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MCAP www.capmanitoba.ca **news**

Sharing ideas, information, resources, struggles & successes

HAPPENINGS

Exploring The Mystery of Risk: Drugs, Alcohol, Pregnancy, and the Vulnerable Child

by Dee Harvey, The Pas InSight Program



Dr. Ira J. Chasnoff

On Nov. 26, 2012 Dr. Ira Chasnoff, a pediatrician and leading expert in the study of prenatal alcohol and/or drug exposure, presented a seminar based on his book, *The Mystery of Risk: Drugs, Alcohol, Pregnancy, and the Vulnerable Child*, to a crowd of 300 people. The event was held at the Ramada Viscount Gort hotel in Winnipeg, and hosted free of charge by Manitoba Coalition on Alcohol and Pregnancy (MCAP).

Dr. Chasnoff provided some amazing details about the impact of alcohol and/or drug use on brain and body development. Despite the complex subject matter of substance abuse, genetics and

relationships, Dr. Chasnoff really engaged the group with his thought-provoking examples and case studies.

His story about Leonard, a young man exposed to substances during prenatal development, illustrated how basic needs are fundamental needs. Leonard drew a picture of himself, with his adult head on an infant's body, and the words "feed me" written on the body. Leonard's picture conveyed his need to be fed not only physically, but mentally and emotionally as well.

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VOLUME 7 NUMBER 3

MCAP News is a semi-annual publication of Manitoba Coalition on Alcohol and Pregnancy (MCAP). Its mandate is to disseminate current information about FASD, 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 a.m. to 12 p.m. at the Healthy Child Manitoba Office. Teleconference available.

Contact kerrihiebert@mts.net for more information.

Stock image supplied by istockphoto.com.

Continued from cover

Dr. Chasnoff delved into the specifics of FASD, giving straightforward information about brain development and highlighting certain examples. Many heads nodded in agreement each time he explained a behaviour common to FASD. By using pictures and videos, the information was easy for participants to understand.

The day was capped off by looking at early interventions that may be useful for those connected to individuals with FASD.

Throughout the seminar, Dr. Chasnoff focused on the importance of establishing positive relationships before, throughout and after pregnancy. He explored how women, families and children

are influenced by both nature and nurture.

The seminar further explained the need for clear and concise early interventions. The link between the effects of alcohol and/or drug exposure on a child's development and the need for strong and supportive relationships was apparent, with Dr. Chasnoff

stressing that the latter is essential to a child's well-being.

Thank you to MCAP for providing this great opportunity to learn more about the topics covered in Dr. Chasnoff's book, *The Mystery of Risk: Drugs, Alcohol, Pregnancy, and the Vulnerable Child*.

Mothering Project Workshop Brings Lively Discussion to Coalition of Chairs Meeting

by Kimberly Akins, Brandon Correctional Centre

On Sept. 27, 24 FASD coalition representatives and diagnostic co-ordinators met at the Delta Hotel in Winnipeg to participate in the annual Coalition of Chairs meeting, sponsored by the Healthy Child Manitoba Office (HCMO).

The purpose of the annual meetings are to provide the coalitions with networking opportunities, to allow them to share their successes and challenges, and to learn about new FASD research and programs.

This year, representatives from across the province were in attendance: from the southeast area of Steinbach, to the western region of Brandon, to the

northern communities, of Cross Lake, Thompson and the Pas, and everywhere in between. It was interesting to see how many coalitions there are in Manitoba and how well each region in the province is represented by a coalition or a diagnostic co-ordinator, working to raise awareness about FASD and support families affected by it.

The meeting began with coalition representatives and diagnostic co-ordinators sharing what has happened in their regions within the past year, including what they did to mark International FASD Awareness Day on Sept. 9. Some regions had barbecues, others held awareness walks, while still

others put on workshops in their communities. The coalitions had many great ideas, such as supplying local bars with wristbands to give to patrons for free non-alcoholic beverages, making FASD awareness placemats for use in local restaurants, and organizing a FASD Wheel of Fortune game, which allowed people to spin a wheel, answer a question about FASD and win a prize.

Later in the meeting, attendees were able to take part in an interactive workshop run by Margaret Bryans, from Mount Carmel Clinic in Winnipeg. The workshop focused on The Mothering Project, an FASD prevention program for

expectant and at-risk mothers. It was well-received by attendees and encouraged a lot of good discussion in the meeting.

As always, the meeting ended too soon. It left many of us wanting to discuss more and looking forward to next year's meeting.

