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# MFASD www.capmanitoba.ca news

Sharing ideas, information, resources, struggles & successes

## HAPPENINGS

Volume 10  
Number 1

## MCAP Gets a New Name

by Colleen Tower, newsletter sub-committee chair

Over this past winter, during meetings of the Manitoba Coalition on Alcohol and Pregnancy (MCAP), discussions began about becoming an incorporated body. As work began on making this happen, a suggestion was made that it may be time to change our name as well. Over the course of a couple of meetings ideas for a new name were generated, and by December 2015 a new name was chosen: Manitoba FASD Coalition. Once the name was chosen, final incorporation processes were set in motion and this spring the group was officially granted incorporation status.

For now, regular activities of the group will remain the same-

monthly meetings, information sessions, website, newsletter and special events. In addition, the new incorporated entity will carry out all the activities of the Coalition of Chairs including: spring gathering, networking opportunities and joint projects. This will make for even greater opportunities to share best practices.

One more change came in the form of a new rural co-chair. With the resignation of both the rural (Rodney Jones) and urban (Betty Wiebe Hosein) co-chairs, the Manitoba FASD Coalition welcomes Carie McIntosh back to the role of rural co-chair. Carie held the position in 2008-2009 and recently accepted the



nomination to sit in the position again. The coalition welcomes Carie and at this time is seeking an urban co-chair to assist her.

Over the past 20+ years this group has gone through a few name changes and the people who sit at the table have changed throughout that time as well. However, as this hard-working group of Manitobans continues to prove time and time again, even when names and faces change the dedication to the field of FASD continues.

*MFASD News* is a semi-annual publication of Manitoba FASD Coalition. Its mandate is to disseminate current information about FASD, a disability affecting those who have been exposed to alcohol in utero.

The Manitoba FASD Coalition 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. Manitoba FASD Coalition facilitates this through regular meetings, special events, the Manitoba FASD Coalition website and this published newsletter. Manitoba FASD Coalition receives funding support from Healthy Child Manitoba. Manitoba FASD Coalition meets every third Monday of the month from 9 a.m. to 11 a.m. at the Healthy Child Manitoba Office. Teleconference available.

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## Calling all Manitoba FASD Coalition Members!

With the stepping down of our urban (Winnipeg) co-chair Betty Wiebe Hosein, we currently have a vacant executive committee position. Anyone who would like more information, is interested in the position themselves or would like to nominate someone for this position is encouraged to contact Carie McIntosh, rural co-chair. Carie can be reached at 204-627-7458 or [Carie.Mcintosh@ocnhealth.com](mailto:Carie.Mcintosh@ocnhealth.com)

## Healthy Child Manitoba Welcomes Two Members to FASD Team

by Ken Lamoureux, Healthy Child Manitoba

Healthy Child Manitoba is excited about welcoming two new members to the FASD team: Melanie Muchling is filling in for Jill Isbister (who is currently on a term assignment with the Department of Families) as the FASD prevention consultant. Melanie is here on a secondment from the Provincial Special Needs Program, where she worked as a service coordinator with adults with intellectual disabilities who are involved with the criminal justice system. In addition to her work with Healthy Child Manitoba's FASD prevention programs (InSight, Project CHOICES, and The Mothering Project), Melanie is involved with the work of the three Looking After Each Other project subcommittees.

Kirsten Mah is the new FASD evaluations coordinator, filling in for Kathy Andrew while she is on maternity leave. Kirsten recently completed a master of arts degree in public and international affairs and previously worked in

evaluations at the Public Health Agency of Canada. Kirsten has conducted evaluations of Project CHOICES, the Manitoba Key Worker program and the Starfish program. She also supports the work of the Looking After Each Other project as a member of both the common language and research subcommittees.

### Winter FASD Family Get-Together

Every year, as a way to acknowledge International FASD Awareness Day, HCMO hosts a caregiver appreciation barbeque in partnership with the Manitoba FASD Family Network. At the 2015 event, we received feedback from caregivers that they would like to have more opportunities (like the annual barbeque) to network with other caregivers.

