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MCAP www.capmanitoba.ca **news**

Sharing ideas, information, resources, struggles & successes

HAPPENINGS

Introducing MCAP's Co-chairs



Betty Weibe Hosein



Rodney Jones

With the exit of MCAP's Winnipeg co-chair, Cathe Umlah, and elections recently held to take over that seat, our spring newsletter comes at the perfect time to introduce the current and newest co-chairs of MCAP.

Rodney Jones has been the rural co-chair for almost a year now. He is a FASD diagnostic coordinator for Prairie Mountain Health (Assiniboine area) and works in cooperation with the Manitoba FASD

Centre in Winnipeg. Rodney is a registered psychiatric nurse, as well as a registered nurse, with over 23 years of experience in the health care field, primarily in mental health. Prior to becoming a diagnostic coordinator in January 2012, Rodney provided services as a child and adolescent community mental health worker in the rural Assiniboine area for more than 16 years. Rodney also provided nursing support in a rural, acute health centre and was the chair for his local health centre team, as well as for the Provider Advisory Council for the previous Assiniboine RHA. Rodney has provided direct support to various communities as a Trauma Response Coordinator and continues to assist as a casual nurse at the Child and Adolescent Treatment Centre, Crisis Stabilization Unit in Brandon.

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VOLUME 8 NUMBER 1

MCAP News is a semi-annual publication of Manitoba Coalition on Alcohol and Pregnancy (MCAP). Its mandate is to disseminate current information about FASD, 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 a.m. to 12 p.m. at the Healthy Child Manitoba Office. Teleconference available.

Contact kerrihiebert@mts.net for more information.

Stock image supplied by istockphoto.com.

Continued from cover

As of April 2013, Betty Weibe Hosein has agreed to take over the Winnipeg co-chair position.

Betty is a program counsellor with the Interagency FASD Program of New Directions in Winnipeg. She worked as a counsellor with families at risk for 13 years and has been with the Interagency FASD

Program since 2007. Betty obtained her Masters of Arts in Counselling in 2000 and recently obtained a certificate in Self Regulation Therapy, which addresses the neurobiological effects of trauma. In addition to providing regular program services, this allows Betty to provide a therapeutic process for participants who wish to address

unresolved trauma. Previously she provided counselling and facilitated pre and postnatal support groups at Pregnancy and Family Support Services. Betty has been an active member of MCAP for the last two years.

Betty is also the proud mom of three adult children in university

and empathetically shares in the stresses of their deadlines and exams. She enjoys traveling and experiencing other cultures, and hopes to continue this in the future. Betty looks forward to painting, working in the garden and designing a horticultural getaway for those lazy summer evenings.

Healthy Child Manitoba Office Update

by Ken Lamoureux, Healthy Child Manitoba Office (HCMO)

The HCMO is continuing its commitment to move forward with the provincial FASD strategy and its goals, which include access to support and services for families and individuals with FASD. On March 11 and 13, the HCMO hosted two workshops for caregivers of individuals with FASD.

The workshop on March 11 was held at the Royal Canadian Legion No. 57 in Ashern, Manitoba and was attended by 62 caregivers, support workers and youth with FASD.

The workshop on March 13 was held at the Grand Valley Community Church in Brandon, Manitoba and was attended by 75 caregivers, support workers and youth with FASD.

Both events featured Myles and Brian Himmelreich from Calgary, Alberta. Myles is a speaker who has earned international acclaim for his efforts to change attitudes and increase knowledge about FASD by sharing his personal experiences of living with FASD. Brian and Myles' adoptive father, shared his personal stories of what it was like to raise four children with FASD.

Both events also featured guest speakers from Visions and Voices. Nikki Swirsky, Lisa Morrisseau and Ryan Twohearts delivered inspiring and hopeful messages as adults with FASD. The participants also had an opportunity to network with other caregivers and share helpful tips and strategies during the afternoon breakout session.

The HCMO would like to thank Bronwen, Carla, Charla, Jola, Rodney, Tracey, Sherisse, Leanne, Sandy, Cindy and Devon, who formed the planning committee. The hard work and commitment of these caregivers and service providers resulted in the success of these truly inspirational events.

