

Volume 1, Issue 1



## LAKELAND CENTRE FOR FETAL ALCOHOL SYNDROME

November 2001

***WE ARE OPEN!***

### Lakeland FAS Committee Opens Regional FAS Centre

#### **Information Clearinghouse for FAS:**

A variety of resource materials will be made available to anyone in region 12 on the best practice strategies for individuals with FAS/FAE, prevention materials, videos, pamphlets, articles, books, latest research, etc. Contact the Regional office for more information. Feel Free to come in and browse our wide selection of resources.

#### **Diagnostic Services for Children:**

The Lakeland FAS Committee has been operating diagnostic services in Region 12 since November 2000 and is ready to expand its services to better meet the needs of the region. This process is a multi-disciplinary team approach, that looks at all aspects of a child's life to make a diagnosis following the Alberta Medical Association Guidelines. To make a referral for Diagnostic Services contact **Audrey McFarlane** at the Regional office. At this time there is a minimal waiting list.

#### **Follow Up Supports for Children and Families:**

Children that are diagnosed through the Centre will be provided a follow-up worker. This support will assist families in advocating for their child, following through on the recommendations made by the team, and ensuring consistent approaches to meeting the child's needs. Contact **Joanne Ring** at the Regional office for more information.

#### **Diagnostic Services for Adults:**

The Centre has recognized the gap in services for adults with FAS and is in the process of developing a multi-disciplinary team to diagnose and support adults. Please contact **Nancy Schneider** at the Regional office for additional information or to make a referral. In addition, Nancy will also be providing some short-term follow up supports to individuals after they have been diagnosed.

#### **Training:**

The Centre has a full time FAS educator who will provide FAS training to any interested groups in the Region, from social workers, teachers, parents and high school students. Contact **Lorne Kaban** for bookings at the Centre office.

#### **First Steps Program:**

This is a unique program that offers supports to high-risk mothers to prevent future children from being born with FAS. This is a mentorship program that helps women develop positive outcomes in their lives and builds community supports. This is a pilot program with Crime Prevention and is now offered in the Cold Lake area for one year. It is the Centre's hope that additional funding will be secured to operate this program throughout the Region. Contact **Gina Olofson** at the Regional office. This program is now operational.

#### **Funding:**

The Lakeland Centre for Fetal Alcohol Syndrome is funded from many sources including: Alberta Health and Wellness Innovation Funding, National Crime Prevention, Alberta Partnership on Fetal

Lakeland Centre For Fetal Alcohol Syndrome Box 479 Cold Lake, AB, T9M 1P1 Ph: (780) 594-9905 Fax: (780) 594-9907 Toll Free: 1-877-594-5454

Website: [www.lakelandfas.com](http://www.lakelandfas.com)

# FIRST STEPS

**The Lakeland Centre for Fetal Alcohol Syndrome** has recently started a pilot project for pregnant women, funded by the federal government through the Community Mobilization Program.

**The First Steps Program** is intended to help women who are at risk of giving birth to a child with Fetal Alcohol Syndrome. The program is designed after the **Birth to Three Project** in Seattle, Washington, and is currently operating in some Alberta cities but this is the first project to be introduced in a rural area.

**First Steps** is for women in the Cold Lake area who are pregnant or up to six weeks after delivery, have used or may continue to use alcohol or drugs during their pregnancy, and wish to make a change in their lives for themselves and their children.

The program provides long-term support to pregnant moms through a program worker who acts as an advocate for the family in accessing community resources, a role model and a necessary support for women who are pregnant and struggling with their sobriety.

Currently the program has one full-time advocate, Gina Olofson. She has lived and worked in the Cold Lake area for many years and has a solid background in the area of addictions.

The program co-ordinator is Audrey McFarlane. Audrey is from the Cold Lake area and has a wide range of experience and expertise in the area of Fetal Alcohol Syndrome.

Referrals to the program can be made by anyone including health care professionals, AADAC and family members. Self-referrals are also welcome.

All referrals should be made through Audrey McFarlane. You can contact **the Centre** for information on any of its programs and services at the following address listed below.

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# UPDATES

## New Terminology

**Fetal Alcohol Spectrum Disorder (FASD)** is the new terminology to encompass the range of abilities, individuals with FAS have. The Alberta Physician Guidelines identifies 5 possible diagnosis:

FAS with confirmed maternal alcohol exposure

FAS without confirmed maternal alcohol exposure

Partial FAS with confirmed maternal alcohol exposure

Alcohol-related birth defects (ARBD)

Alcohol-related neuro-developmental disorder(ARND)

## LAKELAND IS A LEADER

The Lakeland Centre for FAS is one of 4 diagnostic teams in the province and will be the only organization in the world to diagnose adults in this manner. The Centre is a leader in operating such services in rural communities. The First Steps Program is also a first for a rural community in Alberta.

## Diagnostic Updates

To date 23 children have been seen by the Children's Diagnostic Team for Fetal Alcohol Syndrome. The statistical breakdown is as follows.

### **Diagnosis:**

**0**-FAS with confirmed alcohol consumption

**8**-Partial FAS

**12**-Alcohol Related Neurodevelopmental Disorder

**3**-Unable to make a clear diagnosis

### **Aboriginal:**

**5**-Metis children

**8**-Treaty children

### **Community:**

**6**-Fort Saskatchewan

**5**-St. Paul / Elk Point

**9**-Bonnyville

**2**-Cold Lake

**1**-Lac La Biche

### **Children In Care**

**18**-Sakaigun Asky Child & Family Services

### **Age:**

**8**-0 to 6

**9**-7 to 13

**6**-14 to 17

## Centre Staff

**Audrey McFarlane**

Regional Program Coordinator

**Pat Wilson**

Administrative Assistant

**Nancy Schneider**

Adult Service Coordinator

**Joanne Ring**

Family Support Consultant

**Gina Olofson**

First Steps Program

**Lorne Kaban**

Education Coordinator/Trainer

**The Adult Clinic is now taking referrals by contacting the Centre**

**FASD is the leading cause of Developmental Delays**