As a result, HCMO and the Manitoba FASD Family Network hosted the first-ever winter FASD Family Get-Together at David Livingstone School on February 24, 2016. The event included

a fun icebreaker activity that helped caregivers to get to know each other better, face painting and other fun activities for the kids, excellent food from Neechi Commons, a presentation from Mad Science, and door prizes. Families in attendance provided positive feedback and said that they would like to have another event in 2017.

### Workshop for FASD Trainers

With the release of the revised *Canadian FASD Diagnostic Guidelines* in late 2015, HCMO hosted a workshop on March 11, 2016 for people who deliver FASD training. Trainers from across Manitoba had the opportunity to hear a presentation from Dr. Hanlon-Dearman that outlined some of the key recommendations in the revised guidelines and some early implementation considerations for Manitoba.

In the afternoon, participants took part in a facilitated discussion on strategies for providing effective

FASD training in a way that is non-stigmatizing and uses language that promotes dignity for Manitobans impacted by FASD. Participants enjoyed the opportunity to share and learn from each other and they expressed a strong interest in having more collaborative workshops in the future.

### InSight Retreat

Mentors and coordinators from the seven InSight Mentoring Program sites gathered in Winnipeg on June 7-8. On the first day, the team spent time discussing topics such as mindfulness and self-care, perinatal mental health, collaboration between InSight and the CFS system, and after-care services for InSight clients. On the second day of the retreat, InSight was joined by elders from across the province and many other FASD stakeholders & service providers for the Looking After Each Other project's Elders' Gathering. This was a fantastic collaboration that will surely have a lasting impact on all who attended!

## Introducing the New Visions & Voices Speakers

compiled by Maraleigh Short, Visions and Voices



Chris

Hi my name is Chris Martin, I have FASD. I am 34 years old and live in a residential home owned by Wings of Power in Pine Falls, Manitoba where I volunteer five days a week.

I have spent most of my life living in group homes or with foster families because my mother was an alcoholic. My father died when I was very little and my mother couldn't raise six children. I have five brothers and sisters and all of us have FASD.

Being a member of Visions and Voices is very important to me. When I heard [the speakers from the program] for the first time I immediately knew that was what I wanted to do. I could connect with them. They were just like me. I enjoy telling my story. I think it is important to let people know that we are normal people, but we have a

brain injury. We want to be treated the same as everyone else. We have feelings just like them and want the same things. It is also important to tell everyone that FASD is preventable. Don't drink if you are pregnant, and don't let your wife or girlfriend drink if they are pregnant. If you do you will have a child that will be like me.

I have spoken publicly four times now. My favourite event was at Lac Du Bonnet Senior School. I spoke to their family studies class and seemed to connect with a few students. One of the girls spoke to me after and said she enjoyed hearing my story and that she will definitely not drink when she gets pregnant. She gave me some art work that I have framed and have on the wall in my room.



Kaity

My name is Kaity, and I'm 21 years old. A lot of people don't think or know I have FASD because my life is pretty stable and I seem "normal." I've lived with my grandparents since I was four and they have been the greatest support in my life. Growing up, I hated school because if I didn't get something as quickly as other people or as quickly as I wanted, it was very frustrating. With the help of a few key people in high school, I graduated in 2014, and I am currently employed as a server.

I joined Visions and Voices because I want to get my story out there, and I hope that it helps young

children and teenagers; I hope it helps individuals to know more about what it's like living with FASD and to know it's not a negative thing. The positive message I want to send is to tell moms that if they drank while pregnant, that it happens and it's not about judging them.

One of the most memorable presentations I've done so far was when I went to Thompson to speak to the junior high and high school students there. It was inspirational to speak to youth and for them to be inspired by what I had to say. I felt like they listened and were open to my story and what I shared.



Trevor

Trevor has been a part of Visions and Voices for about a year now and, in addition to numerous Winnipeg presentations, he has travelled to Thompson, Swan Lake and Steinbach. We are grateful for his humour and personality which were especially appreciated on our two-day road trip to Thompson.

