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MCAP www.capmanitoba.ca **news**

Sharing ideas, information, resources, struggles & successes

HAPPENINGS

Visions and Voices Speakers Share Their Stories

submitted by Patricia Braun



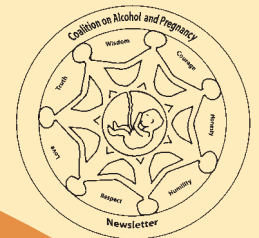
Lisa

Lisa Finds Self-Confidence as A Speaker

My name is Lisa and I joined Visions and Voices almost 4 years ago. I have had the opportunity to speak at many different kinds of events. My first speaking engagement in The Pas has always stuck with me because it was where I first got to meet some of the other supporters and participants in the Visions and Voices Program. I don't remember much about that trip, but I do remember getting locked out of my hotel room at one point. It is just one of the funny stories that have happened during my speaking engagements. I've had the opportunity to travel to many places, including Russell, Thompson, Clearwater and all over Winnipeg, and continue to look forward to all of the adventures that come with Visions and Voices.

One of the things I really appreciate about Visions and Voices is that in everything I do there includes laughter and bonding. No matter how bad of a day it is or how bad my day is going, it is great to get out of it and express the struggles of living with FASD. By having the opportunity to express my struggles, it helps me to get out of that bubble and realize that I'm not going through it alone. I grow as a parent and as a person through this process. I'm not the same person I was 4 years

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VOLUME 8 NUMBER 2

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

ago because I've been able to be involved in Visions and Voices; I am more mature, I've been able to open up, come out of my shell and I'm not ashamed of who I am anymore. I am thankful for what Visions and Voices has done for me and brought to my life, but in saying that, it is not always easy. For one speaking engagement I had to make a decision to be there for my child's first day of school or to go raise awareness for a preventable disability. I felt torn, wanting to be a part of Visions and Voices, but missing an important moment of motherhood, the first day of school for my oldest son when he was going into grade one, but I don't regret going.



Jessica

On the days that I don't have an endless list of mothering jobs or any speaking engagements, I have many interests that audiences don't often get to hear about. I like to entertain myself with baking, playing the piano and cross stitching. These are hobbies of mine, but they are more than that for me. I bake because I like to give away the treats I make and I like the satisfaction of pleasing others and bringing joy to people's lives. Playing piano is enjoyable, but it really helps me work through emotions that are difficult to express. And lastly, I cross stitch; it is both fun and relaxing for me. I like to cross stitch in the morning because of the perfect lighting, but, more importantly, it brings balance to my life and this can start my day off right. As a mother of three, I am constantly doing things for my children, but cross stitching is an activity for me. These activities refresh me and overall make me a better parent.

Jessica Enjoys Encouraging Young People

Hi, I'm Jessica and I'm 24 years old. In 2008, I graduated from River East Collegiate High School where I had a very positive high school experience.

One of my memories is of my great home room class, which was also the resource room. There were many people in my class that had FASD, learning disabilities, and anger issues, and I enjoyed being there because I got along with everyone. Also, my teachers were really fond of me and so that helped to make it a positive experience for me.

Looking back, arts were important for me in high school. I got to try a lot of different types of art that I was not able to in junior high. One of my favourites was learning

to paint on canvases. I also took drama, and I had the opportunity to perform in a play. I have certain struggles with my memory, but I worked hard to remember my lines by practising them with my teachers and my parents. It reminded me of movie lines where, if you watch a movie enough, you can remember the lines of the movie. So I practised and pretended I was rehearsing movie lines, and they stuck in my mind. The night of the play I was able to remember them on demand, and didn't feel nervous at all.

Now that I'm out of school, I miss my teachers because of how patient they were with me. They understood that I often needed to take mental breaks when my brain started to feel cluttered, and they trusted that I needed the breaks. In one of my harder classes, Family Studies, it was hard to get through the work because I didn't always have one-on-one help. My teacher was able to see that, after a quick walk, I would be able to come back and refocus. Those breaks allowed me to calm down, reduce my stress and then I was able to return and finish my work. I also found the spares between classes were good times for me to relax.