On March 21, the HCMO assisted training staff from the Community Service Delivery Division within the Department of Family Services and Labour to provide a one-day training opportunity for staff from Children's disABILITY Services, Employment and Income Assistance, Community Living disABILITY Services, and Early Learning and Child Care. The event provided participants with

an opportunity to develop a better understanding of FASD, the unique challenges that people with FASD face throughout the lifespan, the complex issues surrounding FASD prevention and Manitoba's FASD Strategy.

The day began with a presentation from Tammy Rowan on the 10 fundamental components of FASD prevention and the importance of a trauma-informed approach when working with substance-using women. Next, Dr. Ana Hanlon-Dearman provided participants with information on FASD, how it affects the brain, the Manitoba FASD Centre and the diagnostic process. In the afternoon, Eric Friesen and Lindsay Delanoy presented on the different services for individuals with FASD offered through FASD Life's Journey Inc. and the Spectrum Connections Program. They also provided helpful strategies for working with adolescents and adults with FASD. The day finished with a presentation from Visions and Voices speaker, Jasyun McLean, who shared his personal story of growing up with FASD, as well as some of the strategies that help him be successful today.

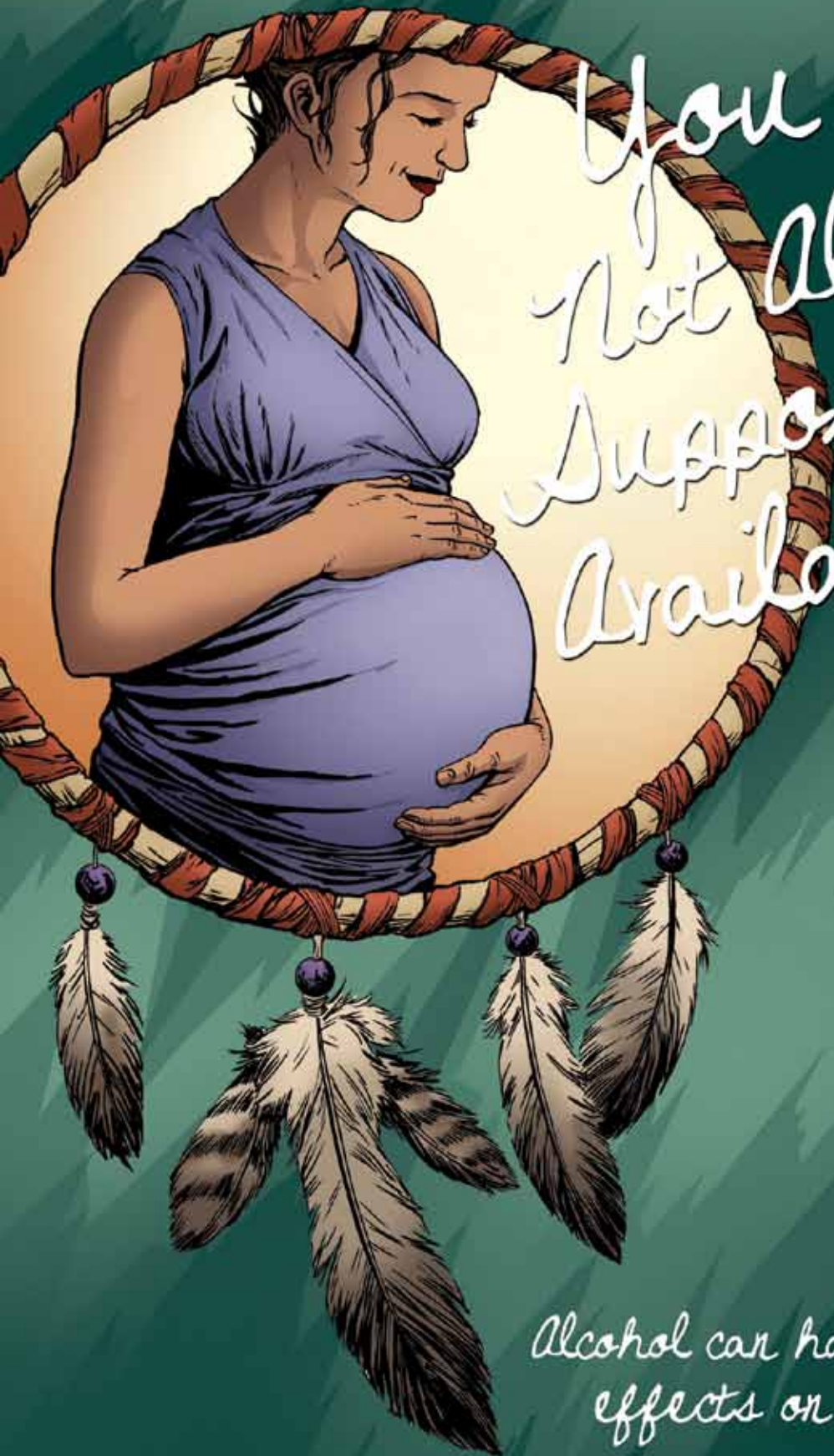
Over the past year, the North Point Douglas Women's Centre has been working on a community project, which brought women together to develop a poster and pamphlet that will encourage other women to have Healthy Pregnancies by seeking supportive services.