As well as being able to make us all laugh, Trevor is an incredibly kind and generous person. Trevor's stories about living on the street as a young adult highlight how resilient and compassionate he is. These qualities

are always evident when he speaks. A milestone for Trevor was at his most recent presentation when he was able to do his entire presentation without any notes. It was great to witness how he continues to grow in confidence each time he presents.

For more information about Visions and Voices or how to book a speaker contact Maraleigh Short, Visions and Voices coordinator at the Touchstone FASD program [mashort.fasd@initiativesjc.org](mailto:mashort.fasd@initiativesjc.org) or call 204-899-3556.

## FASD and the Law Conference Held in Southern Manitoba

by Lisa Balcaen, Southeast FASD Coalition

On March 16, 2016 the Southeast FASD Coalition, with financial support from the Manitoba Coalition on Alcohol and Pregnancy, hosted a half-day conference on FASD and the law in Steinbach Manitoba. Service providers from all sectors, families and individuals living with FASD were invited to learn about experiences, supports and issues within our justice system in regards to individuals living with FASD. A total of 79 people were in

attendance, demonstrating the need for education on how to support individuals living with FASD and their families.

Guest speakers included Simon Laplante, who is a parent of a child diagnosed with FASD, and Trevor and Russ from Visions and Voices who spoke about their experiences with the justice system.

Graham Wyllie and Caitlin Thomas-Dunn from Life's Journey

shared current developments and issues within the court and justice system, as well as how to support individuals involved in the justice system.

Life's Journey shared a very exciting announcement about a new rural spectrums program in the southeast region that will provide support to adults living with FASD. This program will launch this summer.

Coalition members were very

pleased with the outcome and are excited to plan future events.

What people said:

"I learned there is hope with programs in place."  
"The future for people is possible with supports!"  
"Excellent!"  
"Awesome speakers!"  
"Very well done!"

## Elders Gathering Brings Indigenous Teachings To FASD Community

by Healthy Child Manitoba FASD team

Each year, Healthy Child Manitoba (HCM) hosts a two-day gathering to forward the work of the "Looking After Each Other" project, and to bring the regional FASD coalitions from across Manitoba together to network and learn from each other (see article on page 7). This year, HCM partnered with the provincial department of Indigenous and Municipal Relations, Ma Mawi Wi Chi Itata Centre and an Elders advisory group to host a one-day event prior to the gathering.

On June 8, participants including 110 FASD service providers and

Elders from across Manitoba had the opportunity to participate in a day of networking and sharing.

The day began at 7am with seven pipe-carrying Elders leading a pipe and water ceremony to offer prayers and to share teachings about the significance of water in healing and wellness. This was followed by an ice-breaker activity that helped participants begin to get to know each other and share expectations for the day.

A panel including two Elders helpers and staff from the STAR Mentoring Program and the

InSight Mentoring Program answered questions about how to introduce traditional Indigenous teachings to individuals supported by FASD programs, how to approach an Elder to offer tobacco and how to participate respectfully in some of their cultural ceremonies.

During the second half of the morning, Elder Robert Greene shared an alcohol teaching, which was followed by small group discussion on how this teaching could be used in programming. In the afternoon, Elder Wally Swain introduced a video from the

Onashowewin Justice Circle. Elder Velma Orvis led a tipi teaching, which was a powerful reminder of the lasting impact of colonization on Indigenous people and communities across Canada.

The day ended with a reflection process in which participants were asked to reflect on the day and how they would take what they learned back to their communities.



## The Starfish Project

by Catarina Witt, FASD Addictions Services Project

The Starfish Project is an addictions services project for youth living with FASD who are involved with the justice system and experience problematic substance use. The Addictions Foundation of Manitoba (AFM) originally offered this program in partnership with Manitoba Youth Corrections and Healthy Child Manitoba with three-year pilot project funding through the federal Youth Justice Fund. The project is currently on one-year extended funding in a partnership with AFM, Manitoba Youth Corrections, Manitoba Liquor and Lotteries Commission and Healthy Child Manitoba.