After high school I got the idea that there needed to be someone to speak out about people with special needs and FASD. Many kids I met felt bad about their diagnosis or their abilities and I had a heavy heart for the students who were so upset and had a low self-esteem. My parent and I reached out to Andrew Swan, who was the Minister of the Manitoba Liquor Control Act at the time. We were connected to Visions and Voices, and I have now been speaking for about 5

years. I like to tell kids what I have been told: I can do what the other kids can do and no one should put me down saying that I can't do something because I can. I speak to students, kids and parents to this day to encourage people. I speak about FASD. It is important for me to raise awareness, educate people that it is preventable and that no amount of alcohol is safe.

I don't know what the future holds. It's hard for me to see what's going to happen. Right now I am focused on singing in a choir, waiting for the arrival of my new niece or nephew, teaching Sunday School, interacting with the youth in my church and spending time with family. I don't know what next year will bring, but I'm excited about the activities in my life right now that are keeping me busy, and I look forward to the upcoming seasons, as I have so many positive things going on in my life right now.

Update from FASD Life's Journey Inc.

by Lindsay Delanoy, Program Manager, Spectrum Connections FASD Services

This past year has been a period of growth and development for Life's Journey. The agency is continually growing and evolving as we strive to meet the needs of the participants, community and staff. I am excited to provide an overview and update of our services.

In July of 2013, the two Outreach programs and the Spectrum Connections Program relocated to an accessible office space in the downtown area. This now serves as a central location for the 150 participants who access these services. This office will also house the agency food bank, which provides food boxes to approximately 80 agency participants biweekly, as well as the agency meal program, which provides nutritious lunches to agency participants daily.

A program priority for the Spectrum Connections Program has been to expand our adult capacity; we were able to start off 2013 with an approved plan to implement a new model of service, which will

ultimately allow us to meet the needs of more adults. In the past, the program was approved to provide service to 15 adults. An adult resource model of service will now allow us to provide service to roughly 80 adults with FASD. Eligible adult participants now receive various levels of service, dependent on need, ability and program resources. Our relocation to a central office space allows program participants to access on-site services and resources. Community partnerships will enable us to work closely with other agencies and resources to best meet the needs of our participants and provide the most efficient service possible. At this time roughly 80 youth and adults are receiving service through the Spectrum Connections Program.

Our new employment program, The Path to Employment, was launched on April 8, 2013.

The Path to Employment Program provides an opportunity for participants of the Spectrum Connections Program to develop

employment skills and gain work experience with the direct support of a Job Developer. Individuals considered for this voluntary program are currently unemployed/underemployed, demonstrate a level of stability that is conducive to a work environment, have a demonstrated interest in working or volunteering and are not eligible for employment insurance.

Path to Employment Program participants work one-on-one with the Job Developer to complete a resume and cover letter, develop job search strategies, learn interview skills, participate in a mock interview and focus on individual areas for growth and development within an employability skills context. Employment Action Plans are completed by outlining participant strengths, goals and recommended accommodations related to the neurological disability. Participants are matched with a work place and position that best meets the needs of the participant and work place. Onsite job coaching is provided by

the Job Developer, as well as ongoing support (for the participant and employer), intervention and regular feedback sessions. At this time, the Job Developer is supporting eight Spectrum Connections participants, four of which have secured employment or volunteer positions.

The ongoing efforts of a creative and dedicated staff team have allowed us to provide unique opportunities and events for participants. A very successful FASD day event was hosted by the agency on September 9th. Roughly 80 people, including participants, staff and community members, joined us to acknowledge this important day. This participant led event featured a pancake breakfast, musical performances, and a display of art work completed by some very talented agency participants.

Events and opportunities such as this remind us of why we do the work that we do. We look forward to the continued growth and development of these and other opportunities.

Special Announcement From New Directions, Interagency FASD Program

by Anita Posaluko, Program Coordinator

The Interagency FASD Program has been delivering services to families living with Fetal Alcohol Spectrum Disorder since 1994. This program began because of the vision of four agencies—Mount Carmel Clinic, Pregnancy and Family Support Services, Winnipeg Child and Family Services, and New Directions for Children, Youth, Adults and Families—hence our name: Interagency FASD Program.