FASD Conference Brings New Knowledge to South Parkland

by Twyla Gilroy, South Parkland FASD Coalition



“Plan it and they will come”—and come they did. More than 100 people braved the elements to join us as we gathered in Dauphin, Man., on Nov. 6 and 7 to learn more about FASD.

The Sharing the Knowledge FASD Conference was designed so anyone with an interest in FASD could attend and benefit from the information provided. Educators, nurses, social workers and parents shared their knowledge through stories of science and lived experiences.

Dr. Sally Longstaffe and Carmen Edwards laid the groundwork for the two days with their session titled “FASD: What Does It Mean?” This session gave an overview of the Manitoba FASD Network, as well as the Manitoba FASD Centre. It also looked at

current research in the field and where it is headed.

Deborah Schulz added to the information provided by Dr. Longstaffe and Carmen Edwards, speaking about the Manitoba FASD Network and her role as a regional diagnostic co-ordinator.

Trevor Shewfeld, a pharmacist from the Dauphin Clinic Pharmacy, was well received by the audience as he discussed the medications that are commonly prescribed for individuals living with FASD. Trevor explained the benefits and the limitations of each medication. He also described

how pharmacists could help their customers with issues such as administering medication to children who are resistant or have sensitivity issues.

Deidre Harvey and Twyla Gilroy, from the InSight Mentoring Program, spoke about FASD prevention with adult women who have FASD. In their session, they shared some of the strategies that the InSight Mentoring Program has found successful.

Susie Secord, from Manitoba Community and Youth Corrections, and Naomi Yakielashek, from Dauphin Correctional Centre, gave their perspectives on the challenges the justice system faces when working with people who have FASD. They also identified some of the strategies they use when working with people on the spectrum.

Jennifer Sanderson and Betty Wiebe-Hosein, from New

Directions’ interagency FASD program, presented a session titled “*When the Milk Hits the Wall: FASD Strategies for Home and School.*” They challenged attendees to “adjust their glasses” and gain a different perspective when working with individuals who have FASD.

The conference wrapped up with facilitator Sue Mozdzen and speakers from Visions and Voices, Jessica and Ryan, inviting us to participate in a blanket ceremony. Many participants were very moved and inspired by Jessica and Ryan, and their stories.

The South Parkland FASD Coalition wishes to thank everyone who assisted in making this conference a huge success.



2012 Alberta FASD Conference: Creating Connections, Building Relationships, Growing Communities

by Erin Klimpke, FASD Youth Justice Program

The 2012 Alberta FASD Conference, *Creating Connections, Building Relationships, Growing Communities* took place in Edmonton on Oct. 22 and 23. Deidre Bissonnette, Teresa Brown, Erin Klimpke and Dan Neault of the FASD Youth Justice Program (YJP) were fortunate to attend this annual event.

The event featured keynote speeches from Dr. Michael Unger, Dr. Samantha Nutt and Dr. Patch Adams, as well as a community showcase and 32 breakout sessions. The circus theme of this year's event, with performances from Acme

Circus, helped to highlight that success is built upon relationships, humour and circles of support.

In Dr. Unger's opening speech, Dr. Unger shared his experiences working with troubled youth in Canada and in other countries around the world. His overall message outlined nine key elements that children need to grow up well.

Dr. Nutt, who is a founder of War Child and a humanitarian in addition to being a medical doctor, talked about working with children and families on the frontlines of war-torn

countries. Her inspirational words emphasized the importance of passion, relationships and advocacy.

Dr. Adams discussed his personal life experiences, which include founding a free hospital called the Gesundheit! Institute and clowning. He believes healing is done through human interactions, speaking about the need for wellness, laughter and humour in life.

The FASD YJP had an opportunity to present during two concurrent sessions. On day one, Diedre Bissonnette and Teresa Brown showcased the ability-

based communication tool, *This Is Me: My Life Book*. On day two, Erin Klimpke and Dan Neault explored how the FASD YJP engages with youth who have limited protective factors and multiple secondary disabilities, as well as their families.

Manitoba was well-represented at the conference with presentations facilitated by a spectrum of professionals, including Dorothy Schwab, Janet Thompson, Gina Kirchmann and Jenny Soriano.

FASD and Manitoba's Child and Family Services: An Update

by Cathe Umlah, General Child and Family Services Authority

There have been many new developments in the efforts to integrate the topic of FASD into Manitoba's Child and Family Services (CFS) system since FASD specialists were hired four-and-a-half years ago.

