to someone outside the immediate family?

Here are a few things you might want to consider before discussing your child’s diagnosis with others:

- The fact that a stigma may be attached to FASD and how this might impact people’s perception of your child.
- How you feel about your child’s diagnosis
- Talking about FASD in a positive way. Emphasize strengths and gifts, along with challenges
- The need for accurate information when educating others
- How what you say will sound to your child

Who should know about the diagnosis?

Anyone who comes into close contact with your child will need to understand his or her strengths and brain differences in order to accommodate them. Before sharing confidential medical information, consider how that person will be using the information they’re given. While it’s important that professionals involved with a child know about an FASD diagnosis, others in a child’s life may only need to know about the differences and what to do about them.

Those who are open to accommodating your child’s needs can become allies in educating others if they have accurate information.

*To learn more or to order a copy of **All Lives Well Lived** see info. on page 15.*

Best Practices

Celebrating 10 Years of STOP FASD

by Vanessa Collins, formerly with Aboriginal Health and Wellness Centre

In 1998, the Government of Manitoba, through Healthy Child Manitoba, implemented a new program called Stop FAS. The intensive three-year program was aimed at providing service to high-risk pregnant and postnatal women who struggled with drug and alcohol use.

The prevention program's goals were to avoid the birth of future children affected by alcohol and drug use. This was no easy task, but they had a vision and proven framework as the foundation.

At the outset two sites were established in Winnipeg, the FASD Prevention Program at the Aboriginal Health and Wellness Centre and the Nor'West Mentor Program at the Nor'West Co-op Community Health Centre. Each program was staffed by two mentors and a program coordinator.

The service provided at each site is women centred, goal oriented, and allows women to start from "where they are at," offering support and advocacy for women

to achieve healthier lifestyles and reduce their alcohol and drug consumption during pregnancy and beyond.

At the end of the first three years, the program had well documented successes and in 2001, Healthy Child Manitoba provided funding for an additional mentor at each Winnipeg site and an additional site in Thompson and the Pas. The Grassroots Mentoring Program operates out of the Burntwood Regional Health Authority and The Pas Mentor Program operates out of the Nor-Man Regional Health Authority. In total, the four sites currently have ten mentors and provide service for up to 150 women.

For the last ten years, with the support of the Healthy Child Manitoba Office, these four sites, have been dedicated to the prevention of FASD in Manitoba. The staff have worked tirelessly with participants to assist them in reaching self-directed goals and moving them towards a healthy lifestyle.

The Stop FASD Program is recognized as a replication site of a "best practice" model and has

been duplicated across Canada. On September 9, 2008 the Government of Manitoba announced that it would expand the program to an additional three sites in rural/northern Manitoba.

I want to give special recognition to the dedicated staff and a big thank you to the amazing women who have allowed us to work with them over the past ten years.

Participant Comments

- *"My mentor was there for me no matter what, when I really really needed it."*
- *"My mentor said things like; 'if you can't do it now, you can work on it and it will come.'"*
- *"I learned how to talk for myself with other agencies. My mentor would encourage me to call and speak for myself. She followed-up and made me call her back."*
- *"My mentor helped me to realize I am not perfect, but I am a good person. I learned how to pat myself on the back once in a while and not be ashamed of myself."*
- *"I saved all the cards and notes that my mentor sent me."*

Stop FASD Contacts

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Aboriginal Health and Wellness Centre,
FASD Prevention Program, Winnipeg
P:204.925.3750

Paula Dyer
Nor'West Mentor Program, Winnipeg
P:204.782.2791

Joanne Wyman
The Pas Menttor Program, The Pas
P:204.623.9649

Tasha Colbourne
Grassroots Mentoring: FASD Prevention Program, Thompson
P:204.667.5372

ACT Now Offers 4 New Healthy Choices in Pregnancy Offers Resources

www.hcip-bc.org

1 Women and Alcohol: A Women's Health Resource

This 12 page booklet provides useful information about gendered effects of alcohol, risks associated with drinking by women, and recommended low risk drinking guidelines. The booklet was developed in collaboration with women with children with FASD, who identified the need for more information and support on drinking, as a women's health issue. Audience: Practitioners and women.

