

Services Available

- * Information Clearing-house
- * Diagnostic & Support Services for Children
- * Diagnostic & Support Services for Adults
- * Mothers-to-be Mentorship Program
- * Training and Education
- * Case Consultation

We're on the Web!
www.lakelandfas.com

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"Snow White was poisoned by an apple,
Jack found a giant in his beanstalk, and look
what happened to Alice when she ate the mushroom!
And you wonder why I won't eat fruit and vegetables!?"

Office News

Summer Camp

The LCFASD is developing summer camp for kids diagnosed with FASD in the Lakeland area for 2006. Email us your suggestions and needs list to Lisa Smith at: lsfascen@telus.net

Congratulations Dr. Rajani

Please congratulate Dr. Hasu Rajani as he has accepted the role of Postgraduate Medical Director effective July 1, 2005. The Lakeland Centre for FASD congratulates

Dr. Rajani on his success and looks forward to more medical students attending FASD clinics in the Lakeland area.



Lakeland Centre for Fetal Alcohol Spectrum Disorder

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FAS Day 2005

Mark September 09, 2005 on your calendar because it is the seventh annual International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day. Unfortunately FASD remains the leading cause of developmental disabilities in Canada and the industrialized nations of the world. This information reinforces the importance and need to promote the awareness of FASD.

The reason that September 09 (09/09) was chosen for International FASD Awareness Day is because it represents the nine months that a woman is pregnant. The purpose of the International FASD Awareness Day is firstly to raise the awareness about the risks of drinking alcohol during pregnancy so that we can reduce the number of babies being born with FASD in the future. The other reason for promoting the awareness of FASD

is to ensure that more members of our communities have a better understanding of this permanent disability and can better support the individuals that are affected.

The Lakeland has always been a leader in coordinating activities promoting International FASD Awareness Day. This year is no exception as the staff and partners of the Lakeland Centre for FASD are busy organizing and coordinating activities for this year's campaign. There will be open houses and information sessions at

- FCSS—Cold Lake
- FCSS Parent Child Centre - Bonnyville
- AADAC - St. Paul
- Portage College—Lac La Biche
- Saddle Lake Health Centre
- Frog Lake Health Centre

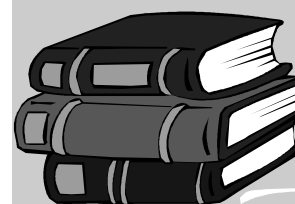
The open house will include a "moment of reflection" to remind everyone of the nine

months of pregnancy when the unborn child should be protected from the adverse effects of alcohol exposure, and letters to all the community leaders asking them to Proclaim International FASD Awareness Day in their communities at the open house. As well, schools are being asked to include information about FASD in their first newsletter of the year, prevention message information are being distributed to all the liquor stores for use on September 09, and the media is being provided with news releases for September 09 that will help to increase awareness about FASD.

Remember we all have a part in the prevention of FASD. Anyone with ideas for FASD Awareness Day or that wants to support the activities in their community please contact the Lakeland Centre for Fetal Alcohol Spectrum Disorder at (780) 594-9905.

We are located:
Box 479
202,4807—51 Street
Cold Lake, AB
T9M 1P1
Phone: 780-594-9905
Fax: 780-594-9907
Toll Free: 1-877-594-5454

Feel Free to come in and browse our wide selection of resources including: CD's, video's, cassettes and much more on Fetal Alcohol Spectrum Disorder.



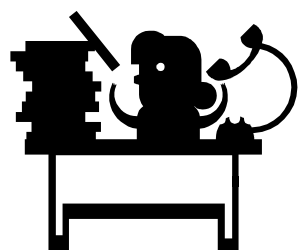
Our Vision

We envision a region with no new FASD births & where currently affected individuals are well supported.

Mission Statement

To establish & ensure that information about FASD, prevention, diagnosis & support

The Referral Process



The LCFASD provides Multi-disciplinary, mobile diagnostic teams to provide diagnosis, assessment and intervention for children and adults throughout the region.

process. Basic information consists of: referral source, name of child/adult being referred, and why an FASD assessment is being sought, we also ask if confirmation of maternal alcohol use is available as referrers often know where this information is documented. When an intake has been completed, we then

mail out an application package to be completed. Once that package is returned to us, we begin gathering historical information for the diagnostic team.

We currently are NOT experiencing a waiting list; however, it takes time for the necessary documentation to be gathered.

