

**WHAT'S INSIDE:**

**COVER-3**

Happenings

**PAGE 3-5**

Best Practices

**PAGE 6-7**

New Initiatives

**PAGE 7-8**

Our Side

**PAGE 8-11**

Resources

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# MCAP *news*

[www.capmanitoba.ca](http://www.capmanitoba.ca)

**Sharing ideas, information, resources, struggles & successes**

## HAPPENINGS

# 2011 Promising Practices, Promising Futures Conference “Opens Doors”

by Erin Klimpke, FASD Youth Justice Program

The 2011 Promising Practices, Promising Futures Conference held in Calgary, Alberta on November 21-22 provided a wonderful opportunity for participants to increase their knowledge of recent developments in the field of FASD and to network with people from all areas of the FASD community across Canada.

The focus of the conference was mental health and addictions. The two days featured keynote speakers Dr. Martin Brokenleg and Dr. Gabor Maté, as well as a community showcase, 32 breakout sessions and the sharing of life stories by individuals living with FASD.

Martin Brokenleg’s opening keynote introduced the Circle of Courage model of youth empowerment, through which he explained why individuals behave the way they do and how we, as care providers, can support them towards emotional wholeness.

The second day of the conference began with Gabor Maté, who spoke about the correlation between childhood experiences of stress and mistreatment and an increased susceptibility to mental health and addictions. He also emphasized the need for social change in how we manage disadvantaged groups.

The FASD Youth Justice Program had an opportunity to present two concurrent sessions. Mary Kate Harvie and Dan Neault presented “From the Court Room to Community,” a practical case-based session that offered participants a framework for planning and advocating for diagnosed youth. In the second session, Deidre Bissonnette, Teresa Brown and Erin Klimpke showcased the ability-based communication tool “This is me—My Life Book.”

Manitoba was well represented at the conference with other presentations facilitated by a number of professionals from across the province, including Dorothy and Sarah Schwab, Jeffery Hatcher, Don Fuchs and Linda Burnside.

“Open doors” was the conference theme and a wonderful reminder for caregivers to provide positive opportunities that open doors for people living with FASD.



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NUMBER 4**

*MCAP News* is a semi-annual publication of Manitoba Coalition on Alcohol and Pregnancy (MCAP). Its mandate is to disseminate current information about Fetal Alcohol Spectrum Disorder, a disability affecting those who have been exposed to alcohol in utero.

MCAP provides a forum for service providers, families and agency representatives throughout Manitoba with an interest in FASD to share ideas, information, resources, struggles and successes. MCAP facilitates this through regular meetings, special events, the MCAP website and this published newsletter. MCAP receives funding support from Healthy Child Manitoba. MCAP meets every third Monday of the month from 10:00 a.m. to 12:00 noon at the Healthy Child Manitoba Office. Teleconference available.

Contact [kerrihiebert@mts.net](mailto:kerrihiebert@mts.net) for more information.

Stock image supplied by [istockphoto.com](http://istockphoto.com).

# Inspiring Today... Transforming Tomorrow Conference Provides Insights Across the Lifespan

by Colleen Tower, Insight Program Co-ordinator, Flin Flon Primary Health Care Centre

The Inspiring Today... Transforming Tomorrow Conference was held in Flin Flon on October 20-21, 2011. The focus was on child and adolescent resiliency and brain development, but the knowledge gained was useful across the life span. 150 people attended the event sponsored by the Nor-Man Regional Parent Child Coalition and supported by Healthy Child Manitoba and the Flin Flon School Division.

Presenting to the crowd were Rob Santos, Nan Henderson and Terry Small. Dr. Santos, who is the scientific director and senior policy advisor at Healthy Child Manitoba Office, gave a keynote address entitled "Investing in Children and Prevention for All in Nor-Man,"

in which he offered a glimpse of the state of child development in Manitoba through statistics and ideas for application. He left the audience with "kernels" of information to take with them and some concrete areas of development to work on throughout the province and specifically in the Nor-Man region.

Nan Henderson, who along with having a Masters degree in Social Work is an internationally recognized author, trainer and consultant on fostering human resiliency, spoke for the remainder of day one. Her presentation focused on the role of resiliency in "building bounce back kids." Ms. Henderson shared emerging research on resiliency from the fields of psychology, psychiatry,

sociology and education. She also provided practical applications of the research findings in the way of strategies that can be used to move children and youth from "risk to resiliency." Although the information was focused on children, it was clear by the end of the day that resiliency is an important skill for everyone and doing what we can to foster it is something all people, young and old, can benefit from.

