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# MCAP *news*

[www.capmanitoba.ca](http://www.capmanitoba.ca)

**Sharing ideas, information, resources, struggles & successes**

## BEST PRACTICES

# “Sharing Manitoba Expertise on FASD” a Huge Success

by Cathe Umlah



Brenda Bennett and Joycelyn Bjorklund day.

The concurrent sessions featured a variety of well-known researchers, speakers and service providers, including Brenda Bennett, Steve DeGroot, Marlene Richert, the FASD Youth Justice Team, Margaret Bryans, Mary Werba, Sue Mozdzen, Linda Burnside, Shelagh Marchenski and Dr. Ana Hanlon-Dearman. The sessions were diverse, current and extremely informative. They assisted participants in further understanding the impact of FASD, the services available, and how we as a community can address FASD prevention on a system level, as well as improve the lives of individuals living with this disability. This event was a wonderful networking opportunity for caregivers, service providers, individuals living with FASD and community members. We all enjoyed the chance to connect with others. Many thanks to the MCAP special event planning committee members: Deborah Kacki, Julia Wellwood, Mary Werba and especially Kerri Hiebert who brought it all together. Evaluations will be distributed by email and a final report will be provided to MCAP at a future meeting.

The Manitoba Coalition on Alcohol and Pregnancy was pleased to sponsor a free one-day event profiling Manitoba experts who have earned international recognition as speakers and practitioners in the FASD field. The event was held on May 20, 2010, at the Viscount Gort Hotel, Winnipeg, and was a tremendous success, with over 150 participants from Winnipeg, rural and northern Manitoba in attendance.

The keynote sessions were very informative. Holly Gammon, Healthy Child Manitoba Office, opened the day with an update on the provincial FASD strategy. It was exciting and encouraging to hear how many initiatives are underway in Manitoba, as well as the scope of policy development, programming and services being offered. The afternoon keynote featured the Visions and Voices program. The voices of three women living with FASD, Maia, Lisa and Jessica, provided a very inspiring and hopeful addition to the



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*MCAP News* is a semi-annual publication of Manitoba Coalition on Alcohol and Pregnancy (MCAP). Its mandate is to disseminate current information about Fetal Alcohol Spectrum Disorder, a disability affecting those who have been exposed to alcohol in utero.

MCAP 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. MCAP facilitates this through regular meetings, special events, the MCAP website and this published newsletter. MCAP receives funding support from Healthy Child Manitoba. MCAP meets every third Monday of the month from 10:00 a.m. to 12:00 noon at the Healthy Child Manitoba Office. Teleconference available.

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## Council of Provincial FASD Coalition Chairs Share Best Practices by Lia Braun

On May 21, 2010, representatives from eleven different sites in Manitoba with active FASD coalitions met to share and learn from each other. The event coincided with the May 20th “Sharing Manitoba Expertise” conference so those from far away could attend.

Brenda Dawyduk, chairperson of the Provincial Council of Coalition Chairs welcomed everyone to the meeting.

The group focused on learning about what is happening throughout Manitoba at all the sites and helping each other celebrate achievements and address the various challenges different groups face.

Leilani Buschau, Winnipeg; Jennifer Sanderson, The Pas; Jennifer Friesen, Steinbach; Kim Akins, Brandon; Carol Hydamaka, Flin Flon; Stuart Alcorn, Portage la Prairie; Bronwyn Bugden, Morden; Linda McLeod-McDonald, Cross Lake; Lucy Muswagon, Norway House; and Brenda Dawyduk, Thompson, each gave progress reports from their areas. Lia Braun reported for the Seven Oaks Coalition in Tammy Stuart’s place.

The growth and achievement



Back row L-R: Jennifer Friesen, Carol Hydamaka, Bronwyn Bugden, Jennifer Sanderson, Stuart Alcorn, Brenda Dawyduk; Front row L-R: Lucy Muswagon, Betty Head, Leilani Buschau, Lynn Turcotte; Missing: Linda McLeod-McDonald, Kim Akins

of the FASD network in Manitoba is astonishing. Some groups, such as The Pas and Norway House are well-established, while others, like Morden and Portage la Prairie, are just starting, yet everyone is passionate and committed.

We heard about successful past September 9, 2009 events and those planned for 2010, about well-attended conferences, like the Nathan Ory event in Flin Flon, and about workshops like the one on motivational interviewing held in Brandon.

Activities to promote awareness and train professionals and parents have been held throughout the province and several sites reported successful “Lunch and Learn” sessions.

