



Services Available  
 Information Clearinghouse  
 Diagnostic & Support Services for Children  
 Diagnostic & Support Services for Adults  
 Mothers-to-be Mentorship Program  
 Training and Education

We're on the Web!  
[www.lakelandfas.com](http://www.lakelandfas.com)

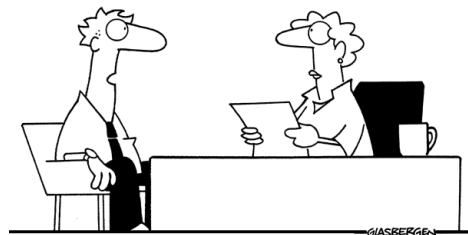
### Board of Directors

- ◇ Jody Nicholson
- ◇ Lillian Turzanski
- ◇ Shawn Metchewais
- ◇ Rhonda Miron
- ◇ Donna Fries
- ◇ Sandy Kingdon
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- ◇ Francis Quinney

### Centre Staff

- Audrey McFarlane** - Executive Director
- Kim McKinnon** - Administration Assistant
- Angie Cardinal** - Administration Assistant
- Nancy Schneider** - Adult Services Program Manager
- Joanne Ring** - Family Support Consultant
- Gina Olfson** - Alcohol Drug Awareness Coordinator
- Tracey Knowlton** - Parent/Child Advocate
- Kami Lucas** - Adult Support Consultant
- Doris Stanley** - FASD Support Consultant

We would like to send out a very Merry Christmas to everyone and a Happy New Year



"Of course I could be more independent and self-motivated — but nobody told me to!"

### Office News

\* We have currently hired three new staff members.  
 - **Doris Stanley** who will be one of our FASD Support Consultants. Funding provided in partnership with the Tribal Health Council. Doris is a very skilled lady that we are pleased to have with us.  
 - **Tracey Knowlton** is our new Mother-to-be Mentor. She is a great asset to our team and we welcome her strengths for our mothers.

- **Kami Lucas** is our Adult Support Consultant who will be working out of Lac La Biche with our adult clientele. She is greatly appreciated and we enjoy having her as a new addition. Funding provided by AB Community Development.  
 \* In other news Joanne Ring's book has finally been published and is now available for sale.  
**Congratulations Joanne.**

\* Upcoming in February 2005 is our 2nd Annual Fundraiser. We will be posting more updates about this upcoming event on our website. So keep checking for our latest news.  
 \* During the summer one of our Administrative Assistants **Kim McKinnon** ran off to Banff and got married to a Mr. Wallace Kachmarski.  
**Congratulations Kim & Wallace**



# Lakeland Centre for Fetal Alcohol Spectrum Disorder

Volume 1, Issue 14

November 2004

## 1st Annual Mocktail Challenge

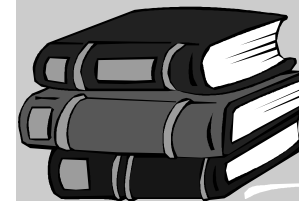
The media and service agencies are invited to participate in the 1st Annual Mocktail Challenge to launch awareness of drinking alcohol during pregnancy. Fetal Alcohol Spectrum Disorder is a medical condition that refers to a range of disorders like brain injury caused by prenatal exposure to alcohol. This can be 100% preventable and the damage caused if a woman drinks during her

pregnancy is irreversible. The Lakeland Centre for FASD will launch the competition of organizations against each other in a race to create the best tasting "NON-ALCOHOLIC" beverage using the supplied ingredients. Participating teams will be allowed to experiment with their recipes prior to the event, but will be limited to 5 min. during the competition. Judging criteria will be based on: Taste, Presen-

tation, Most Creative Name, Use of Ingredients.  
**When: Dec. 3, 04**  
**Time: 1:00-2:00 pm**  
**Where: Grand Centre High School**  
 Additional details will be provided upon confirmation of team's participation. Please confirm by 4:00 pm on Nov. 19, 04 to Kim Kachmarski Lakeland Centre for FASD 780-594-9905 [kmfascen@telus.net](mailto:kmfascen@telus.net)

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 services are available in the region.

## Diagnostic Team Training

The Lakeland Centre for FASD is hosting its:  
**4th Annual Diagnostic Assessment & Evaluation Training**  
 in January from the 17th-19th. It will be held in Cold Lake at the Lakeland Inn. The training is for teams who are ready to start Diagnosis and will give the team the skills, resources, and team building in order to begin diagnosis in their own

communities. plus participants will observe an actual child and adult diagnostic team work.  
 - Participants will have many opportunities to have discussions with the Team Members and Staff.  
**Space is limited to 30!!**  
**Please Book Early!!**  
 Please contact Kim for more information at: (780) 594-9905 or e-mail: [kmfascen@telus.net](mailto:kmfascen@telus.net) or check out our website.