The Starfish Project is open to youth who meet the following criteria:

- **Have a diagnosis under the Fetal Alcohol Spectrum Disorder umbrella**

- **Are involved in Manitoba Youth Corrections (residing at the Manitoba Youth Centre, the Agassiz Youth Centre or on probation)**
- **Experiencing problematic substance use**
- **Live in Winnipeg, Portage la Prairie or surrounding areas**

The Starfish Project is a voluntary program that includes one-on-one counselling, small group sessions, mentoring supports and recreation and leisure activities. Participation involves one or more sessions a week initially, moving to less frequent sessions as participants progress through the program. The Starfish Project supports ongoing participation by providing transportation, appointment reminders (via text or phone), non-traditional meeting places and times and inclusion of support persons.

The name for the program, The Starfish Project, was chosen to reflect the uniqueness and worthiness of each individual living with an FASD. These youth have unique and individual strengths and challenges to be supported and nurtured. The Starfish Project programming is adaptable to enable staff to tailor program components and the level of involvement to each participant throughout their participation in the project. Some youth may be in and out of custody and probation during their time with the project. The project is designed to enable programming to move with the participant through the different systems as their needs change.

Referrals to the program can be made by Child and Family Services workers, social workers, probation officers, Youth Corrections staff and

as recommendations by the court. Youth with FASD who are sentenced to probation with the condition of attending AFM for assessment/treatment could be diverted to the Starfish Project as another option to the regular AFM intake. The goals of the Starfish Project are to support participants in experiencing success in meeting their goals, reducing recidivism and increasing their quality of life.

Please contact us with any comments, questions or concerns. We would love to hear from you. Our contact information can be found at: [afm.mb.ca/programs-and-services/for-youth/fasd-addictions-services-starfish/](http://afm.mb.ca/programs-and-services/for-youth/fasd-addictions-services-starfish/)

## A Shout-Out to the Pas from Jeff Noble

The following is an excerpt from the FASD Forever blog post Jeff Noble wrote after presenting in The Pas.

I finally got over a chest cold I had for over a week and like most men who get sick, I am a complete suck. The worst part was I started to get sick a day before I headed The Pas (pronounced The Paw), Manitoba.

Where is that you say? Ohhh... only 2817km/1750 miles away from home. The Pas sits close to the Saskatchewan border... Let's just say it's north. To get there I took a regular plane to Winnipeg and then I took a plane that runs to the Arctic Circle—the airline was called Calm Air...

I hope that just wasn't a pun.

I was prepared for the trek though—this was one of the stops along the Making Sense of the Madness tour and when they invited me back—I couldn't resist!

When I finally made it to The Pas, I was greeted by one of the coolest people I know. Her name is Emma and Emma is a case worker at MacDonald Youth Services and she is a real superstar! You know that feeling you get when

you meet a new person and you just know they are good beans?

When driving around the community she was the queen of the stop-and-chat— knowing everyone by name and asking questions about their family or business. Everyone who interacted with her greeted her with a big smile. I was in good hands while I was there. Her community is definitely lucky to have her.

On Friday I facilitated two workshops. One in the morning and

another one in the afternoon. There was a great turnout! It's so great to see professionals and teachers alike come together to learn about FASD. I just want to thank The Pas Fetal Alcohol Network for bringing me out. What a great group of folks who are working on bringing more education and awareness to their community.

Reprinted with permission by Jeff Noble. [fasdforever.com/blog](http://fasdforever.com/blog). March 14, 2016.

## Understanding Attachment & FASD

by members of the FASD Alliance Thompson and Area

The FASD Alliance Thompson and Area would like to thank the Manitoba FASD Coalition for providing funding for a learning event related to FASD held in northern Manitoba that brought a much-needed opportunity to service providers, caregivers and parents living in the north.

Children born with FASD often have difficulties establishing secure attachment, even in the best of environments. As a result, we see the effects system-wide in our schools, health care and justice systems.

