

M A N I T O B A

F.A.S. NEWS

FETAL • ALCOHOL • SYNDROME

vol. 1 no. 1 • Spring/Summer, 1995

COMMITTEE ON ALCOHOL AND PREGNANCY

*Welcome to
the first edition
of a newsletter
on Manitoba
FAS/FAE issues
and events!
The Manitoba FAS
News will be
distributed
periodically and
free of charge
to all members
of the FAS/FAE
Resource Centre.*

The Committee on Alcohol & Pregnancy (CAP) was established by the Manitoba Medical Association in 1993. Its mandate is to implement recommendations made at the community consultation on Fetal Alcohol Syndrome/Fetal Alcohol Effects (FAS/FAE) held in Winnipeg in June 1993. The inter-disciplinary committee has two broad aims: to develop a Manitoba FAS/FAE Network throughout the Province, and to promote initiatives regarding FAS/FAE in Manitoba. CAP's 30 members represent a diverse cross-section of individuals, groups, and communities concerned with FAS/FAE. They participate on behalf of parents (including birth, adoptive, and foster) and professionals in the health, education, social service, and correctional sectors. There is strong representation from the aboriginal community and from the addictions field. In order to facilitate action on the main objectives of the project, a number of working groups and sub committees have been set up:

WORKING GROUPS:

- The *Prevention & Education* working group is developing possible approaches to preventing FAS/FAE in the highest risk populations, and assessing what is being taught about FAS in Manitoba schools and universities.
- The *Health & Treatment* working group is developing guidelines for referral and diagnosis of children suspected of having FAS/FAE, identifying populations at risk and developing strategies to assess the frequency of the problem in Manitoba.
- The *Family Support/Community Social Services* group is addressing the need to develop effective ways to support parents (birth, foster, or adoptive) of FAS/FAE children, and assist them in accessing resources.

FAS/FAE RESOURCE CENTRE

The FAS/FAE Resource Centre is located at the Addictions Foundation of Manitoba (AFM), 1031 Portage Avenue in Winnipeg. The aim is to foster communication, sharing and cooperation throughout Manitoba, leading to the development of initiatives that effectively prevent FAS/FAE and respond to the needs of those who are affected. A data base has been established which includes agencies, groups and individuals in the province who are concerned with the problem of FAS/FAE. Also underway is the publication of a FAS/FAE Resource Service Directory of diagnostic and treatment centres, resource services, and family support groups.

The Addiction Foundation Library provides up-to-date books, videotapes and pamphlets on FAS/FAE. It is located at the AFM and cooperates with the FAS/FAE Resource Centre. A distribution system is in place to provide access to AFM regional offices around the province including locations with a Native Alcohol & Drug Abuse Program (NADAP) office.

Calendar of Events

August 21 - 25, 1995

One Day, Two Day, and Five Day Curriculums on Fetal Alcohol Syndrome and Alcohol Related Developmental Disabilities

Presented by the Association for Community Living (ACL)
9:00 am - 4:00 pm
Oakwood Room -
Winnipeg International Inn

Ms. Dianne Malbin is a clinical social worker, consultant, program developer and educator in private practice in Portland, Oregon. She has lectured extensively in the U.S. and Canada.

This course will be of interest to educators, teaching assistants, parents, foster parents, social workers, day care workers, health care professionals and agencies involved with FAS/FAE.

Registration Deadline:
July 28, 1995

CONTACT: ACL - Manitoba Office
Ph. (204) 947-1118 or
Fax: (204) 949-1464

November 1 & 2, 1995

FAS/FAE Conference

Presented by the Association for Community living (ACL) in conjunction with Fetal Alcohol Support Network of MB.

Winnipeg International Inn

Ms. Dianne Malbin will be the keynotespeaker. The conference will emphasize family support issues.

Registration Deadline: Oct. 16, 1995

Contact - Nadine at ACL - Manitoba Office
Ph. (204) 947-1118 or
Fax: (204) 949-1464

PROGRAM PROFILES

Interagency FAS/E Prevention and Intervention Program

A new project is underway for FAS/FAE children, aged 0 to 6 years, and their caregivers. The program has been developed by Mount Carmel Clinic, Pregnancy Distress Inc., Winnipeg Child and Family Services and The Children's Home of Winnipeg. The program focuses on early identification and intervention with children and families involved with the Mount Carmel Daycare and the Daycare at Young Parents Community Centre. Staff provide caregivers with training and support, and create environments appropri-

ate for FAS/FAE children to function and learn. The project also has a prevention component to promote the growth of healthy babies through the work of staff with women of childbearing age. Substance abuse issues are addressed with clients of the partner organizations, and support is provided to clients on an ongoing basis.

For more information, call Mr. Don Shackel at 582-2311.

Manitoba Association of Registered Nurses (MARN) Fetal Alcohol Syndrome/Effect Position Statement

The MARN Position on FAS/FAE is that:

- fetal alcohol syndrome is completely preventable;
- both men and women need to take responsibility for the prevention of FAS/FAE;
- there is no known "safe" level of alcohol consumption during pregnancy therefore abstinence should be recommended to women where there is or may be a pregnancy;
- prevention of FAS/FAE requires identification of the social and economic sources of alcohol abuse;
- prevention programs should focus on education of the public at large especially school children, school teachers, health care professionals, and men and women who use/misuse substances; and
- care and treatment of those affected by FAS/FAE should include family and community. Though the effects cannot be erased, interventions can be applied to optimize the affected child's potential, and to maintain the integrity of the family. Families and communities with FAS/FAE children require a great deal of support to raise these children and to break the recurrent cycle of FAS/FAE (CNA Brief to the House of Commons, 1992).

