



LAKELAND CENTRE FOR FETAL ALCOHOL SYNDROME

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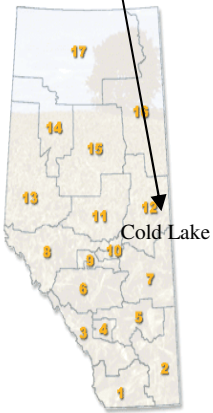
Our Vision

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 services are available in the region.

We are here
Region 12



September 9, 2002 International FAS DAY

FAS Day is the short name for International Fetal Alcohol Syndrome Awareness Day, which was observed for the first time on September 9, 1999 with a "Minute of Reflection" at 9:09 am.

It came about because a number of people on the online support group "FASlink" were feeling frustrated about the lack of awareness by professionals and the general public about FAS.

We were trying to figure out how to make the world more aware that women should not drink in pregnancy – and also inform the world that millions of people throughout the world are suffering from brain damage caused by alcohol before they were born.

Twenty volunteers from around the world began working together to build awareness, and by September 9 we had 80 volunteer coordinators. On September 9, 2001, events were held in communities across Canada and the U.S., and in South Africa, New Zealand, Germany, and Sweden.

We also had individual volunteers in Australia and Italy. All of this was accomplished with volunteers and no financial resources.

The Lakeland Centre for Fetal Alcohol Syndrome offers a mobile diagnostic clinic for children and adults with some short term follow up services. We also offer a First Steps Program in the Cold Lake area that is a mentorship and advocacy for women with issues of alcohol and drug abuse. We are also an informational clearinghouse as well as offering training seminars to those interested.

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.



Regional Activities

- Community Proclamations
- Poster Blitz
- Restaurant FAS Information Placemats
- Liquor bags with Prevention Message in Liquor Stores
- Mall Displays
- Radio Announcement
- Newspaper Articles
- Church Bell Concordance at 9:09 am

Parent Gathering

Are you raising a child with FASD and looking for support?

The Lakeland FAS Committee is hosting an evening event in Bonnyville for parents, foster parents & caregivers of children/adults with FASD.

Date: September 8, 2002

Time: 5:30 – 10:00 p.m.

Place: St. Louis Hall Expansion Rm.

Guest Speaker: Nicola Fairbrother of AACL

**Dinner included.

Contact Kim for tickets at the Centre.

Frequently asked questions

How are Families and Individuals Supported?

When a child is diagnosed at the clinic the family is given recommendations to follow up with the child's care. The family support consultant with the Centre will support the families to follow through on the recommendations. As well the consultant will support the family to advocate at school, work placement or recreation activities that the child is involved in. When an adult is diagnosed the agencies as well as family members are the advocate for the individual. A collaborative effort by all service agencies enhances the potential success and quality of life issues for the individual.

How to refer a child or adult to the clinic?

Anyone can make a referral. This process is initiated by contacting the Lakeland Centre for FAS.

Is there a cost to families for the diagnosis?

There is **NO** cost to families or care givers to have their child or an adult diagnosed. We look for agencies and organizations that will benefit from the client having a diagnosis to fund a portion of the evaluation.

Where is the clinic held?

The diagnostic clinic for both children and adults travels to the location of the client, or the closest possible venue that can house the clinic for that day. This eases access for families and adults looking for a

Region 18 Contracts the Lakeland Centre for F.A.S. to Provide FASD Training to Metis Settlements

The Lakeland Centre for FAS has been contracted by Region 18 CFSA to provide training to each of the eight Metis settlements in the province. The CFSA with the support of the communities have identified that they are concerned about drinking during pregnancy and want to provide education to the members in an effort to reduce the incidents of FASD. All the communities have been willing to host the two day workshop and participants have been pleased with the information that they have received.

Anyone else interested in training can contact the Lakeland Centre for FAS at 1-877-594-5454.

What's happening to the Mothers of FASD Children?

As the message to abstain from alcohol when pregnant becomes well-known and more couples plan their pregnancies the number of children born with FASD will decline. However, there will still be a certain percentage of women who suffer from the disease of addiction. They do not intend to harm their unborn child but the nature of the disease compels them to drink unless a major intervention occurs - divine or otherwise.

Now that the Lakeland Centre is diagnosing adults for FASD, we have the opportunity to get a long term perspective of what is happening to the mothers of FASD children. The statistics are hard to come by as far as what's happening to these women, but of the ones available the picture is bleak to say the least. It appears they most often die very young from their disease or from accidents related to it. Some seem to carry on as best they can, eventually being institutionalized, when they can no longer care for themselves as a result of their disease. Tragically, we have not seen one case where the mother has recovered from her illness.

It is hoped through programs like First Steps that we can change the outcomes for these moms-these angels- who pass through life so quickly we scarcely see their light.

Helpful Hints when working with FASD Students

Use Organizational Skills

- ⊗ Verbal cues
- ⊗ Physical cues
- ⊗ Songs which remind the student what to do next.(its clean-up time)

Difficulties with Abstract Thinking and Concepts

- ⊗ When abstract ideas are necessary use visual cues
- ⊗ Use simple and direct language

An increase in unusual or difficult behaviours likely indicates an increase in stress.

- ⊗ Allow the student to go to a "SAFE PLACE" and/or a "SAFE PERSON"
- ⊗ Decrease the demands placed upon that student
- ⊗ Reduce the amount of stimulation for the child
- ⊗ Separate the child from behaviour. The action may be "bad" but the child must never feel that s/he is a bad person.

