

### Board of Directors

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- ◇ Lillian Turzanski
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- Audrey McFarlane** – Executive Director
- Kim McKinnon** – Administration Assistant
- Angie Cardinal** – Administration Assistant
- Nancy Schneider** – Adult Services Program Manager
- Janne Ring** – Family Support Consultant
- Gina Olofson** – Alcohol Drug Awareness Coordinator
- Lorne Kaban** – Alcohol Drug Awareness Coordinator
- Jaine Witmack** – Mentorship Provider



"Don't worry, I can melt your tongue off there. Just hold still..."

Hooray!! Spring has finally sprung and there will be no more of these kinds of embarrassing situations happening to our children.

### Diagnostic Services Updates

- ◆ Children and adults can access these services.
- ◆ Anyone can make a referral
- ◆ All information is confidential.
- ◆ Waiting time varies but is about 4 months.
- ◆ 128 children have been seen by the children's diagnostic team.
- ◆ 22 adults have been seen by the adult diagnostic team.

### Happy Mother & Father's Day

To all the mothers and fathers out there we wish to say put your feet up and enjoy your day where it is all about You!! On a personal note I would like to say thank you to my parents who has always been such a terrific

part of my life and who have always helped me get up when I was down and who always believed in me when I needed it most. Mothers and fathers are special and every now and then they need to be treated with Tender

Loving Care. So give your mom and dad a hug a kiss and maybe even a little gift to show how much you care about those wonderful people who gave you life, money, shelter, food and clothes.

Angie Cardinal



# Lakeland Centre for Fetal Alcohol Spectrum Disorder

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May 2004

## Annual Spring FASD Conference June 1, 2 & 3 in Bonnyville

### FASD: Beyond Awareness

Our 5th Annual Conference in June is being hosted in Bonnyville along with our partners, Northeast Alberta Persons with Development Disabilities, North Central Child and Family Services Region #7, County of St. Paul FCSS, Human Resources & Employment, Kehewin Health Services, Healthy Families Home Visitation Program, Bonnyville Aboriginal Youth Centre, Bonnyville Rehabilitation Centre, CSS, and WJS. It will be held at the St. Louis Parish Hall in Bonnyville and will start at 9:00 am daily.

June 1 opens up starting with Presentations for the youth audiences. We will have:

- Gina Olofson from the National Crime Prevention Alcohol &

### Drug Awareness Program speaking.

- Multi-Youth Productions presents: Closing Doors.
- Other Alcohol & Drug Awareness Programs.

June 2 Presentations will be by:

- Bianca Hannula with Region 7 West FASD Mentoring Case Management Program will discuss assisting youth and young adults affected with FASD to build and maintain healthy lifestyles.

- Mary Berube with the "Step by Step" Concept.

- Donna Debolt will be discussing Creating Standards of Care in Children Services.

- Lakeland FASD Adult Diagnostic Team Research.

June 3 Presentations will be by:

- Dorothy Schwab with FASD—Making Schools Work: A school-wide approach

to meeting the needs of students who are affected by FASD.

- Lakeland FASD Children Diagnostic Team Research.

- Constable Jim Olson, Lethbridge Police Services.

- Cory Gillespie presents FASD: A School, Community and Justice response.

Closing Doors A Multi-Youth Productions has created a musical about the lives of children with FASD.

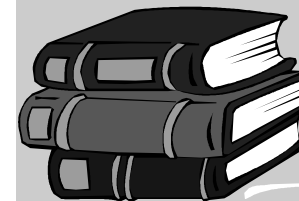
On the brochures that have gone out regarding this conference there is a pre-registration form which has been attached all you need do is fill it out and send it back to us along with your method of payment for this event.

If anyone has any questions regarding the conference please contact us at the centre at (780) 594-9905.

We are located at:  
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 services are available in the region.

