



Network News

VOLUME 1, ISSUE 1

SEPTEMBER 2010

Special points of interest:

International FASD Awareness Day is September 9. Join Central Alberta at the Snell Auditorium.

Membership to the Central Alberta FASD Network.

Training News—FASD Specific Seminars coming to Central Alberta.

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Though no one can go back and make a brand new start, anyone can start from here and make a brand new Ending.

Anonmous.

FASD 10 Year Strategic Plan!

What is Fetal Alcohol Spectrum Disorder?

- An umbrella term used to describe a range of disabilities that may affect an individual whose mother drank alcohol while pregnant
- The Leading cause of developmental disabilities in Canadian Children.

How is FASD Different from other disabilities?

- Preventable
- A diagnosis for two
- Prevention and Intervention cannot be separated
- Diagnosis can be a predictive factor in preventing secondary disabilities

People affected by FASD may have difficulty in

- Controlling their behavior
- Learning and staying in school
- Maintaining employment

They often show great determination to survive and succeed in life

People affected by FASD may

- Develop mental health problems
- Develop alcohol and drug problems
- Have trouble with the law

Statistics on FASD

- An estimated 23,000 Albertans are affected by FASD
- Approximately 360 children are born each year with the disorder



Challenges faced by individuals affected by FASD need

Community Solutions

It is an Issue for....

- Health, Education, Justice, Children & Youth Services, Seniors & Community Supports, Public Assistance Programs.

Alberta FASD Cross-Ministry Committee (FASD-CMC)

- Provincial government ministries and agencies formed a cross-ministry group in 1998
- Mandate:
 - To reduce births of Alcohol exposed babies
 - To improve the quality of life for those affected by FASD and their caregivers

FASD is a lifelong condition that has no cure.

Addressing FASD is a priority for the Government of Alberta

- \$16.5 million was invested in 2009-10 to create 12 provincial Networks of which **Central Alberta FASD Network** is one.

The 12 Provincial Networks are responsible for:

- Targeted prevention programs
- FASD Diagnosis and assessment services available to Albertans across the lifespan
- Advocacy and Support across the lifespan for those affected by FASD and their caregivers.

To do this work we need all people in the community affected by FASD to become members and be involved with the Central Alberta FASD Network

What is a Member and how do I become one?

The Central Alberta FASD Network is comprised of 2 primary groups. The first group is the Leadership Team. This Team will with input from the Membership create a plan each year as to how it will support the three areas of responsibility.

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Diagnosis & Assessment Update

Diagnosis can be a predictive factor in preventing secondary disabilities

Trina Kennedy was hired as the Network's Diagnosis and Assessment Coordinator this spring. Trina's main role at this time is to develop capacity in Central Alberta to perform FASD Assessments for Adults. Previously, adults seeking FASD assessment services traveled out of the region to either Edmonton or Calgary for the service. In her work she is currently recruiting individuals from both the medical and clinical fields as well as those representing employment, justice & mental health to join the multidisciplinary

team. All assessments related to the Alberta FASD Initiative must meet the Canadian Guidelines for Assessment and Diagnosis. Assessments for children are currently available through the Camrose FASD Clinic. There is also an initiative in Central Alberta to enhance capacity for a local agency to perform these for kids.

Anyone looking for more information or interested in requesting an assessment for an individual or self, should contact Trina at : 403 309-5648.

FASD 10 Year Strategic Plan cont....

Did You Know????

“Alcohol causes the most damage to the unborn with the exception of Acutane (acne medication).

supporting the three areas of responsibility. The Leadership and General Membership will provide information, advice and assistance to the Central Alberta FASD Network Leadership Team in making appropriate programming and funding decisions in the areas of Prevention, Assessment & Diagnosis and Services & Supports. Opportunities will exist for members to participate in working groups focused on the 3 primary areas of responsibility.

There are currently only a few agencies that are specialize in supporting the needs of individuals challenged with FASD. While the services these programs provide are integral to the success of individuals with a FASD, it is important that all human service agencies have a strong awareness, skill and knowledge base on FASD. We are very aware that there are many individuals and families being supported by non-specific FASD programs.

September 9, 2010 is the first General Meeting of the Central Alberta FASD Network

Becoming a Member is Easy + Free:

- Fill out a membership registration form so that we have your contact information

Get involved!

- Attend General Meetings (every 3 months)
- Access training opportunities and the **latest information on Leading Practice** in the field of FASD

- Participate in a working group **to advise the Leadership** about unmet needs and possible solutions that you are aware of .
- **Be the VOICE for someone** affected by FASD who may not be able to let their needs be known.