In order to influence healthy attachment for those living with FASD, it is helpful to understand attachment through the lens of FASD. With assistance from the Thompson Neighborhood Renewal Corporation and Burntwood Parent Child Coalition the alliance was able

to plan an event that focused on understanding attachment and FASD. We were particularly excited that our keynote address was given by world-renowned occupational therapist and speaker, Kim Barthel.

Living in a land-locked region where events don't often fill up until after the deadline, it was rewarding that we were hit with a tidal wave of registrations. Originally planned for 150 participants, by the fourth day of registration the event was full. An additional 20 seats were opened up, maxing out the venue's capacity, and these were snapped up the same day. Word of the event spread and people even lined up on the day of the event in case a spot opened up. The overwhelming response clearly demonstrated the need for families, caregivers and service providers in northern Manitoba to have access to learning

opportunities relating to FASD.

Barthel presented to a packed audience from many different communities across the north including Nelson House, Cross Lake, Norway House, Fox Lake, Brochet, Gillam, The Pas, Oxford House, Cranberry Portage and Lynn Lake. She spoke about the process she described as "gleaming and beaming" in which, following birth and meeting each other for the first time, the mother and baby will have dilated pupils from a surge of adrenaline, which creates a pathway for biochemistry and development of the sympathetic nervous system. She described how "within twenty milliseconds of meeting Mom, baby's brain, on the right side, lights up like a Christmas tree. But what's interesting is that the intensity, the frequency, and how long Mom's brain is lit up is 100 percent resonant with baby's brain.

What happens in Mom's brain is transmitted into baby's brain."

As *Thompson Citizen* reporter, Kacper Antoszewski writes in his article "FASD and Emotional Development," (Feb 10, 2016) "Barthel also noted that addiction issues, regardless of the substance, are strongly correlated with chronic motherly stress; this has profound implications for the transmission of depression, stress, and reinforces the notion that trans-generational trauma is transmitted beyond the more readily-visible channels of environment and socialization."

According to evaluation feedback, the attendees loved the workshop and most respondents said they were thrilled to have an event in the north and hope to see more in the future.

### What is The Looking After Each Other Project?

In May 2014, a unique group of Manitobans came together to talk about the relationship between stigma and Fetal Alcohol Spectrum Disorder (FASD) and their shared passion to end it. They began to create a vision for a province where people living with FASD and women who have used alcohol during pregnancy are fully accepted and their dignity is protected. The people participating represented a diverse range of stakeholders and a range of perspectives; parents of children with FASD, women who drank during their pregnancy, government representatives and service providers working with individuals who have FASD and their families. This vision has evolved from this group into an ongoing initiative that has been named The Looking After Each Other Project.

## 2016 Coalition Gathering Highlights Looking After Each Other Project

by Healthy Child Manitoba FASD team

This year's coalition gathering took place on June 9-10 in Winnipeg. The event brought together members from the regional FASD coalitions across Manitoba, along with other members of the FASD community, to forward the work of the Looking After Each Other project and to network and learn from each other. Each of the three subcommittees within the Looking After Each Other project had the opportunity to lead a half day of the gathering.

### Common Language

The common language subcommittee began the event with a fun activity that asked participants to identify how many different words there are to say "hello." Participants had a few laughs and learned how

even one the most basic forms of communication illustrates the way people process and react to language in different ways. The subcommittee then shared a presentation that examined the negative affect that stigma has on people impacted by FASD, and how stigma can hinder the work of FASD intervention and prevention initiatives. Our response activity focused on visioning a society in which systems of support (such as addictions programs, Child and Family Services (CFS), and women-centred support programs) were set up in ways that were free of stigma, and then imagining the impacts this would have.

The subcommittee also shared the draft language guide that its members have been developing. The purpose of the guide is to

*"I loved the whole 3 days! It recharges my "FASD battery" and makes me remember the importance of all the work everyone is doing. I think the teachings from the Elders were amazing! I really learned a lot of information from them and thought it was wonderful of them to be open to questions. All in all, I think it was a great gathering." —LeAnne Price*

provide alternative words or phrases that people can use instead of those that are stigmatizing towards Manitobans impacted by FASD (e.g. "person with FASD" instead of "suffering with FASD").