2 Double Exposure A Better Practices Review on Alcohol Interventions During Pregnancy

This 95 page report is a review of evidence from peer-reviewed literature on three types of interventions aimed at supporting women to reduce their use of alcohol in the childbearing years. Audience: Practitioners, health system planners and researchers.

3 Supporting Change: Preventing Fetal Alcohol Spectrum Disorder

This DVD includes short scenarios illustrating brief support with pregnant women at different readiness for change, and in different clinical and community settings. It also includes clips of experts summarizing best practice approaches and answering common questions. Audience: Practitioners.

4 Couples and Smoking: What you Need to Know When You are Pregnant

A self-help twenty page booklet for pregnant women who smoke. This booklet shows how routines, habits, and ways of interacting within relationships influence smoking. Understanding how smoking is influenced by others and everyday routines is an important first step in changing smoking behaviours.

Audience: Practitioners, women, couples.

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

Resources

Available Online

1 The FAS Bookshelf provides FASD and related material for sale. They try to answer any questions or requests for special material regarding FASD. Check out their website or call 604.460.1050 or fax 604.459.2405. www.fasbookshelf.com

2 The third annual FACE (Fetal Alcohol Canadian Expertise) Research Roundtable open forum discussion now available in ten podcast sessions at www.knowledgenetwork.ca/fasI/webcast.

3 The Canadian Centre on Substance Abuse has a legislated mandate to provide national leadership and evidence-informed analysis and advice to mobilize collaborative efforts to reduce alcohol- and other drug-related harms. www.ccsa.ca

4 A report on the economic impact of FASD for children in Care (Phase 1) developed by Don Fuchs and his team at the University of Manitoba has been posted online. This report was funded by the PHAC FASD Initiative through the Centre of Excellence for Child Welfare. www.cecw-cepb.ca/files/file/en/FASD_Economic_Impact.pdf

5 The FAS Knot was designed in memory of Abel Dorris, 1968-1991, whose brief and poignant life resulted in the groundbreaking 1989 book about Fetal Alcohol Syndrome, *The Broken Cord*, written by his father, Michael Dorris, 1945-1997. The FAS Knot is now the symbol for FASWorld. Each FAS Knot can be easily made in about a minute, for less than ten cents, and can be used as a fund-raiser (\$2-\$5 each) or given away as reminders of the work we all do to help prevent FASD. The FAS Knot lapel pin is a more recent innovation and can also be used for fund raising. Many groups resell the pin for \$5 or \$6. For instructions on how to make the knot visit [A line drawing of a reef knot \(square knot\) with a ribbon-like texture. The knot is shown from a slightly elevated perspective, with the ribbon crossing over and under itself to form the knot's structure.](http://www.fas-</p></div><div data-bbox=)

world.com/fasknot.asp.

The cord is tied in a square knot, sometimes called a reef knot, the favored knot for reconnecting a broken line or cord. The knot is stronger than the cord itself, and cannot be broken or snapped. For instructions on how to make the FAS Knot visit fasworld.com.

FAS World encourages groups supporting FASD endeavours to use it for promotion or fund-raising, and ask only that you notify us before doing so. Write to us at 250 Scarborough Golf Club Road, Toronto, ON, Canada M1J 3G8, phone us at (416) 264-8000, or e-mail us at info@fasworld.com.

Manitoba Foster Family Network

MFFN welcomes any and all foster parents.

Submissions Wanted

Send us your story about a fostering experience (happy, sad, poignant, scary) and be a part of a book written for and by foster families.

Clothing Exchange

Our monthly clothing exchange started up again in September. Come and visit us sometime. The coffee is always hot and the company is always lively.

Visit www.mffn.ca for more information.

Phone: 204.940.1280

Toll Free: 1.866.458.5650

The Canadian Centre for Substance Abuse (CCSA) has launched the Canadian FASD Online Database to provide front-line workers easy access to trainers and training programs across Canada.

visit www.ccsa.ca

Fetal Alcohol Family Association Introduces...