Call Betty Lou at 403 309-5650

For information about:

- Membership
- Prevention Programs
- Support Services

Or e-mail the Network at fasdnetwork@shawbiz.ca

Training Update Fall 2010

Liz Lawryk, Founder & Chief Clinical Examiner, **OBD Triage Institute, Calgary** is becoming no stranger to Red Deer. Ms Lawryk, has conducted several training seminars in our community that have been sponsored by the Central Alberta FASD Network. Training has included certification to use the OBD Triage Screening of FASD Instrument. The OBD Instrument is intended to gather all pertinent information for the diagnostic physician to assist in their evaluation for the possibility of Fetal Alcohol Spectrum Disorder as well as other medical issues that could be caused by teratogenic factors. Teratogenic factors are any that interfere with the development of the unborn fetes. To date 22 individuals have received certification in using the instrument.

In addition Ms Lawryk has presented seminars on FASD 101, Enhancing Success in the Classroom for Children with FASD and Enhancing Professional Supports for Individuals Living with FASD.

Certification for the use of the Triage Instrument is again being offered in September in Red Deer as well

as FASD 101 and Enhancing Professional Supports for Individuals Living With FASD. The cost for this training has been sponsored by the Central Alberta FASD Network.



Ms Lawryk presenting certificate to Triage Instrument trainee, Jennifer from Wesward Goals, Rocky Mtn. Hse.

Mark these Dates:

Sept. 9, 2010 International FASD Awareness Day—Snell Auditorium-4818-49 St., Red Deer

Join us for the Proclamation at 9:09, BreakFASD, Panel Discussion, and General Network Meeting at 1:00 pm. All are welcomed to attend.

OBD Triage Instrument Training: Sept. 27 & 28, 2010—

Interested individuals should call the Network for more info.

FASD 101 Sept. 29, 2010-9:00—3:30 At the Potters Hands Church on Ross. 4935—51 St., Red Deer, Ab

Girl Power Facilitation Training October 7 & 8, 2010 At the CATZ—4828-53 St., Red Deer, Ab.

Girl Power Facilitator Training

What is Girl Power?

Girl Power is an educational, skill-building and creative group designed to introduce girls ages 9-12 to concepts and skills that promote a positive self-image. Girl Power assists girls to challenge social rules and media messages that diminish a girl's sense of self as they move toward adolescence. Pre-teen girls are inundated with cultural, social and media messages that are disempowering. Socialization in our culture tells girls they need to be smarter, thinner, more beautiful and encourages the externalization of the approval process.



Sherry Bezanson, Girl Power Founder and Trainer.



Girl Power Facilitator Training Participants in Red Deer May 2010

Girl Power helps Girls AVOID Depression/Anxiety

Drugs & Alcohol

Street Life & violence

Suicide

In short, our girls are often striving for unattainable or unhealthy goals.

To be socially accepted girls lose their capacity to speak their minds, and adopt postures of social, verbal, and physical restraint. At Girl Power dialogue regarding peer relationships, body image, body changes, and other pertinent age-relevant topics are explored in a fun, safe and creative environment. Want more info?

www.girlpowergroups.org



General Network Registration for Membership to the Central Alberta FASD Network

Membership is free.....

Anyone interested in FASD related issues is welcome to join the network. To join, please fill out the form below. Membership will allow you to receive up to date news about FASD, to vote on issues open to general membership, meet with others who are interested in Preventing FASD affected births and creating a community of support for individuals affected by FASD across their lifespan. General Membership meetings will be held 3-4 times per year offering opportunity for all to network, learn about leading practice in the field and participate in discussions pertaining to service delivery in the various systems that support individuals.

To become a member, simply fill out the form below and either e-mail, fax or mail it to the address at the foot of this page. News about the Network will come by e-mail unless otherwise specified.

Member Information

Name: _____ Phone: _____ E-mail: _____

Mailing Address: _____

City: _____ Province: _____ Postal Code: _____

Please send my information by: E-mail: Yes ___ No ___

Regular mail: Yes ___ No ___

I would like to receive the Network News: Yes ___ No ___

I would like to receive information on FASD: Yes ___ No ___

My primary interest in FASD is in the area of: (Check all that apply)

Prevention: ___ Diagnosis & Assessment: ___ Advocacy & Support: ___

Network Administration/Leadership Team: ___

**Central Alberta FASD Network—E-mail: fasdnetwork@shawbiz.ca
5409—50th Ave., Red Deer, AB., T4N 4B7, 403 309-5650**