People reported on how their region is using the one-time grants and how provincial programs like “Stepping Out on Saturdays Manitoba,” the InSight Mentoring Program (formerly Stop FASD), and expanding diagnostics are doing.

Several rural groups are using telehealth to attend the FASD noon

hour information series and the monthly MCAP meetings.

Identified challenges include: recruiting and maintaining members; getting key stakeholders involved; the IQ vs. AQ problem in qualifying for services; lack of adequate, appropriate treatment centres; starting support groups; building partnerships with community agencies and groups, provincial vs. federal jurisdiction; and the perennial need for more funding.

Invited guests who spoke to the group about their agencies’ roles were Betty Head, Assembly of Manitoba Chiefs; FASD Working Group chair Lynn Turcotte; FASD coordinator; First Nations Inuit Health Branch; and Holly Gammon, Healthy Child Manitoba, FASD Network.

Participants agreed that this annual event continues to be a valuable networking opportunity for battling isolation, gaining ideas and building supportive relationships.

If you are interested in learning more about FASD activities in your local area please contact the coalition chair nearest you.

# Regional Diagnostic Trainers Attend Second Training Session

by Devon Ungurain, North Eastman Regional Health Association

The six regional FASD diagnostic coordinators were in Winnipeg for the week of April 19-23 for their second week of ongoing training at the Manitoba Fetal Alcohol Spectrum Disorder Centre. We had a diverse week of learning, with a good balance of information tying practice to theory.

Some of the highlights of the week included presentations from the Visions and Voices program given by three amazing women who shared (via video) their stories about living with FASD. On Wednesday, April 21, we were present for the Family Services and Housing and Consumer Affairs news release hosted by Gord Mackintosh and Healthy Living, Youth and Seniors minister Jim Rondeau announcing the "Stepping Out on Saturdays Manitoba" respite day camp. That evening we attended a presentation by Dr. Sally Longstaff entitled, "Ask the Doctor," in which Dr. Longstaff identified medications and sleep issues related to

FASD and answered many questions.

On Thursday morning we went on a field trip hosted by Dorothy Schwab to David Livingstone School, where we observed the FASD specialized classroom.

Some of the theory presented during the conference included: "Understanding Different Family Systems," "Paradigm Shifting and Understanding FASD from a Brain Based Perspective" and "Parenting and Behavioural Strategies."

The next training session is scheduled for the last week in September 2010.

We wish to publicly welcome Sheryle Marshall who has recently joined our team and works as a clinic coordinator out of the Manitoba FASD Centre in Winnipeg. We also wish to extend a big thank you to the Manitoba FASD Centre for their ongoing training and support.

## coming events

### National FASD Awareness Day Events September 9, 2010

#### FASD Awareness Walks

##### August 31-September 9

This ten-day event begins in Norway House and ends at the Legislative Building in Winnipeg.

All Manitobans are invited to join anywhere along the route. A special invitation goes out to those living along the Hwy 6 route to join those already signed-up from Cross Lake, The Pas and Winnipeg.

Contact: Lucy Muswagon, FASD coordinator  
o) 204.359.8083 ext. 2228  
c) 204.359.5359

##### September 9

Flin Flon

Begins on Main Street and ends with a barbeque at Neighbours of the North Park.

The Pas

Event will feature special guest speakers from the Visions and Voices program.

**Look for more information about September 9 events in your local news outlets.**

### Lunch and Learn Series

Sponsored by Brandon FASD Interagency Committee

Contact: brandonfasd@hotmail.com

### MCAP Info Series Resumes Fall 2010

The fall and winter 2010/2011 Info Series sessions are in the planning stages with the first session scheduled for October 2010. Please look for these new learning opportunities to be announced in the fall on the MCAP website: capmanitoba.ca.

## Manitoba Coalition on Alcohol and Pregnancy (MCAP) – Membership Form

Thank you for your interest in the Manitoba Coalition on Alcohol and Pregnancy. MCAP membership is open to all Manitobans with an interest in fetal alcohol spectrum disorder. MCAP will facilitate representation from across the province through the use of teleconferencing technology. Anyone may attend an MCAP meeting, however, only voting members may participate in making decisions for MCAP. There are no membership fees. Members must complete and submit an annual membership form confirming their intention. The type of membership chosen reflects the level of commitment to the coalition. Voting members are encouraged to attend meetings regularly to ensure quorum can be established at each meeting. Voting members are asked to let the MCAP administrative coordinator know when they are unable to attend a meeting.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Organization (if applicable): \_\_\_\_\_

Mailing address: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

### Please indicate membership type:

**Individual voting member:** A person with an interest in FASD, who is not representing an organization. Voting members are committed to attending meetings on a regular basis and are engaged in MCAP activities.