The women designed the poster and pamphlet with images and words they felt would speak to the women in their community.

The HCMO staff provided support to the North Point Douglas Women's Centre at the final design and production stages.

The North Point Douglas Women's Centre is willing to share the design of the poster and photographs with other communities who are interested in doing a similar project. The CanFASD Prevention Network Action Team has taken interest in the campaign and has placed the poster on their web site. The campaign is now receiving interest from organizations around the country. For more information visit:

www.fasdprevention.wordpress.com



*You Are
Not Alone.
Support is
Available.*

*Alcohol can have harmful
effects on your baby.*

**Aboriginal Health
and Wellness Centre**

204.925.3700
181 Higgins Ave

**North Point Douglas
Women's Centre**

204.947.0321
221 Austin St N

Mount Carmel Clinic

204.589.9409
886 Main Street

The Mothering Project/Manito Ikwe Kagiikwe Mount Carmel Clinic

by Tammy Rowan, Visions and Voices

Manito Ikwe Kagiikwe

Our program name means Spirit Woman Teachings. The elder who gave us this name told us the following things:

All women hold the teachings that they need within themselves

we are not here to teach but, rather, to walk with women and remind them that they have these teachings within themselves

We are a trauma-informed, culturally safe and harm-reduction oriented team that works with women to meet their goals.

What is The Mothering Project?

Support for women (and their families) who are pregnant, or have children under the age of 1 year, and have substance use problems.

Our long term plan is to work with women and families with children 5-years-old and under.

We Can:

- Assist and support women to connect with services at Mount Carmel Clinic
- Assist and support women to connect to services in the community such as EIA, Housing, Food Bank, CFS, Childcare, Court, etc.
- Support women with the things they identify as important to them
- Build supportive and trusting relationships
- Provide transportation
- Provide opportunities for women to gather together in supportive environments for crafts, drop-in, conversation, groups, etc.

Who Is Our Program For?

- Women who are pregnant, or have children under the age of 1 year, and using substances.
- Women who are trying to stay clean from drugs and alcohol or “white-knuckling” it through pregnancy

- Women who are parenting
- Women who have lost custody of their children and are not parenting
- Women who are involved in the sex trade and/or are street involved
- Youth and adults
- Women inside our catchment area, as well as outside our catchment area

Where Are We Located?

Our office space is in the Mount Carmel Bank Building at 888 Main Street. Our program will mostly be comprised of Outreach in the community and meeting women where they are, including their homes, coffee shops and other community services. This also includes our intake process.

How do you refer to the program?

Call Tammy Rowan at 204-479-0203 to make a referral, or just to ask questions. Referrals can be made by both service providers and women themselves. Please feel free

to give Tammy’s phone number out to women directly for them to call if they want to do so. Upon entering the program, Tammy will introduce the women to their Outreach Worker and the team. Each woman will have a primary Outreach Worker that will assist them with their goals. The Outreach Worker will then spend time building a relationship with the woman by offering support in different ways, depending on the woman’s needs, as identified by the woman. All referrals and questions are welcome. If you are unsure if a woman fits the eligibility, just give Tammy a quick call and we can figure it out together.

We officially opened intake for our program a few weeks ago. To date we have had 14 referrals, and have enrolled 7 women. We are very excited to be up and running.

Speaker’s Bureau Expands its Programming

by Christina Reinke, Visions and Voices

Operating within the Touchstone FASD program, and under Initiatives for Just Communities, Visions and Voices is a speaker’s bureau, currently comprised of eight adults who live with fetal alcohol spectrum disorder (FASD). Our speakers share their personal stories to a wide variety of audiences, thereby mobilizing community capacity and creating public awareness of FASD at a grass-roots level. Since last spring, our program has seen some exiting changes.