On day two, Terry Small, B.Ed., M.A. wowed the crowd with his dynamic, interactive presentation, "Engaging the Brain: Maximizing Every Learner's Potential." Within minutes of beginning it was clear why Mr. Small is such a sought-after speaker, having presented to over 200,000 people

in 15 countries around the world. Audience members learned how to extend their skills, knowledge and experience to help others build confidence, self-esteem and academic learning potential. Topics covered included: how the brain processes information, seven of the top brain-learning principles, how music affects learning, how to boost attention and how to increase the capacity of one's memory. Everyone left with practical tools and strategies to use both at home and at work.

The knowledge gained over the two days was useful and inspiring, and judging from the conference evaluations, will be put to work in various ways throughout our region.

## Successful Day of Sharing Manitoban Expertise

by Julia Wellwood, MCAP

Based on the strong, positive response to last year's event, MCAP decided to once again host this one-day event. The intent was to highlight the work of individuals from Manitoba who have developed an expertise in FASD as providers of service and researchers. The event, fully funded by MCAP, and offered

at no cost to the 149 attendees, was held on Sept. 29, 2011 at the Viscount Gort in Winnipeg. We had representation from across the province and from across sectors, especially social services and justice.

It was a pleasure to start the day with opening remarks from

Dr. Hanlon-Dearman shares key research findings.



## HAPPENINGS

our MCAP co-chairs, Cathe Umlah from Winnipeg and Kim Akins from Brandon. This was followed by an excellent keynote address by Dr. Ana Hanlon-Dearman. The remainder of the day was divided into three time slots with choices of sessions from two concurrent streams. The research stream featured Dr. Linda Burnside, who spoke on youth transitioning out of care, Shelley Proven, who spoke about trends in speech and language, and Dr.

Albert Chudley, who spoke about new research at the MB FASD Centre. The other stream included panel discussions in the areas of transitions for youth with FASD, FASD services and FASD prevention, with each session featuring three or four agencies.

We were very pleased to receive feedback from 84 participants who filled out the evaluation. The overall feedback was positive, with satisfaction weighted in the range of above average to excellent. Appreciation was expressed for the range of topics and speakers, the organization of the event, the inclusion of meals and snacks, the location and that the event was free. Suggestions for next year included increasing the size and scope, offering networking and booths, as well as numerous requests relating to information regarding adults with FASD including: services and strategies, research, parenting with FASD and the role of men in prevention. The



Kerri Hiebert, MCAP administrative coordinator, welcomes participants.

## MCAP events

**MARK YOUR CALENDAR  
2012 MCAP INFORMATION SERIES  
(ALL SESSIONS 11:30 A.M.-1:00 P.M.)**

Friday, January 27  
**Topic: Steppin' Out On Saturdays**  
Friday, February 24  
Friday, March 23  
Friday, April 27

feedback will help greatly in planning the next event.

Thank you to Cathe Umlah, chair of the events committee, who took the lead in planning this successful day of learning and to Kerri Hiebert, MCAP administrative coordinator, who is an amazing organizer.

## BEST PRACTICES

# Health Canada's FASD Program Plans for 2011-12

by Bonnie Lounsbury, Health Canada FASD Program

Health Canada's First Nations and Inuit Health (FNIH) FASD program in Manitoba addresses a number of health problems associated with alcohol use by mothers during pregnancy and will provide funding to seven mentor sites during the 2011-12 fiscal year.

"When a community receives funding for a mentor site it means that there are salary dollars attached to the funding, so there will be some type of clinical supervisor assigned to the community,"

explains Brigitte Lamoureux, children and youth team leader for Health Canada's First Nations and Inuit Health program in Manitoba. "The community will also have someone designated as a home visitor or mentor, who is responsible for home assessments.

The home visitor will visit with the client and assist the client to develop personal goals and identify the incremental steps required to meet those goals. The home visitor also connects the client

with appropriate and available community services required to live a healthy life. In addition, the home visitor meets with the clinical supervisor regularly for individual supervision and together they work to help the client reach her goal."

Five First Nation communities (Roseau River, Rolling River, Norway House, Nelson House and Cross Lake) and two tribal councils (Southeast Resource Development Council and Swampy Cree Tribal Council) are included among

this year's Health Canada FASD program mentor sites. The Southeast Resource Development Council provides FASD services in the communities of: Brokenhead, Black River, Hollow Water, Bloodvein, Little Grand Rapids, Pauingassi and Berens River. Similarly, FASD services are provided by the Swampy Cree Tribal Council in the communities of: Mosakahiken Cree, Wuskwi Siphik, Sapotawchak

Continued on page 4

Continued from page 3

Cree, Misipawistik Cree and Chemewawin.

During the 2011-12 fiscal year, 32 Capacity Building sites will also receive funding from Health Canada for building awareness of FASD in First Nation communities in Manitoba. Public education and awareness activities focus on prevention by disseminating culturally appropriate information

and resource materials. Prevention information can be distributed through hosting and/or facilitating conferences, workshops and focus group sessions. Capacity building may also involve conducting workshops on asset mapping and multi-disciplinary team building.

