

# C.A.P. NEWS

March 2010



## Visions and Voices Ready to Launch

by Sue Mozden, Jewel Reimer and Julia Wellwood

If you have any FASD news, please send articles to Catherine Pate, editor, E: capnews@mts.net or contact a member of our newsletter committee:

Lia Braun

lia\_mmp@yahoo.ca

Julia Wellwood

julia.wellwood@gov.mb.ca

Joanne Wyman

jwyman@normanrha.mb.ca

Carol Robson

caroline.robson@gov.mb.ca

*CAP News logo designed by Bridges intermediate program students at David Livingstone School, Winnipeg, MB, 2008.*

**V**isions and Voices is a program to promote awareness of FASD in the broader community by having persons living with FASD tell their personal stories to the public.

This project was developed through a partnership of the Changes for Children FASD Strategy Implementation Team, the communications representative with the Southern Authority, and the Mennonite Central Committee's FASD Program in response to community requests for motivational speakers who are able to speak to the realities of living day to day with FASD.

During these public presentations the person living with FASD will highlight important "teachable moments" in their lives and weave their story into a message of hope for the listening audience.

There is often a great deal of shame and blame associated with an FASD diagnosis.

Working with individuals to develop and share their stories is one way to help educate the public, thereby reducing the stigma of this disability.

The project participants were recruited in August 2009. All six applicants were accepted and their circles of support were consulted throughout the development phase of this project.

This past fall, each participant, along with their identified support person, worked to develop their media storyboards with Jewel Reimer (MCC) and Jim Compton (Media Relations Southern Authority).

When the storyboard was completed, the participants spent half a day working with Strongfront A/V Productions to create their personal DVD of spoken vignettes, photos and illustrations.

*Continued on page 2*

4

PartnersNew Offers  
New Supports

6

Manitoba FASD Centre  
Conducts New Research

9

A Little Known Gem

# New Initiatives



*Top: Training event participants enjoy lunch lovingly prepared by Visions and Voices participant, Lisa (second from left);  
Left: Visions and Voices participant, Jessica and her mom Cori;  
Bottom: Julia talks with Maia, a Visions and Voices participant.*



Each Visions and Voices participant will be able to use this DVD when they are asked to speak.

In January 2010, the presenters and their supporters gathered for a day of training. This provided the group with an opportunity to share ideas and experiences of presenting to a variety of different audiences.

Participants were able to think about what they want their audience to learn; to learn to handle questions and to reflect on their feelings, and coping with nervousness.

The day was filled with lively chatting and stories, insights, and freely shared talents, including a “made from scratch” lunch and live music!

The day wrapped up with the participants receiving a certificate declaring them to be official Visions and Voices presenters. Visions and Voices would like to thank Jim Compton and Strongfront Studio staff (Sean Paren-

teau and Sharl Cuirko) for their understanding and patience in eliciting and editing these beautiful stories that help to educate us about the Spectrum of FASD.

Visions and Voices is now ready to accept speaking requests to spread the message of hope in your community. Until further notice, please contact Jewel Reimer, Mennonite Central Committee, at 204.925.1913 to place your request for a presentation.



# Hats Off..



## to... The Courageous Women of the InSight Mentoring Program

by Chantal McClelland, BJ Crook and Marlene Dram, InSight

The InSight mentoring team in Thompson, Manitoba, is pleased to share several success stories that we were able to witness recently:

After dropping out of school at a young age and becoming street involved, a woman returned, with her baby, to her home community and reconnected with her family. She currently plans to return to school.

After multiple attempts at treatment, a woman not only completed treatment but asked for an extension, recognizing that it would be beneficial to her.

After leaving a relationship, a woman recognized that she has the ability to provide for herself and her baby.

After many years of struggling with an addiction and homelessness, a woman remains substance free and has delivered a healthy baby.

To all these women, we say Hats Off!

## NEW FASD Diagnostic Trainers Gather to Learn the Ropes

by Joanne Wyman, The Pas-Norman Regional Health Authority.

On January 11-15, 2010, six new FASD diagnostic coordinators met at the Manitoba FASD Centre for the first part of their official training.

The six coordinators include: Sandra Marr, Brandon RHA; Devon Ungurain, Pinawa-North Eastman RHA; Melissa Froese, Steinbach-South East RHA; Sherisse Picklyk Dear, Selkirk-Interlake RHA; Sherry Osborne-Thompson, Burntwood RHA, Joanne Wyman, The Pas-Norman RHA.