**Organizational voting member:** A person representing an organization. The membership will be held by the organization who will appoint a representative to vote at MCAP meetings, participate in MCAP events and receive minutes and correspondence. Each organization will have one vote. An alternate may attend meetings to represent the organization. The organization is committed to providing a representative to attend meetings on a regular basis and engage in MCAP activities.

**Individual non-voting member:** A person not representing an organization who is interested in receiving *MCAP News* and invitations to MCAP events but does not wish to participate in the operation of MCAP. Individual non-voting members are encouraged to attend MCAP meetings. If they wish to participate in the administration of MCAP they must change their membership to voting member status.

**Organizational non-voting member:** An organization with an interest in receiving *MCAP News* and invitations to MCAP events, but does not wish to participate in the operation of MCAP. The organization will identify a contact person to receive information. The organization is encouraged to send a representative to MCAP meetings. If they wish to participate in the administration of MCAP they must change their membership to voting member status.

**Ex officio non-voting member:** MCAP funders.

# The Flin Flon/Creighton FASD Committee Continues to Support Community Awareness

by Colleen Tower, Insight Mentoring Program

For the past fifteen years the Flin Flon and Creighton FASD committee has made it their mission to provide services and resources that promote FASD family support, community education and prevention.

Made up of organizational representatives and community members who have an interest in FASD education and prevention, this group utilizes a variety of methods to achieve its mission.

The kick-off to each year of programming begins on September 9 with activities to promote National FASD Awareness Day. In September

2009, the group organized its first FASD walk. The annual walk begins with a short speech by a committee member, reminding those gathered about the purpose of the day, and ends with a barbeque at Neighbours of the North park.

Since the community is small, doing a walk in the busy main street Flin Flon business district raises awareness of FASD and its related issues to those out and about engaged in day-to-day activities. It also provides easy access to participants for community members who want to ask questions.

In October 2009, the committee

was proud to invite Nathan Ory to come and present a two-day conference entitled “Working with People with Challenging Behaviours.” Approximately two hundred people from various parts of northern Manitoba attended, and overall, the information was well-received.

Participants were given much to think about regarding supporting and working with challenging behaviours.

Since October, the committee has been doing presentations to youth and adults in the community and surrounding areas, explaining

what FASD is as well as the struggles and gifts that affected people have. Members have gone to the Flin Flon Youth Centre, to community meetings, and have attended health fairs to share what they know about the disorder and to offer support to those who need it.

Our hope for the year to come is to be able to continue this type of active involvement in the community and to try some new activities to help support those who are affected, to educate the wider public and to reinforce our message that FASD is preventable.

# Seeking the Wisdom of Our Elders: A Gathering on FASD

by Mary Werba and Leilani Buschau

On September 9, 2009, Gord Mackintosh, Minister of Family Services and Housing and the minister responsible for persons with disabilities, announced funding for an elders’ gathering on FASD. This one-time initiative was jointly funded through the Provincial FASD Strategy and the Child and Family Services “Changes for Children” initiative.

The event was part of the work of the provincial FASD strategy team, which develops provincial FASD programs and initiatives that benefit the child welfare system and the province as a whole.

The purpose of this event was to seek the wisdom and knowledge of aboriginal elders regarding regional practices and teachings to support healthy pregnancies and prevent FASD. The gathering provided an opportunity for elders and the three aboriginal child welfare authorities to explore ways to collaborate on preventing FASD and supporting those affected.

On November 12 and 13, 2009, the First Nations of Northern Manitoba Child and Family Services Authority, in partnership with the Métis Child and Family Services Authority and the Southern First

Nations Network of Care, hosted a gathering of elders from across the province. This gathering took place in The Pas, Manitoba.

The gathering brought together a diverse group of elders from various regions, spiritual belief systems and cultural/linguistic heritages.

During the two-day gathering, elders and facilitators explored powerful themes. The most prevalent theme centred on the loss of awareness about traditional roles of men and women, and how this contributes to the incidence of FASD and other societal problems.

Participants reported a general

level of awareness in their respective communities about the dangers of alcohol use during pregnancy. However, due to underlying social issues such as historical trauma, loss of identity, unemployment, urbanization and poverty, people are less likely to apply this knowledge.