### Popular Education

The popular education subcommittee premiered the first mini-documentary produced by the "Looking After Each Other" project, entitled "A place where I belong: Community making a difference." The film stars Chris, an adult with FASD who lives in Pine Falls, Manitoba.

The video tells the story of how the community of Pine Falls found ways to successfully support Chris, and the ways that Chris contributes to the community. We were fortunate to have Chris, along with two of his community supports; Guy and Raymond, join us for a panel discussion about the

making of the film and to hear more about Chris' story.

We also spent time discussing strategies to engage with schools across the province to promote education and awareness about FASD.

### Research

The research subcommittee ran an ice-breaker activity that required participants to work in groups of three to recreate a drawing. This activity showed participants the importance of accurate knowledge translation in ensuring informed practice.

After the ice-breaker, the five research leads from the University of Manitoba shared an exciting announcement. In February 2016, they submitted a letter of intent (LOI) which is the first step in applying for a Social Sciences and Humanities Research Council

*"I would have to say that overall as a newcomer to the world of FASD, the gathering gave me enthusiasm going forward in my work and the networking made me feel like I was surrounded by a really great group of people with one huge common goal. It was so refreshing! I found the coalition portion of the day inspiring; I loved hearing about the cool ideas and dedication of the other committees." —Melonia Dyce*

*"It was great for me to meet all the people involved in the field, since I am new to the program. It gave me an appreciation of how many different programs there are out there. Some of the Elders' teachings gave me a new perspective on how to look at some issues, and I appreciated their wisdom overall. The brainstorming that happened on Friday was refreshing, and it was good to be part of that." —Donna Tumak*

(SSHRC) grant. They were successful at the LOI stage and can now apply for a SSHRC grant. Dr. Brenda Elias (the principal investigator) and the four other research leads described the five pillars of the research project.

The five research leads broke the larger group into small group discussions that gathered feedback on who should be involved in the research and how it should be conducted and translated. Once the groups had discussed their

research area, we demonstrated the interconnectedness of the five pillars by connecting similar answers with yarn.

To close the research half-day, Elias facilitated a short group discussion about where the coalitions see themselves in the research project.

### Coalition Networking

Every year, the last half day of

the gathering provides coalition members with an opportunity to network with each other, to share updates on what their coalitions have been doing over the past year and what their plans are for the upcoming year. Participants enjoyed the opportunity to learn about all of the excellent work happening around the province and to talk with everyone in person.

*"The gathering was amazing, holistically designed and overall motivating for me. It really boosted my enthusiasm for our role, trying new things and I brought back lots of ideas for our coalition members. Great job all!" —Shannon Foster*

## What's New in the 2015 Canadian Guidelines for FASD Diagnosis

by Healthy Child Manitoba FASD team

The new Canadian guidelines for FASD diagnosis (Cook et al "Fetal Alcohol Spectrum Disorder: A guideline for diagnosis across the lifespan," CMAJ 2015) were published online in December 2015. These guidelines build on the original 2005 guidelines through an extensive review of the published evidence and consultation with clinicians across Canada. They include new recommendations for

diagnostic terminology, expand the description of brain domains to be considered in assessment, provide additional recommendations on prenatal alcohol exposure, and broaden the considerations for diagnosing infants, young children, adolescents and adults.

The Manitoba FASD Centre team and its network have reviewed the new guidelines in detail to arrive at a common understanding of their

application within the Manitoba context. We would recommend that readers review the complete guidelines and their appendix carefully.

The multidisciplinary approach is supported in the new guidelines as the standard for assessing and diagnosing children and adults.

The core diagnostic team members in the Manitoba context include:

- Diagnostic coordinators, including network diagnostic coordinators
- Social workers
- Developmental pediatricians
- Geneticists
- Psychologists
- Speech-language pathologists



- Occupational therapists
- FASD educator
- Manager and administrative team

New changes in the 2015 diagnostic guidelines include:

## New Diagnostic Terminology

FASD is now the recommended diagnostic term. The new guidelines also describe two forms of FASD, namely:

- FASD with sentinel facial findings (i.e. short palpebral fissures, smooth philtrum and thin upper lip).
- FASD with no sentinel facial findings.