In September 2009, IFASD became a program of New Directions. Our program works with children from birth to six years of age. This service includes supporting children,

families and the community to understand the strengths and challenges of FASD. In October of 2012, we received additional funding from Healthy Child Manitoba to work with children and youth from ages six to fourteen. This has allowed us to better respond to the needs of families for supports in the school, pre-teen and teen years.

The good work that was started by the bold vision in 1994 continues, and the ongoing support of our funders, the Public Health Agency of Canada and Healthy Child Manitoba, is allowing us to change and grow in response to the needs

of families in our community.

We are happy to announce that, as of Monday, September 23, 2013, our new name is **FASD Family Support, Education, and Counselling**.

This new name reflects the changes that occurred in 2009, when IFASD became part of New Directions for Children, Youth, Adults and Families. It was at this time that the “Interagency” part of our name no longer accurately reflected who we were as a program.

Note: Please continue to utilize current program brochures, as they will be valid until revised pamphlets are distributed at a future date.

If you have any questions, please call the FASD Family Support, Education and Counselling Program at 204-582-8658.



BEST PRACTICES

MCAP Display Boards a Province Wide Asset in Education About FASD

by Colleen Tower, InSight Mentor Program Coordinator

During brain-storming sessions last year, MCAP members came up with some really great ideas about how to get information about FASD, its effects on those who have it and the benefits of early intervention, out to as many people as possible. One of the ideas that stood out was to develop a display board that highlighted all of these topics with standardized information. The goal

was to develop a board that could be delivered province wide, and duplicated in large numbers with messaging appropriate to everyone who was interested in learning more.

In early September of 2013, the final version of the board was delivered, compliments of MCAP, to many contacts throughout the province of Manitoba. The final product

combined facts and statistics about FASD with a description of what it is and how prenatal alcohol exposure can affect a brain. The boards also provided words of wisdom from 2 people living with this disorder, and an encouraging message about support and early intervention.

These boards are available widely to be borrowed for informational events and for more information, visit capmanitoba.ca.

For those who would like to order a board, the printer can be contacted directly at 204-633-0221. Prices will vary depending on the order.

Manitoba's Coalition of Chairs Meet

by Colleen Tower, Insight Mentor Program Coordinator

On October 7 and 8, 2013, the annual meeting of the Coalition of Chairs took place in Winnipeg. At this yearly meeting, chairs, co-chairs, other representative members of FASD coalitions in Manitoba, diagnostic coordinators and FASD specialists gathered to network and learn about topics relevant to the important work they are doing.

This year's meeting focused on community capacity building and the importance of developing a terms of reference when working in a

group setting. On the first day, Rick McCutcheon, associate professor, Conflict Studies, Menno Simons College, spent the day interactively discussing the philosophy and models of community capacity building, as well as how to apply the concepts at a local level. Some great ideas came out of this session, and many left feeling re-energized in their commitment to their own FASD coalitions.

On day two, Ron Hayes of the Centre for Professional Excellence spent the morning talking about

the details of developing terms of reference, its importance in maintaining order when working in a committee/coalition setting and the importance of having a role for each person on a coalition. Once again, the room appeared to soak up Ron's words, and many spoke of a resolve to go home to their coalitions and share what they had learned.

Armed with all of this great information, the remainder of the day was spent getting the Coalition of chairs organized and focused on what

its continuing purpose and direction should be. The coalition made many decisions about how to move forward and developed a structure to keep the momentum going.

Many FASD coalitions in this province will now have the benefit of hearing about these tools through the representatives they sent to this gathering, and all are encouraged to continue these discussions in their local settings.

Highlights From the First International Conference on the Prevention of FASD

by Rodney Jones, FASD Diagnostic Coordinator, Prairie Mountain Health

In the Spring of 2013, an opportunity arose for FASD Coalition members throughout the province, as well as MCAP members, to enter their names in a "lottery" from which six lucky people would receive a travel subsidy provided by Healthy Child Manitoba to attend the first International Conference on the Prevention of FASD in Edmonton, Alberta, September 23-25, 2013. The following are highlights from each of those who attended.