For more information contact:

Manitoba Association of Registered Nurses

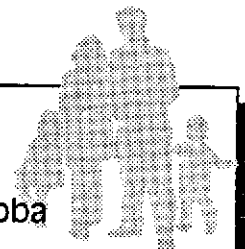
647 Broadway, Wpg., Mb., R3C 0X2 (204)774-3477

Toll Free: 1-800-665-2027 (Mb. Only) Fax: (204)775-6052

FAMILY SUPPORT

Fetal Alcohol Support Network of Manitoba

The Fetal Alcohol Support Network provides support for caregivers and families of fetal alcohol affected children. Members in the group include foster and adoptive parents, as well as birth parents and FAS affected individuals. Network members provide each other with a wealth of hands-on experience in dealing with FAS children and accessing appropriate services for them. Approximately 25 people meet monthly in an informal setting. In the last 6 months, topics discussed have included; advocacy in the school system; non-violent crisis intervention; FAS children in daycare; and dealing with behaviours. Meetings are held on the second Tuesday of each month. For information call Kathy Enns at 633-0853.



NORTHERN COMMUNITY CONSULTATION

A major initiative of the Committee on Alcohol and Pregnancy is to promote the development of community consultations in Manitoba's north. The initial concept was to convene one large event. However, it became clear that one event could not possibly fill the needs of such a vast area. Plans were modified so that several events of varying size being are held, organized by local committees with help from the Northern Consult committee in Winnipeg. An introductory letter from the committee was sent out to over three hundred northern Manitoba organizations and individuals.

Some of the events that have already been held include:

- Flin Flon held a workshop on December 9, 1994 for 83 attendees from 10 communities. An ongoing FAS committee has been established. Contact Ms. Adele Crocker at 204-687-3190 or 306-688-3538 for information.
 - The Pas organized an event on Jan. 31, 1995 for 130 people from 10 communities. Contact Ms. Sue Crockett at 204-627-8236 for information.
 - Berens River organized an event on February 7-9, 1995 for 40 participants. Contact Person was Ms. Linda Grieve - 204-477-6050
 - Riverton held a workshop on February 21-22, 1995. Contact Person was Mr. Zenon Lisakowsky at the AFM - 204-944-6358.
 - Russell, Waywayseecappo held an event March 22, 1995. An ongoing FAS committee is being formed. Contact Ms. Arlene Griffiths at 204-859-2311 for information.
 - Roseau River held an event on April 27, 1995 for 32 people. A FAS committee is being formed. Contact Geannie Marion at 204-427-2384 for more information.
 - Peguis/Hodgeson held an event on June 7, 1995. Contact person was Ms. Mindy Sinclair - 204-645-2101.
 - Churchill held an event on June 7, 1995. Contact person was Ms. Iva Chomyn - 204-675-8881.
 - Swan Lake held a one day workshop on June 14, 1995. The contact person was Ms. Donna Cousins - 204-836-2424.
- These communities are in the process of planning an information session on FAS/FAE:*
- Pelican Rapids is considering a FAS workshop. Details to follow. Contact Ms. Sarah Copapay for information at 204-587-2058
 - South Indian Lake is considering a workshop. Details to follow. Contact Ms. Joan Soulier at 204-374-2134.
 - The communities of Sagkeeng/Fort Alexander (contact Jerry Courchene - 204-367-2208) and the community of Hollow Water (contact Louise Raven - 204-363-7302) have enquired about workshops and may plan an event in the next six months.

The Northern Consult committee in Winnipeg is coordinating the process. The goal is to foster further local initiatives and to promote an effective and active northern network for addressing FAS/FAE. If your community would like to host an event on FAS/FAE and you would like information about the Northern Community Consult Project, please contact Mr. Hal Studholme at 204-334-7632.

FAS/FAE RESOURCES

These are some of the resources available from the Addictions Foundation Library, located in Winnipeg at 1031 Portage Avenue, R3G 0R8, phone: 944-6233, fax: 772-0225. Visit, phone or fax the library for borrowing information.

Borrow a Book:

Early Intervention for Alcohol-Affected Children: birth to age three. Hinde, Jan. Fairbanks, A.K. University of Alaska, 1992. RG629/F45/H55/1992

FAS: Parent and Child. Morse, Barbara A., Brookline, M.A. **Fetal Alcohol Syndrome Program, 1993.** RG629/F45/M67/1993.

Fetal Alcohol Syndrome: Facts and Choices: A Guide for the Teacher, 2nd Edition. Ottney, James R., Mahson, W.I. Wisconsin Clearinghouse, 1991. RG629/F45/079/1991

Fetal Alcohol Syndrome and Fetal Alcohol Effects: Strategies for Professionals. Malbin, Dianne. Center City, MN. Hazelden, 1993. RG629/F45/M35/1993

Fetal Alcohol Syndrome/Effects: Parenting Children Affected by Fetal Alcohol Syndrome. Shaskin, Rana. Vancouver, BC. The Society of Special Needs Adoptive Parents, 1994. RG569/F45/S52/1994

Take a Look:

Babies in Waiting: 27 minutes, 1992. Senior High. Animated unborn babies with real-life mothers motivate adolescents to avoid the harmful effects of using alcohol.

Healing the Broken Cord: 90 minutes, 1991. Adult. Speakers deal with issues such as leadership, denial, and alcoholism in the community. Includes a youth forum discussing FAS.

FAS/FAE A Community Perspective: 30 minutes, 1993. Focuses on the importance of early diagnosis; early appropriate interventions; and the need to temper our expectations of an FAS/FAE child. Parents share their feelings and describe the interventions they have used with their children.