The Manitoba FASD Centre will use the broad diagnostic term FASD and will refer to the presence of sentinel facial findings in the complete medical report to physicians/primary care providers only.

## Other Non-Diagnostic Terminology

The new guidelines refer to the designation of “At risk for neurodevelopmental disorder and FASD associated with prenatal alcohol exposure.” This designation is not a diagnostic term and the Manitoba FASD team decided that this designation will not be used in Manitoba at this time.

## Criteria for Diagnosis, Old and New

**Growth:** The growth criterion has been removed from the new guidelines because it is not deemed to be specific to alcohol exposure. However, the comprehensive pediatric medical assessment by the Manitoba team will continue to measure and consider growth as important to both overall assessment of health and as part of considering differential diagnoses.

**Brain Domains:** The following bolded brain domains (now 10) have been revised or added and will be considered by the Manitoba team:



- **Motor Skills (used to be hard and soft neurologic signs; the most controversial has been the removal of the sensory domain, which the Manitoba team has decided to continue to measure and considers important to understanding the individual's functioning)**
- **Neuroanatomy/Neurophysiology (brain structure and functioning)**
- **Cognition**
- **Language (originally communication)**
- **Academic achievement**
- **Memory**
- **Attention (originally ADHD)**
- **Executive function, including impulse control (and now includes hyperactivity)**
- **Affect regulation (includes anxiety, depression and mood dysregulation that meet DSM-V criteria)**
- **Adaptive behaviour, social skills, or social communication**

Severe impairment,  $\geq 2$  standard deviations in formal testing in three or more domains is required by the new guidelines.

## Prenatal Alcohol Exposure:

Prenatal alcohol exposure is more specifically defined, reinforcing

the importance of reliable confirmation based on best evidence and leaving room for continued review as new evidence becomes available. The Manitoba team has worked extensively to develop processes that consider the alcohol history provided based on this best evidence and continues

to partner with families, agencies and community professionals in developing sensitive history taking and support of mothers who are concerned about prenatal alcohol exposure in pregnancy.

The Manitoba diagnostic team and network are committed to

on-going discussion and review of the guidelines, along with continuing education and review of new evidence as it becomes available. We are committed to the incorporation of new evidence for best practice at all levels of assessment and support, in the best interest of individuals and families we serve.

# events

**The 7th International Conference on Fetal Alcohol Spectrum Disorder,  
“Research: Results and Relevance 2017”  
Vancouver, March 1-4, 2017**

[www.interprofessional.ubc.ca/fasd2017/](http://www.interprofessional.ubc.ca/fasd2017/)

**FASDlive 2016 – CHOICES: Helping Women Make  
Healthy Choices to Avoid Alcohol-Exposed Pregnancies  
Hilton Garden Inn, Saskatoon October 18, 19, 2016**

[www.skprevention.ca/conferences/#Saskatchewan%20Prevention%20Institute%20Conferences](http://www.skprevention.ca/conferences/#Saskatchewan%20Prevention%20Institute%20Conferences)

**ASD Research: Learning Together  
University of Regina August 29 & 30, 2016**

Join researchers, caregivers and individuals with FASD in a collaborative discussion about research in the field of FASD.

[www.eventbrite.ca/e/fasd-research-learning-together-tickets-25954415355](http://www.eventbrite.ca/e/fasd-research-learning-together-tickets-25954415355)

## HAT'S OFF

### **In addition to our name change, there's been other big changes around here!**

We at the Manitoba FASD Coalition would like to say thank-you and Hat's Off to the following people who have given us and Manitoba's FASD community so much of their time, energy and dedication.

For four years **Rodney Jones** was a member of MCAP before stepping

down earlier this year. For about three of those years he sat on the coalition as the rural co-chair and was always able to keep meetings flowing and light with a great sense of humor. We wish Rodney all the best in his new position.