Currently, Cathe Umlah is the FASD specialist for the general CFS authorities and Leilani Buschau is the FASD specialist for the Métis

CFS authorities. Sue Mozdzen formerly worked as the FASD specialist with the southern CFS authority, but the position has been vacant since she left the Southern First Nations Network of Care a few months ago. The FASD specialist position with the northern CFS authority is also vacant.

The key duties of the FASD specialist position include:

1. Providing training on FASD to CFS workers, foster parents, caregivers and support workers;
2. Providing consultations for complex cases related to children, youth and families affected by FASD;
3. Ensuring the CFS system follows best practice standards, developed jointly by the FASD specialists

and CFS' Standards Development Team in 2011; and

4. Providing continued collaboration between CFS and the FASD service community, namely to ensure families within the CFS system have information and access to FASD programs and services, as well as to advocate within the larger system for children and youth in care who are affected by FASD.

Healthy Child Manitoba Welcomes New FASD Staff

by Ken Lamoureux, Program and Policy Consultant, FASD Intervention and Support

The Healthy Child Manitoba Office (HCMO) welcomes new staff members to the FASD team.

Marissa (Marsi) Sommerhalder is the new program and policy consultant for prevention programs, taking over for Jill Isbister while she is on maternity leave. Marsi comes to us from Yellowknife, N.W.T., where she worked to provide supportive and preventive programming and counselling services to vulnerable children, youth and families.

Marsi is involved in programs that include Project Choices and the InSight Mentoring Program. Project CHOICES provides information and a brief motivational intervention with women and adolescent girls who are not yet pregnant, but who have a high risk of an alcohol-exposed pregnancy. The InSight Mentoring Program is a three-year, intensive home visitation program designed to help women who have used alcohol and drugs heavily throughout their pregnancies build and maintain healthier lifestyles.

Ken Lamoureux will be replacing Eric Friesen in the role of program and policy consultant for intervention and support programs. Ken previously worked at MB4Youth, where he was the education co-ordinator in the Youth Engagement Unit. Prior to that, Ken worked for Manitoba Justice as a special educator at Agassiz Youth Centre.

Ken is actively involved in programs such as the FASD Family Network and Building Circles of Support, which seek to provide information and support to caregivers and families of individuals with FASD. He also provides support for the David Livingstone Bridges Classroom, the FASD Info Line, and MCAP.

In addition to Marsi and Ken, Cathe Umlah is joining the FASD team for a short-term, part-time secondment from the General Child and Family Services Authority. Cathe will assist with the development of a pilot program called the Key Worker Program, which will be implemented in 2013. The Key Worker Program will help families

understand FASD by providing education and information specific to the needs of the child with FASD and his or her family.

Updates:

On Sept. 27, the HCMO hosted the 2012 Coalition of Chairs event in Winnipeg.

The event provided an opportunity for 22 participants, representing 14 FASD coalitions from across Manitoba, to discuss their areas of interest and success stories, and to share information about the various initiatives underway across the province. Attendees were able to take part in a prevention presentation and discussion facilitated by Margaret Bryans, program co-ordinator of The Mothering Project at Mount Carmel Clinic.

With the help of a grant from the Public Health Agency of Canada, the HCMO developed a video discussing the prevalence of FASD in Canada. The video is called *The Dollars and Sense of Determining FASD Prevalence: A Canadian Responsibility* and it

can be accessed at www.canfasd.ca/networkActionTeams/Prevalence.aspx.

The HCMO is proud to announce increased support to the interagency FASD program at New Directions. Until recently, this program has relied on a federal funding grant to provide thoughtful and creative services for FASD-affected children up to the age of six. With the addition of a small grant from the HCMO, the program is now able to provide services to children and youth up to the age of 14. More information about this program is available at www.newdirections.mb.ca/services/ifasd.php.

In March 2013, the HCMO will host two workshops for caregivers of individuals with FASD. The first event will take place in Ashern, Man., and the second event will take place in Brandon, Man., in order to support caregivers living in the Interlake and western Manitoba. Further details will be available on the MCAP website at a later date.

Portage FASD Coalition Hosts Corey Laberge

by Barry Rud, Addictions Foundation of Manitoba

On Oct. 19, an inservice was held in Portage la Prairie, Man., with approximately 65 participants taking part in an information seminar and workshop. The Portage & Area FASD Coalition presented the event, entitled *FASD and 'The Rules'—Seeking Justice: Correcting the Course...When the Usual Doesn't Work*.