In addition, Health Canada's FASD program will develop program standards, data collection and an

evaluation component during the 2011-12 fiscal year. These new standards will build capacity to support programs of excellence and will assist communities in achieving a high standard in program outcomes, leading to improved outcomes for program families.

Health Canada's FASD program also offers continuous training for community FASD workers on

topics such as: the Parent-Child Assistance Program (PCAP), Case Management and Vicarious Trauma.

For more information about Health Canada's FASD program, please contact Bonnie Lounsbury at 204.983.8127 or [bonnie.lounsbury@hc-sc.gc.ca](mailto:bonnie.lounsbury@hc-sc.gc.ca) or Brigitte Lamoureux at 204.983.0550 or [brigitte.lamoureux@hc-sc.gc.ca](mailto:brigitte.lamoureux@hc-sc.gc.ca).

## Changes to Métis CFS Introduce New Agency

by Dustin Rodgers, Metis Authority

Ten years have passed since the Manitoba government voted to devolve the provincial structure of child welfare into four separate, culturally appropriate authorities; the first of their kind in Canada.

It was believed that this system would better serve and support children and families, and though the last decade has challenged the progressive system, it has succeeded in many ways.

Manitoba's system of child protection, with its emphasis on respect and recognition for family and culture, has got the world watching. Child welfare agencies around the globe hope to learn from our child and family services authorities. What works here may one day be used across Canada and beyond.

One of the strengths of our system is that it is in constant flux. New policies, programs, tools and training are constantly being implemented by the Authorities to refine and strengthen the care provided to children and families. In the case of the Métis Child and Family Services Authority (Métis Authority) however, one recent change went beyond simply writing policy.

On October 1st, 2011, the Métis Authority split the Métis Child Family and Community Services Agency (Métis Agency)—the body responsible for child protection services for Métis and Inuit families



Heather Edinborough, executive director of the Michif Child and Family Services Agency

in Manitoba—into two separate agencies.

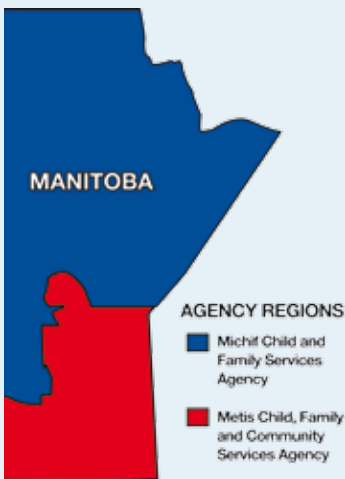
After years of research and assessment, the Métis Authority determined that the needs of their families are not necessarily the same throughout the province and

sought to provide greater flexibility, strengthen community and improve cultural awareness. This was the impetus for the split.

In northern and parklands areas of Manitoba, the care provider for Métis and Inuit families became known as the Michif Child and Family Services Agency (Michif Agency), while the Métis Agency maintained its identity throughout the rest of the province.

The Métis Authority worked closely with its agencies to ensure that services were not interrupted during the transition, and now, for the first time, Métis and Inuit families across Manitoba will benefit from region-specific programming, policy, procedures and guidelines.

The Michif Agency has four locations across its service delivery region. The head office is in The Pas, and satellite offices are located in Dauphin, Swan River and Thompson. By immersing themselves specifically in the communities



they serve, the Michif Agency and the Métis Agency will acquire a greater understanding of the needs of families. This is a good sign.

The willingness of the Métis Authority to address the unique challenges that face families in northern communities is proof that our system is working.

Further changes must and will occur before the safety and protection of every child can be ensured, but as Manitoba's Child and Family Services System matures, so does its ability to meet that mandate.

When other provinces and countries look to adopt our system, they will say it started with devolution. Since then, Manitoba's child welfare agencies and

authorities have been responsible for making it the flexible, adaptive system we have today.

For more information, contact Dustin Rodgers, Communications Coordinator for the Métis Authority at 204.949.0220.



## Provincial Special Needs Program Expands Reach

by Greg Lupier-Roziere

Established in 2002 as a joint initiative of Family Services and Consumer Affairs, Justice and Health, the Provincial Special Needs Program supports individuals living with a mental disability or disorder who present a significant criminal risk to the public. The program assists these individuals in living successfully in the community, while striving to ensure public and personal safety.

### CUSTOMIZED PLANS

The program offers case management services, consultation, the coordination of a range of support services and funding for community-based programming, all customized to meet the individual's specific needs. A personalized plan is developed and re-evaluated on a regular basis.

### ELIGIBILITY

In order to be eligible for the Provincial Special Needs Program, individuals must meet the following criteria:

- Be ineligible for both the Family Services and Consumer Affairs Community Living and disABILITY Services Program and the RHA Community Mental Health Program; and
- Be diagnosed with a mental disability and/or mental disorder that is clinically substantiated; and
- Have a chronic and pervasive criminal justice history of violent behaviour such as sex offending, arson, random assaults; and
- Be assessed as high-risk to re-offend criminally or act out violently.