**Betty Wiebe-Hosein** also sat as a co-chair of MCAP for about three years and very recently gave her notice that she would be stepping out of this position. Betty is a strong advocate in the field of FASD and as a co-chair did

great work spending tireless hours keeping us on track. We also wish Betty all the best as she continues her important work with New Directions.

For many, many years **Kerri Hiebert** has been keeping the MCAP (now MB FASD Coalition) group organized and well informed. She has assisted and/or led in the planning of several FASD themed events and spent many hours on sub-committee work. To Kerri we

would like to say thank you for your service!

As **Sally Longstaffe** begins her retirement, The Manitoba FASD Coalition would like to say a huge THANK YOU to her for all of her years of dedication and commitment in the field of FASD.

Congratulations and best wishes on your retirement!

## MCAP Q & A



**A question that those who work in the field of FASD often hear is: Can FASD be cured?**

*The Public Health Agency of Canada says, “Unfortunately, FASD cannot be cured. People live with FASD for their entire life. However, people with FASD can still do very well with helpful supports and services. Some examples include special education, vocational programs, tutors, structured environments and lifelong care. They can find paid work or go to school if given special assistance.”*

Answers to this and other questions about FASD can be found at:

[www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/fasd-etcaf/faq/index-eng.php](http://www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/fasd-etcaf/faq/index-eng.php)

Another tool that is also helpful in answering questions about FASD is called the FASD Services in Manitoba Resource List which can be downloaded from the Healthy Child Manitoba website [www.gov.mb.ca/healthychild/fasd/resources.html](http://www.gov.mb.ca/healthychild/fasd/resources.html), ordered free within Manitoba by phoning 1-204-945-2266 or 1-888-848-0140, or by e-mailing [healthychild@gov.mb.ca](mailto:healthychild@gov.mb.ca).

## WIRED

For anyone involved in the world of FASD who hasn't checked out the Alberta FASD learning series, it's a great resource with new webcasts featured during the 3rd week of almost every month. Topics are wide-ranging and all webcasts are archived, so anyone looking for a specific topic can search to view previous sessions.

[fasd.alberta.ca/fasd-learning-series.aspx](http://fasd.alberta.ca/fasd-learning-series.aspx).

For anyone looking for a go-to

website for current information about FASD and other related topics, the Provincial Outreach Program for Fetal Alcohol Spectrum Disorder (or POPFASD) has a very comprehensive list of resources, videos, news and upcoming training opportunities.

[fasdoutreach.ca](http://fasdoutreach.ca)

An article was recently posted on the Canada FASD Research Network's Girls, Women, Alcohol and Pregnancy site titled,

“Alcohol and FASD: It's not just about women.” The article discusses the role that paternal factors play in FASD.

[fasdprevention.wordpress.com/2016/06/06/alcohol-and-fasd-its-not-just-about-women/](http://fasdprevention.wordpress.com/2016/06/06/alcohol-and-fasd-its-not-just-about-women/)

The Saskatchewan Prevention Institute has a comprehensive website with a section specifically on FASD. They have recently added a brochure called “Pregnancy & Alcohol: A Doctor's

Advice” as well as two new blogs; one called Approximately 50% of Pregnancies are Unplanned and one called Ask Your Partner.

[skprevention.ca/resource-catalogue-2/](http://skprevention.ca/resource-catalogue-2/)

Even though we've changed our name, for now our website remains the same. To stay up-to-date on all that the Manitoba FASD Coalition has going on, you can still find us at [capmanitoba.ca](http://capmanitoba.ca)

**JOIN US FOR THIS SPECIAL EVENT:**

**International Fetal Alcohol Spectrum Disorder  
FASD Awareness Walk**

**Friday, September 9th, 2016**



**The Pas & Area FASD  
Committee** 

**Walk time: 11 am at the Gordon Lathlin Memorial Centre**

**Lunch at The Pas Friendship Centre**

**What if . . . on the 9th day of the 9th month we  
stood up and made a noise? Would anyone listen?**

**For more information & if you are interested in setting up a display board  
during our event, please contact: Carie McIntosh at 204-627-7410**