We’ve grown in number of participants, frequency of speaking engagements and in the number of practical strategies participants are able to share about as they live with FASD.

In 2012, the bureau grew from five to eight active speakers. We had 29 speaking engagements in 2012, as compared to 15 in 2011. Additionally, five out of eight participants are now working full or part-time in fields

such as youth outreach, culinary/food services and distribution/ delivery services. This development has been especially exciting to see among our speakers—not only are they contributing their time and expertise to helping others understand first-hand about what it’s like to live with FASD, but they are becoming increasingly active members of the workforce. For our participants, this contributes to feelings of self-worth and productivity.

It also adds a depth of experience to draw from when sharing stories and helpful strategies with our growing number of audiences.

If you have any questions about the Visions and Voices program, or would like to book a speaker, please contact Christina Reinke at 204-228-1877 or creinke.fasd@initiativesjc.org

Touchstone's Next Door Neighbour Project

by Jewel Reimer, Touchstone FASD Program



Touchstone, a program of Initiatives for Just Communities, provides support for youth and adults living with FASD. Everyday, Touchstone's program participants struggle to understand and fit into their worlds. Most of them face challenges related to poverty and experience disproportionate

levels of violence and trauma. The majority of Touchstone's program participants have also experienced multiple periods of homelessness or have lived in unsafe and inadequate housing situations unfit for any Winnipeg citizen, let alone someone more vulnerable to these harsh surroundings.

In 2004, Jan Lutke and Tina Antrobus prepared a document summarizing the proceedings of a forum in Surrey, BC, on FASD and 'the System': Adolescents, Adults and their Families and the State of Affairs. In this document they state that "the absence of a home is the absence of everything." They go on to say that "a successful housing situation should be a safe home: a place to belong and a place to be; a place in which all other activities of daily living occur in, out of, or around. For the adult living with FASD, housing is the foundation upon

which everything else rests." This is true for each program participant at Touchstone. Without a safe and appropriate home, participants experience increased challenges to get to appointments, to comply with the demands of a probation order, to get to work or school, to prepare food, and to stay safe and experience happiness. When participants are living in appropriate housing, which feels like a home, their ability to 'do life' is significantly improved.

Winnipeg's vacancy rate has been so low in the last number of years that Touchstone has had difficulty in assisting program participants to find adequate housing. Finally, after much dreaming and planning, and with the help of some extra funding, Touchstone has been able to purchase a duplex. This duplex is being developed as, hopefully, the first of several Next Door Neighbour sites. Touchstone's Next Door Neighbour Project is a version of

the 'professional neighbour' model, which looks at providing a home for program participants, in this case in one of the duplex suites, and for one or two Touchstone employees (professional neighbours) in the other duplex suite. The 'professional neighbours' will provide significant support, mentorship and companionship in a non-invasive, neighbourly manner by living 'next door' and creating a welcoming, understanding, and safe micro-community.

Touchstone celebrated the opening of this first Next Door Neighbour site on March 14th. Approximately 30 community members, supporters, participants and family attended an open house event to experience and celebrate this first step. Touchstone would like to take this opportunity to thank all of you for your support; it really does take a community.

You Are Not Alone

by Rodney Jones, Prairie Mountain Health (rural Brandon)

Initiated and supported by Healthy Child Manitoba Office (HCMO), an educational and supportive workshop entitled "You Are Not Alone" took place in Brandon, Manitoba on March 13. The workshop, designed for families and caregivers of children and adolescents with FASD, provided an excellent networking and sharing opportunity for all in attendance, which included caregivers, service providers, other community supports and a number of youth. Myles Himmelreich captured everyone's attention throughout the

morning as he shared his life stories and experiences with FASD. His adoptive father, Brian Himmelreich, shared as well about his role as a parent. The afternoon consisted of a breakout session for caregivers, while the youth had a special opportunity to spend time in conversation with Myles. Nikki and Ryan from Visions and Voices rounded out the day by sharing their own life stories and experiences with FASD. After talking with participants during and following the event, I was so pleased to hear that the day was well received and considered valuable.

In particular, some caregivers had indicated how helpful it was to share with, learn from and feel supported by other caregivers in the breakout session.

