



FETAL ALCOHOL
EXPOSURE:
TIME TO **Know**,
TIME TO **Act**



Ontario's Provincial Conference
April 10-11, 2003
Toronto Marriott Eaton Centre

“Fetal alcohol exposure is a complex issue, but you can make a difference.”

Conference organized by Best Start: Ontario's Maternal, Newborn and Early Child Development Resource Centre
Conference funded by Government of Ontario and Health Canada

Conference at a Glance:



TIME	THURSDAY APRIL 10	FRIDAY APRIL 11
7:30 am to 8:30 am	Registration Continental Breakfast Exhibits	Registration Continental Breakfast Exhibits
8:30 am to 9:00 am	Opening Remarks	Opening Remarks
9:00 am to 10:00 am	Keynote Speaker Dr. Sterling Clarren: 30 Years, FAS to FASD	Keynote Speaker Dr. Christine Looek: Diagnosis and Supports
10:00 am to 10:30 am	Break and Exhibits	Break and Exhibits
10:30 am to 12:00 pm	Concurrent Sessions A-1: International FAS Day A-2: Community Based FASD Prevention A-3: FAS Prevention Research A-4: SAF 101 (en français, in French) A-5: FAS 101 A-6: Supporting Pregnant Women A-7: Before ... Sperm meets Egg!	Concurrent Sessions C-1: Working with Younger Children C-2: Strategies for Teaching C-3: Emerging Ontario Issues C-4: Aboriginal Issues in Supports C-5: Parent Support Strategies C-6: How Children with FAS Sense the World C-7: Winnipeg Diagnostic Team
12:00 pm to 2:00 pm	Lunch Keynote Speakers Holly MacKay and Dr. Jocelynn Cook: National Awareness and Physician Surveys Exhibits	Lunch Keynote Speakers Success Stories Panel: Birth Parent, Adoptive Parent, Youth Exhibits
2:00 pm to 3:30 pm	Concurrent Sessions B-1: Alcohol and Pregnancy Campaigns B-2: Breaking the Cycle B-3: Motherisk B-4: Role of Physicians B-5: Applications of National Survey Results B-6: Aboriginal Issues for Prevention B-7: Alcohol Policy Panel	Concurrent Sessions D-1: Coffre d'outils pour parents (en français, in French) D-2: Supporting Educational Strategies D-3: Ethical Perspectives D-4: Adolescent Issues D-5: Teamwork, Case Management D-6: Parenting with FAS D-7: Diagnosis
3:30 pm to 4:30 pm	Let's Talk: Facilitated discussion of where we are at, where we are going, what we need to address.	

Speaker Bios: can be viewed at www.beststart.org



This conference is for:

- People who work with pregnant women
- People who care for individuals who were prenatally exposed to alcohol

Main Focus

- **April 10** - preventing and addressing alcohol use in pregnancy
- **April 11** - diagnosis and care of individuals exposed prenatally to alcohol

Keynote Speakers: April 10, 2003

Morning Keynote: 30 Years: FAS to FASD

Dr. Sterling Clarren, Children's Hospital, Seattle

It has been 30 years since a constellation of abnormalities was termed “Fetal Alcohol Syndrome”. Dr. Sterling Clarren will reflect on our past and current knowledge of FAS. He will discuss the challenges we face presently and future directions for work on FASD.

Lunch Keynote: National Awareness and Physician Surveys

Holly MacKay and Dr. Jocelynn Cook, Health Canada, Ottawa

Health Canada recently completed two national surveys related to FAS. One was a survey to determine any changes to the general public's understanding of FAS. The other was a survey of health care providers' knowledge and practices. Holly MacKay and Dr. Jocelynn Cook will share the results of these recent surveys.

Keynote Speakers: April 11, 2003

Morning Keynote: Diagnosis and Supports

Dr. Christine Loock, Sunny Hill Health Centre for Children, Vancouver

In the 30 years since the naming of Fetal Alcohol Syndrome, there has been an evolving body of knowledge on how to diagnose the syndrome, and how to care for and support individuals with FAS or a related condition. Dr. Christine Loock will discuss the immediate challenges and secondary disabilities linked with prenatal exposure to alcohol. She will elaborate on approaches that provide increased hope for children with FAS or a related condition.

Lunch Panel: Success Stories

This panel will share the success stories of several Ontario families. A birth parent, an adoptive parent, and two young people will talk about their lives, their worries, the things that are going well, and what made a difference for them.

Concurrent Session Descriptions:



APRIL 10 – MORNING

■ A-1: International FAS Day

Bonnie Buxton and Brian Philcox, FASworld, Toronto

International FAS Day, on the 9th minute of the 9th hour of the 9th day of the 9th month of the year, asks the world to remember the harm that alcohol can cause during the 9 months of pregnancy. Activities take place around the world, including ringing of church bells, proclamations and articles in the paper. Find out what you can do on International FAS Day to promote awareness about this preventable disability.

■ A-2: Community Based FASD Prevention: Strategies that Work!

Sheila Burns, Coordinator of the Fetal Alcohol Spectrum Disorder Mobilization Project, Ajax

This session will provide you with practical tips and ideas from across the province on how to work at the community level to prevent prenatal exposure to alcohol. A wealth of strategies, insights and approaches will be presented.