"The opportunity to network with folks from over 30 different countries, and to learn about the differing states of recognition/action surrounding the issues of FASD in those countries, provided an appreciation of how far we have come. The road ahead was

illuminated by the contributions of the many top FASD experts, scholars and researchers in the world (chaos would have broken out if someone had asked if there were a doctor in the house).

Seeing the importance with which all levels of Canadian governments are attaching to this issue was very heart lifting. This was evident in the presence of the premier of Alberta (the keynote address), the chief medical officer of the federal government, the Alberta minister of health and the mayor of Edmonton, as well as ministers of state from other provinces and territories.

If I had to pick one highlight, it would be the participating in the development, and subsequent passing, of the International Charter

on the Prevention of FASD. This is something which I have hope will change the world for many people."
Barry Rud, prevention-education consultant / counselor, Portage la Prairie

"What an amazing conference! It is very difficult to pinpoint the one thing that sticks out from the conference. Hearing from representatives from 35 different countries made me feel that Canada is the world leader in FASD research, diagnostics and available programs to assist children with FASD. The conference was held in a world class venue with the host committee showing all delegates world class hospitality. Since my return to work, I have been sharing the knowledge that was given to me at this conference with all my

co-workers. It was an experience I'll never forget. Thank you."

Aaron Miner, GaaGiiKweng medical support worker, West Region Child and Family Services, Dauphin

"First, I would like to thank MCAP for providing me with the opportunity to attend the conference. I am also grateful to The Pas and Area FASD Committee for submitting my name for this opportunity.

It was interesting to hear what other parts of the world are doing to prevent FASD in their countries. The conference overall was an empowering experience, as I learned several practical strategies aimed at prevention and awareness. The maternal mother panel was

informative with respect to day to day interventions, as well as an encouraging, optimistic outlook on the overall issue of FASD in the home and community. The strength and wisdom exhibited by these mothers was not only commendable, but encouraging.

In the end, my attendance at this conference will undoubtedly be reflected positively in my work with families and the broader community.”

Lara Constant, FASD Youth Justice Program, The Pas

“Many people have asked me about the conference since my return and I simply start by saying that it was historic. Being with so many people from all over the world with a common purpose was both validating and inspiring. Much of what I have come to learn about FASD was confirmed throughout the conference, and yet there was

and still is so much to learn and do.

It was a privilege to be chosen and supported to attend such a wonderful event, and I am grateful to both HCMO and the Brandon Interagency FASD Committee for their support. I am looking forward to sharing what I have learned and experienced with others. I am also looking forward to the future and what is shaping into a universal approach to FASD prevention and support.”

Rodney Jones, FASD diagnostic coordinator, Prairie Mountain Health, Brandon Rural

“The diversity was incredible at this conference; it was wonderful to see such a range of presenters and attendees. Starting with the Mays study was brilliant, making everyone aware that active case ascertainment is the best way to determine the number of people born with an FASD, and that this

is critical to understanding the true numbers. I liked the presentation by Jody Allen Crowes, founder of Healthy Brains for Children... it was very meaningful to me, and I am sure to many others in the audience. I think everyone should have to see it! The work of the Saskatchewan Prevention Institute, specifically Joe Rogal’s work with youth in Saskatchewan, was impressive. The charter was interesting, and I think that the creation of an international society will help push forward the agenda of FASD prevention. I am thankful Healthy Child made it possible for us to attend.”

Chantal McClelland, Insight Mentoring Program coordinator/ Northern Health Region, Thompson

“Thank you Healthy Child Manitoba and the Manitoba Coalition on Alcohol and Pregnancy for the opportunity to attend the First International

Conference on the Prevention of FASD. There were several conference highlights for me; just having the opportunity to be a delegate at the first ever international conference on prevention, hearing Linda Burnside convey the experiences of women who have graduated from a mentoring program, listening to Holly Gammon and Michelle Juarez speak about Project Choices and watching a powerful and hopeful video on the impact of residential schools and the ripple effect on the next generation. The video is titled “Whispering the Circle Back” and is available through Blue Quills College in Alberta (780-645-4455). I would highly recommend this video to anyone working with Aboriginal families.”