It was a very full week. The first day we had introductions from Dr. Longstaffe and Cheryl Susinski. Holly Gammon, Dawn Ridd and Dr. Sally Longstaffe gave a presentation on the purpose and role of the Manitoba FASD Centre and the

Network Vision. Dr. Chudley spoke on the FASD overview and Dr. Hanlon-Dearman and Dr. Longstaffe spoke on the brain and FASD.

We also had an opportunity to observe a clinic assessment and an overview of a referral, assessment and follow-up, supporting families and the children's therapy initiative.

As you can tell, the days were very full but extremely interesting and very exciting. In the week we were together there were many opportunities to ask questions, share ideas and to get to know each other.

This is just the first part of our training. We will be getting together again in April and once a month we will be using telehealth to remain in contact.

# New Initiatives

## PartnersaNew Provides Much-Needed Support for People Living With Intellectual Disabilities.

by Irene Maendel, PartnersaNew

**P**artnersaNew Inc. is a new organization that seeks to support individuals living with intellectual disabilities and their families within the South Eastman Region. At the heart of its service-delivery model are flexible, person-centred supports for those living with intellectual disabilities.

By affirming the personal gifts of these individuals, encouraging the pursuit of dreams, and nurturing individual relationships and families the organization strives to ensure that all persons can achieve full citizenship and meaningful life in the community.

PartnersaNew Inc. is currently exploring ways to support the individuals who currently fall through system-wide gaps. For individuals living with FASD and their families, this means offering education, support groups and respite options, as well as exploring mentoring relationships or developing support networks. We are also asking families to offer suggestions about what they require.

### Some key program initiatives currently under development:

- A variety of services to families in South Eastman Region, including supported living options to adults living in their family home;
- Respite services for families supporting children and adults living with intellectual disabilities;
- A comprehensive resource base including informational and educational materials, as well as access to family and community workshops;
- Assisting individuals to build on existing gifts while promoting life-long learning;
- Trained employment developers and job coaching;
- Daytime community support;
- Encouraging ongoing relationships and developing/maintaining social support networks.

### Upcoming Workshops

**F**amilies, educators, educational assistants or anyone involved with Fetal Alcohol Spectrum Disorder (FASD) care will be interested in attending the following workshops in Steinbach scheduled for March 16 and 23, 2010, at the Brass Lantern Restaurant, corner of Main Street and #12 highway:

#### FASD Basics Part 2

March 16, 7 p.m.—9 p.m.

Presented by Lia Braun

*This session will offer basic information on FASD, including how alcohol affects the developing brain as well as the differences between the four FASD diagnoses.*

\* Part 1 was held March 2.

#### Behaviour Detective Part 1

March 23, 7p.m.—9 p.m.

Presented by Lia Braun

### Join Us!

#### Family Support Group

When: The last Monday of each month

Time: 7 p.m.

Where: Oakridge Nursery Tea House in Steinbach.



## Metis CFS Offers New Program to Caregivers

by Leilani Buschau

Metis Child, Family and Community Services

**M**etis Child, Family and Community Services launched the FASD Infinity Education program on January 12, 2010. The eight-week FASD Infinity Education program is designed to assist birth parents and alternative caregivers in building on and practicing the skills gained from attending the foundational FASD training.

In addition, the experience provides support to participants as they build a “Circle of Support” for the child/ren in their care.

### Program topics

- Understanding brain domains, brain-based behaviour and observing your child;
- Secondary defensive behaviours and tertiary behaviours;
- Adapting the environment;
- Creating strategies;
- Creating visual cues (routines, calendars etc.);
- FASD assessment;
- Advocacy;
- Creating or expanding the Circle of Support;
- Community-based services and consults with the FASD specialist.

If you are a caregiver connected to Metis Child, Family and Community Services and would like more information, please contact **Leilani Buschau** at 204.927.7304 or [leilani.buschau@metiscfs.mb.ca](mailto:leilani.buschau@metiscfs.mb.ca)

## Institute of Health Economics Consensus Conference Sets Course

by Holly Gammon, Healthy Child Manitoba

**F**rom October 7-9th a consensus conference: Fetal Alcohol Spectrum Disorder (FASD) Across the Lifespan, was held in Edmonton, Alberta. During the first two days, approximately thirty-one international experts gave twenty-minute presentations on the most up-to-date information and research in the area of FASD.

