

Q4

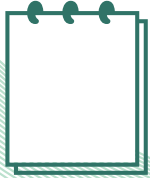
QUARTER 4 NEWSLETTER  
SPRING 2017  
» MARCH 2017 »



[www.seafan.ca](http://www.seafan.ca)

**FASD**  
South East Alberta  
Fetal Alcohol Network

NO alcohol during pregnancy is best.



# Welcome to the Quarter 4 SEAFAN NEWSLETTER



## ADULT COACHING/MENTORING AND ADVOCACY PROGRAM

- 30 clients
- 10 caregivers
- 40 individuals in total

We have 19 on our waitlist at the moment.

The issues surrounding vulnerability have been well documented in FASD literature. It is nothing new for the individuals we support. Recently, we have noticed a trend concerning younger clients. These individuals are struggling with addictions and are being charged with more serious crimes, that carry longer sentences. Often, we find that these clients are being forced to commit these crimes, because they are being threatened with physical violence by dealers to pay back drug debt. If our clients cannot follow through on payments, clients choose to commit the crimes either because they do not realize the magnitude of the consequences and only want to get the debt cleared, or in some cases, they hope they get caught and go to jail so they can be safe from the people threatening them. This is the sad reality. As support staff, we use out of the box thinking to advocate for our clients to get the help they need for their addictions, as well as their legal issues, recognizing how vulnerable they can be when out in the community.



## FIRST STEPS - PCAP

- 12 individuals on caseload

## FASS CHILDREN

(FASD Assessment and Support Services)

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

## FASS ADULTS

- 32 Assessments (waitlist)

**FASS staff have a combined caseload of 92 open files**



McMan

## FASD YOUTH MENTOR

- 12 clients

## FASD ADULT TRANSITION

- 0 clients

We have 7 on our waitlist at the moment.



## FIRST STEPS - PCAP

- 7 active clients

# STRATEGIC PLANNING MEETING

## GUEST SPEAKER: KATHRYN HOPE

**BIO:** Kathryn has been an employee of the Metis Nation of Alberta since November of 2015, starting as a Resource Worker within the Health, Children, and Youth department and later moving into the role of Provincial FASD Supports Coordinator. Kathryn graduated from Cape Breton University in 2012 upon the completion of a Major in Psychology within the Bachelor of Arts & Community Studies Program.

**SUMMARY:** This presentation will include a brief overview of the Metis Nation of Alberta(MNA). Topics discussed will include MNA Governance, MNA History, and MNA Programs and Services.

## NETWORK UPDATES

### CMC (CROSS MINISTRY COMMITTEE) UPDATE

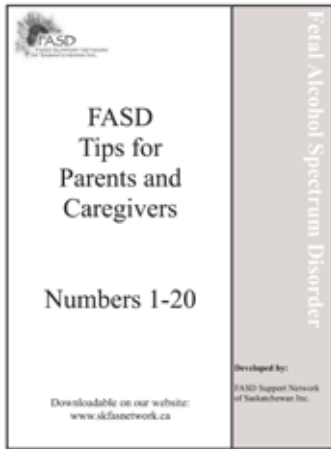
- **MINISTRY SHIFT**
  - Biggest change is that we have an ADM. Currently, John Cabrel from Seniors and Housing is acting in this role, while recruitment is taking place.
  - Our focus remains to continue to look at all of our services through an inclusion and accessibility lens.
- **YEAR 7 EVALUATION**
  - We are still working on getting approval to release these documents
- **YEAR 10 EVALUATION TO COMMENCE**
  - Network contacted prior to June. A governance review will be included in this evaluation.
- **NETWORK GRANTS**
  - Business Plans have been submitted and revised to accommodate the Prevention Conversation Grant funding. We are expecting payments to be released early April.
- **PROVINCIAL BUDGET READING, MARCH 16TH.**

## STRATEGIC PLANNING SESSION

HELPING YOU DO YOUR BEST JOB

You just have to keep trying to do good work, and hope that it leads to more good work. I want to look back on my career and be proud of the work, and be proud that I tried everything. - Jon Stewart

# HELPING YOU DO YOUR BEST JOB



## RESOURCE:

The FASD Tip Sheets are developed by stakeholders and partners of the Edmonton and area Fetal Alcohol Network Society. Often times the strategies we use with individuals with an FASD may not work or stop working. Instead of trying harder try working differently. These strategy sheets provide suggestions and perhaps new ideas that can be incorporated in raising and/or supporting individuals with an FASD. Download the FASD Tips For Parents & Caregivers from: <https://edmontonfetalalcoholnetwork.org/resources/tip-sheets/fasd-tips-for-parents-and-caregivers-1-20-by-fasd-support-network-of-saskatchewan/>

## TIPS INCLUDE

- Tip #1 How You can help Children with FASD Make Decisions
- Tip #2 How You can help your Child with FASD Make and Keep Friends
- Tip #3 How You can help Teens with FASD Manage Money
- Tip #4 How You can help Adults with FASD Manage Money
- Tip #5 How You can help Teens and Adults with FASD Make Decisions
- Tip #6 How You can help your Child with FASD Figure out Reality and Fantasy
- Tip #7 How You can help your Child with FASD Learn to cope with their Senses
- Tip #8 How You can help Children and Teens with FASD Learn about Ownership
- Tip #9 Making Changes with Children and Youth with FASD
- Tip #10 Tips to help your Child or Teen with FASD take part in Sports and Activities
- Tip #11 Care for the Caregiver of Children and Youth with FASD
- Tip #12 How to help Children and Teens with FASD Succeed in Community Groups
- Tip #13 How You can help Children with FASD Understand Time
- Tip #14 How You can help Children with FASD Understand Structure
- Tip #15 How You can help Children and Teens with FASD Develop Routines
- Tip #16 How You can help Children with FASD be Successful at Camp
- Tip #17 Healthy and Safe Sexuality for Teens and Adults with FASD
- Tip #18 How you can Help a Teen or Adult Avoid Drug and Alcohol Use and Abuse
- Tip #19 How you can Help a Teen or Adult Avoid Trouble with the Law
- Tip #20 Understanding Fetal Alcohol Spectrum Disorder (FASD)

## UPCOMING

**ORS Submission Due**  
Thursday, April 13, 2017

**SEAFAN AGM**  
Friday, June 16, 2017  
9:30am - 11:00pm  
Location TBA

**ORS Submission Due**  
Friday, July 14, 2017

**FASD Day**  
Saturday, September 9, 2017

## RESOURCES

**SEAFAN Website**  
[www.seafan.ca](http://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](http://fasd.alberta.ca) \* Learning Series (search FASD learning series)

**FASD Community**  
[www.fasdcommunity.ca](http://www.fasdcommunity.ca)

**SEAFAN Caregiver Support**  
[www.facebook.com/seafan.caregivers](https://www.facebook.com/seafan.caregivers)

**Mount Royal University**  
Positive Behaviour Supports for Children  
[www.pbsc.info](http://www.pbsc.info)



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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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