Two helpful, easy-to-read new booklets on FASD that will be of interest to parents of persons living with FASD, caregivers, staff and community groups concerned about FASD. Contact: Fran Mercer 204.786.1847 or www.fafam.ca

First copy—FREE
2 -10 copies—\$5 each
11-25 copies—\$4.50 each



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, and this published newsletter.

CAP receives funding support from Healthy Child Manitoba.

To join CAP contact:

CAP Co-Chairs

Carie McIntosh 204.627.8206

Leilani Buschau 204.949.0220

ext. 219

CAP meets every third Monday of the month from 10:00 a.m. to 12:00 p.m. at the Healthy Child Manitoba office. Teleconference available. Contact CAP co-chairs.

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 204.231.5191.

New Initiatives

Provincial Strategy Update

by Holly Gammon, Healthy Child Manitoba

A coordinated Provincial FASD strategy was announced last year. The strategy's two overarching goals are to reduce the number of children exposed to alcohol during pregnancy and provide the best possible outcomes for individuals living with FASD and their families. Since the announcement was made, much work has been done to determine what new and enhanced services can be provided to meet the goals of the strategy. We are pleased to provide the following update.

Spectrum Connections

This is a new program operating out of FASD Life's Journey. The program provides a range of supports to youth and adults with FASD in Winnipeg to assist them in living more independently in the community. *Read more on page 19.*

FASD Specialists

Each of the four CFS Authorities has hired a specialist to research, analyze, develop, implement and evaluate the services associated with the FASD programs and services delivered by CFS agencies.

Stop FASD Expansion

Stop FASD is a voluntary, three-year preventive initiative where mentors provide intensive support to pregnant and post-natal women who are struggling with drug and alcohol use. The program is currently offered at two sites in Winnipeg, one site in The Pas and one site in Thompson. This mentoring program is being expanded to three additional communities, Portage la Prairie, Flin Flon and Dauphin. Initial consultations have occurred in all three communities.

Diagnostic Services

Additional funding has been provided to the Clinic for Alcohol and Drug Exposed Children (CADEC). This funding will develop FASD diagnostic services for youth. Additionally, the province is working with CADEC and the regional health authorities to further develop services to families seeking FASD diagnosis in rural and northern regions.

FASD Youth Justice Program

The province has expanded the successful FASD Youth Justice Program to The Pas. This program supports youth sus-

pected of having FASD to help them through the diagnostic, sentencing and post-sentencing processes.

Research Scientist Award

Dr. Ana Hanlon-Dearman, a developmental paediatrician who works at CADEC, has been awarded this contract. The award is intended to secure more funding for FASD research in Manitoba, to build links between researchers in other jurisdictions and to promote research that will inform future policy development.

Additional Resources for Manitoba Schools

Manitoba Education, Citizenship and Youth will be providing all schools in Manitoba additional resources on FASD in late fall (2008) or early spring (2009).

There are several other key initiatives the Province is continuing to develop. These include increased public awareness, training opportunities and increased services for women and children. These will be shared as they are developed and finalized.

New Initiatives



L to R: Cathe Umlah, Susan Mozdzen, Mary Werba, Leilani Buschau

the CFS system, while recognizing that families, communities and service systems all share responsibility to protect children from harm.

In October, 2006, Manitoba Family Services and Housing announced Changes for Children, a series of new strategic initiatives to be implemented to compliment and build upon the AJJ-CWI.

As part of Changes for Children, each Child and Family Services Authority received funding to hire an FASD Specialist and in March, 2008, the FASD Specialists began their work.

The role of the FASD Specialist within the four CFS authorities includes, facilitating the development and piloting of standards of care, policy and best practice, ensuring that all efforts are coordinated with the Provincial FASD Strategy, liaising with the CFS Joint Training Unit regarding FASD training needs and consulting with their respective CFS agencies on FASD programming and services.

Cathe Umlah comes into her role at the General Child and Family Services Authority with extensive experience in child welfare and foster care with a specialization in FASD. She worked in

the Beausejour and St. Boniface CFS units and MacDonald Youth Services as a clinical case manager. She was a program

counselor with the Interagency FASD Program and coordinated the Clinic for Alcohol and Drug Exposed Children. More recently she established and coordinated a Stop FAS site at NorWest Community Health Centre. Contact 204.984,9288 or email her at Cathe.umlah@gov.mb.ca.

