

Adolescents may engage in risky sexual behaviors, such as multiple or concurrent sexual partners, inconsistent or lack of contraception, for a variety of reasons, including:

- lack of knowledge about contraception, or embarrassment about contraceptive use
- drug and alcohol use
- peer pressure – desire to fit in, or look cool
- boredom
- lack of planning for sexual activity
- other risk factors: a history of child abuse, poverty, poor academic performances
- psychological factors, family factors, early onset of puberty, relationships, poor access to health services, rapid repeat pregnancies

The adolescent brain is still developing throughout adolescence and early adulthood, until about 24 years of age. Drinking alcohol can have negative effects on the brain development. During puberty, because of neurochemical and hormonal changes, adolescents are also more likely to engage in risky behaviors, which may be exacerbated by alcohol consumption (Alberta Health Services, 2014).

Canada's Low Risk Alcohol Drinking Guidelines for Youth (Canadian Centre on Substance Abuse) indicate that while the only guideline for youth should be, "Don't Drink!", the reality is that many youth drink alcohol. Using a harm reduction approach, the guidelines recommend that:

- Youth delay drinking alcohol for as long as possible, at least until the legal drinking age.
- If they decide to drink, youth should speak to their parents about drinking, never have more than one to two drinks per occasion, and never drink more than one or two times per week.
- From the legal age to 24 years, the guidelines recommend that females never have more than two drinks a day and never more than 10 drinks a week, and males never more than three drinks a day and never more than 15 drinks a week.

Alberta is currently in the process of developing a program with tools and resources to start the FASD Prevention Conversation with youth.

UPCOMING

ORS Submission Due
Friday, January 13, 2017

Strategic Planning Day
Friday, February 24, 2017
9:00am - 12:00pm
Location TBA

**International Conference
on FASD Research**
March 2 – 4, 2017
The Westin Bayshore,
Vancouver, BC
Register online at:
interprofessional.ubc.ca/FASD2017

ORS Submission Due
Thursday, April 13, 2017

RESOURCES

SEAFAN Website
www.seafan.ca – Visit our website for updates. Check out our new calendar for events. Let us know if you would like us to include your FASD related event on our calendar.

Provincial Website
fasd.alberta.ca * Learning Series (search FASD learning series)

FASD Community
www.fasdcommunity.ca

SEAFAN Caregiver Support
www.facebook.com/seafan.caregivers

Mount Royal University
Positive Behaviour Supports for Children
www.pbsc.info

FASD

South East Alberta Fetal Alcohol Network

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Vision

To align with the Government of Alberta's mission to provide leadership and work collaboratively with partners and support community stakeholders to provide FASD services, information and awareness in South East Alberta.

Mission

Supports are available, accessible and meaningful to every person affected by FASD.

Role of Network

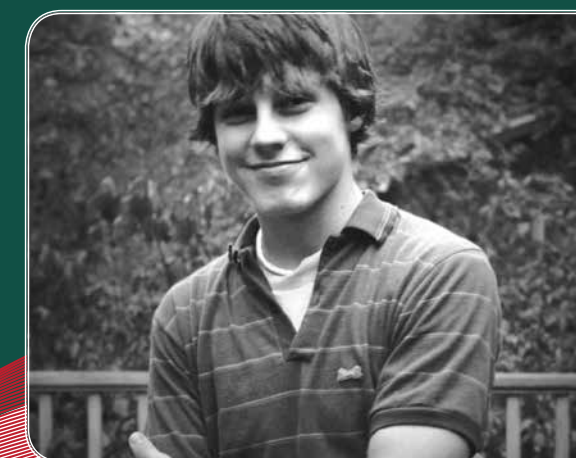
Through dynamic partnerships and collaboration of its members, the South East Alberta FASD Network (SEAFAN) Society provides a comprehensive, coordinated response to FASD to individuals and families within the region, including a full continuum of services across the lifespan which are culturally appropriate and sensitive to individual, family and community diversity.

If you wish to share information or have questions about the material in this newsletter, please contact:

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SEAFAN Coordinator
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Q3

QUARTER 3 NEWSLETTER WINTER 2016 » DECEMBER 2016 »

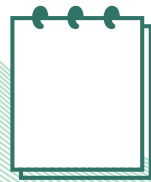


www.seafan.ca

NO alcohol during pregnancy is best.

FASD

South East Alberta Fetal Alcohol Network



Welcome to the Quarter 3 SEAFAN NEWSLETTER



ADULT COACHING/MENTORING AND ADVOCACY PROGRAM

- 29 clients
- 13 caregivers
- 42 individuals in total

We have 25 on our waitlist at the moment.



McMan

FASD YOUTH MENTOR

- 10 clients
- 1 client in process

FASD ADULT TRANSITION

- 1 client

We have 7 on our waitlist at the moment.



FIRST STEPS - PCAP

- 8 participants
 - 6 active
 - 2 inactive



FIRST STEPS - PCAP

- 5 referrals this quarter
- 17 individuals on case load

FASS CHILDREN

(FASD Assessment and Support Services)

- 5 referrals for assessment/clinic
- 3 referrals for consultation

We have completed 18/24 child clinics this fiscal year and have 23/46 consultation files active.