### REFERRALS

Referrals to the program come from a variety of sources within the social services, health and justice communities. However, individuals may self-refer or be referred by family members or community agencies. Initiating the referral process can be as simple as contacting a staff member.

### PROGRAM EXPANSION

Over the years, the Provincial Special Needs Program has experienced considerable growth. In an effort to continue providing timely and intensive support to participants across the province, the three stakeholder departments recently provided the resources necessary for a full-time service coordinator in Brandon. Greg Lupier-Roziere provides services throughout the Westman, Central, Parkland and Northern Regions. All other program staff are based in Winnipeg.

For more information contact Andrew Orobko, program manager 204.945.4514 (Winnipeg) or Greg Lupier-Roziere, service coordinator 204.726.6176 (Brandon).

# THANK YOU

**Stella's Café and Bakery on Sherbrook and Canada Safeway for their generous donations to the FASD Day event held at the Manitoba Legislative Grounds Sept. 9, 2011.**

# New Poster Offers Straightforward Picture of Pregnancy

by Dee Harvey, The Pas and Area FASD Committee

Over the past year, The Pas & Area FASD Committee has been hard at work developing a poster to educate local communities about the reality of alcohol exposure during pregnancy and the impact it can have on people's lives.

The concept grew out of our committee's desire to create a visual picture of what it is like to be a pregnant woman; all of the different positive and negative pressures and influences she faces.

The two photos on the poster depict two scenarios—one of a pregnant woman drinking beer, and another of a pregnant woman

having tea. Below the pictures short, simple phrases reflect different life circumstances.

To each poster we attached pamphlets with information about local support services.

It sure was a long and involved process, but the end result makes all the effort worthwhile. So many great ideas were discussed at our meetings, and it truly was a team effort.

Thank you to all the committee members for your contributions and to our former co-chairs, Jennifer Sanderson and Joanne

Wyman for pulling this project through to completion. Lastly, thanks to The Pas Renewal Corporation for providing the necessary funding to make all this happen. The "She's Pregnant, What is Her Reality" poster is finally a reality.



# "This is Me—My Life Book" Helps Youth Living With FASD Better Communicate

by Erin Klimpke, FASD Youth Justice Program

The Life Book is part of a federally funded project called "Understanding Youth with FASD and Making Accommodations Project" in which youth involved with the FASD Youth Justice Program are given the tools necessary to create personal strength-based books to help them share their experience of living with FASD.

While enrolled in the program, the youth also have the opportunity to

*"I thought it was awesome and fun. I got to know the other people there and liked the zip lining and horseback riding the best."*

— FASD Adventure Program participant

participate in short-term therapeutic adventure programs led by the team at MOMENTA experience discover grow. Through the FASD Adventure Program, the youth are provided with transportation to and from activities (including high ropes challenge courses, skateboarding, climbing, zip-lining and horseback riding) reminders for afternoon programs, healthy snacks, small group activities and positive role models.

The first four-week session was very successful and boasted perfect attendance while forming positive peer relationships, increased self-esteem and a willingness on the part of the participants to try new and challenging activities.

# Brandon Update by Kim Akins, Brandon Interagency FAS/E Committee Inc.

We are pleased to welcome a few new members to Brandon's FASD community. Our new FASD diagnostic coordinator (formerly Sandi Marr), Ashley Synyshyn is working out of the Brandon Regional Health Centre. The Provincial Special Needs Program for adults with mental health issues has also expanded into the Westman area. Greg Lupiere-Roziere is the new services coordinator for the area.

The Brandon Interagency FAS/E Committee is also busy planning a conference for May 10th, 2012 in Brandon. The conference will highlight "made in Manitoba" expertise. If you would like to receive information about the upcoming conference, please contact me at [Kim.Akins@gov.mb.ca](mailto:Kim.Akins@gov.mb.ca).

## THE VIEW FROM HERE

# Bagpipes Are My Passion by Maia McGillivray



*Maia McGillivray is an amazing person. She has a diverse set of interests, talents and gifts which converge in her passion for the bagpipes. Julia Wellwood, her friend and MCAP member, asked Maia if she would share some of her thoughts about this passion for MCAP News. Maia is an adult who lives with FASD.*

My interest in the bagpipes began back in 1980. My sister was a dancer. The record that she had was the first time I ever heard the bagpipes. The piper on that record was Terry Lee, and he soon became my inspiration.

I heard someone playing and asked if they would teach me. This was my teacher and friend, Garth. To this day, he still teaches me.

Learning the bagpipes is not easy. You do not start off on the bagpipes. You play what is called a practice chanter. On this you learn finger position and gradually work your way up to learning tunes.