This successful day was the result of the hard work of many people. I would like to thank them all, starting with the caregivers and youth who were in attendance and participated throughout the day. I would like to send a special thanks to Joey for speaking to caregivers and supporters at the beginning of the breakout session focusing

on children, and to Bronwen and Leanne, who did the same in the breakout session focusing on adolescents. I would like to convey a very big thanks to Leanne's son and my big helper, Riley, who offered his assistance throughout the day. Finally, with equal gratitude, I want to thank my co-worker, Carla, members from the Brandon Interagency FASD Committee, Cindy, Tammy, Candace and Angie, and Ken and Holly from HCMO.

Thoughts on the 5th International Conference on FASD

by Kathy Andrews, FASD Evaluation Coordinator, Healthy Child Manitoba Office (MCAP)



A conference is only ever as good as its speakers, and at the 5th International Conference on FASD in Vancouver, B.C., I was impressed with the speakers. They were everyone from people with FASD, to birth mothers, researchers, and policy-makers. I found myself inspired to be amongst such a large group of minds all focused on FASD. With 26 countries represented, it was fascinating to see how different cultures conceptualize FASD, prevention and intervention, and how they are seeking to make change within their communities, with or without the support of their governments. People who work in FASD are passionate and I was humbled by the experience. Sitting at my desk now and thinking back to the conference, I am reminded of some of the speakers, and how their ideas and thoughts about moving forward impacted me at an intellectual, but also an emotional, level. Here are a few things that stuck out for me

from a sea of inspired talks:

Sterling Clarren regarding quality improvement said something to the effect of: if we're doing the same thing a year from now that we are doing today, then we have a problem. His point was that we have to constantly be moving forward, that we can't expect that what we are doing right now is the very best we'll ever achieve. I think this speaks well to every aspect of our work at Healthy Child Manitoba (HCM), from evaluations, to policy development, to prevention and intervention program development and service delivery.

Heather Carmichael Olson suggested some 'big ideas' for all to consider moving forward. She talked of a tiered FASD-Informed Care Model that would allow people at risk of having FASD to be screened, diagnosed and supported in a way that maximizes their own potential without falling

through the cracks.

Therese Grant, Dan Dubovsky and Nancy Whitney presented a screening tool for brain-based impairments in mothers of children with FASD. The tool is being piloted in a Washington State PCAP program. In their energetic and impassioned presentation they presented a portion of the tool and went on to describe how they envisioned modifying therapeutic approaches to accommodate clients who have neurocognitive impairments.

A panel of FASD Key Workers presented on the lessons learned from 7 years of experience with the Key Worker program in B.C. Their presentation covered the lessons learned from the child's perspective (having a mentor program that works in unison with the Key Worker program was ideal), the family's perspective (having a Key Worker engage with the child's entire family demonstrated the understanding of the family as a unit and contributed to positive outcomes) and from a systems perspective (what it is like to work in isolation in a high-stress position where your clients are spread out geographically, and your waitlists are always seeking your attention). The lessons learned from B.C.'s Key Workers are helping to guide the

development of Manitoba's own Key Worker program.

As the FASD Evaluation Coordinator at HCM, I have to say that, in a number of talks, I heard a call for more evaluation. I heard that we need more evaluations, we need evaluations built into programs from inception and that we need to work more collaboratively on our evaluation strategies. Inevitably, I also heard that funding for evaluations was scarce.

Finally, I would be remiss if I failed to mention Donnie Winokur's presentation on a case study of a boy with FASD and his FASD assistance dog. The boy enjoyed positive outcomes in many aspects of his life after acquiring his dog, including his language skills, social development, empathy, safety, ability to bond, self-confidence and abstract and concrete thinking skills.

Changes to New Directions Interagency FASD (IFASD) Programming

by Ken Lamoureux, Healthy Child Manitoba Office (HCMO)

Since 2003/04, the FASD Information Line has served as an extremely valuable resource to Manitobans, as well as to other provinces across Canada. It has provided support to families raising children with FASD and information and resources to professionals working with families and individuals with FASD.

The Information Line has also assisted Manitobans by increasing the distribution of best practice information regarding interventions for children with FASD, as well as accurate information regarding the impact of alcohol use and other drugs during pregnancy.

