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MCAP *news* www.capmanitoba.ca

Sharing ideas, information, resources, struggles & successes

HAPPENINGS

Celebrating 20 Years of MCAP News

by Colleen Tower, MCAP News committee

In the spring/summer of 1995, the Committee on Alcohol and Pregnancy (CAP) released its first-ever issue of a newsletter dedicated to “Manitoba FAS/FAE issues and events.” The newsletter was called *Manitoba F.A.S. News* and promised to be released, “periodically and free of charge to all members of the FAS/FAE Resource Centre.” In three pages this new newsletter not only let readers know what CAP was, but also informed them of education opportunities, conferences, programs and resources available to caregivers, service providers and people affected by FASD. The first cover story was about CAP and its two objectives: a) to develop a province-wide Manitoba FAS/FAE network and b) to promote Manitoba-led FAS/FAE initiatives.

The newsletter continued to grow over the years and in the spring of 1997 the headline read “Committee on Alcohol and Pregnancy Undergoes Transition,” alerting members to the establishment of four key working groups that were charged with advancing

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the FASD agenda in this province. The article also listed several accomplishments and initiatives of CAP including northern consultations, funding for eight community initiative projects, as well as the development of educational materials and more.

In the fall of 1999 the headline read, “International FAS Day 9.99.99 9:09” introducing readers to the newly established day of observance encouraging communities around the world, “to gather for events to raise awareness about the dangers of drinking during pregnancy and the plight of individuals and



VOLUME 9 NUMBER 2

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

families who struggle with Fetal Alcohol Spectrum Disorders (FASD).”

That 1999 issue also listed the “Top 10 Reasons for CAP’s Continued Existence”:

- Share current and relevant information around FAS
- Enhance coordination and prevent duplication of services
- Network and problem solve
- Identify gaps in services
- Coordinate and publicize activities
- Encourage innovative ideas and creativity
- Provide support systems and a venue for partnerships
- Provide a place of communication
- Encourage people to remain interested in the issue of FAS
- Provide a place to celebrate success

In the years that followed there were stops and starts along the way, but over time the CAP newsletter continued to grow with more and more articles and information about FASD being shared with members. In the winter of 2004, *Manitoba F.A.S News* added a D and changed its name to *Manitoba F.A.S.D News*.

By the spring of 2006, CAP once again was asking the question, “What does the future hold for Coalition on Alcohol and Pregnancy?” and groups again were being formed to answer that question. The next newsletter that followed in the winter of 2007 answered that question when it published CAP’s new vision & purpose, “From the newly created Terms of Reference, CAP’s vision is to reduce the number of children exposed to alcohol use during

pregnancy and to facilitate the best possible outcomes for individuals living with FASD. CAP’s purpose is to attract a network of individuals and organizations from across all sectors in Manitoba supporting prevention, education, research and intervention activities in the area of FASD.”

In the summer of 2008, the *Manitoba FASD News* changed its name to *C.A.P News* and featured its new logo, which was designed by the bridges intermediate program students at David Livingstone School. In the spring of 2010, the headline read, “Visions and Voices Ready to Launch,” once again reinforcing the idea that it is important to all to hear from people living with FASD.

By the summer of 2010 the newsletter’s name was changed

once again to the current name *MCAP News*. Over the past five years the name of the newsletter has remained the same and so has MCAP’s commitment to inform readers by “Sharing ideas, information, resources, struggles & successes,” as the tagline states. As proven over and over by the articles and information highlighted over the past two decades, MCAP owes its success to its membership and the people around the province who take part in the conversations about FASD.

During this anniversary, MCAP thanks everyone for your hard work— past, present and future.

**Check out archived editions of this newsletter at capmanitoba.ca*

We’ve Come a Long Way Baby!

by Sheila Bogoch, Behavioural Health Foundation

Twenty years ago many people were doubtful about the science behind FASD. Skepticism and fear hampered both education and prevention efforts. By providing information and opportunities for discussion and by reminding us to consider FASD from many different viewpoints, MCAP has played an important role in changing that picture.

At the Behavioural Health Foundation, we know that affected individuals have always been part

of our therapeutic community. This was true at BHF’s beginnings in 1971, and is still true today.

What has changed over the years is that FASD is now a widely acknowledged and accepted topic for discussion. FASD screening is done with every individual who enters our programs, for example.