The presentations were directed to a judge and a twelve-member jury panel comprised of health professionals, academics and public representatives. They centred on six themes: 1) What is Fetal Alcohol Spectrum Disorder (FASD) and how is

it diagnosed? 2) Do we know the prevalence and incidence of FASD in different populations, and can the reporting be improved? 3) What are the consequences of FASD for individuals, their families and society? 4) How can FASD be prevented? 5) What policy options could more effectively support individuals with FASD and their families across the lifespan? 6) What further research in FASD is needed?

After each of the twenty-minute presentations, conference attendees were given the opportunity to ask questions and discuss the content of the presentations.

*“Institute” continued on page 7*

## Manitoba FASD Centre Conducts Exciting New Research by Dr. Ana Hanlon-Dearman and Dr. Carla Ens

On November 27, 2009, Drs. Ana Hanlon-Dearman and Carla Ens of the Manitoba FASD Centre were delighted to present some of the FASD research initiatives taking place at the Manitoba FASD Centre to the Coalition on Alcohol in Pregnancy.

### Key Areas of Research Highlighted

- Neurodevelopmental patterns in FASD;
- Resiliency and risk in FASD;
- The use of telehealth in FASD diagnosis and follow-up.

A short review of the future directions was also given.

### Neurodevelopmental Patterns in FASD

Understanding neurodevelopmental patterns in FASD supports diagnostic assessment and contributes to our understanding of interventions that work at different ages and in different environments.

One area of focus pertains to school-aged assessments. This work is being led by Dr. Sally Longstaffe, Dr. Ana Hanlon-Dearman and Karen Penner, Neurodevelopmental consultant. Using the NEPSY test for diagnosis of FASD, they have found significant worsening in memory, attention and phonologic/language processing with age. Visually based learning, including visual spatial,

visual motor and sensorimotor learning are relative strengths.

The most recent results (Penner et al.) suggest that select NEPSY subtest combinations may be useful as a pre-referral screening tool to help identify school-aged children presenting with significant learning or behavioural challenges, particularly after the age of eight.

The centre continues to support ongoing research into sleep patterns in FASD with a new study on sensory processing and sleep (Dr Hanlon-Dearman, Ms Tiffany Wengel, medical student).

This builds on previous work con-  
*“The most important consideration is the early identification of globally impaired language and communication, coupled with early support and intervention.”*

ducted with Ms Brenda Fjeldsted, occupational therapist, on sensory processing and sleep.

We are continuing to recruit three- to ten-year-old children with FASD for this study. The children wear a wrist watch-like motion sensor (actigraph) for a week to evaluate their sleep/wake patterns, and their parent completes a sleep questionnaire and sensory profile. We will have results from this study later this summer.

Shelly Proven, the Speech Language Pathologist at the Centre, has been studying communication patterns in children with FASD for several years. In a retrospective chart review of over 150 children under 12 years of age who were assessed from January 2005 to January 2009, she found that language development is significantly affected by prenatal exposure to alcohol with globally poor performance on all four of the language tests used.

Importantly, evidence of language impairment often falls into a below average range, and may not always meet the 2SD threshold, but significantly impairs learning and adaptive functioning. The most important consideration is the early identification of globally impaired language and communication, coupled with early support and intervention.

### Resiliency and Risk in FASD

Resiliency is defined as the ability to recover in the face of adversity, stress or disability. Resiliency is influenced by individual factors such as cognitive processing and self-regulation and a host of environmental factors such as family and community supports.

In looking at resiliency profiles in high-risk adolescents with FASD involved with the youth justice program in Manitoba (Drs. Ana Hanlon-Dearman and Sally Longstaffe), it was found that these adolescents with FASD are among



our most vulnerable populations, with poor internal resources to support resiliency in the face of stress.

This preliminary data underscores the need for comprehensive support systems to provide appropriate long-term strategies to support these vulnerable adolescents.

## Telehealth in FASD Diagnosis in Manitoba

This is a qualitative review of the telehealth experience in Manitoba (C. Ens, A. Hanlon-Dearman & S. Longstaffe). Interviews with telehealth community participants and with clinicians involved have been conducted in The Pas, Nor-

way House and Brandon. Preliminary results are highlighted in the article “Telehealth...” on page 10 of this issue of *CAP News*.