Over the past few years, there has been an increase in the availability of resources online, an increase in FASD services throughout Manitoba and an increase in the availability of other information lines, such as the Motherisk Helpline. As a result, discussions with the New Directions Interagency FASD (IFASD) Program led us to look at an alternate use of these funds in order to support a current gap in service delivery: the over-6 population.

As a result, the Information Line funding has been redirected to the IFASD Program to assist them in extending their service delivery

beyond the 0-6 population, to include the 6-14 population.

As of April 1, 2013, the FASD information Line is no longer in service. To help ease this transition period, staff members from the IFASD Program have developed a document that lists other sources of FASD services, resources and publications. This document is available on the New Directions IFASD Program website at www.newdirections.mb.ca and is entitled: "FASD Resource and Publication List."

The HCMO would like to thank the staff from the IFASD Program for managing the FASD

Information Line over the years and to wish them good luck with the IFASD 6-14 Program.

If you wish to contact them by phone, please call 204-582-8658.

Manitoba's First FASD Youth Conference Attracts over 100 Participants

by Staff from the Manitoba FASD Family Network

On March 12, 2013 the Manitoba FASD Family Network sponsored a Manitoba first—an FASD Youth Conference attended by over 100 youth, supporting parents, school staff and our special guest, Minister Kevin Chief, Minister of Children and Youth Opportunities.

The conference, entitled "Awesome Me! Living with FASD" was targeted to youth between the ages of 12 and 18 living with FASD.

It had everything required for a successful conference for teens: food, rules, an agenda, interesting visuals, listening helpers at the tables, a movement break (including an engaging game of Simon Says led by MOMENTA experience discover grow), the promise of a soft drink for every conference survey completed and an excellent speaker.

Our speaker, Myles Himmelreich, an adult living with FASD, made an inspirational presentation in

which he redefined FASD to mean: Faith, Ability, Strength and Determination. In his presentation Myles made sure everyone's senses were fully engaged. He supported his presentation with images, shared personal experiences and interesting props, including a gummy bear the weight and size of Myles when he was born. For good measure he added bubble blowing, noise makers, break dancing and jokes. The audience loved it all. In a survey, all attendees said Myles helped them to understand

FASD and most described his presentation as 'funny,' 'cool,' and 'awesome.' Some added that he was 'a cool dude,' 'inspirational' and 'a good role model.'

Given the event's success, it is hoped the youth conference will become an annual affair.

Hat's Off to...

Kim Akins

Kim has been such an active member of MCAP and, now that she's moved on from her position at the Brandon Correctional Center, we just couldn't let her contributions go unnoticed. Kim served as the rural co-chair of MCAP for a two year term, as the chair of last year's coalition of chairs meeting, as a member of the newsletter committee since the fall of 2010 and, more recently, as the chair of the website committee. She has volunteered her time and knowledge, working hard at each task she took on. Although we are really going to miss her, we wish Kim all the best in her new position.

Cathe Umlah



MCAP members would like to acknowledge and thank Cathe for her dedicated service in the past few years as a MCAP co-chair. She has been a great leader, organizer and hard worker for the coalition for many years and, as she steps out of the position of co-chair, this group continues to look forward to working with her for many more years to come. She has been an active member of MCAP for 15 years and at this time we would like to say, "Thank you, Cathe!"

Thank You

Huge congratulations and thanks to the MCAP conference coordinating committee, the FASD Family Network and all who helped prepare and execute last year's one-day conference on November 26th, 2012. Well planned, well attended and greatly appreciated by all!

upcoming events

Linking Brain Function with Behaviors and Trying Differently Rather Than Harder with Diane Malbin, MSW

Tuesday, November 19, 2013, 8:30 p.m. to 4:30 p.m., Victoria Inn, Brandon Manitoba

Registration prior to October 1st is \$100, after October 1st, \$125

Contact cstumme@smd.mb.ca with questions or for more information regarding registration. Brought to you by the Brandon FASD Interagency Committee.

Consensus Development Conference on Legal Issues of FASD

September 18-20, 2013, Delta Edmonton South Hotel and Conference Centre, Edmonton, Alberta

A 3-day hearing on best practices regarding policy-relevant questions about FASD and the legal system.

Contact fasd@ihe.ca.

First International Conference on Prevention of FASD

September 23-25, 2013, Shaw Conference Centre, Edmonton, Alberta

An international conference focusing on primary, secondary, and tertiary prevention of FASD.

Contact fasd@ihe.ca.