This has opened the door to non-judgemental discussion and ensures that everyone seeking services receives some basic

education on the topic. Equally important, every person employed by BHF, from management to youth treatment workers and kitchen staff, participates in FASD training to increase our ability to respond effectively and sensitively to residents’ needs.

Most gratifying perhaps is the growing awareness in both men and women that a safe and sober pregnancy is a gift they give their child for a lifetime. We see

more and more pregnant women choosing to come into abstinence-based residential treatment, and stay throughout their pregnancy.

They are making conscious decisions to pursue their own goals while improving outcomes for their babies. The women receive a great deal of support and respect from both staff and peers and their babies are treasured. We look forward to seeing this positive trend continue over the next twenty years.

“What does MCAP mean to me? A doorway to learning, growing, sharing, supporting, connecting, community, and reaching-out”. Anita Posaluko FASD Family Support New Directions

Portage and Area FASD Coalition Living its Mission

by Nancy Neufeld, Southern Health/Santé Sud

“To engage community partnerships through education and professional development, to recognize and prevent FASD in Portage and area and to work to support those impacted by FASD.”
—Portage and Area FASD Coalition Mission Statement

Being reminded of the MCAP 20th anniversary motivated me to look back at our own coalition’s history. The Portage and Area FASD Coalition was born in the spring of 2010 with \$2,500 seed funding from the Changes for Children Initiative. MCAP member and Metis CFS FASD Specialist, Leilani Buschau provided invaluable guidance in helping the group get started.

We hope that in sharing some of our success stories we might give other coalitions ideas for their own

group as they move forward. Here are some of the ways we have lived our mission statement:

Education

- Strategies for Working Effectively with those impacted by Fetal Alcohol Spectrum Disorder, presented by Leilani Buschau—Metis CFS FASD Specialist (May 11, 2011).
- FASD and the Rules: Seeking Justice and Correcting the Course – When the Usual Doesn’t Work presented by Corey La Berge—Accommodation Counsel for Youth Living with FASD (October 19, 2012).
- Attachment & the Child With FASD presented by Tracey Miller and Gerard Allard—T & G Training (May 8, 2014).

- Future planning—Bringing Myles Himmelreich to Portage la Prairie (October 23, 2015).

Awareness and Prevention

- FASD Awareness Day Activities—Annual free hotdog BBQ, providing local establishments with drink coasters, placing articles and advertisements in the local media and participating in the local morning radio show, sponsored “Cupcake Crash” and distributed cupcakes laden with FASD messages to local businesses.
- Addictions Awareness Week—Organized free “Lunch & Learn” sessions at the local family resource centre.

- Offered displays featuring the MCAP information board at events throughout the region.

Support

- Applied for and received \$1,000 from the Community Foundation of Portage and District Inc. to purchase FASD related books and DVDs for the local library.
- Maintain an FASD e-news with information about upcoming educational opportunities, new resources and more.
- Provided funds to a local parent of a youth with FASD to attend the November 2014 FASD conference in Winnipeg.

THANK YOU!

For a committee to stay active and relevant for over 20 years, it takes a lot of hard work and dedication from its members. Throughout all these years MCAP has always had members who are passionate about sharing what they know and who continue to advocate for change around the issues attached to FASD. To everyone past, present and future who has been part of MCAP, we say “Thank-You!”

A big part of keeping a committee moving forward is having someone willing to take the lead and at this time we would like to give special thanks to the people who have taken on a leadership role as chairs and co-chairs both in the past and today:

Rodney Jones
(current co-chair)
Betty Wiebe Hosein
(current co-chair)
Cathe Umlah
(July 2011 - April 2013)
Kim Aikens
(November 2011 - May 2012)
Leilani Buschau
(June 2008 - June 2011)
Joanne Wyman
(March 2009 - November 2010)

Carie McIntosh
(March 17, 2008 - February 2009)
Jocelyn Bjorkland
(October 2006 – January 2008)
Brenda Bennett
(October 2006 – January 2008)
Zenon Lisakowski
(January – September 2006)
Dale Kendel
(1993 - October 2007)

Getting There The Long Way

by Nikki Swirsky as told by Maraleigh Short, Visions and Voices

When I think of my journey, I have seen that when it comes to awareness about FASD it depends on the situation, the person, and where you are. When I was in junior high, I was living on a reserve in Northern Manitoba (Norway House) and even the teachers there had only known about FASD for maybe two years, so they really didn't know much about it. It wasn't really talked about in class, but I think a lot of kids had it.