Leilani Buschau is currently acting CEO for the Metis Child and Family Services Authority but will be returning as FASD specialist in the near future. She has 19 years experience as an educator and not-for-profit administrator, having developed expertise in the area of FASD by working with families while serving as director of operations at the Portage Friendship Centre, executive director of the Fetal Alcohol Family Association of Manitoba Inc and as an instructor in the Applied Studies in FAS/E Certificate Program at Red River College. Lia Braun is acting FASD specialist in her absence and may be contacted at 204.949.0220 ext 369 or email lbraun@metisfcs.mb.ca.

Mary Werba of the First Nations of Northern Manitoba Child and Family Services Authority has worked extensively in the areas of child welfare, First

Nations health programming, policy and research-FASD programs, special needs licensed child care and, children's and women's health programs. She has worked with the Ma Mawi Wi Chi Itata Centre in many different capacities, The Family Centre of Winnipeg as the Special Needs Family Child Care Program supervisor, Anishinaabe Mino Ayawin as the FASD coordinator for seven First Nation communities, and with Wpg CFS, Southeast CFS, West Region CFS and the Northern Authority as the foster care /recruitment and retention coordinator. Contact: 204. 942.1842 or email mary@northernauthority.ca.

Susan Mozdzen joined the Southern Authority Network of Care having formerly worked with the Society for Manitobans with Disabilities and the Provincial Outreach Therapy Team. More recently she was a clinical case manager with the TRAILS Program (Treatment, Resources and Individualized Living Supports) at New Directions for Children, Youth, Adults and Families. Sue has worked in partnership with birth families, foster families, schools and communities to develop comprehensive and effective strategies for inclusive fostering for the children within Manitoba who have the highest level of need. Contact 204.783.9190 or email smozdzen@southernauthority.org.

Upcoming Events

CAP Monthly Information Series

September 2008-May 2009

11:45 a.m. to 1:00 p.m.

For more information contact Mary Cox Millar, Clinic for Alcohol and Drug Exposed Children. mmillar@hsc.mb.ca or Jill Isbister, Healthy Child Manitoba. Jill.Isbister@gov.mb.ca.

Alberta FASD Conference

Promising Practices, Promising Futures

February 12-13, 2009

This conference will focus on Fetal Alcohol Spectrum Disorder (FASD) and its impact on individuals, families, communities and society at large. Conference day activities include keynote speakers, presentations and community showcase displays.

Location: Shaw Conference Centre, Edmonton, AB, Canada

Contact: Amanda Amyotte

E: Amanda.Amyotte@gov.ab.ca

P: 780.422.6494

W: <http://www.child.alberta.ca/home/594.cfm>

Fetal Alcohol Family Association of Manitoba

Family Sleigh Ride & Weiner Roast

Date: March 1, 2009

Time: 1:00 pm

Location: 1270 Sturgeon Road (at Saskatchewan Avenue)

Admission: FREE

Transportation available

Workshops

Watch for our January newsletter for a list of workshops being held on Mondays from 7:00-9:00 pm at our downtown location.

For more information call toll-free 1.866-890.1402

Announcing...

The 3rd International Conference on Fetal Alcohol Spectrum Disorder

Integrating Research, Policy and Promising

Practice Around the World:

A Catalyst for Change

March 11th -14th, 2009

Victoria Conference Centre

Victoria, British Columbia, Canada

This international conference will provide a forum to discuss and examine current research, policy and practice that will assist parents, caregivers, service systems and governments as they strive to prevent FASD and to provide a range of supports for people living with it. The conference will enhance our knowledge and collaboration, sharing findings of researchers and frontline professionals with recognized expertise.

Register by phone, fax, direct mail, or online at <http://www.peopleware.net/index.cfm?siteCode=1268>. Early Bird Deadline: January 12, 2009.

A PDF copy of the brochure available at <http://www.interprofessional.ubc.ca/EASD09.htm>.

The Safety Net—Spectrum Connections FASD Program

by FASD Life Journey Inc.