Services Available

- Information Clearinghouse
- Diagnostic & Support Services for Children
- Diagnostic Services for Adults
- First Steps Program
- Training and Education

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





### WHAT IS CRISIS MANAGEMENT AND WHY AS A PARENT OF A CHILD WITH FASD DO WE NEED IT?

Crisis management is planning for the possibility of your family being in crisis over a situation. As most parents with children who have been diagnosed with Fetal Alcohol Spectrum Disorder will tell you this is always a possibility.

You may find yourself in crisis with school, justice, or behavior your child is displaying at home. A crisis management plan is preparing for each possibility or scenario you may encounter with your child and who is available to support you during this crisis.

Knowing the people and services you can depend on is your greatest asset.

Connect with the people in your child's life before there is an issue. It is easier to approach the person you need support from if you have an association.

Ensure you know the people in your child's school, the outreach worker, school counselor and administration are all open to getting to know families before they are needed, and it is easier to ask for help when you are comfortable with that person.

If you are able to link with other families who understand FASD it gives you an opportunity to speak to those who have experience and may be able to suggest services that

will benefit your family in time of need.

Communities offer many services such as Mental Health, AADAC, Child and Family Service, RCMP, Family and Community Support Service, Friendship Centre and Health Unit which are there to help. Find what is offered in your community and know in advance what they offer.

Family is the best resource during a crisis and their support is vital. Make certain your extended family has knowledge and understanding of FASD.

Joanne Ring  
Family Support  
Consultant

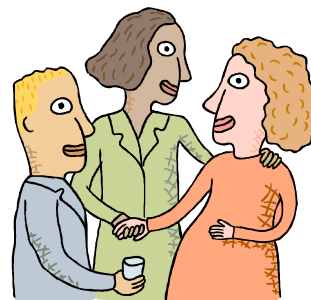
### Mentorship Program Update

The Centre has taken the opportunity of a new funder for this program to change the name from First Steps to Mothers to be Mentorship Program. This better highlights the intensive work

we do with the high risk pregnant women we work with. Another change to this program includes the hiring of Mentor Jaime Wittmack. Jaime comes to us with extensive knowledge on addic-

tions and high risk populations. Please welcome Jaime to our team. Gina Olofson is still with the program but is taking on some new challenges in our Bonnyville project.

A new edition to our newsletter!!!!  
Please forward your questions to Joanne at [pwfascen@telusplanet.net](mailto:pwfascen@telusplanet.net) or by mail and we will do our best to add them to our newsletter



### Lakeland FASD Society Annual General Meeting

The Lakeland FASD Society annual general meeting will be on May 25, 2004 at 7:00 pm at the Lakeview Gospel Church

4801-54 Street Bonnyville. Alberta The guest speaker for this meeting will be Dianne Stonehocker and it will be on a

“Review of FASD Diagnostic Services and Supports.” Everyone is welcome to join us.

### Are you interested in a Summer Camp for Kids?

The Lakeland Centre for FASD is investigating options for a week summer camp in the Lakeland area for kids

with FASD. If you are interested please contact the centre to have your child's name, age, phone number

added to our list. Note: The Centre will not be operating the camp but offering support to host (s).



### Bonnyville Alcohol & Drug Awareness Program Update

Since our last newsletter there have been some changes in our Program. Lorne Kaban has left his position as Coordinator for the program. He missed but we wish him every success in his future endeavors. Gina Olofson is the new Alcohol & Drug Awareness Coordinator for the program. The Lakeland Centre for FASD will be partnering with AADAC and the Bonnyville Coalition for Addiction Free Living, among others, to implement strategies to

reduce the incidents of alcohol and drug addiction in the Bonnyville community. It is our hope that the prevention strategies can then be used in other rural communities. Some of the recent activities of the Partners have been the completion of the Coalition's brochure and preparation to design and print display boards. In the coming months, we will be preparing to do workshops on Alcohol and Drug Awareness throughout the Bonnyville community.

National Crime Prevention's Community Mobilization Program has funded the Bonnyville project to date and it is our hope that funding will be received for this year so our work in this area can continue. If you have any questions or would like to contact Gina about the Program call 812-3009.

**“Taking even one drink is like playing Russian Roulette with your baby's health.”**