For people at high risk of abusing alcohol and drugs it may appear impossible to think about the future implications of present actions because they are dealing with immediate survival and are self-medicating to manage their trauma.

Loss of cultural practices and identity leads to fewer opportunities

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continued from page 5

to impart wisdom, knowledge and teachings to young people about their responsibilities.

The elders at the gathering shared their gifts of storytelling, song, drumming and prayer. They offered teachings about grief and loss, the power of women and how to work more effectively with those affected by FASD. The elders were clear that prevention activities must extend beyond just women and that they must take a holistic approach.

*“The gathering provided an opportunity for elders and the three aboriginal child welfare authorities to explore ways to collaborate on preventing FASD and supporting those affected.”*

Intervention for individuals living with FASD is as varied as the individuals themselves and must be tailored to their needs. Similarly, each community must culturally define what is right for them. There is no “one-size-fits-all” approach. We must look to our communities for strengths, insights and the most appropriate strategies for them.

## Manitobans Share Expertise at Fourth National Biennial Conference

by Sue Mozdzen, First Nations of Southern Manitoba CFS

A number of Manitobans were in Vancouver, British Columbia, April 13-17, 2010, to participate and present at the conference entitled “Facing the Future Together: Where do we go from here?” Throughout the conference there were lots of opportunities to network about youth and adult FASD diagnosis.

Sterling Clarren’s keynote address about the limited number of venues across Canada that have the ability to diagnose adults living with an FASD set the tone and was a conference highlight. The breakout entitled “Envisioning a Process for Adult FASD Diagnosis” was another notable session. The afternoon featured an international panel of affected adults who were able to share their inspiring

stories and highlight the need for appropriate support after diagnosis. Manitoba experts presented at the pre-conference event, as part of the plenary and during the breakout sessions. There were also a number of poster presentations.

Cory LeBerge, FASD youth accommodation lawyer, offered helpful presentations in both a plenary and in a number of the breakout sessions. The FASD Youth Justice Program representatives spoke about their accomplishments. There were also a number of interesting presentations about child welfare initiatives, including a presentation from Brenda Bennett about the Spectrum Connections program and some research findings from Don Fuchs, Linda Burnside and

Shelagh Marchenski about the cost of caring for a child living with a FASD within the child welfare system.

The final day wrapped up with a multi-disciplinary plenary panel presentation on health issues faced by individuals living with an FASD. Dan Dubovsky provided the closing plenary entitled “We’ve Come a Long Way...Where Do We Go from Here?” The closing ceremony presentation “Shine” was produced and presented by adults and youth living with an FASD and highlighted the gifts and talents those living with an FASD have to share. For more information about the conference visit:

[www.interprofessional.ubc.ca/Adults.html](http://www.interprofessional.ubc.ca/Adults.html)

## Livin’ History Day Camp Offers Kids a Great Summer Alternative

by Victoria Ryshtylo, Lower Fort Garry Volunteer Association

Lower Fort Garry is a national historic site offering the public a chance to experience life in another century.

The Livin’ History day camp program is a great way for children to experience this beautiful site and the wonders of the past. The day camp offers children with physical and mental disabilities the opportunity to experience the site in a way that is specialized to their needs.

There is a nominal fee of twenty-five dollars to participate in the two-day program.

On the first day, campers are given a historically accurate costume to wear during their time at Lower Fort Garry.

Campers receive a tour of the fort, interacting with the costumed employees and learn many different things about life in the 1800s

Some of the activities include:

- Quill and ink letter writing
- Beading
- Making bannock and butter from scratch
- Classic board games like checkers

- Teasing wool

Campers are welcome to bring personal aids, and special care workers are also welcome to accompany the campers.

If you have any questions please contact:

Victoria Ryshtylo, special day camp coordinator, Lower Fort Garry Volunteer Association.  
P: 785.8577  
E: [ryshytylo@hotmail.com](mailto:ryshytylo@hotmail.com)

# The Fetal Alcohol Family Association of Manitoba for 15 Years of Service!

by Lia Braun

On April 1, 2010, the Fetal Alcohol Family Association of Manitoba (FAFAM) officially closed its doors. FAFAM was a non-profit organization providing advocacy, support and education to families and service providers living and working with individuals with FASD. It is with many thanks that we salute the family and community members who have served with dedication on the FAFAM board of directors over the years.