General FASD Info Sharing

Still having trouble finding the answers to your questions about FASD? Have information about FASD that you would like to share to a wider audience? Want to advertise an upcoming event that you or your agency is hosting? Contact us at the MCAP newsletter committee and we'll make sure that your information and questions are shared. Newsletters go out in the Spring and Fall, so for more information, or to submit something, contact Colleen at crowe@nrha.ca.

Making Connections

Youth, parents, educators and service providers looking for information on Manitoba addictions-related services and information may be interested in checking out this website: www.makeconnections.ca

Manitoba Addictions Knowledge Exchange, or MAKE, has created a site for the purpose of connecting “the helping professionals who serve and support Manitobans living with addictions” by offering a forum in which they can share and collaborate while also offering a section for youth and parents with facts and resources. The site includes resources and links related to FASD, and a searchable directory of addiction-related services in Manitoba.

Looking for some interesting facts about the Neuroscience issues that go with FASD through the lifespan? Want information about intervention options? Then take a look at this website: www.knowfasd.ca. Choose a gender, then an age and find a quote about a neurobehavioral difficulty that the person may

have. Then click on the link provided for more information.

This site is brought to us by iNAT (Intervention Network Action Team), which is a sub group of the Canada FASD Research Network (Can FASD), a Canada-wide group whose mission is “to produce and maintain national, collaborative research designed for sharing with all Canadians, leading to prevention strategies and improved support services for people affected by Fetal Alcohol Spectrum Disorder www.canfasd.ca.

For even more great information about FASD, don't forget www.capmanitoba.ca, MCAP's (Manitoba Coalition on Alcohol and Pregnancy) very own site for up-to-date information on FASD. On this site, visitors will find information about upcoming events and resources, as well as the most recent and archived editions of this newsletter.

Prevention, Diagnosis and Support

For assistance in accessing resources in your community related to prevention, diagnosis and support, please call:

Healthy Child Manitoba Office
Toll Free: 1-888-848-0140
Phone: 204-945-2266

Motherisk Helpline
Toll Free: 1-877-327-4636

Interagency FASD Program
Of New Directions
Phone: 204-582-8658

Alcohol Use Information

The Healthy Child Manitoba Office has a new resource called Girls, Women and Alcohol: Making Informed Choices. This resource was written for girls and women to provide useful information about alcohol and to help them make healthy, well-informed choices about their alcohol use. Using Canada's Low-Risk Alcohol Drinking Guidelines, this guide looks at how alcohol affects girls and women, and the risks associated with drinking.

If you are interested in obtaining copies of this resource, free print copies are available by calling 204-945-2266 in Winnipeg; toll free 1-888-848-0140. In addition, copies of this document can be downloaded from the Healthy Child Manitoba Office website at www.healthychild.mb.ca.

The direct link for English copies is www.gov.mb.ca/healthychild/fasd/alcohol_women.pdf *http://www.gov.mb.ca/healthychild/fasd/alcohol_women.pdf*.

The direct link for French copies is www.gov.mb.ca/healthychild/fasd/alcohol_women_fr.pdf *http://www.gov.mb.ca/healthychild/fasd/alcohol_women_fr.pdf*

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

Thank you for your interest in the Manitoba Coalition on Alcohol and Pregnancy (MCAP). MCAP membership is open to all Manitobans with an interest in fetal alcohol spectrum disorder (FASD). MCAP will facilitate representation from across the province through the use of teleconferencing technology. Anyone may attend a MCAP meeting, however only voting members may participate in making decisions for MCAP. There are no membership fees or dues. Members must complete and submit annually a membership form confirming their intention. The type of membership chosen reflects the level of commitment to MCAP. 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 co-ordinator know when they are unable to attend a meeting.

Name: _____ Date: _____

Organization (if applicable): _____

Mailing address: _____

Tel: _____ Fax: _____ Email: _____

Please indicate the type of member you wish to be:

Individual Voting Member: An individual voting member is 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: An organizational voting member is a person representing an organization. The membership will be held by the organization, which 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: An individual non-voting member is a person not representing an organization, interested in receiving the *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, however if they wish to participate in the administration of MCAP they must change their membership to a voting member.

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

Ex officio non-voting member: MCAP funders.

**Please mail the completed form to:
Kerri Hiebert, MCAP Administrative Co-ordinator
299 Truro Street, Winnipeg, MB R3J 2A2**