To make a referral, simply phone the Lakeland Centre and by providing some basic information we begin the intake

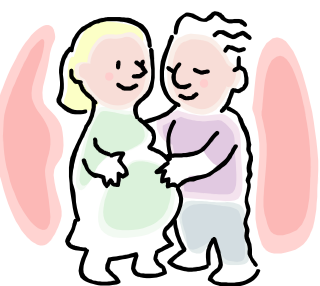
A new addition to our newsletter!!!!
Please forward your questions to Joanne at pwfascen@telusplanet.net or by mail and we will do our best to add them to our newsletter

When a Father Drinks

From a cultural perspective, fathers have an emotional and spiritual responsibility to their children, including the unborn. The Haudenosaunee people consider both partners to be pregnant when a baby is conceived. Tom Porter (Mohawk) advises on the fathers behavior: It must be understood that when a woman is pregnant her husband is also pregnant. Whatever health and mental precautions are observed by a pregnant women, the father is also obligated to observe as well. This is the traditional Mohawk or Iroquois

understanding. From this culture based understanding, it goes without saying that the father should abstain from alcohol, drugs, and other unhealthy behaviors during a pregnancy. What either parent takes in will have an impact on the baby. In her work with young parents, Sylvia Maracie (Mohawk) advises mothers and fathers to abstain from watching violent movies and to avoid engaging in any violent behavior. They are warned against staying out late, drinking or engaging in any other type of behavior that would be difficult or

unfitting for either the father or his pregnant partner. Women usually drink with their partners and friends so that the social impacts of a father's drinking are profound. If the father drinks the mother will have a much harder time abstaining. It is very important that fathers and community members accept their responsibility to make way for a healthy newborn. Tom Porter and Sylvia Maracie material is taken from *A Recognition of Being: Reconstructing Native Womanhood*, by Kim Anderson, Sumach Press, 2000.



Supporting Parents who are FASD

We do not often think about our children with FASD growing up into adults and becoming parents. However, this happens, a lot! On June 14, 2005, Donna Debolt was brought to St. Paul by the LCFASD and presented a practical case management model for working with such families to a group of about 50 participants. Ms. Debolt has been a child welfare case work supervisor in Lethbridge for many years and is now an FASD specialist in Canada. Ms. Debolt has developed a case work model that Lethbridge Child Welfare has been piloting for two years and will soon be publishing some results from that project. This model of case management is a method

of planning, coordinating, monitoring and evaluating. It is a set of influences, procedures and resources applied to the environment. For parents who are FASD this means that someone, a case manager, is thinking ahead of what the problems are going to be and taking action to avoid this. It is a very concrete set of expectations for the families that are achievable. Parents with FASD are not always able to care for their children but can often be involved in a concrete and helpful manner, which is beneficial to the child and parent. Donna shared many great examples and successes for families. Here are a few questions that you might ask if you are in a

case management role with such families: What are the families strengths and resources? What things would be helpful to the family? What one thing would help? How can this be accomplished? The biggest and most helpful supports that adults with FASD and especially those that are parents need are a "Do For". A "do for" is someone to do for the person when they can not. People with FASD have sporadic skills. Usually programs and interventions with these families fail not because of the client but because the expectations of the case manager is unrealistic. Thanks to Donna we had a re-focusing day with lots of practical suggestions.



What is the Mothers to be Mentorship Program?

The Mothers to be Mentorship Program in Cold Lake is a very unique program that assists women who are struggling with alcohol and/or drugs who are pregnant or just had a baby. This is a very involved program that commits to helping women for three years in a home visitation model. However, it is very different than other home visitation programs in that women are never asked to leave the program, women often do not have a home or permanent address, is goal orientated, and the

program is evaluated. The goals of the program are to assist women to be alcohol/ drug free or to avoid pregnancy. The focus is to prevent future children from being born with FASD. Research tells us that women who have a child with FASD are likely to have more children also affected 75% of the time. The program also assists service providers in helping the women achieve goals set out by them, such as child welfare, probation, etc. The mentor will also connect women to community services that

she needs, such as children services, AADAC, food bank, human resources, etc. In this way the mentor is demonstrating advocacy and leadership to the women who will learn to access these supports on their own. To date the Cold Lake program serves the city of Cold Lake, 4-Wing, Cold Lake First Nations & Elizabeth Settlement & has assisted 17 women. These 17 women have a total of 45 children. Anyone wanting info about this service can contact Tracey Knowlton at the Centre.

"Fear less, hope more;
Whine less, breathe more;
Talk less, say more;
Hate less, love more;
And all good things are yours."
-Swedish Proverb