We are working on and preparing clinic diagnostics for 6 children.

There are 6 children on the consultation waitlist, although it is expected that by the end of Dec. we will have no children on the consultation waitlist.

There are 26 children on the waitlist for a clinic.

FASS ADULTS

- 5 referrals for adult clinic

We have completed 2/4 adult clinics and we are working on and preparing clinic for 2 adults.

We are actively investigating Prenatal Alcohol Exposure (PAE) for 6 adults.

There are 40 adults on the adult waitlist.

FASS staff have combined caseload of 78

INTRODUCING THE PREVENTION CONVERSATION FOR YOUTH



Wirzba, Helene. *The FASD Prevention Conversation for Youth and Aboriginal Youth - Best Practices and Current Research, October 2016*

THE PREVENTION CONVERSATION – A SHARED RESPONSIBILITY

Alcohol and pregnancy don't mix. We know that, but how do we talk about it? 'The Prevention Conversation: A Shared Responsibility' is a partnership between the Government of Alberta and 12 Fetal Alcohol Spectrum Disorder (FASD) regional networks, an initiative of Alberta's FASD 10-Year Strategic Plan.

NEXT STEPS – PREVENTION CONVERSATION FOR YOUTH AND ABORIGINAL YOUTH

The next phase of the project (2016-17) will focus on creating resources to help Prevention Conversation Facilitators train professionals and community members on how to have the FASD prevention conversation with youth of high school age, including indigenous youth.

IN ALBERTA...

In 2012, according to the 2012 Canadian Alcohol and Drug Use Monitoring Survey, 76.2% of Albertans aged 15 and over used alcohol, but most of them did so responsibly.

Albertans aged 15 to 24, were more likely than older Albertans to drink alcohol in a harmful way (16% for Albertans ages 15 to 24, versus 8.3% for older Albertans) and to engage in binge drinking (28.6% for Albertans ages 15 to 24, versus 18.6% for older Albertans).

Based on 2012/2013 results from the Canadian Student Tobacco, Alcohol and Drugs Survey Alberta youth in grades 7 to 12 indicated the following: 39% (versus 41% nationally) reported having a drink of alcohol that was more than just a sip.

In comparison, 16% reported having used marijuana and 3% other illicit drugs. Of Alberta students in grade 7 to 12 who report drinking, 42% drink less than once a month, and 44% one to 3 times a month.

76% of grade 7 to 12 students (versus 72% nationally) had five drinks or more of alcohol on one occasion.

SEXUAL HEALTH OF YOUTH – THE FACTS

Risky sexual behavior, such as lack of contraception use, multiple sexual partners, or unprotected sexual activity, can lead to consequences such as unplanned pregnancy or Sexually Transmitted Infections (STIs). In Canada, rates of adolescent pregnancy remain some of the highest among the developed countries (Saskatchewan Prevention Institute, Jan 2012) and the majority of pregnancies are unintended and unplanned. In 2005, 43% of Canadian adolescents aged 15-19 reported that they had had sex at least once.

Up to 10% of Canadian teens report that using drugs or alcohol was the reason they had intercourse for the first time, and a US study found that one in three young pregnant women aged 14 to 21 had been drinking when they conceived. (British Columbia Centre of Excellence for Women's Health, 2014)

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DRINKING STATISTICS OF YOUTH

Cross-national study...

Based on results from the Health Behavior in School-Aged Children Study, a cross-national research study conducted in collaboration with the World Health Organization, the Public Health Agency of Canada reports the following trends on alcohol use in youth: (Freeman, Coe, & King, 2014):

Percentage of students who report drinking beer at least once a week in 2010:

GRADE 6 (approximate age 11)

♂ BOYS » 1% | ♀ GIRLS » 1%

GRADE 8 (approximate age 13)

♂ BOYS » 4% | ♀ GIRLS » 2%

GRADE 10 (approximate age 15)

♂ BOYS » 16% | ♀ GIRLS » 6%



Percentage of students who report drinking wine at least once a week in 2010:

GRADE 6 (approximate age 11)

♂ BOYS » 1% | ♀ GIRLS » 1%

GRADE 8 (approximate age 13)

♂ BOYS » 2% | ♀ GIRLS » 1%

GRADE 10 (approximate age 15)

♂ BOYS » 3% | ♀ GIRLS » 1%



Percentage of students who report drinking liquor at least once a week in 2010:

GRADE 6 (approximate age 11)

♂ BOYS » 1% | ♀ GIRLS » 1%

GRADE 8 (approximate age 13)

♂ BOYS » 3% | ♀ GIRLS » 3%

GRADE 10 (approximate age 15)

♂ BOYS » 10% | ♀ GIRLS » 10%



Percentage of students who report being "really drunk" at least twice in their life in 2010:

GRADE 6 (approximate age 11)

♂ BOYS » 2% | ♀ GIRLS » 1%

GRADE 8 (approximate age 13)

♂ BOYS » 12% | ♀ GIRLS » 13%

GRADE 10 (approximate age 15)

♂ BOYS » 41% | ♀ GIRLS » 39%