There was an FASD program centre that would host events to try and raise money for programming and

my mom worked there. No one knew I had FASD until I spoke about it on a community radio station. After that I was bullied a lot more and it became even more difficult to live there, so about a year-and-a-half later I moved to Winnipeg.

The last time I was in Norway House I was six months. I was giving a presentation in the Pas with Visions and Voices and I went back to the reserve for a memorial service. I, along with another

Visions and Voices speaker, gave a

presentation to the youth (a lot of whom were ashamed to say they had FASD). They asked a lot of questions about how I had learned to accept that I had it. For me, it's about knowing that it doesn't need to be my label. I think today a lot of kids on the reserve don't care about it, which is sad. So it's good to talk to youth about FASD, but you need to help them through accepting it and not being labelled. But it really depends on support. Teenagers need to know how alcohol can damage a baby, but the mother also needs support in her life.

Now that I'm a mom I just hope for the best for my daughter, like every parent does. Even though she doesn't have FASD, I hope she doesn't get bullied like I did in school. When it comes to awareness about FASD, I want people to know that we are capable of doing everything "normal" people can do. A lot of people don't understand that there can be physical problems that come with FASD, so we might be a little slower doing some things, but we will get there.

Manitoba's Investment in FASD Grows Annually

by Jill Isbister, Healthy Child Manitoba Office

Looking back at the first newsletter written by MCAP 20 years ago, it is remarkable how the response to FASD in our province has grown over the years. In 1995, while there were a few small federally funded and community-based initiatives, there was not yet a coordinated provincial investment. At that time, there was no provincial FASD strategy, no dedicated provincial staffing, a small diagnostic clinic that served children under the age of six, and the first provincial FASD specific program had just opened its doors; the FASD Outreach Team operating out of Family Services. Today, the Provincial FASD Strategy is a \$14.1 million investment, overseen by eight

provincial government departments and led by four full-time positions at Healthy Child Manitoba.

MCAP deserves kudos as the organization that inspired the first specific provincial program to address the prevention of FASD. In 1996, MCAP sponsored a visit by Therese Grant to present on a project called Birth to Three that she was running in Seattle, Washington. This project was subsequently renamed the Parent-Child Assistance Program and became the gold standard in community-based programming for birth mothers for many years. This MCAP event led to the launch of a small provincially

funded pilot program in Winnipeg called Stop FAS in 1998. This was eventually renamed the InSight Mentor Program and is now available in six communities in Manitoba serving over 200 women and their families annually.

In 1998, the province created the Children and Youth Secretariat (CYS) to address children's issues that were multi-departmental in nature. At this time, FASD was identified as a priority issue for CYS and Manitoba joined with Saskatchewan and Alberta to form the roots of the Canada Northwest FASD Partnership. CYS began supporting one full-time position to

address FASD, with a small budget to support community development activities, resource development, as well as public awareness and training opportunities.

Over time, the provincial attention and investment grew and the Provincial FASD Strategy was formally announced in 2007. As it did then, MCAP continues to shape and influence the strategy today and the province now supports more than 30 FASD specific programs, services and educational training, and research activities annually. We look forward to what we will accomplish together in the next 20 years.

"MCAP is a dynamic group making an impact in the area of FASD across Manitoba and it is our privilege to participate as co-chairs during this time of great potential." Betty Wiebe Hosein and Rodney Jones, MCAP Co-Chairs

MCAP Sets New Strategic Priorities

by Betty Wiebe Hosein, MCAP



On February 10, 2015 MCAP met for a day of strategic planning. Seventeen members were able to attend this day and we were pleased that Rhonda Lorch could facilitate our discussions. It was a productive time, without the usual business and time constraints of our regular monthly meetings.

In preparation for the meeting, the MCAP membership was surveyed for feedback regarding our goals and activities and the effectiveness of our monthly meetings. This feedback informed the outcomes of the day as we reviewed our mission, looked at the challenges and opportunities available to MCAP, and established strategic priorities.

Productive discussion resulted in a new mission statement for MCAP— “To support a collaborative network of members who share ideas, information, resources, challenges and successes.”