FAFAM started out in 1995, as a program under the auspices

of Community Living Manitoba. Diane McMillan was the first coordinator, and in those early years FAFAM distributed a series of five booklets on FASD and helped start the course on FASD offered by Red River Community College, both of which provided Manitobans with much needed information on a topic which was just emerging as a serious community health issue. In 2000, FAFAM was legally incorporated and the board hired Leilani Buschau as its first executive director. She served in this capacity

until 2008, when Fran Mercer took over the position. During this period Faces of FAS parts 1 & 2 were published, sharing the stories of people living with FASD. Over the past five years FAFAM published its latest series of three books, *All Lives Well Lived*, *Becoming a Behaviour Detective*, and *Navigating Life: Making Better Choices*. These publications have been instrumental in educating numerous people about FASD.

In addition to its published resources, FAFAM has consistently offered parent support groups

facilitated by Susan Opie; conferences and workshops for families and service providers throughout Manitoba, Circle of Friends newsletter, and recreational and social events, including annual picnics and sleigh rides for families.

The Fetal Alcohol Family Association was committed to improving and developing services that were respectful, knowledgeable and responsive to the needs of families and the community. It occupied a unique position in the Manitoba FASD community and it will be missed.

## Participants of The PAS InSight Mentoring Program

by Dee, Kym and Cindy, The Pas InSight Mentoring Program

### **MENTOR EMPOWER SUPPORT**

These three words represent how The Pas InSight Mentoring Program is a champion for pregnant women and new mothers who struggle with substance abuse. We encourage women to develop their mind, body and spirit; be good to yourself, know yourself, forgive yourself and trust yourself.

All successes are celebrated, both big and small. Despite the odds, each woman's journey reflects their willingness to make positive changes. We have worked with women whose addictions have controlled them, and three years later, they are empowered by their own abilities.

To give just one example, a mentor was finding a client difficult contacting a client. The mentor continued to attempt

contact and did not give up. This woman was caught up in the cycle of substance abuse, and this led to her children being removed from her care, the loss of housing, and ultimately, the loss of her self-worth.

As time went on, the client became more and more engaged with the program and realized her own resourcefulness. She eventually sought treatment, found housing and regained custody of

her children. She also completed her GED (with honours) and is now attending university. Pride and accomplishment radiate from within her.

So many women in our program have made tremendous strides as they work toward their goals. We honour their strength and determination to make the best possible choices for themselves and their families.

# coming events

## Conferences

### Health & Well-being in Children, Youth and Adults with Developmental Disabilities: Autism, Intellectual Disabilities and Other Neurodevelopmental Disorders

September 30, October 1, 2010

Coast Plaza Hotel and Suites, Vancouver,  
British Columbia

This conference will provide education and informative updates on psychiatric, behavioural and complex health components specific to individuals with developmental disabilities and showcase best practices in the field. Specifically, the conference will focus on approaches to complex, challenging behaviours, contributing medical issues and new developments in medication and behavioural treatment. In addition, the conference will address important health issues, including reflux, pain, epilepsy, dental management and sleep.

[www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

### 4th International Conference on FASD

#### The Power of Knowledge: Integrating Research, Policy and Promising Practice Around the World

March 2-5, 2011

The Westin Bayshore, Vancouver, British  
Columbia

This conference will provide an advanced forum for emerging and cutting edge research, policy and practice that will assist governments, service systems, service providers, parents and caregivers, as we strive to address the complex issues of FASD

[www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

## Come Celebrate with us!

by Jewel Reimer and Sue Mozdzen

*We are ready to share our lives, our stories,  
our hopes and our dreams.*

The Visions and Voices participants, together with their families and supporters and Mennonite Central Committee Manitoba FASD Program, welcome you to a reception officially launching the FASD Speakers Bureau on June 28 from 3:30 p.m. to 5:30 p.m. at the Viscount Gort Hotel. The Visions and Voices team is comprised of youth and adults who live with fetal alcohol spectrum disorder.

Visions and Voices seeks to increase awareness in communities in order to reduce the shame and blame of FASD and to encourage healthy living and reproductive choices.

Visions and Voices presenters are role models who are willing to share their stories of hope, struggle and accomplishment with the public. We have already been invited to present in a variety of settings. We have met with families, foster parents, group homes, students and professionals.

**Visions:** Each presenter has helped to create a professionally produced life story vignette in DVD format. The DVDs are used to set the mood at each speaking engagement and to ensure that the presenter is focused and prepared for their audience. The DVDs are not for



distribution and are the sole possession of Visions and Voices presenters.