For me, the most challenging aspect of learning the bagpipes was trying to understand all that was involved about learning them. Because of this

struggle, I did not get on them until 2006. I could not read music, and struggled to even play the exercises. Not until the summer of 2011 did I finally understand what was really involved. I learned to read music and now I am working on my timing and speed.

Another aspect of the bagpipes that is generally not understood is that people who play them are not doing so just because they want to. They very often have a love for them. This is true for me. I love everything about them. The way they look, feel and sound always reminds me why I love them. Every time I look at them. Every time I pick them up. Every time I play them—sends me into a very strange state that only the bagpipes can evoke. I also think of them as if they had feelings—like they are talking to me. And in a way, they really do.

Bagpipes tell you what certain things mean, but you have to learn what they are and feel when they happen. There is a very precise way to blow them and you have to learn to feel

when this is right and wrong. I guess what gives me the most pleasure and overall satisfaction about playing the bagpipes is being able to prove that even with a disability you can make what seems impossible possible. All you need to learn is a little focus and the ability to persevere no matter how much you want to quit.

I also love them because they are a good way to get my excess energy out. Bagpipes also keep me grounded in reality. They keep me focused and serious about how I learn them.

A last word of advice is if you want to learn—do not run out and get a bagpipe! Find a teacher, and a practice with a chanter first. And you have to be dedicated to learning them.

If I had to choose between the bagpipes and crime, the pipes would definitely win. They allow you to express yourself in a positive way that crime would not.

# Christmas Tales: Recognizing Small Joys in the Season

by Bronwen Bugden

When my oldest son was my only son and tiny, he was beautiful. He was full of a liveliness I had yet to recognize as hyper-speed.

The first Christmas he was with us we lost his mittens in the music store, and his sock in the mall washroom and we learned that Christmas shopping was a babysitter-friendly activity. On our second Christmas Eve together, he raced in front of me into the silent, candle-lit church yelling “Santa comes tonight.” The following year I learned God hears our Christmas carols even when they are sung at the kitchen table. But these were the easy lessons.



In grade 9, that same son told me, “I can only go places with you in the dark so nobody sees,” and I was grateful when it got dark by 5 p.m. and that he still loved to look at Christmas lights. When he was in grade 10, the school called me (again) on the last day before the Christmas holidays to suggest I come look at the photocopy they had made of the machete my son had brought to school that morning. That was the year he bought me a set of very sharp kitchen knives for Christmas and laughed and laughed while I opened them.

Eventually the lessons were welcome ones again. In grade 12 (the first time, not the second) my son put up all the Christmas lights himself and we considered a diagnosis for our house. During his first post high-school Christmas this same lovely young man organized five of his younger brothers in Santa hats in the snow and took our Christmas photo.

This year I hope he remembers to visit on Christmas Day from his home next door. For without him, where would be the joy?

## Healthy Child Manitoba Welcomes New FASD Staff

by Eric Friesen, Program and Policy Consultant, FASD Intervention and Support

The Healthy Child Manitoba Office (HCMO) is thrilled to announce the addition of two valued staff to the FASD team. Kathy Andrew joined the FASD team as the evaluations coordinator in June, 2011 after having worked with HCMO as a data analyst for nine months. Kathy is involved to varying degrees with many of the program evaluations that are currently running, and always keeps one eye on the big picture, which is evaluating the provincial FASD Strategy. Kathy works in concert with the FASD Interdepartmental Committee, where developing a framework for the evaluation has been front and centre since she began the position. As of late December, Kathy will be on maternity

leave, as she is expecting her first baby on New Year's Eve. We wish her all the best with the new arrival.

Eric Friesen comes to us following a few years of clinical case management experience at FASD Life's Journey, where he had the fortune to work alongside adults living with FASD. Prior to that, he did some work for the Calgary John Howard Society and the United Nations Office on Drug and Crime. He will be filling the role of program and policy consultant for Intervention and Support Programs at HCM. Eric is actively involved in programs such as the Family Network and Building Circles of Support, which seek to provide information and

support to caregivers and families living with FASD. He also provides ongoing support for the David Livingstone Bridges Classroom, the FASD Info Line as well as MCAP. Both Holly Gammon and Jill Isbister warmly welcome Kathy and Eric to the FASD team.

On October 13 & 14, as a result of the dynamic efforts of Holly and the team, HCMO hosted a national forum on the prevalence of FASD in Canada, funded by the Public Health Agency of Canada. The purpose of the forum was to initiate the development of a National FASD Prevalence Plan for Canada. The event was attended by approximately 75 professionals

from across Canada as well as a few international guests. Invitees included researchers, clinicians, policy experts, representatives from several national organizations, etc. Interest in generating a prevalence plan has resulted in a commitment to create of a national working group and an action plan to meet the goals set out at the forum.

The FASD team at HCM would like to congratulate everyone on their dedication and accomplishments during this past year. We would also like to wish everybody all the best for the upcoming holidays.