## Future Research

The Manitoba FASD Centre is entering collaborative research with the Manitoba Centre for Health Policy to combine anonymized clinical data on individuals with FASD with administrative data on health, education and social services. The objectives of this research are to examine rates of health and social service utilization for children identified as FASD through the MB FASD Centre data and to provide an indication of the burden of service use of the disorder. This

will allow us to answer questions such as “How often do children with FASD see the doctor and why? What medications are they prescribed” or “How many children with FASD received educational funding?”—to name a few.

Other research directions include continued work in the fields of preschool neurodevelopmental patterns, preschool social/emotional functioning, school-aged resiliency, interventions such as art therapy, medication incidence/prevalence in children with an FASD, FASD in Aboriginal communities, Manitoba Standards of Practice, and evidence-based anticipatory guidance.

## *“Institute” continued from page 5.*

On the third day the judge and jury panel, having worked long into the night on both previous evenings, presented the conference participants with a consensus statement. Some of the key recommendations included in that statement were:

- Services should be: (a) based on functional need rather than arbitrary eligibility criteria, b) lifelong, c) seamless, d) individualized, e) culturally sensitive, and f) have sustainable funding;
- There should be funding for systematic evaluation of programs and sharing of results;

- We should build communities of support for individuals affected by FASD and their families. In particular, we should encourage mentorship and activity-based programs;

- There must be equitable and timely access to diagnosis for individuals with suspected FASD, including appropriate communication of findings with the individual family and other service providers.

The consensus statement is intended to give direction to ongoing programming and policy development on FASD across the lifespan. It reflects the views of an expert panel who synthesized publicly available information, along with

sometimes conflicting interpretations of the data, into clear and accurate answers to the questions posed to the panel. Within the year, a book on FASD will be published, each chapter being written by the various presenters at this forum.

A special thank you to all our Manitoba expert presenters: Ms. Brenda Bennett, Dr. Ab Chudley, Dr. Linda Burnside and Associate Chief Judge Mary Kate Harvie.

To view the entire statement go to [www.ihe.ca](http://www.ihe.ca)

## Motivational Interviewing: Supporting Change and Preventing FASD A Participant Perspective by Lorraine Brake and Teresa Brown

**H**ealthy Child Manitoba recently sponsored two Motivational Interviewing (MI) training sessions for frontline workers from various community agencies and government departments.

Lorraine Brake and Teresa Brown from the Manitoba Youth Centre had the opportunity to be participants in both of training sessions.

The first session was a two-day introduction to Motivational Interviewing and the second was the advanced level training for Motivational Interviewing: Building Communities of Practice.

The facilitators, Christine Urquhart & Frances Jasiura, created a safe environment for participants to practice and challenge themselves to ensure MI skills were being consistently utilized in their practice with clients.

As caregivers/counsellors, we often think that giving a client information so that they know what they need to change should be enough to motivate the change. When change doesn't happen, we might ask them why they won't change and continue to bombard them with more information, attempting to convince them further.

MI frees the caregiver/counsellor from making judgments, from convincing, from "telling" and from doing a lot of talking to motivate change.

MI teaches skills in listening for ambivalence, listening and recognizing and evoking 'change talk,' client-driven agendas, understanding resistance and using reflective listening to guide conversations.

A big advantage of MI for the client is that they feel heard; their concerns and needs are addressed with respect and non-judgmental attitudes. They should leave an MI interview feeling they have choices and wanting to return to another interview.

In the advanced level training, participants were to attend with a taped interview utilizing the MI skills learned during the first training.

Participants had the opportunity to code and give feedback to a partner on their taped interview. This exercise proved to be most helpful because so often, after attending a training, the skills learned are not implemented.

One of the reasons for this might be a lack of confidence to try the new skills

with clients or it can just be easy to fall back into old habits.

The facilitators have encouraged participants to continue meeting regularly as part of a Community of Practice to provide ongoing peer support.

Lorraine and Teresa will be meeting with two other participants from different agencies to assist each other in continuing to utilize the skills learned in the training. The facilitators have also arranged for large group web-based Community of Practice sessions in March and April.

This was an excellent training opportunity. The skills utilized in Motivational Interviewing are a nice fit for best practices in working within the context of FASD prevention.