**What is a Life Skills Program ?**

Children diagnosed with Fetal Alcohol Spectrum Disorder are at times recommended to have a life skills program, in place of the regular educational set of courses.

Educators need to rethink the typical chair and desk setup and look at other opportunities as educational. Children who require a life skills program need the chance to participate in community based instruction to carry over their skills in daily life settings and situations.

This curriculum must be based on the child and guaranteed to continue

regardless of school or staff changes.

What does this mean for the child?

- Continuation of academic skills where the child can be successful

- Functional academic skills when required.

- Practicing social skills through role play and community involvement.

- Being involved in functional situations.

1. Teaching money skills at the bank or local grocery store

2. Learning to use local transportation to access the community

3. Meal planning and cooking skills

4. Work experience

in the school, teen, or office

5. Work experience in the community

Assisting younger children in school

There are a variety of settings a child, regardless of age can take part. This will help them learn the skills they will need to know for daily living. All of the skills can still teach academics through daily life skill learning. Cooking requires the use of math as well as reading. Helping younger students reinforces what the child may have already learned. The setting may change but the ability to learn remains the same.

**This Issue's Best Practicing Stars**

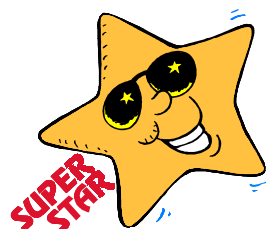
For this issue we have chosen St. Therese Hospital Psychiatric Unit in St. Paul as being This Issue's Best Practicing STAR.

We have found

them to be most accommodating for people who have been diagnosed with FASD and a great help to those individuals who are in most need of their support and

services when in a crisis.

So we congratulate St. Therese's and hope they continue with their excellent service and staff..



**A new addition to our new letter!!!**  
**Please forward your questions to Janne at jpwfasen@telusplanet.net or by mail and we will do our best to add them to our new letter**

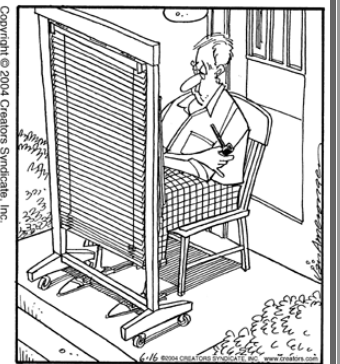
**National Addictions Awareness Week**

Starting the week of November 14-20, 2004 individuals, schools, communities and workplaces throughout Canada and Alberta will be participating in National Addictions Awareness

Activities. They will be working to raise awareness about:

- \* Use and misuse of various substances and related issues;
- \* Gambling Behaviour;
- \* Healthy Choices;

Community Resources For more information on Activities and events contact the AADAC office in your community.



Arlen tunes in and out at his leisure.

**Mentorship Inventory**

The Lakeland Centre for FASD is currently working on a Mentorship Inventory for Health Canada's First Nations Inuit Health Branch.

The goal is to survey a

number of mentorship programs across North America and assess what is working and what is not so the FASD Strategic Planning Unit (FNIHB) can better establish

and operate Mentorship programs for First Nations women who are at high risk for giving birth to a child with FASD.

**What is Respite?**

Defining the needs of the Caregiver

All parents dream of giving birth to a healthy child, but unfortunately sometimes children are born with a handicap or a life threatening illness. Pediatric care has taken on a considerable change in the fact that more and more babies are surviving to full term birth.

The down side however is that with reduced hospitalization the families are the ones who have to care for their sick children on their own. This means that at least one parent must stop working to care for the child and in a parent household this is even more difficult as

meeting finances due to cost of care is expensive. The approach to receiving respite for most parents is often when they have become so burnt out that they can no longer function for their families properly.

Respite is the time that a caregiver can receive supports by letting someone else care for their loved one for a few hours or days. It is essential that those who care for others take time for themselves as this will give the parent a chance to renew themselves physically and mentally. This will

only work if the parents actually use this time to relearn to be in touch with their own needs. The importance of Respite for the caregiver has many benefits for families who do homecare. However the caregivers must recognize that having respite and support services is important for themselves to get back in touch with their own needs and well being. It is essential for you to take care of yourself.

For help to find respite services please contact your local Children Services office or Health Unit.

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."  
 -Dale Carnegie