*****DO NOT take misbehaviours personally.*****

For more helpful hints see our website at:

www.lakelandfas.com

Lakeland Centre Evaluation Update

By Diane Stonehocker

In order to ensure a continued focus on excellence, the Lakeland Centre for FAS is committed to ongoing formal evaluation activities. The evaluation has been designed to provide feedback to the local program as well as feed critical learnings into a provincial network of enquiry to assist in improving health services for all Albertans.

The evaluation is a qualitative examination of client-based outcomes as well as an analysis of process-level issues. Briefly these outcomes are focused on:

- Improved client access to diagnostic and appropriate follow-up services leading to an improvement in health status.
- An increased level of knowledge of FASD throughout the region and how to more effectively work with diagnosed clients.
- An increased understanding of how to deliver integrated diagnostic services in rural communities.

The evaluation is being conducted by an independent evaluator funded by Alberta Health and Welfare's Health Innovation Fund and reports are submitted twice annually during the three-year term of funding.

Some interesting client outcome findings taken from the April 15th Interim Report:

- Only 3 of the 31 children diagnosed through the clinic had not been receiving any services from the system. The rest had been receiving services for either suspected FAS or an incorrect diagnosis other than FASD.
- As a result of the diagnosis, clients received an average of 4.2 referrals for follow-up services.
- The average waiting time for diagnosis has been 3.5 months. This wait is required to collect needed client information and to be able to schedule two clients from the same community on the same day. The waiting time may increase as more clients are referred for diagnosis. This waiting time is significantly less than the time required to receive a diagnosis from other service providers?
- Of those surveyed that had attempted a previous diagnosis for their child, all indicated the Lakeland Centre lead up and clinic process was easier. Most received the diagnosis within 100 k's of their own home and had greater access to follow-up services as a result.

In addition to client outcomes, an analysis of the design and implementation process is ongoing in an effort to discover the critical elements of delivering a program such as this in a rural region.

Grand Centre Elementary School Pilots the Fetal Alcohol Spectrum Disorder Behavioural Outreach Project

Grand Centre Elementary School welcomed the opportunity to participate in a pilot project with the Lakeland FAS Committee as funded by LSHIP.

The commitment of the teachers to providing for the needs of their students was evident in that many of the teachers implemented the recommendations that could be accommodated this late in the school year and where that was not possible they ensured that the recommendations were included in the IPP for the following school year. Beyond that Grand Centre Elementary School staff have further demonstrated their initiative and desire to serve their students by proposing with the support of the Lakeland Centre for Fetal Alcohol Centre they will pilot a program next year that will focus on establishing an environment and curricula to meet the needs of those students affected by FASD. GCES acknowledged the benefit of this Project and suggested that all schools would benefit from this support.

The Project also allowed for the Diagnostic and Assessment Services for 4 children in the Bonnyville, Cold Lake area.

UPDATES

Services Available

**Information
Clearinghouse**

**Diagnostic & Support
Services for Children**

**Diagnostic Services for
Adults**

First Steps Program

Training and Education

Important Dates:

- ⓧ **September 9, 2002
International FAS
Awareness Day**
- ⓧ **November 15, 2002
Fort Saskatchewan FAS
Conference**
- ⓧ **November 1, 2002
Cold Lake Sober Walk**
- ⓧ **November 17-23, 2002
National Addictions
Awareness Week**
- ⓧ **November is National
Family Violence
Prevention Month**

Diagnostic Updates

By the end of July 2002, 49 children have been seen by the Children's FASD Diagnostic Teams.

1 - FAS without confirmed alcohol consumption

10 - Partial FAS

28 - Alcohol Related Neurodevelopmental Disorder

6 - Unable to make a clear diagnosis

4 - Alcohol Related Neurobehavioral Disorder

Community:

4 - Fort Saskatchewan

2 - Redwater

2 - St. Paul

1 - Glendon

4 - Fishing Lake

4 - Elk Point

2 - Goodfish Lake

10 - Bonnyville

3 - Ardmore

8 - Cold Lake

2 - Lac La Biche

2 - Ashmont

2 - Saddle Lake

1 - Gibbons

1 - Mornville

By the end of July 2002, 3 Adults have been seen by the Adult FASD Diagnostic Team:

2 - Alcohol Related Neurodevelopmental Disorder

1 - Partial FAS

Community:

1 - St. Paul

1 - Fort Saskatchewan

1 - Bonnyville

Newly Elected Board of Directors

- ⓧ Sue Lysachok
- ⓧ Lorraine Deschambeau
- ⓧ Audrey McFarlane
- ⓧ Ed Rondeau
- ⓧ Viki Jacob
- ⓧ Levina Ewasiuk
- ⓧ Marlene Colter
- ⓧ Pauline Compeau
- ⓧ Trina White

Centre Staff

Audrey McFarlane
Regional Program Coordinator

Kim McKinnon
Administrative Assistant

Nancy Schneider
Adult Service Coordinator

Joanne Ring
Family Support Consultant

Gina Olofson
First Steps Program

Lorne Kaban
Education Coordinator/Trainer

**Prevention activities
continue to be the focus
by raising awareness of
FASD by hosting
conferences, media
releases, poster
campaigns, etc.**