Our vision statement was revised to read, “MCAP members are supported in their professional or personal interest in FASD.”

With our mission clearly defined, our first priority as we go forward is to identify the needs of existing members and to ensure that MCAP activities are meeting those needs. MCAP has always been

a member-driven body so this is not a new direction for us, but a recommitment to our focus. The second priority is to conduct our monthly membership meetings in a manner that more effectively connects with the identified needs of our members. To this end, we have begun condensing the business portion of the meeting to allow more time for sharing and discussion as well as opportunities to invite guest speakers to present on topics of interest to the group. We look forward to finding creative ways to continue to make our membership meetings relevant and interesting.

We also recognize the need to be inclusive of members who are unable to attend meetings in person and so making it possible for people to attend by phone or web conferencing will continue to be a priority. We are also exploring other ways we can support members who cannot attend our meetings.

As we move forward, we are excited to increase our membership, grow as a trusted source of information, and continue to support one another as we participate in prevention, education, research and intervention activities in the area of FASD.

MCAP Uses Technology To Break Down Barriers

As mentioned in the article above (“MCAP Sets New Strategic Priorities”), as part of MCAP’s 2015–2016 Strategic Plan we have undertaken steps to ensure that barriers to member participation at our monthly meetings are minimized. To this end, we would

like to assist members, particularly in rural areas, who are unable to attend our meetings in person, to join us via web conferencing.

To participate in this way you just need a computer, headset and webcam.

If you are an active MCAP member and would like to join us via web conferencing you can now apply to MCAP for funding to purchase a headset and webcam.

Please contact Kerri Hiebert, the MCAP administrative coordinator

at kerrihiebert@mts.net for more information regarding the application process. Funding is limited.

If you do not have a computer you are welcome to continue to join us via conference call.

CLOUT Makes Foster Care a Positive Experience

by Sue Mozdzen, Ma Mawi Wi Chi Itata Centre

CLOUT (Community Led Organizations United Together) provides short-term, culturally-appropriate, reunification-focused foster care right here in Manitoba. CLOUT's success rate is currently 75% (including birth parents and extended family reunifications). Most of the success

can be attributed to the program's commitment to ensuring that employees, foster parents and birth parents all work together towards the common goal of reunification.

This program recognizes that birth families have a number of socioeconomic issues to deal with

every day and that many of the birth parents are themselves fetal alcohol affected (diagnosed or undiagnosed). Often the reason their children came into care in the first place had to do with addictions. CLOUT works with these families, their extended families and their networks of

support to make them stronger so their children can return home.

To learn more about CLOUT visit cbc.ca/news/canada/manitoba/clout-insists-foster-care-doesn-t-need-to-be-a-negative-experience-1.3036396.

FASD Knowledge Translation and Exchange Event A Success

by Anita Posaluko, Interagency FASD Program

The FASD Family Support, Education and Counselling Program was recently invited by the Public Health Agency of Canada to develop a two-day workshop on FASD, which included topics related to prevention, understanding FASD, resources in the community and support.

I think I speak for everyone in the program when I say it was an honour and an amazing learning opportunity to host the two-day FASD Knowledge Translation and Exchange event on March 4-5, 2015 for public health funded programs including: Community Action Programs for Children (CAPC), Canadian Prenatal Programs (CPNP) and Aboriginal Head Start programs from across Manitoba.

We strove to make this event relevant, practical and meaningful for those in attendance. This meant

ensuring most of the content came from those who were directly living with FASD.

We were delighted to receive overwhelmingly positive feedback. It was a real team effort and encouraged a deeper partnership between those of us working within the FASD community.

The Day at a Glance

“Living With FASD”—Myles Himmelreich
Myles shared the challenges and successes he has faced in his journey living with FASD.

“What’s up with Sensory?”—Andrea Auch
This session explored what sensory integration is and how it works. A review of our own sensory processing differences were touched on and followed with how sensory

dysfunction impacts an individual. The final portion of the workshop examined some sensory strategies that may assist an individual struggling with FASD.

Panel Presentation: Shannon Foster, Devon Ungurain, and Noella Gentes.

Panel guests shared the services their programs provide in relation to the support and prevention of FASD. The role of key workers, diagnostic coordinators and InSight Mentor services within Manitoba were explored.