The speaker, Corey Laberge, is a lawyer and cultural anthropologist who has spent much of his life researching FASD and advocating on behalf of FASD-affected youth facing criminal prosecution. In March, he was presented with the Child Welfare League of Canada's

Advocacy Award.

The audience included representatives for education and justice, as well as foster parents and social service organizations. Although it was a challenge to provide relevant information to everyone in such a diverse audience, Corey did a thorough job of delivering basic FASD knowledge.

He emphasized that brain development is irreversibly impacted during fetal development, which formed a solid foundation for the crux of his message—that expecting

someone with FASD to learn the way that most of society does can be tantamount to abuse. A comparison, he explained, would be expecting a blind person to visually navigate through a difficult maze and then punishing him or her for continually bumping into things. Corey suggested being proactive by assisting individuals with FASD and preventing problems before they occur, rather than holding them accountable for their behaviour.

The different perspectives among the participants provided a great opportunity for everyone to learn from each other. Discussions

looked at the barriers to diagnosis, with participants sharing ideas on how these barriers could be navigated. Many in the crowd were astounded to learn that a person with FASD who had not received a formal diagnosis by the age of 18 would forever be ineligible for support programs that would have been available to them as adults, had they been diagnosed earlier.

At the end of the day, the participants were left with a clear message—“What can I do to make a difference for the youth I work with?”

Expanding Our Vision at FASDLive

by Colleen Tower, Manitoba Coalition on Alcohol and Pregnancy (MCAP)

From Sept. 12 to 14, Saskatoon, Sask., was the centre of all things FASD as the *FASDLive 2012: Expanding Our Vision* conference was held.

The conference was chockfull of speakers who shared the most recent and valuable information about FASD. Sessions covered topics such as intervention, prevention and support, and each concurrent session offered several topic options so participants could choose what best fit their needs. For some, the hardest part was deciding which session to attend because there were so many appealing options.

The keynote speakers at the beginning and end of each day and the entertaining master of ceremonies, Myles Himmelreich, enhanced each day's learning.

Dr. Sterling Clarren, CEO and scientific director of the Canada FASD Research Network, presented the opening day keynote, “A Proposal for Prevention of Fetal Alcohol Spectrum Disorder: Time to Get Serious.” In his speech, Dr. Clarren stressed the importance of collecting data about diagnostics, interventions and prevention to make FASD a continuous government priority.

Dr. Dan Goldowitz, PhD, followed with an update on brain-related FASD research conducted by his NeuroDevNet team.

The first day ended with an address by Dr. Caroline Tait, PhD, whose presentation was titled “Linking FASD Prevention to Child Welfare Reform.”

Day two kicked off with a stimulating presentation by Kim Barthel, BMR, OTR, called “Neurobiology of FASD: From Brain to Function.” This presentation broke down the science of the brain as it relates to FASD into basic terms, which helped promote an understanding of the complex behaviours associated with FASD.

At the end of the day, Diane Malbin, MSW and executive director of FASCETS, Inc., gave a presentation called “Shift Happens: Steps for Shifting to a Neurobehavioural Paradigm.” Diane spoke with conviction about a shift from treating the symptoms, or behaviours, of FASD, to accommodating a person who has FASD. She argued, “brain trumps behaviours,” which is a position that many in attendance appeared to agree with.

On the last day of the conference, participants were given two choices of symposium workshops. One symposium was called “Diagnosis and Assessment of FASD”, while the other was called “Supporting Women Who May be at Risk of Having a Child with FASD.” Both symposiums were interactive and informative. All who participated left with varying degrees of knowledge to share with others.

Overall, *FASDLive 2012: Expanding Our Vision* was a great educational conference where connections were made and valuable information was shared.

Summer Camp: “The Best Ever!”

by the Manitoba FASD Centre



This summer, the FASD Family Network sponsored its first summer recreation program for adolescents with FASD.

Fifteen youth enjoyed a three-day camp at Variety’s Camp Brereton, located at Brereton Lake in the Whiteshell Park region of Manitoba. Three follow-up, half-day activities included visits to Thunder Rapids and Fun Mountain, and a swim at the West Portage YMCA.

The camp was facilitated by the highly qualified staff of MOMENTA (www.experiencemomenta.com), a Winnipeg organization that works to strengthen youth, families and communities through activity-based urban and wilderness experiences.