**Voices:** With nine different brain domains that can be affected in any combination or level of severity, there is no single individual person or story that can adequately describe the full array of the fetal alcohol spectrum of disorders. However, there are currently six Visions and Voices participants ready to present their stories individually or in teams, thereby providing an adequate representation of the full spectrum.

To book a Visions and Voices speaker please contact Jewel Reimer at 204.227.0340 or [JewelReimer@mennonitecc.ca](mailto:JewelReimer@mennonitecc.ca).

Visions and Voices is an initiative of the FASD Provincial Strategy Implementation Team funded by the Changes for Children Initiative. Logo design: Nikki, Grade 10 Tech Voc High School student living with an FASD.



# Child Welfare Staff Learn the Dance

by the FASD Joint CFS Authority Team

The FASD Joint CFS Authority Team offered a cost-free workshop to caregivers and staff within the child welfare system on May 12, 2010. This learning opportunity, titled “Learning the Dance: Reframing our Perceptions of How Individuals with FASD Sense the World,” was presented by Dorothy Schwab and Brenda Fjeldsted of the Manitoba FASD Centre.

This informative, interactive session placed an emphasis on reframing participants’ perceptions of how individuals with FASD view the world. As a result, parents, caregivers and social workers gained a better understanding of the impact sensory challenges have on behaviour and learning styles. Strategies for adapting home and school environments to manage behaviour and enhance learning were discussed and participants came away with ideas for nurturing and developing individual strengths to ensure success and healthy self-esteem.

*Leilani Buschau, Cathe Umlah, Mary Werba, Sue Mozdzen are members of the FASD Joint Authority Team.*



Participants experience sensory overload similar to those living with an FASD.

# Stepping Out on Saturdays Manitoba

by Gina Kirchmann, SOS Manitoba provincial coordinator

Many parents send their children to a Saturday activity hoping they will learn a new sports skill, how to dance or maybe to develop their artistic abilities. For a number of families in Manitoba, a new once-a-month respite day camp for children diagnosed with fetal alcohol spectrum disorder (FASD), called “Stepping Out on Saturdays Manitoba” (SOS MB), provides all of these opportunities. In addition, however, it is sometimes seen as a family lifesaver. For the children participating in SOS MB, not only does it provide a day of child-based activities, it is also designed to offer social and behavioural skill

development. For the families of these children, the camp offers an opportunity to reduce caregiver and family stress.

Direct communication between program staff and families also offers a special opportunity for children to carry forward their new or developing skill from camp to home. Goals, successes and strategies being used at home and camp are shared, nurtured and developed.

Currently the Stepping Out on Saturdays Manitoba program is operating in four communities: Winnipeg, Brandon, Thompson and Little Grand Rapids. Each program is tailor-made to work with the

unique needs of the community it serves.

An important component of all programs is the small-group (3–6 children) learning being offered to the children in an environment that is calm and not over-stimulating. Activities are organized to allow for optimal learning, and visual cues are used to help with transitions and social skill development. However, because these children have a hard time fitting in, probably the most important aspect of the program is its motto, “Friendship Starts Here.”

The Stepping Out on Saturdays Manitoba program is an initiative of the four child welfare authorities and

the Department of Family Services and Consumer Affairs. Community partners include: Rehabilitation Centre for Children, Winnipeg; Brandon Friendship Centre, Brandon; Caring 4 You, Thompson; and South East Child and Family Services, Little Grand Rapids.

SOS Manitoba is open to children with an FASD diagnosis between the ages of three and twelve years who are in care or involved with child welfare. For more information please call Gina Kirchmann, SOS provincial coordinator, 204.235.9974 or email: [gkirchmann@rccinc.ca](mailto:gkirchmann@rccinc.ca).

# New Brandon Initiatives Turn FASD Education into Action

by Brandon Interagency Committee

*The Brandon Interagency FAS/E Committee is comprised of parents, caregivers and professionals who care deeply about FASD issues.*

### Stepping Out on Saturdays (SOS)

This respite day camp is offered one Saturday a month for children ages three to twelve years, who have been diagnosed with FASD or suspected FASD, with confirmation of prenatal alcohol exposure, and who are in care of or involved with the child welfare system.

The program provides a fun and safe environment to learn and practice social skills, self regulation as well as fine and large motor skills. Trained staff and a low child to staff ratio are key to a successful day.

Applications available by calling 204.727.1407. To read more about "Stepping Out on Saturdays" turn to page 9.