Leilani Buschau, FASD specialist, Metis Child, Family and Community Services, Winnipeg

FASD DAY

FASD Day Family Barbeque in Winnipeg a Success!

by Cathe Umlah, General Child & Family Services Authority

On September 9, a family barbeque was held at Riverview Community Centre in Winnipeg for International FASD Day. We gathered to celebrate our successes and give families the opportunity to share a meal, play and spend time together. We were pleased to see about 135 people at the event, most of whom were families who enjoyed spending time together. The planning committee and volunteers from the FASD service community

made sure that there was something for everyone! Indoors there was information about FASD, face painting and tattooing for the kids, as well as a colouring and Play-Doh station. Outside there was bowling, KerPlunk, Penguin Toss, bubbles and more, along with prizes for everyone. Many of the youth participated in a soccer game. It looked like fun!

The catered meal of pulled pork, buns,

beans, potatoes and coleslaw was a big hit again this year. There were even leftovers for many of the families to take home. A number of businesses donated gift cards, as well as other items, for the door prize draw. The grand prize was a handmade wall hanging donated by the Aboriginal Health and Wellness Centre. There were quite a few happy faces coming up to claim their prizes!

Helpful volunteers from the Aboriginal Health and Wellness Centre

Thanks to everyone who took part in the event and especially to Healthy Child Manitoba for sponsoring the event. While Minister Kevin Chief was unable to attend this year’s event, he sent his greetings and good wishes to everyone.



Now For Something Completely Different

by Chantal McClelland, Northern Regional Health Authority



There have always been a few community members who have come together and put on FASD Awareness Day events in our community. Past organizers have hosted many walks and BBQs, and have had very successful turnouts. Folks have always had a good time, enjoyed the walk and the lunch, as well as games like Spin the Wheel of FASD. Organizers were always pleased to have such a wonderful turnout, but this year they were ready for a change.

The recently named FASD Alliance, Thompson & Area decided to take a more active role, but they wanted to hear more from the community.

So, an event was planned that would share not only community members' work in the area of FASD, but would also gather the thoughts of local people in the area of FASD. The BreakFASD event was born.

After months of preparation, September 9 arrived. Setup began after and we were ready for the many participants that came through the door to discuss their experiences of living with FASD, and living or working with people who have FASD.

After breakfast, the first of five questions were posed. Everyone had a chance to participate and answer each question. Mid-morning, we came together and reviewed the answers. Participants were reminded that their comments were being recorded and would be used to further develop the existing PATHing document used by the coalition to help set priorities.

This was followed by two presentations. The first was by a group of parents raising children with FASD, who over the last year, developed a PhotoVoice presentation and discussed what it was like raising their children. The second was a presentation by a young lady who talked about her life experiences as a person with an FASD. She shared her successes and we were honoured to have the opportunity to listen to her.

The presenters were a welcome addition, and reminded us that FASD is not narrowly about a spectrum disorder caused by alcohol use in

pregnancy. It is first and foremost about people.

All in all the BreakFASD event was very well received by the community. People reported that they liked the networking, the opportunity to share their concerns and listen to people that were impacted by FASD. One participant even described the event as "awesome."

I must agree, the event was awesome. This does, however, leave us with a problem. What will we do next year?



Flin Flon/Creighton Committee Takes the FASD Message to Teens

by Colleen Tower, InSight Mentor Program Coordinator

When sitting down to plan an event for FASD Awareness Day, the Flin Flon/Creighton FASD Committee decided to take the message about how to prevent FASD to the population most high risk of having an unplanned pregnancy—high school teens. The consensus among the committee members was that the event had to require teens to sit and focus on the message, but in a way that would be interesting, and from that came the FASD

Scavenger Hunt. The event was held at the two local high schools during the week before school started, as well as the first week of school, with the announcement of prize winners on September 9. A "myths and facts" quiz for students was developed and some great posters with the facts were hung up all over the schools. Students were encouraged to find the facts on the posters and match them to the myths on the quiz sheets; all quizzes

with 100% correct answers were entered for a prize. The response to the posters and quiz was great and it has been suggested that the scavenger hunt be expanded to include even more youth next year.

