

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

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Merry Christmas & a Happy New Year From our



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



Staff at the Lakeland Centre for FASD

Adult Comedy Show Coming Soon

It is with genuine and sincere appreciation that we offer our recognition to all those, whom gave charitable support at the February 2, 2005 Fundraising Auction Dinner event. The staff and the Board of Directors of the Lakeland FASD Society valued the tremendous support and interest we received from the community and business people of the Lakeland at our 2005 Fundraiser. We are currently in the planning stages of our 2006 Fundraising Dinner Event, which we hope to highlight adult comedy again this year in a more spacious venue. Please contact Kim if you wish to help with the planning or to have advance ticket information. (780) 594-9905 or by email at: kmfascen@telus.net



Lakeland Centre for Fetal Alcohol Spectrum Disorder

Volume 1, Issue 18

November 2005

2nd Annual Mocktail Challenge

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.

The media and service agencies are invited to participate in the 2nd 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, Presentation, Most

Creative Name, Use of Ingredients.
When: Dec. 2, 05
Time: 1:00 pm-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 November 19 to Tracey Knowlton at the Lakeland Centre for FASD by phone 780-594-9905 or by email at: tkfascen@telus.net



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.

Whitecrow Camp

Whitecrow Village is a unique program for families and children affected by Fetal Alcohol Spectrum Disorder (FASD), and for professionals and community members. Our original goal was simply to give families a rest and to allow children with FASD to attend summer camp. The striking success of the children while at camp in contrast to the magnitude of the difficulties they and their families face throughout the year led us quickly to a much broader goal: to create a common understanding and shared language among all those involved in the lives of people with FASD, to bring our program to local

communities so that teams can be formed from those camp participants who attend together, to provide a context where people with FASD are recognized not for their disability but for their individual strengths and gifts, and to bring hope and confidence for the future to families, communities and professionals.
LCFASD SUMMER CAMP
The Lakeland Centre for FASD is organizing a summer camp for our children with FASD. We plan to offer 4 camps of 10 children between the ages of 8 and 12 years for a 7 day/ 6 night stay during the summer of 2006. Our children will have

the opportunity to develop new positive relationships and expand on their social skills. Through routine and repetitive responsibility, our children will learn important daily living skills. They will be encouraged to participate in a variety of crafts and activities that are both entertaining and educational. It is the centre's goal to provide a fun and safe environment where our children can be themselves. At this time the exact dates of the camps are to be determined. The fees will be minimal to avoid any financial burden on our already over burdened families. For further info please call or email Lisa Smith at: lsfascen@telus.net

## A Day in the Life of the Adult Services Advocate

By: Kami Lucas, RSW

**A new addition 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**

It is 7:30 a.m. and off I go. I'm traveling 358 km to attend a community meeting to help arrange supports for a client. On the way I crank the tunes for inspiration and mentally prepare myself for the day. I arrive at my destination to find out everything is closed for a community staff meeting-hmmm no one told me. Okay so being the flexible individual I am I make the best of the situation and meet with another client who also works in the area. When I come in the building I am asked "How is it you always know when I need to see you?" I reply "Just lucky I guess", knowing full well, in this line of work things happen for a reason and my trip won't have been a waste. And so it goes.

In my role as ASA (not of the tablet kind) I work with adults who are diagnosed under the umbrella of FASD. My job begins with the diagnostic team; here I offer input, based on Maslow's hierarchy, with client recommendations. Following the diagnosis I assist the individual in

meeting those recommendations and together we identify any other areas in which they may require support. As we work on recommendations a circle of support is established around the client consisting of agencies and individuals that will help the adult reach their goals and live as independently as possible. Through out this process information is shared with individuals, families, agencies, and communities on how best to support an adult living with FASD. I have to say I have learned the most, not from the many workshops I have attended, but directly from those individuals with whom I work. It reminds me somewhat of working in Palliative Care in that you are invited along a journey -to walk alongside and learn from these people what life is like when you live with FASD. I get to be there to witness some of the heartaches as well as the triumphs. Even the smallest success brings encouragement to carry on and re-instills

the belief that we can make a difference when we work together. It is important to remember we all have gifts to offer and I find at times this group to be one of the most misunderstood, in need of advocacy and positive affirmation that I have ever worked with. To be effective we as professionals need to be non-judgmental and meet people where they are, not expect them to come on our terms. *Working with FASD looks like*

- celebrating small victories
- taking one day at a time-
- tweaking expectations
- trying differently
- encouraging
- crying
- encouraging
- instilling hope
- linking
- educating
- advocating, advocating, advocating
- building each other up
- accepting, understanding, being open to learning
- explaining
- doing for - celebrating



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## FAS is a Medical Diagnosis—Not a Label

Some parents worry that a diagnosis will place a negative "label" on the child—a label which will handicap them unfairly in school and in social situations. However, FAS is an invisible disability—it is still not widely known, nor is it easily recognizable by physical characteristics. For example, when a child is in a wheelchair, there is no question that the child has a disability. When people do not recognize what is different about a child with an invisible disability, they may be inefficient in trying to help that child reach their potential. The child

may already be labeled as "bad," "slow" or "hyper" by a teacher or other adults who wrongly attribute the child's misbehavior to laziness, lack of motivation, obstinacy or bad parenting rather than a deficit in information processing. An accurate diagnosis is an relief for many parents, as it helps to explain the academic, social and behavioral difficulties they have been encountering at home and at school. It serves as an important first step for getting outside recognition and support for the child's special needs.

It is also important to remember that each child with FAS is first (and foremost) a child who happens to have symptoms of an invisible disability. As a parent, you can choose which people you tell that your child has FAS. You may decide only to tell people in those situations (e.g. school, hospital, respite care, social worker's office, etc.) where it may be helpful to you and your child.

From "A Guide for Parents: Living with FASD" book written and edited by Sara Graefe for SNAP Canada.



## Drinking During Pregnancy Could Lower Infant IQ even Among Infants Without Fetal Alcohol Syndrome, Study Says

Infants born to woman who drank heavily during pregnancy may have a low IQ even if they do not develop fetal alcohol syndrome, a condition characterized by mental retardation and certain distinctive facial features, according to a study published in the November issue of the journal *Alcoholism, Reuters Health Reports*. Researchers from Wayne State University studied 337 inner-city African-American children from birth until they were 7.5 years old, noting how much

alcohol the women who gave birth to the children drank during pregnancy. Only one of the women studied said she drank alcohol every day during her pregnancy, Dr. Sandra Jacobson, lead author of the study, said. Infants born to women who were 30 years or older when they gave birth; had a "severe drinking problem"; or raised children in an "intellectually non-stimulating home environment" appeared to be at "particular risk" of having a low IQ at age 7, even if they did not

develop FAS, according to the study, *Reuters Health* reports. "Even kids without the full fetal alcohol syndrome my have problems with IQ," Jacobson said, adding, "These children slip by us because we don't recognize the "face" of FAS. She said that most of the damage to the fetus from alcohol likely comes from "concentrated drinking," such as when pregnant women drink multiple glasses of alcohol at a party (*Reuters Health*, 11/15).

"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



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