### Motivational Interviewing Brings New Tools to Prevention Work

On February 9 and 10, forty participants from various agencies attended the Introductory Motivational Interviewing training hosted by Brandon Interagency FAS/E Committee and co-sponsored by Healthy Child Manitoba.

Frances Jasiura and Cristine Urquhart provided an interactive presentation to teach us how to motivate our clients to motivate themselves. Although the workshop was geared toward preventing FASD, the techniques could be used when working with anyone.

Motivational interviewing allows

clients to assess their own needs and take responsibility for how, when or if they are going to address their addictions. It encourages working together and respects the client's decisions, perspectives and experiences.

Particularly interesting is the research that shows motivational interviewing is more successful than traditional counselling and specifically more successful with minorities. The overall approach is respectful and allows the clients to make their own choices and to become internally motivated.

It was clear, through the case studies, videos and role playing presented at the workshop, that motivational interviewing is something that takes practice to implement effectively.

If you are interested in learning more about upcoming training events in the area, please contact the committee at brandonfasd@hotmail.com.

### Addictions Foundation of Manitoba Gets New FASD Workers

Deborah Tacan, who is currently working in the Addictions Foundation residential program at Parkwood Centre, Brandon, will be transitioning into the Aboriginal PEC position in the near future. We are really looking forward to welcoming Deborah into this position.

Amanda Trelford, youth community addictions worker, will be researching and cultivating resources related to FAS/E as well as developing educational sessions

for youth, parents, schools and other organizations related to FAS/E.

If you have any questions about these changes or any other AFM initiatives visit [www.afm.mb.ca](http://www.afm.mb.ca) or call 204.729.3838

*Frances Jasiura and Cristine Urquhart provided an interactive presentation to teach us how to motivate our clients to motivate themselves.*

### Check Out Our Library!

The Brandon Interagency Committee has a growing library of resources that address FASD issues for teachers, parents, caregivers and other professionals. Our library is housed in the Brandon Regional Health Centre library. Checking out any of our resources is free. All you need to do is fill out a card with your mailing information.

### Available now: *Living and Learning with FASD: Jilly's Story*

This book and DVD were written, produced and illustrated by students from the Bridges Intermediate Program at David Livingstone Community School in Winnipeg.

### Introducing...

#### *Debbie Phythian*

I am currently an instructor in the Early Childhood Education (ECE)

program at Assiniboine Community College (ACC). Prior to this position, I worked in the Early Learning and Care field for eighteen years with children at various places on the fetal alcohol spectrum.

The ECE program at Assiniboine Community College addresses FASD and the needs of FASD-affected children and families as part of its program.

The committee has gifted me with opportunities to learn even more about FASD, the services available and the need to advocate for those affected by FASD.

#### *Cheryl Evans*

I have been employed at Career Connections, Inc. (CCI) for sixteen years. CCI is an employment service for people with disabilities. I have had the opportunity to work with individuals with FASD, helping them find meaningful employment.

I have attended several training sessions to help me understand and work with FASD as effectively as possible.

I have been an FASD committee member for six years, and in that time I have been actively involved in the efforts to expand the opportunity for individuals living with FASD, caregivers and family members.

To contact Debbie or Cheryl, email [fasdbrandon@hotmail.com](mailto:fasdbrandon@hotmail.com)

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## who we are

**Addictions Foundation of Manitoba**

**Brandon Correctional Centre**

**Public Health**

**Brandon School Division**

**Child and Family Services of Western Manitoba**

**Career Connections**

**Little Teaching Lodge, Brandon Friendship Centre**

**In a Good Way, Brandon Friendship Centre**

**Parents**

**Brandon Regional Health Centre**

**Probation Services**

**Southwest MMF**

**Learning Disabilities Association of Manitoba**

**Assiniboine Community College**

**Child & Adolescent Treatment Centre**

**Foster Counseling Services**

Members of the Brandon Interagency FAS/E Committee are available to speak to your group or organization about FASD. Contact us at [brandonfasd@hotmail.com](mailto:brandonfasd@hotmail.com).

# Métis Child, Family and Community Services Offers New Program to Caregivers

by Leilani Buschau, Métis Child, Family and Community Services

Métis Child, Family and Community Services launched the FASD Infinity Education Program on January 12, 2010.

This eight-week education and support program is designed to assist birth parents and alternative caregivers to build on and practice applying the knowledge and skills gained from attending the foundational FASD training.

In addition, the experience provides support to participants as they establish a "Circle of Support" for the child/ren in their care.