Although skill development focussed on supporting women who struggle with addiction issues in improving their health during pregnancy, it could also be used in many other clinical venues to help decrease resistance, increase readiness, and initiate and guide conversations to support individuals in making healthier and safer living choices.

Thank you Healthy Child of Manitoba for an amazing training experience.



## Manitoba Special Needs Program A Little-Known Gem

by Andy Orobko, Manitoba Special Needs Program

One of Manitoba's lesser known support services for adults living with a fetal alcohol diagnosis is the Province of Manitoba's Special Needs Program.

The Special Needs Program became operational in 2002 after a series of discussions and consultations among the departments of Justice, Family Services and Health. These stakeholder departments realized there was a population of adult Manitobans living with complex needs and posing high risk to the community. However, this population was still ineligible to receive governmental support from either the Supported Living Program or Community Mental Health.

In a wonderful display of creative and cooperative partnering, these departments contributed funding, staff positions, office space, logistical support and governance to create a stand alone program that could support these Manitobans who were falling through the cracks of governmental programming.

The program provides individualized, community-based support to adult Manitobans living with some form of mental disability or disorder, but who have been denied governmental support elsewhere.

Program participants have a chronic and pervasive history of violent criminal behavior in the community and are assessed as continuing to be at high risk for same.

At the current time, the program serves 125 Manitobans across the province, and over 40% of program participants have a primary diagnosis somewhere along the Fetal Alcohol Spectrum of Disorders.

The majority of referrals for the program come from Manitoba Corrections, most notably the FASD Youth Justice Program at the Manitoba Youth Centre.

The screening and assessments completed at the youth centre ensure the early referral of these young offenders for adult services. This allows for earlier intervention and an interruption to the chronic cycling of these young adults in and out of the justice system. Other major referral sources are Adult Corrections and child welfare agencies.

The Special Needs Program has consistently demonstrated a number of positive outcomes for its participants over the years, most importantly a dramatic reduction in criminal

recidivism. Other positive outcomes include a reduction in hospital admissions and requests for acute mental health services, stable housing and overall increased wellness.

The program provides a robust case management model which heavily subscribes to a multi-disciplinary, integrated service approach. The program has developed a number of very effective working partnerships with both private and public service providers. The program adheres to a client-driven approach in which the participant helps to develop a holistic community support plan that can address both needs and risk issues.

The Special Needs program is housed at 896 Main St in Winnipeg, with a staffing complement of one program manager, two service coordinators and two resource assistants.

If you would like further information on the program, or you would like to discuss a possible referral, please contact Andrew Orobko, program manager, at 204.945.4514 or [Andrew.orobko@gov.mb.ca](mailto:Andrew.orobko@gov.mb.ca).

*“The program adheres to a client-driven approach.”*

## Telehealth for FASD Assessment and Follow-up in Manitoba by Carla Ens, Manitoba FASD Centre

Since 1999, the Manitoba Telehealth network has been used for both the assessment of Fetal Alcohol Spectrum Disorders (FASD) and subsequent follow-up. As it is unknown what the impact of this service has been, a study titled “Evaluating the FASD Telehealth Program in Manitoba,” was conducted to evaluate the FASD Telehealth program as it is used within The Pas/Flin Flon, Brandon and Norway House. The study was funded by Healthy Child Manitoba and was conducted by the Manitoba FASD Centre. The purpose of the study was twofold: 1) to explore differences and similarities within the three communities and 2) to recommend changes for future development of telehealth for FASD assessment and follow-up in the province.

A total of thirty-three semi-structured interviews were conducted between October 19 and December 11, 2009. Participants were comprised of practitioners and allied health professionals from the Manitoba FASD Centre and stakeholders from each of the three communities.

The interviews revealed that the telehealth program offered through the Manitoba FASD Centre was conceptualized in similar ways. The four emergent themes highlighted many similarities, but also brought attention to the differences experienced by communities in the telehealth experience. The first theme, “The Process... Our Perspective” expanded on the perceived benefits and drawbacks of the telehealth program. The second theme, entitled “The Value of a Diagnosis,” explored what assessments mean

within communities. The third theme, “Following Up,” identified the perceived strengths of the follow-up process and what participants had identified as areas of difficulty. The fourth and final theme, “Dreaming of Change,” highlighted what stakeholders perceived to be areas for improvement.

As the participants were limited to professionals in the education, health and social services fields, the themes focus primarily on issues pertaining directly to those sectors; children and families were not represented in the participant sample which is reflected in the results.