“But Michael Makes Me Laugh”—Lori Stetina
Lori is the mother of an 18 year-old child with FASD. She poignantly related her story of raising a child with special challenges.

“The FASD Wheel”—Sandra McNeill and Andrea Auch

Sandra and Andrea introduced the FASD Wheel, developed by Dr. Michael Harris, director of mental and chemical health services at the Indian Health Board of Minneapolis. The FASD Wheel is a new visual way to conceptualize the brain damage inherent in individuals with an FASD diagnosis.

“This is My story”—Video
The story of one mom’s brave journey from substance use to healing, and what has made a difference for her and her children.

Visions and Voices Panel Presentation: Lisa and Nikki
The Visions and Voices presenters are persons living with FASD who share their stories of hope, struggle and accomplishment with audiences throughout Manitoba.

The Manitoba FASD Community: Then and Now

by Cathe Umlah

That was then....

CAP was established by the Manitoba Medical Association (MMA) in 1993, in response to the recommendations made at community consultations on FAS/FAE held in Winnipeg in 1993. Dr Oscar Casiro was the first chair person of the Committee on Alcohol and Pregnancy when the meetings were held at the MMA office on Sherbrook Avenue. I remember the energy and commitment of the people around the table in those early days of discovery.

In those early years, you had to leave the province, and even the country to get any training or education on FASD. I remember my first FAS/E conference in 1996 in Madison, Wisconsin and how deeply the teachings impacted me, especially hearing from the families and mothers who were so profoundly affected by the impact of FAS/E on the lives of their children. It felt like a crusade at the time, trying to spread the word, create understanding and increase awareness about alcohol use during pregnancy.

I was fortunate to be part of one of the first FAS/E programs in Manitoba called the Interagency FAS/E program—a program that continues to do great work with families as the FASD Family Support Program out of New Directions.

Diane Malbin was the first FAS/E educator/ trainer to come to Winnipeg in 1995. Her neuro-developmental model and personal teachings about children and youth who are affected by FASD, as well as her perspective as a mother, set the foundation for the development of many FASD programs and services that exist today.

This is now....

International FASD Day was started in 1999 by a group of parents of children affected by FASD to raise awareness and celebrate the accomplishments of people affected by FASD.

We continue to honour this day around the province in creative, fun ways that help raise awareness

about FASD and celebrate the accomplishments of people living with FASD.

Since 2000, there have been three FASD conferences in Winnipeg, including the most recent one in November 2014. In addition to these conferences, there have been countless trainings and conferences held throughout the province by various coalitions, health regions and community groups over the years. You no longer have to leave the country or even the province to learn from the best about FASD.

We now have 94 members participating in MCAP from across the province. The advancements in technology allow rural and northern MCAP members to participate by phone and web conferencing, which means we are able to include their unique perspectives and ideas regarding FASD in the MCAP discussion.

In addition to MCAP, which is based in Winnipeg, there are 13 FASD coalitions in various communities in rural and northern

Manitoba. Each of these coalitions are doing great work, creating awareness of FASD in their communities as well as networking and advocating for improved programs for FASD prevention as well as services for affected individuals.

The number of programs and services that exist in Manitoba has continued to grow and develop every year. To see the scope of this work visit the Manitoba FASD resource list on the Healthy Child Manitoba website.

Have we made a difference? I think so. Even though we may not have seen the tides turn in terms of reduced numbers of children with FASD, we have seen many more children, youth and adults identified, screened and diagnosed with FASD, leading to a better understanding of their unique needs, as well as real benefits for affected individuals so they can live their best lives.

“20 years seems like a long time, but can still fly by in the blink of an eye. It’s nice to be able to look back through archived newsletters to see where we’ve been and to get ideas about where we’re heading.” Colleen Tower, MCAP newsletter committee

events

17th Annual Reclaiming Our Voices Women's Gathering

July 5-8, 2016

Keeseekoowenin 61A campgrounds

Clear Lake, Manitoba

West Region Child and Family Services, Inc. (WRCFS) is proud to host the upcoming 17th Annual Reclaiming Our Voices (ROV) Women's Gathering, which offers an opportunity for more than 120 participants to get close to Mother Earth and all her blessings. Reclaiming Our Voices events provide support for First Nation and other Aboriginal women sixteen years of age and older experiencing issues around addictions, family violence, family relationships, and parenting. The women are assisted in accessing community supports and developing a personal plan of action in their healing journeys. ROV has been recognized as a promising best practice model for First Nation communities in Manitoba, in Canada and the USA.