### Program Topics

- Understanding brain domains, brain-based behaviour and observing your child;
- Secondary defensive behaviours and tertiary behaviours;
- Adapting the environment;
- Creating strategies;
- Creating visual cues (routines, calendars etc.);
- FASD assessment;
- Advocacy;
- Creating or expanding the circle of support;
- Community-based services and consultations with the FASD specialist.

If you are a caregiver connected to Métis Child, Family and Community Services and would like more information, please contact Leilani Buschau at 204.927.7304 or [leilani.buschau@metisfcs.mb.ca](mailto:leilani.buschau@metisfcs.mb.ca)

# PartnersaNew, Flexible Person-Centred Support

by Jennifer Friesen, PartnersaNew

PartnersaNew is a new organization whose target is to develop flexible person-centred supports for those living with intellectual disabilities by affirming the personal gifts of these individuals, encouraging the pursuit of dreams, and nurturing individual relationships and families so that all persons can achieve full citizenship and meaningful life in the community.

*A long-term goal is to have a qualified FASD consultant on staff; families and caregivers could then have access to professional consultation services.*

PartnersaNew recently announced the core of its targeted programming over the ensuing months, including initiatives aimed at addressing the gaps resulting from a lack of services available to individuals living with a Fetal Alcohol Spectrum Disorder (FASD). Many people living with FASD are not eligible for supported living services. In order to begin to address this gap PartnersaNew offered a series

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of FASD sessions in Steinbach, Manitoba, last March. The sessions were well attended and participant feedback indicated that these types of workshops were long overdue.



In response to repeated requests for more sessions, PartnersA New is organizing another FASD series in October 2010. Email [partnersanew@gmail.com](mailto:partnersanew@gmail.com) for more information.

Another exciting initiative of PartnersA New is the development of a resource library. Even though it is still in development parents are already beginning to access these much needed resources.

A long-term goal is to have a qualified FASD consultant on staff; families and caregivers could then have access to professional consultation services.

Through the development of these initiatives, PartnersA New hopes to offer enhanced services and information to families and individuals in the South Eastman region, especially those who currently don't qualify for existing services. PartnersA New is also working together with South Eastman Health, in the development of an FASD coalition for South Eastman Region as part of the provincial FASD initiative.

**FASlink CD \$20**

An extensive collection of key articles about FASD. [faslink.org](http://faslink.org)

**Picture This: Life as a Parent of Children with Fetal Alcohol Spectrum Disorder DVD \$10.00**

Developed by a group of mothers from Sioux Lookout, Ontario, this film provides a close-up look at the lives of parents whose children have FASD. It is an inspiring, educational call to action. [citizen.nfb.ca/picture-this](http://citizen.nfb.ca/picture-this)

**www.zonein.ca**

Ever wonder about your kids who just can't sit still or your guy who would live on the couch or floor in front of the screen? Chris Rowan, an occupational therapist, has put her knowledge about sensory input to full use with kids, helping them identify how to self-regulate, to be in the zone.

**findinghope.knowledge.ca**

Features video documentaries on a variety of topics for parents, educators and researchers.

**fasdjustice.on.ca**

a new site reflecting news and current information about FASD and the Justice System in Canada.

**fasd.cmc.alberta.ca**

Under archived sessions you'll find the following taped teleconferences:

Parental Expectations with an Adult Child Impacted by FASD

Living and Dealing with FASD

Environmental Modifications

Winning the Battle with FASD: A Family's Success Story

The role of Grandmother in FASD Care and Support



**5 tips for helping your FASD-affected child make friends**

**1** Role play appropriate behaviours in social situations with your child one-on-one before the situation actually happens.

**2** When your child enters a social situation, supervise the interaction and cue correct behaviours. Use reminders if actions are inappropriate for the situation. For example, if your child hugs someone she or he has just met, it may be helpful to remind them that they don't know this person yet and that hugging is for close friends and family members. Explain what to do instead, such as shake hands.

**3** Inform the parents of children that your child plays with that she or he has FASD and what the parents can do to make play time a good experience.

**4** Involve your child in a class, club, team or other social situation of their choice to meet others. Some do not do well in a large group setting so monitor the situation at first and try a new group if the first is not a successful experience.

**5** If possible, join a family support group for families with children affected by FASD. Encourage friendships that are developed at this support group, especially those initiated by the child.

Source: Parenting Guidelines for Families of Children with FAS/FAE Research Report, Victoria Order of Nurses (VON) Canada, June 2006. The full guide is available in English and French for download via our website <http://www.von.ca/fasd/>