## The Healthy Aboriginal Network

### Maternal Child Health (MCH) Focus Group Short

We turned our Living with FASD comic book series into an animatic (still image animation) called “Enough Silence.” Please consider reviewing one of the five stories at [youtube.com/user/healthyaboriginal.net](http://youtube.com/user/healthyaboriginal.net) or on our website [thehealthyaboriginal.net](http://thehealthyaboriginal.net). Email feedback to [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net) prior to June 30, 2012.

The DVD, which contains all five stories may be ordered (\$15 incl. SH in Canada) by sending an email with your billing address to [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net).

For more information contact:  
**Sean Muir**  
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The Healthy Aboriginal Network  
3240 Comox Road  
Courtenay, BC V9N 3P8  
P 250.941.8881  
E: [sean@thehealthyaboriginal.net](mailto:sean@thehealthyaboriginal.net)  
A BC incorporated non-profit society

## Top 20 Websites for Information on FASD

### [capmanitoba.ca](http://capmanitoba.ca)

Coalition on Alcohol and Pregnancy in Manitoba  
CAP is a voluntary organization of professionals, other interested individuals and agency representatives who meet monthly. The website includes a good resource section and back issues of the MCAP News.

### [fasdmanitoba.com](http://fasdmanitoba.com)

Manitoba FASD Centre  
Information on how to access assessment, follow-up and diagnostic services for children aged 0–18 years.

### [gov.mb.ca/healthychild/fasd/index.html](http://gov.mb.ca/healthychild/fasd/index.html)

Healthy Child Manitoba FASD Strategy  
This site provides information on Manitoba’s FASD Strategy and initiatives, as well as links to other sites.

### [southernauthorityfasd.org](http://southernauthorityfasd.org)

Southern First Nations Network of Care  
This site provides information to foster parents and social workers about FASD. It also lists upcoming workshops and includes links to other sources of information on this topic.

### [phac-aspc.gc.ca/fasd-etcaf/index.html](http://phac-aspc.gc.ca/fasd-etcaf/index.html)

Public Health Agency of Canada (PHAC)  
This site provides information about PHAC policies, initiatives and funding opportunities. It also includes up-to-date information on FASD, such as the Canadian guidelines for diagnosis, and links to important resources.

### [asantecentre.org](http://asantecentre.org)

The Asante Centre for Fetal Alcohol Syndrome  
This site provides information about upcoming FASD-associated events, links to other organizations that provide support and information for families living with FASD, links to research and articles on FASD-related topics, and a glossary of FASD terms.

### [fasdoutreach.ca](http://fasdoutreach.ca)

B.C. Ministry of Education’s Provincial Outreach Program for Fetal Alcohol Spectrum Disorder

This site has good print resources, many of which can be downloaded for free. It also contains e-learning modules on FASD, with written summaries and video presentations of the modules. Some topics include, ‘What is FASD?’, ‘Alcohol & the Developing Brain,’ ‘Memory Difficulties,’ and ‘Dysmaturity.’

### [ccsa.ca](http://ccsa.ca)

Canadian Centre on Substance Abuse (CCSA)  
The CCSA’s mandate is to provide national leadership and evidence-informed analysis and advice. This site has a wide array of FASD links and resources. It aims to provide recent, accurate information and to serve as a gateway to credible Canadian sources of information. Resources listed include conference proceedings, articles, fact sheets and more. It also offers an online FAS toolkit and a national database of resources on FASD and substance use during pregnancy

### [fasdprevention.wordpress.com](http://fasdprevention.wordpress.com)

Girls, Women, Alcohol and Pregnancy  
This site provides up-to-date information about girls, women, alcohol and pregnancy.

### [canfasd.ca](http://canfasd.ca) and [cnfasdpartnership.ca](http://cnfasdpartnership.ca)

Canada Northwest FASD Research Network and the Canada Northwest FASD Partnership  
This is an alliance of seven jurisdictions that aims to build research capacity in Western Canada and the Territories to address high-priority research questions, devise more effective prevention and support strategies for women, individuals with FASD and their families, and to better inform policy.

## **interprofessional.ubc.ca**

University of British Columbia  
Interprofessional Continuing  
Education (IPCE)

Look on the right-hand side of the web page under IPCE Resources and scroll down for webcasts and PowerPoint presentations from the 3rd and 4th International FASD Conferences. On the left-hand side of the page, you'll find information on the upcoming 2012 FASD Conference.

## **fasdcenter.samhsa.gov**

Substance Abuse and Mental Health Services Administration (SAMHSA) FASD Center for Excellence

The FASD Center is a U.S. federal initiative devoted to preventing and treating FASD. This website provides information, resources ([fasdcenter.samhsa.gov/search/basic/index.cfm](http://fasdcenter.samhsa.gov/search/basic/index.cfm)) and materials ([fasdcenter.samhsa.gov/grabGo/grabGo.cfm](http://fasdcenter.samhsa.gov/grabGo/grabGo.cfm)) you can use to raise awareness about FASD.