The full results will be available once they have been vetted by Healthy Child Manitoba.

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

*Forgetful Frankie: The World's Greatest Rock Skipper*, a book by Jill and Katherine Bobula, illustrated by Rob Hall, tells the story of Frankie, a delightful child with FASD. The book is part of the WE ARE POWERFUL series designed to introduce the lives of children affected with various disorders, syndromes and learning disabilities. This book shares with readers the daily joys and challenges that Frankie faces and helps us develop a better understanding of what life is like for children with FASD.

## Promising Practices Conference Celebrates Heroes and Offers Hope by Tannis Toothill and Erin Klimpke, FASD Youth Justice Program

Carol Robson, Tannis Toothill and Erin Klimpke of the FASD Youth Justice Program had the fortunate opportunity to attend the Promising Practices, Promising Futures FASD Conference in Calgary, Alberta, on February 8th and 9th, 2010.

The focus of the multidisciplinary conference was Fetal Alcohol Spectrum Disorder (FASD) and its impact on individuals, families, communities and society.

The two-day conference featured three keynote speakers: Dr. Bruce Perry, Dr. Mark Gold and Lieutenant-General Romeo Dallaire. Also, a community showcase and twenty-one break-out sessions were facilitated by a spectrum of professionals.

To start the conference, Dr. Bruce Perry demonstrated his research linking

FASD, trauma and the importance of positive relationships between individuals and their caregivers.

Dr. Mark Gold from the University of Florida discussed his research of how drugs and alcohol are the number one public health problem impacting brain

*The focus of the multidisciplinary conference was Fetal Alcohol Spectrum Disorder (FASD) and its impact on individuals, families, communities and society.*

function.

Day two commenced with Lieutenant General Romeo Dallaire's remarks focussing on the impact of post traumatic stress disorder on the brain.

The FASD Youth Justice Program showcased the Probation Icons Project

in the community showcase portion of the conference.

The icons are visual pictorial aids that correspond with conditions that are commonly used in probation orders in Manitoba. The goals of the icons are to have a positive impact on probation compliance and to reduce recidivism.

Over the course of the two-day conference participants had the opportunity to network and to increase their knowledge and understanding on recent developments in the field of FASD.

"Heroes and Hope" for caregivers/individuals was the overall theme that emerged at the conference and the key message for those working/living in the FASD community.

# Resources

## Book Launch Showcases Gifts of FASD Affected Children by Deb Thordarson, Bridges Intermediate Program



Photo courtesy of  
David Livingstone School

Deb Thordarson with some of the students involved in *Jilly's Story*.

**L**iving and Learning with FASD: *Jilly's Story* was officially launched to a full house on November 20, 2009, in the David Livingstone School library.

Congratulations and warm words of encouragement and praise were received from Holly Gammon of Healthy Living Manitoba; Judy Wasylycia-Leis, Member of Parliament, and Al Kircher from the Child Guidance Clinic, who co-facilitated the writing of the book with Deb Thordarson and her students.

Debbie Lenhardt Mair, principal, and Dennis Perron, vice-principal at David Livingstone School, also welcomed everyone and commended the students for their incredible accomplishment.

### Order Now!

#### *Jilly's Story*

\$20 including taxes  
call

David Livingstone School  
204.586.8346

Danni, Destiny, Brandon and Dani welcomed the crowd of over 100 people who showed up to support the children as they spoke about the process of writing *Jilly's Story* and what it has meant to them. *Jilly's Story* is believed to be the first book of its kind; written and illustrated by children living with the affects of FASD.

The book was initially written as a small classroom tool to help the children discuss and learn about their disability. It was first published in a "story board format" on the computer.

When visitors were shown the story they all asked how they could obtain a copy.

After a few revisions and assistance from occupational therapist, Dorothy Schwab; speech and language pathologist, Kathy Gerylo; psychologist Al Kircher, along with a wonderful grant of \$5000.00 from Healthy Child Manitoba, our book was born.

Almost 500 copies have been sold to date, with orders coming in from England, Ireland, Alaska, the United States, Australia and across Canada.

[www.gov.mb.ca/healthychild/fasd/contacts.html](http://www.gov.mb.ca/healthychild/fasd/contacts.html)

Healthy Child Manitoba has published an FASD Services in Manitoba resource list which is available free from the Healthy Child Manitoba Office, 204.945.2266 or toll free at 1.888.848.0140 or online.