Camp staff received FASD-related training before the start of camp. They used many good strategies like providing campers with structure and routine, clearly

laid-out and realistic expectations, cues for transitions and visual schedules for activities throughout the day as well as for the mealtime menus. Visual modelling and demonstration was constantly provided to facilitate experiential, hands-on learning.



The camp experience and setting created a real sense of belonging for the campers. They developed new friendships and looked after one another. They felt understood and accepted in a very nurturing and non-judgmental environment, which empowered them to be successful using a strengths-based approach.

Lise Brown of MOMENTA had high praise for the camping experience, noting that a staff member from Thunder Rapids said, “Yours was one of the most well-mannered groups we have had all summer.”

A youth participant said the three-day camp was “the best ever!”

Parents and caregivers were also very positive, encouraging the FASD Family Network to offer this camp again next summer. “I want to thank the FASD Family Network for the fabulous camping experience my sons had last week,” one mother wrote. “They came home so happy.”



Flin Flon/Creighton & Area Regional Suicide Prevention Committee

presents a two-day workshop on First Nations
Attachment: Issues and Relevance

**Day 1: The Role of Attachment in
Traditional First Nations Parenting,
Family, & Community Practices**

**Day 2: Assimilation Policies,
Intergenerational Trauma
and their Impact on
Attachment. Healing
Practices: Taking a
Culturally Relevant
Approach to
Attachment**

The goal of this workshop is to provide educators, therapists, teachers, social workers, support workers, foster parents, parents and caregivers with an understanding of the attachment model that is reflective of our unique circumstances as First Nations peoples. The workshop will examine the impact of colonization and provide an understanding of the assimilation policies in a historical context and how these policies, through the Residential School system and Sixties Scoop, have contributed to the disrupted attachment processes that exist today. This understanding will provide the basis for which to move forward to discuss the concept of First Nations healing and how it can provide valuable insight into repairing the attachment processes.

**January 30 & 31, 2013 at Creighton Community Hall
349 Main Street, Creighton, SK**

Registration at 8:30 a.m. Conference at 9am to 4:30p.m.

Registration Form

Mail or fax registration to: Women's Resource Centre 60 Hapnot Street, Flin Flon, MB. R8A 1L6
Telephone: (204) 681-3105 Fax: (204) 687-3322 Email: wrc_director@mts.net

Name: _____

Agency: _____

Street Address: _____ City: _____ Prov.: _____

Postal Code: _____ Ph (H): _____ Ph (W): _____

Please register by January 11, 2013. Receipt of payment will confirm registration. Cost to attend the 2 day workshop is: \$75. Payment Options: Cheque (payable to the Women's Resource Centre)

MCAP events

CALL FOR ABSTRACTS

A conference about preventing harm from alcohol use during pregnancy
Edmonton, Alberta, Canada
Sept. 23-25, 2013

www.fasdedmonton2013.ca/FASD-Prevention

We are now accepting abstracts for submissions under three main categories:

Panel presentations (90-minute sessions):
Submission deadline January 28, 2013
Preconference workshops (Full or half day sessions):
Submission deadline January 28, 2013
Oral or poster presentations:
Submission deadline February 28, 2013

To submit your abstract, download the appropriate form at: <http://www.fasdedmonton2013.ca/FASD-Prevention/Abstracts.aspx>

Speakers include:

Sterling Clarren (US/Canada), Diane Black (Netherlands), Philip May (US), David Butler-Jones (Canada), Ilona Autti-Rämö (Finland), Amy Salmon (Canada), Edward Riley (US), Tom McLellan (US), Tatiana Balachova (Russia), Denis Lamblin (France), Nazarius Mbona Tumwesigye (Uganda), Akinori Hisashige (Japan), Elizabeth Elliott (Australia), Myles Himmelreich, Dorothy Badry, Malcolm King, Nancy Poole, Daniel Goldowitz, Ab Chudley, Don Fuchs, and Jacqueline Pei (Canada).

This is the first international conference to address the primary, secondary, and tertiary prevention of FASD. Plenary sessions will promote discussion and reflection on promising and innovative approaches for prevention of FASD, such as alcohol policies and approaches to address the social determinants of health. Sessions will identify barriers to FASD prevention and possible solutions for overcoming these obstacles. The conference will serve as an international knowledge exchange and networking forum for those interested in FASD prevention, bringing together key experts from around the globe.