## **fasdconnections.ca**

FASD Connections

This is a clearinghouse of international articles on various topics related to FASD, organized thematically. The website's purpose is to assist adults and adolescents with FASD. It has areas for birth mothers, individuals with FASD and others. There are online forums, links to articles and new information on FASD.

## **betterendings.org**

Better Endings New Beginnings

This site was developed by Jodee Kulp and her family. It contains information relevant to teens with FASD, including book and video reviews. It also offers many links to other resources, as well as some interactive support sites.

## **snap.bc.ca**

Special Needs Adoptive Parents (SNAP)

This site contains family related research materials and hands-on publications on FASD and other developmental challenges for families and professionals.

## **fasdjustice.on.ca**

FASD and the Justice System

This site is a resource where justice system professionals and others can access information about the implications of FASD in the justice system. It includes background information, what can be done to help, case examples, and more.

## **child.alberta.ca**

Government of Alberta, Children and Youth Services

This site has a section offering posters and information booklets that are free to order, some of which have quantity limits and some which are available while quantities last. Access information about the Alberta Alcohol Strategy at [albertahealthservices.ca](http://albertahealthservices.ca).

## **motherisk.org/far/index**

The Journal of FAS International

This site provides free access to peer-reviewed FASD research published in the Journal of FAS International and reports on other significant peer-reviewed papers, upcoming conferences and events. [motherisk.org](http://motherisk.org) also has great information for pregnant and breastfeeding moms.

## **faseout.ca**

FASeout: FASD Outreach Project

This site provides access to presentations created and delivered by the FASeout project, a national database of trainers and a forum for trainers to use for sharing up-to-date information and resources.

## **fascets.org**

Fetal Alcohol Syndrome Consultation, Education and Training Services, Inc.

This site contains background information on FASD, as well as information about the training, services provided, and resources recommended by FASCETS and Diane Malbin.

More good websites and resources may be found at [skfasnetwork.ca](http://skfasnetwork.ca).

# Top 20 Resources on FASD

## **Strategies for Parents, Educators, Caregivers, and Other Professionals**

Healthy Child Manitoba. *What Educators Need to Know About Fetal Alcohol Syndrome: Working Together to Educate Children in Manitoba with Fetal Alcohol Spectrum Disorder*. Winnipeg, MB: 2007. P: 204.945.2266.

Malbin, Diane. *Fetal Alcohol Spectrum Disorders: Trying Differently Rather Than Harder 2nd ed.* Portland Oregon: FASCETS, 2002.

Victorian Order of Nurses. *Let's Talk FASD: Parent Driven Strategies in Caring for Children with FASD*. Ottawa, ON: VON CANADA, 2005. Download @ [von.ca](http://von.ca).

Schneider, Barb. *Strategies for Parenting Children with FASD 5th ed.* Breton, AB: Brighter Futures, 1999. P: 780.696.2543.

Region 6 FASD Child and Youth Sub-Committee. *FASD Strategies Not Solutions*. Edmonton, AB: Region 6 FASD Child and Youth Sub-Committee. Download @ [region6fasd.ca](http://region6fasd.ca).

Froehlich, Eileen, and Adeline Bourbonniere. *Talking with Parents about Raising Children with FASD*. Winnipeg, MB: Child Guidance Clinic, Winnipeg School Division, 2005. P: 204.786.7841.

FASD Support Network of Saskatchewan. FASD Tip Sheets. Order or download @ [skfasnetwork.ca](http://skfasnetwork.ca).

FASD Northern Family Health Society. Resource Toolkit. Prince George, BC: 2007. Download @ [nfhs-pg@nfhs-pg.org](mailto:nfhs-pg@nfhs-pg.org).

## FASD Prevention

Manitoba Liquor Control Commission. *Be With Child Without Alcohol*. Facilitator's guide, learning activities, information pamphlet, and English/French video. Download @ [withchildwithoutalcohol.com](http://withchildwithoutalcohol.com).

*Recovering Hope: Mothers Speak Out About FASD*. DVD. Substance Abuse and Mental Health Services Administration Centre (SAMHSA). SAMHSA, 2006. Download @ [samhsa.gov](http://samhsa.gov).

Thordarson, Deb and Lia Braun. *Making the Right Choices: A Grade 5-8 Fetal Alcohol Syndrome Prevention Curriculum*. Winnipeg, MB: Frontier School Division, 2001. P: 204.775.9741.

## Understanding FASD: by, for and about people with FASD

Healthy Child Manitoba. "Fast Facts on FASD." 2011. <http://www.gov.mb.ca/healthychild/fasd/fastfacts.html>. P: 204.945.2266.