### FASD Information Manitoba

Toll-free line

offering information on FASD and support  
to parents, caregivers and professionals.

1.866.877.0050

# Upcoming Events

## Mark your calendars...

### SHARING MANITOBAN EXPERTISE: A CONFERENCE ON FASD

Winnipeg, May 20, 2010

Viscount Gort Hotel

Watch for registration information coming soon.

### 4th National Biennial Conference on Adolescents and Adults with FASD

April 14th – 17th, 2010

Hyatt Regency

655 Burrard Street, Vancouver, BC

*This conference will bring together a diverse group of professionals and families to share research, experience and practice in order to sustain and enhance the lives of adolescents and adults with FASD, their families, service providers and communities.*

For more information visit

[www.interprofessional.ubc.ca/Adults.html](http://www.interprofessional.ubc.ca/Adults.html)

Email: [ipad@interchange.ubc.ca](mailto:ipad@interchange.ubc.ca)

## Upcoming CAP Committee Meetings

April 19, May 17, June 21

10 a.m.-12 p.m.

332 Bannatyne

To participate via teleconference or for additional information contact

Kerri Hiebert, CAP administrative coordinator

[kerrihiebert@mts.net](mailto:kerrihiebert@mts.net)

## CAP FASD Information Series

Sponsored by the Coalition on Alcohol and Pregnancy

March 26 11:45-1:00 p.m.

InSight Mentoring Program (formerly STOP FASD)

April 30 11:45-1:00 p.m.

FASD Respite Camp

May 28 11:45-1:00 p.m.

Watch for details

Contact Kerri Hiebert if your community is not listed here. [kerrihiebert@mts.net](mailto:kerrihiebert@mts.net)

### For televideo conferencing contact:

**The Pas:** Joanne Wyman [jwyman@normanrha.mb.ca](mailto:jwyman@normanrha.mb.ca)

**Thompson:** Brenda Dawyduk [bdawyduk@brha.mb.ca](mailto:bdawyduk@brha.mb.ca)

**Norway House:** Lucy Muswagon [lucym\\_mmp@yahoo.ca](mailto:lucym_mmp@yahoo.ca)

**Brandon:** Julie Hockley [jhockley@afm.mb.ca](mailto:jhockley@afm.mb.ca)

**Flin Flon:** Colleen Tower [ctower@normanrha.mb.ca](mailto:ctower@normanrha.mb.ca)

**Morden/Winkler:** Bronwen Budgen [bugden@mts.net](mailto:bugden@mts.net)

**Russell:** Jo-Anne Hamilton [jhamilton@pwsd.ca](mailto:jhamilton@pwsd.ca)

# Have You Heard?

## COALITION ON ALCOHOL AND PREGNANCY (CAP)

CAP 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.

CAP facilitates this through regular meetings, special events, the CAP website and this published newsletter.

CAP receives funding support from Healthy Child Manitoba.

CAP meets every third Monday of the month from 10:00 a.m. to 12:00 noon at the Healthy Child Manitoba Office. Teleconference available.

For more information or to get involved visit our website at [www.capmanitoba.ca](http://www.capmanitoba.ca).



## Healthy Child Manitoba Welcomes Margaret Bryans by Holly Gammon, Healthy Child Manitoba FASD Programs

Healthy Child Manitoba welcomed a new member to the FASD team in early December 2009. Margaret Bryans is the new program and policy consultant, dedicated to working with the seven provincial mentoring sites recently renamed InSight Mentoring Program.

Margaret comes to the team with a background in women and addictions with a focus on social justice. She has worked in community health for over ten years in several different capacities: as a youth health educator with TeenTalk, an outreach worker with Sage House, and most recently as the

coordinator of the Manitoba Harm Reduction Network.

Her nursing practice has been focused primarily on issues related to substance use and sexual health, but she tries to bring a little bit of rock and roll to the table when she can.

Margaret will be responsible for supporting InSight Mentoring Program sites, providing clinical consultation, developing standards of practice, as well as working towards centralized training.

We are thrilled to have her join the team. Welcome Margaret!

Please share this newsletter with your network.  
To receive an electronic copy or if you require a print copy of CAP News contact Catherine Pate, CAP News editor at [capnews@mts.net](mailto:capnews@mts.net) or phone 204.250.9120.