FASD Life Journey Inc. began in 2002 as part of the FAS Community Mobilization Project (FASCMP) through Association for Community Living Manitoba Inc.

The findings of the Think Tank on FAS (which initiated the FAS Community Mobilization Project) articulated that 1. Youth transitioning to the age of majority are “falling through the cracks” 2. Disability based services for those not qualifying for other government programs were extremely limited and 3. More specialized FASD services were required in the Province of Manitoba.

In June 2007, the Province of Manitoba, as part of its coordinated FASD strategy, recognized the need to ensure a coordinated and effective use of resources in the development of FASD prevention and support services. Spectrum Connections FASD Program was announced as one of the components of this strategy and a host organization was sought.

FASD Life’s Journey Inc. was announced as the successful proponent in December, 2007 and began to roll out the proposed service delivery models and activities shortly thereafter.

The principal goals of Spectrum Connections FASD Program include assisting youth with FASD in transitioning to adulthood, as well as assisting youth and

adults with FASD to increase their success in the community and their overall quality of life.

Program Objectives

- Reduce high-risk behaviours in youth by better educating the community about their vulnerability and support needs;
- Assure interagency health care coordination;
- Provide education and child and family services to those served by the agency;
- Actively participate in community development initiatives;
- Provide youth and adults with an opportunity to receive services in the most natural environments while accommodating for their disability.

The focus of Spectrum Connections FASD Program is to provide support to those not eligible for adult services programs such as Manitoba Family Services and Housing Supported Living, Community Mental Health and the Provincial Special Needs Program. Eligible persons must also be diagnosed with or suspected of being affected by fetal alcohol spectrum disorder, and a determination made that she/he would benefit from transitional supports of clinical case management and up to four hours of supportive mentorship each week.

This Winnipeg-based initiative also requires that the individual primarily reside in Winnipeg and meet one of the age categories: 15-18 years or 18 years and over. Those in the transitional youth category (aged 15-18) are defined as those involved with Child and Family Service Agencies as permanent wards or those under voluntary placement agreements who are at-risk of being involved with CFS.

We are optimistic about the future of this program and are delighted that discussions about service expansion to rural Manitoba are occurring.

Program Services

- family support
- clinical case management
- transitional planning for youth
- outreach supports
- clinical services

Spectrum Connections FASD Program recognizes that FASD is a life-long disability and facilitates the continuation of appropriate and effective support to those living with FASD.

We would like to acknowledge the long journey this has been for many families and advocates as well as the proactive commitment on the part of the Manitoba Government in funding this service. We can be proud that this made in Manitoba program is one-of-a-kind in North America.

For more information call 204.772.1591.

The SMART Guide: Winnipeg Workshop Looks at the Big Picture

by Deborah Kacki, Interagency FASD Program

Margaret Leslie, from “Breaking the Cycle” in Toronto was in Winnipeg on March 4, 2008 to deliver an informative workshop on *The SMART Guide: Motivational Approaches Within the Stages of Change for Pregnant Women Who Use Alcohol* (2002). Thirty people attended and it was held at Crossways in Common in Winnipeg. Participants represented fourteen different agencies in the city of Winnipeg.

*“The approach you take is one of the strongest indicators of whether a woman will change. It is just as important as the woman’s personal characteristics and behaviour”—
Margaret Leslie*

“Motivational Interviewing” which forms the basis of the *SMART Guide* approach has as its foundation the work of Miler and Rollnick (1992).

During the course of the workshop, Margaret Leslie took participants through a process of understanding the reasons why women use alcohol during pregnancy, while examining how our own beliefs and experiences hinder or support our ability to be helpful.

Each participant was given a copy of the *SMART Guide* to take back to their workplace. The guide is available through AWARE in Kingston, Ontario at 613.545.0117 or email aware@kos.net.

Motivational Approaches...

- are interactive;
- place responsibility for change on the service providers as well as the woman;
- are centered on the pregnant woman and are empathic;
- avoid labels;
- reduce resistance;
- foster commitment to change;
- emphasize personal choice;
- negotiate;
- remove barriers to change;
- accept relapse