MANITOBA

FASD CENTRE

Building Circles of Support

For Parents of Children with Fetal Alcohol Spectrum Disorder (FASD)

Tuesdays from 4:30-6:30 P.M.

contact your local FASD Diagnostic Co-ordinator for more details

- January 8, 2013
- January 15, 2013
- January 22, 2013
- January 29, 2013
- February 5, 2013
- February 12, 2013
- February 19, 2013
- February 26, 2013

INFORMATION SERIES

Parents, caregivers, other family members and professionals who support children recently seen or diagnosed at the Manitoba FASD Centre.

TOPICS INCLUDE

- What does it mean that my child has FASD?
- How will FASD affect behavior, school performance and social interactions?
- How can I help others understand my child's disability?
- How can I help my child understand his/her disability?
- How can I help my child develop his/her strengths?

Please note that we will be discussing a different topic each week. We encourage you to attend for the entire eight weeks.

This conference will be of interest to:

Government officials, policy makers in health, education, justice, and social services, researchers in the fields of FASD and alcohol and addictions, social determinants of health and social sciences, social marketing service providers, healthcare professionals, those affected by FASD, their families, and other caregivers, students, teachers and other educators.

For more information, please visit the conference website at:

www.fasdedmonton2013.ca/FASD-Prevention

Participants attending this conference may also be interested in our Consensus Development Conference on Legal Issues of FASD, which will take place in Edmonton on September 18-20, 2013.

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FASD Interventions Across the Lifespan

Website a Great Resource by Kim Akins, Brandon Correctional Centre

FASD Interventions Across the Lifespan is a great website (fasdintervention.wordpress.com). It is a clearinghouse of sorts, sharing all sorts of FASD-related research, news and current events.

The website is designed for a variety of users, from parents and caregivers to educators and other

professionals. While it appears to be Canadian focused, it also features information from the United States and international locations.

The website offers access to many different resources, including video conferences, teacher resources, information on conferences and

events, blogs written by caregivers, details about summer camps, and online games and other resources designed specifically for kids.

Users will find the website fairly simple to navigate. They can view some of the most recently posted information by scrolling down the page or choose to view

posts by month. The website also categorizes information by theme, including academics, behavioural interventions and communication, as well as by province, which allows users to see what is happening in specific regions of the country.

The Hidden Disability

Created by New Directions' interagency FASD program, *The Hidden Disability* is a great little booklet that is packed with important information about FASD. It looks at prevention, living with a diagnosis under the spectrum and strategies for success. There is also a listing of other FASD resources. For more about this booklet, check out the interagency FASD program's website at www.newdirections.mb.ca/services/ifasd.php.

The Mystery of Risk: Drugs, Alcohol, Pregnancy and the Vulnerable Child,

by Ira J. Chasnoff, MD

This book is recommended to anyone who lives with or works with a child who may have neurological disabilities. Dr. Chasnoff writes about the science behind FASD in a way that is easy to understand. He also provides tips for treatment and intervention strategies. These strategies are made more relatable with real-life examples from case studies and descriptions of how they have been used successfully.

HATS OFF

Farewell to Lia Braun by Julia Wellwood and Jewel Reimer

Lia Braun recently stepped down from her volunteer position as chair of MCAP's newsletter committee. Because of Lia's vision and guidance, MCAP's newsletter matured into a valuable resource for communities and families across Manitoba that are impacted by FASD.

Lia became chair of the newsletter committee in 2008 and was involved as a member of the committee for several years before that. Her earlier career and vast experience as a

special needs educator in northern Manitoba equipped Lia with the ability to envision a newsletter that would represent and connect all parts of the province. Surely, the obvious delight and warmth Lia brings to all her relationships also contributed to her ability to make the newsletter accessible and helpful to everyone.

Under Lia's leadership, the newsletter committee enlisted the creative input of students to design a MCAP newsletter logo. During Lia's time on

the committee, the newsletter also grew in size—both in terms of its published pages and its readership. Lia always ensured that the newsletter shared beneficial FASD resource lists, appropriate FASD strategies and interventions, and FASD news from across the province. As well, Lia worked to establish a routine publishing cycle attached to a predictable annual production budget.

All in all, Lia left behind a newsletter committee that functions well

and a process that will continue to contribute enormously to accomplishing the overall mission of MCAP.

MCAP would like to thank Lia for her invaluable contributions. We wish her well as she moves a little closer to retirement and creates more time for her family, especially her two precious granddaughters.

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, which 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 *MCAP 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 Co-ordinator
299 Truro Street, Winnipeg, MB R3J 2A2**