To raise awareness throughout the community, the committee submitted an article to the local paper with some of the same myths and facts, as well as information about what FASD Awareness Day

is all about. Tent cards also went out to local bars and restaurants, encouraging healthy choices in pregnancy. The cards promoted the message that preventing FASD is not just the responsibility of the mom, but also that of everyone around her, including the community at large.

The Pas & Area International FASD Awareness Walk 2013 10 Years and Still Going Strong!

by Deidre Harvey, Co-Chair, The Pas and Area FASD Committee



Greetings from The Pas! On Sept 9, 2013, The Pas and Area FASD Committee held their annual FASD Awareness Walk. It continues to be an incredible opportunity to recognize people who are both directly and indirectly affected by FASD. The walk brings specific attention to FASD on an individual and community level.

What a spectacular turnout this year! Around 200 students and community members walked across the Chief Cornelius Bignell Bridge, linking The Pas and Opaskwayak Cree Nation. Students from the Kelsey School Division, Opaskwayak Education Authority and University College

of the North joined other fellow walkers to show their support.

Following the walk, lunch was offered at the Opaskwayak Cree Nation High School, Oscar Lathlin Collegiate.

This year we celebrated the 10th anniversary of The Pas and Area FASD Awareness Walk. On this special occasion, the walk was youth-oriented, as the impact of FASD affects not only our current generation, but future generations to come. Local dignitaries also acknowledged the significance of FASD prevention and education.

Special thanks go out to the staff and students of Oscar Lathlin

Collegiate for providing assistance and lending the space to hold our event. A cash donation from Opaskwayak Cree Nation Child and Family Services provided for the hearty lunch of stew and bannock. IGA, Extra Foods, Giant Tiger and the Grub Box, also generously pitched in to provide ingredients and supplies. Thank you to all the individuals and organizations that helped with the planning and came out to walk.

A big thank you goes out to The Pas and Area FASD Committee. Their hard work and dedication propels the FASD Awareness Walk each and every year. It's been 10 years and still going strong!



September 9th: FASD Awareness Day

by Marijkw Vonderbank, Southern Health-Santé Sud

The east region of the Southern Health-Santé Sud is just in the beginning stages of setting up a community FASD Coalition. Even though we are not officially up and running yet as a coalition, we decided to organize an awareness campaign for the September 9 International FASD Awareness Day from an idea we found on the web: Don't Snicker at FASD. We created small cards with FASD facts written on them and attached

a small Snickers chocolate bar to each. Fourteen baskets filled with these cards were sent out to various locations across our region.

FASD information was also displayed on the TV screens in doctors' offices and waiting rooms across our region, and media bulletins were sent out to our local radio stations and online news sites. The FASD coordinator was contacted by the media for an

interview, which was heard on various radio stations on Sept. 9, as well as printed on steinbachonline.com. A display table was also set up in the Clearspring Mall on September 9.

Feedback from our FASD awareness campaign has been very positive!



Brandon FASD Day

by Rodney Jones, FASD Diagnostic Coordinator, Prairie Mountain Health



The Brandon Interagency FASD Committee was involved in various activities in preparation for FASD Awareness Day in Brandon, Manitoba. Included was a meeting with the mayor of Brandon, who signed a proclamation that declared September 9 as FASD Awareness Day in Brandon. There were articles in the *Brandon Sun*, and a radio interview on CQLQ aired that day to provide information on FASD, and the new display boards from MCAP were displayed for the week of September 9, with one at the Town Centre in Brandon and one at 7th Street Access.

Working with members of the Brandon Interagency FASD Committee is a wonderful and cooperative experience. I look forward to all of our future work together creating awareness about FASD and FASD prevention, as well as supporting and enhancing the lives of those affected by FASD and those in support of them.

Members of the Brandon Interagency FASD committee with the mayor of Brandon, signing of the proclamation declaring September 9 as FASD Awareness Day. From left to right: Angie Turner, Public Health Nurse, Prairie Mountain Health (Brandon); Joey Pattle, Co-Chair, Brandon Interagency FASD Committee; Rodney Jones, FASD Diagnostic Coordinator, Prairie Mountain Health (Brandon Rural); Tracy Williams, Co-Chair, Brandon Interagency FASD Committee. In front, Mayor of Brandon, Shari Decter Hirst.

