WHAT IS MISSING IN RURAL MANITOBA? THE VOICES OF PEOPLE AFFECTED BY FASD

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So, you know...?

... The lack of awareness about Fetal Alcohol Spectrum Disorder (FASD) can lead to misconceptions, judgment, and discrimination... Individuals with lived experience expressed they often feel misunderstood, isolated, and alienated in rural Manitoba. Gaps in services in rural communities leave many individuals without programming and support.

- 1. What do you hear about factors that might contribute to stigma in FASD in rural Manitoba?
- 2. What helps individuals with FASD feel included in their communities?

Gaps in rural
Manitoba that
might contribute to
stigma in FASD...

"I was very isolated, I was always put into... the "dumb class"

Lack of knowledge & community relations Lack of understanding

"I grew up... and would be blamed for certain things. So I didn't really know how to speak up except for yelling." Lack of awareness & training

Lack of opportunities

"There's like nothing to do..."

Lack of support

"I found it so hard to learn and would just give up... I think that if I had someone say like, you are smart, just in a different way..."

She knows I have FASD, but

she said, "that's not a good

excuse," I was like, "It is like

you don't get it."

*Let's talk more about... dignity

"My brother spoke at a BLM protest about our struggles with racism and dealing with FASD in a predominantly white, mainstream community. Most of the protestors were white, which brought the community together.

Under our skin, we are all the same."

Anti-racism

Financial & mental wellness

"To me... there's financial success, and there's mental health success. You can be a billionaire and not be happy... You can be broke and be happy, but sometimes, money aids happiness."

Self-love & equality

"[Dignity is] to love yourself and know that you are equal. And you might not be treated equally, but you have to fight for equality."

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"I just know who I am... I know that I'm great. I know that I'm amazing... We're all equal, and we're all great people." "My parents and the school system, the teachers and the principal and the vice-principal there all help me to succeed in education."

Equality

Community mobilization

Equality







*Quotes are taken from our community cafes, public cafes, PhotoVoice, and Elders' Circles.

www.fasdcoalition.ca/fasd-research