New Directions for Children, Youth, Adults and Families Inc. *This is Me: A Tool for Learning About and Working with People Who Have Fetal Alcohol Spectrum Disorder*. Winnipeg, MB: New Directions, 2007. CD and learning guide. Download @ [mefasd.com](http://mefasd.com).

Burns, Nicholas. *You Can Do It Too* (Comic). Winnipeg, MB: Interagency FASD Program, 2007. P: 204.582.8658. \$1.00/copy.

Hammond, Merryl & Rob Collins. *Sam's Bear*. Kahnawake, QC: NIICHRQ, 2009. P: 450.632.0892.

F.A.S: *When the Children Grow Up*. DVD. Directed by Sharon Bartlett and Maria LeRose. Burnaby, BC: Knowledge Network, 2002.

The Healthy Aboriginal Network. *Drawing Hope* (Comic). Order @ [thehealthyaboriginal.net](http://thehealthyaboriginal.net).

Gelb, Karen and Deborah Rutman. *Substance Using Women with FASD and FASD Prevention: A Literature Review on Promising Approaches in Substance Use Treatment and Care for Women with FASD*. Victoria, BC: Research Initiative for Social Change Unit, School of Social Work, University of Victoria, 2011. Download @ [socialwork.uvic.ca](http://socialwork.uvic.ca).

Graefe, Sara. *Living with FAS: A Guide for Parents* 3rd ed. Vancouver, BC: Groundwork Press, 2006.

FASD Network News. *Sensory Issues and FASD*. Info sheet. Saskatoon, SK: FASD Support Network of Saskatchewan. P: 306.975.0884.

The Top 20 lists were compiled by Lia Braun with input from members of the MCAP News Committee. Lia may be contacted at 204.772.9168 or [lia\\_mmp@yahoo.ca](mailto:lia_mmp@yahoo.ca) for more information or to order custom-designed FASD resource packages.

**FASD Services in Manitoba produces an excellent list of resources and programs related to FASD throughout Manitoba. P: 204.945.2266**

**FASD Information Line is a toll-free confidential phone line that provides callers with information and support regarding FASD. P: 866.877.0050**

**Correction:** The SOS program schedule information provided in the article entitled "Neechi Moose and Wápos Teach Social Skills" in Thompson by Ellana Zoller, found in the Spring 2011 issue of *MCAP News* should have read: SOS MB runs monthly in four sites: Winnipeg, Brandon, Little Grand Rapids and Thompson. The Saturday daycamp is held once per month in all four sites.



MCAP would like to welcome Anita Posaluko as the new program coordinator for the FASD Interagency Program with New Directions.

## Manitoba Coalition on Alcohol and Pregnancy (MCAP) – Membership Form

Thank you for your interest in the Manitoba Coalition on Alcohol and Pregnancy (MCAP). MCAP membership is open to all Manitobans with an interest in fetal alcohol spectrum disorder (FASD). MCAP will facilitate representation from across the province through the use of teleconferencing technology. Anyone may attend a MCAP meeting, however only voting members may participate in making decisions for MCAP. There are no membership fees or dues. Members must complete and submit annually a membership form confirming their intention. The type of membership chosen reflects the level of commitment to MCAP. Voting members are encouraged to attend meetings regularly to ensure quorum can be established at each meeting. Voting members are asked to let the MCAP administrative co-ordinator know when they are unable to attend a meeting.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Organization (if applicable): \_\_\_\_\_

Mailing address: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

### Please indicate the type of member you wish to be:

**Individual Voting Member:** An individual voting member is a person with an interest in FASD, who is not representing an organization. Voting members are committed to attending meetings on a regular basis and are engaged in MCAP activities.

**Organizational Voting Member:** An organizational voting member is a person representing an organization. The membership will be held by the organization who will appoint a representative to vote at MCAP meetings, participate in MCAP events and receive minutes and correspondence. Each organization will have one vote. An alternate may attend meetings to represent the organization. The organization is committed to providing a representative to attend meetings on a regular basis and engage in MCAP activities.

**Individual Non-Voting Member:** An individual non-voting member is a person not representing an organization, interested in receiving the FASD News and invitations to MCAP events but does not wish to participate in the operation of MCAP. Individual non-voting members are encouraged to attend MCAP meetings, however if they wish to participate in the administration of MCAP they must change their membership to a voting member.

**Organizational Non-Voting Member:** An organizational non-voting member is an organization with an interest in receiving the FASD News and invitations to MCAP events but does not wish to participate in the operation of the MCAP. The organization will identify a contact person to receive information. The organization is encouraged to send a representative to attend MCAP meetings, however if they wish to participate in the administration of the MCAP they must change their membership to a voting member.

**Ex officio non-voting member:** MCAP funders.

**Please mail the completed form to:  
Kerri Hiebert, MCAP Administrative Coordinator  
299 Truro Street, Winnipeg, MB R3J 2A2**