FASD Day in the South Parkland

by Twyla Gilroy, South Parkland FASD Coalition



Photo courtesy Jessica Rawliuk/*Dauphin Herald*

The South Parkland FASD Coalition kicked things off in the week leading up to Fetal Alcohol Spectrum Disorder Awareness Day. The coalition worked with the local radio station CKDM to air public service announcements about FASD and the prevention of FASD. In addition, the Dauphin Clinic Pharmacy's regular weekly article in the local Parkland Shopper was filled with information about FASD, and included information about the coalition's upcoming event on Monday September 9, 2013.

On September 9, the South Parkland FASD Coalition and the Dauphin Friendship Centre played

host to over 70 people as they gathered together on International Fetal Alcohol Spectrum Disorder Day for a presentation from Lisa Moxam of the Manitoba Foster Family Network. Participants arrived with the desire to learn more about FASD and other neurodevelopmental disorders, and to gain an increased awareness of how they could better assist those living with these types of disorders.

Lisa Moxam gave a dynamic presentation. She intertwined research-based information with personal stories. Her discussion incorporated and

drew parallels between various neurodevelopmental disorders such as FASD, Autism, Alzheimer's, and brain injuries. Although each of these conditions is different, there are many similarities in the need for support and types of interventions that are helpful.

After the presentation, about 30 participants gathered to walk through downtown Dauphin with posters to raise awareness of FASD. More than 60 people then gathered at the CN Park on Main Street for a BBQ and played Spin the Wheel of FASD. The Wheel of FASD provided a great opportunity to increase the dialogue about FASD with event

participants and with people as they walked by, many of them students.

The South Parkland FASD Coalition considers this to be another successful event, bringing awareness and education about FASD to the South Parkland.

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**

MCAP Q & A

For even more great information about FASD, don't forget to visit capmanitoba.ca, MCAP's very own site for up-to-date information on FASD.

On this site, visitors will find information about upcoming events and resources, as well as the most recent and archived editions of this very newsletter!



- Still having trouble finding the answers to your questions about FASD?
- Have information about FASD that you would like to share with a wider audience?
- Want to advertise an upcoming event that you or your agency is hosting?

Contact us at the MCAP newsletter committee and we'll make sure that your information and questions are shared. Newsletters go out in the spring and fall each year, so for more information, or to submit something, contact Colleen at ctower@nrha.ca.

1. *Fasdchildwelfare.ca* is a Community of Practice with lots of great information that is aiming at "informing policy makers, program developers, and practitioners about the needs of children with FASD in the care of child welfare

jurisdictions and agencies, as well as early intervention practices." It includes resources, discussion areas and, for those interested in blogging, it has an area for that as well.

2. "Supporting Pregnant and Parenting Women Who use Substances: What Communities are Doing to Help." It's a great resource article written by The Canada FASD Research Network's (CanFASD) Network Action Team (NAT)

on FASD Prevention from a Women's Health Determinants Perspective. It can be found on the website fasdprevention.wordpress.com, along with lots other great resources and recommendations.

FASD INFO SERIES 2013-2014

The following FREE sessions sponsored by the Manitoba Coalition on Alcohol and Pregnancy (MCAP) and the Manitoba FASD Network.

- November 29, 2013: Harm Reduction/Alcohol and Pregnancy
- January 31, 2014: FASD - Impact on Parents' Relationships
- February 28, 2014: Internet Safety
- March 21, 2014: Mental Health and FASD
- April 25, 2014: FASD and Addictions Services Project

**All sessions run from 12:00 noon to 1:00 pm. More information on each session will be provided leading up to the session.*

Winnipeg Sessions located at the **Rehab Centre for Children**
633 Wellington Crescent

In Winnipeg – please email Kerri at kerrihiebert@mts.net to hold a seat. Sessions may be available via Tele-videoconference in some areas. Televideoconference information will be available on a per session basis.

HAT'S OFF

A big "thank you" and "great job" goes out to the Display Board Sub-Committee of MCAP, who put together the amazing display boards explaining FASD, its effects and ways to get support. The creation of the boards and distribution throughout the province was a huge undertaking by a small group of people, and to those committee members: THANK YOU!