Female elders from each of the WRCFS member communities assist in the preparation and facilitation of workshops and provide guidance for all aspects of the gathering. The ROV Planning Committee is also on hand to provide twenty-four hour support to the women and to ensure the safety of all participants and staff.

Our theme this year is "Gichi Inenimaadaag Ikwewag O-noondaagoziwin-iwaan" which translates to Honouring the Voices of Women. We will be giving special focus to the missing and murdered Aboriginal women from our communities.

This year, WRCFS will be accepting up to 25 registrations from external agencies wanting to take part in this unique wellness opportunity.

**Activities & Workshops: Traditional medicines • Sharing circles • Grandmother Moon teachings
Sweat lodge teachings • Traditional arts and crafts • Seven Sacred Ways of Healing
Drum and song • FASD/FAE prevention • Prayer room • Nature walk • Games and prizes**

Registration Deadline: June 15, 2015

Cost: \$500 (includes a two-person tent, sleeping bag, air mattress, all meals, workshops and supplies)

Call 1-866-636-6100 and ask for Stella Bone, Linda Dano-Chartrand or Debbie Hemphill to register.

2015 ROV RAFFLE

Draw date: June 5, 2015

Tickets: 3 for \$5 or \$25 for a book.

Call 1-866-636-6100 for tickets.

Prizes:

1st \$1500

2nd 48" Flat Screen LCD TV (value \$800)

3rd 16 GB IPAD (value \$600)

4th \$300 Gift Basket.



For her many years of dedication in the field of FASD, MCAP would like to say congratulations to Cathe Umlah as she moves into retirement. We wish you all the best!

As the position of treasurer for MCAP changes hands, we would also like to say thank-you to Jewel Reimer for not only holding this position since 2009, but for doing an excellent job at it! Also, at this time we would like to welcome Chris Culleton-Koebel as our new treasurer.

RESOURCES

In the last edition of *MCAP* news, readers were asked to send in questions about FASD that they would like to have answered by a FASD expert.

If a pregnant woman has an FASD, does that mean her baby will have it too?

No. The only cause of FASD is alcohol use during pregnancy. So if a woman who has been diagnosed with FASD herself abstains from alcohol use during her pregnancy, she will not have a baby with an FASD.

The answer to this question and many other questions can be found in a variety of resources developed by Healthy Child Manitoba. Some examples are:

- *What Early Childhood Educators Need to Know about Fetal Alcohol Spectrum Disorder.*
- *What Educators Need to Know about FASD.*
- *Every Day is an Adventure: What Parents and Caregivers Need to Know about FASD.*

All of these and many other resources can be found at gov.mb.ca/healthychild/fasd/resources.html

An excellent article about the positive impact disability can have within families titled, "Strength in Diversity: Positive Impacts of Children with Disabilities" is now available online @ blog.vanierinstitute.ca/children-disability-positive-impacts-children-family/

Manitoba Liquor and Lotteries has recently updated their Be With Child Without Alcohol resource guide. The guide is available in English, French, Cree, and Ojibway free of charge as a download or in

print. Learn how you can Be With Child Without Alcohol or help a pregnant woman you know do the same with childwithoutalcohol.com

Healthy Child Manitoba is pleased to announce four new resources aimed at service providers who work with girls and women. A series of one-page tip sheets were developed, based on work by the BC Centre of Excellence for Women's Health, to support service providers in having conversations with women about alcohol, pregnancy and contraception. The

sheets cover a range of situations and are titled:

- *It is Safest Not to Drink During Pregnancy: What Does This Mean?*
- *Why do Girls and Women Drink During Pregnancy?*
- *Pregnancy, Alcohol, and Trauma-informed Practice.*
- *Treatment and Care for Pregnant Women who use Alcohol and/or Other Drugs.*

These sheets are intended to give service providers a better understanding of issues related to substance use during pregnancy and

empower them to support women. Share them with your colleagues or use them at your training events.

The sheets are available by calling the Healthy Child Manitoba Office at 204-945-2266 or 1-888-848-0140 or can be downloaded at gov.mb.ca/healthychild/fasd/resources.html

On the website you will also find an extra package of bonus information related to each sheet including research findings and referral options.

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