■ A-3: FAS Prevention Research

Dr. Sterling Clarren, Children's Hospital, Seattle

Women who have a child with FAS are at high risk of having another child with similar or more severe disabilities. This session will discuss the results of recent research studies on prevention of FAS. It will focus on a 5 year study of primary prevention strategies used in an FAS diagnostic centre.

■ A-4: Syndrome d'alcoolisme foetal – SAF 101 (en français, in French)

Suzanne Boivin, parent, Masson-Angers, Quebec

Regardons ensemble ce qui constitue un syndrome d'alcoolisme foetal (SAF) et la recherche d'un diagnostic adéquat par des professionnels informés.

■ A-5: FAS 101

Jane Hoy, Rural Responses for Healthy Children, Clinton

If you want to learn the basics about prenatal exposure to alcohol, FAS, FAE, FASD etc, this is the session for you. Find out how alcohol affects the fetus and about the short and long term consequences of alcohol use during pregnancy.

■ A-6: Supporting Pregnant Women who Struggle with Alcohol Use

Wendy Reynolds, AWARE, Kingston

Women may continue to drink during pregnancy because they are unaware of the harm they may be causing, because they are addicted or because it helps them cope with poverty, violence or despair. This session will help participants understand the process of changing drinking behaviour, and how concrete sensitive supports can make a difference.

■ A-7: Before ... Sperm meets Egg!

Janette Bowie, Halton Region Health Department, Oakville

So what do sperm and egg have to do with it, especially at a conference on FAS? The health of both parents, even before pregnancy, influences their children's health. Alcohol affects fetal development early in pregnancy when organs are developing and also throughout pregnancy as brain cells grow. It is important to start being healthy, "Before ... Sperm meets Egg!"

■ B-1: Alcohol and Pregnancy Awareness Campaigns

Jane Hoy, Rural Responses for Healthy Children, Clinton

Are you interested in raising awareness about alcohol and pregnancy? This session will help you plan and implement an effective and sensitive awareness campaign in your community. Find out about approaches that work well, as well as those that don't. Learn about available resources and supports.

■ B-2: Breaking the Cycle

Margaret Leslie, Breaking the Cycle, Toronto

Breaking the Cycle is a unique project designed to reduce the risks and enhance development of substance-exposed infants by addressing maternal addiction problems and enhancing parent-child relationships. This workshop will provide you with a brief overview of Breaking the Cycle and will describe the techniques and approaches used to engage and assist pregnant and parenting women who are involved with substances.

■ B-3: Motherisk

Adrienne Einarson, Motherisk, Toronto

Motherisk supports a range of programs, services and research projects related to alcohol use and pregnancy including the national Alcohol and Substance Abuse Helpline. This helpline provides information to pregnant and breastfeeding women and health care providers. Find out more about who calls Motherisk, what types of questions they ask and the information and services provided by Motherisk.

■ B-4: Role of Physicians

Dr. Peter Selby, Motherisk and Centre for Addiction and Mental Health, Toronto

Physicians who care for women before pregnancy and early in pregnancy have an important role in assessing alcohol use and in providing timely advice, counselling and referrals. Learn how physicians can address alcohol use and pregnancy, how to form effective partnerships with physicians and how to help physicians increase their knowledge and skills. The new “Supporting Change” training program for physicians will be discussed.

■ B-5: Applications of National Survey Results

Dr. Jocelynn Cook & Holly MacKay, Health Canada, Ottawa

This session will take an in-depth look at the results of the two National surveys discussed during the lunch keynote address. The implications of the surveys to program planning will be discussed.

■ B-6: Aboriginal Issues for Prevention

Sylvia Maracle, Ontario Federation of Indian Friendship Centres, Toronto

Many Aboriginal communities continue to struggle with impact of discrimination, the residential school system, substance use, poverty and despair. This session will provide you with information about issues that are particular to Aboriginal communities and strategies that are effective in addressing alcohol use in pregnancy.

■ B-7: Alcohol Policy Panel

This panel will provide an interesting range of perspectives on the role of alcohol policies in the prevention of FASD. Panelists will discuss policies that support community based action, public health perspectives, governmental and non-governmental policies and the role of service providers.

APRIL 11 – MORNING

■ C-1: Working with Younger Children

Judy Kay, Sioux Lookout & Hudson Association for Community Living, Sioux Lookout

While FAS is a disability with long-term consequences, there are many things that can be done to help children learn, grow and develop social skills. There are definite benefits to early intervention and support. This session will increase your understanding of the range of strategies that help young children with FAS or a related condition.

■ C-2: Setting the Stage - Strategies for Teaching

Angeline Ramkissoon, David Livingstone Community School, Winnipeg

Find out more about the behaviors and learning difficulties associated with the primary and secondary characteristics of individuals prenatally affected by alcohol. This session will deal with environmental adaptations and teaching strategies that meet the needs of these students.

■ C-3: Emerging Ontario Issues

Dr. Gideon Koren, Motherisk, Toronto

This session will provide information on three emerging issues in Ontario: a new approach to addressing alcohol use and breastfeeding, promotion of effective birth control methods in substance using women and the new Motherisk training program on diagnosis of FASD.

■ C-4: Aboriginal Issues in Supports

Kim Meawasige, Ontario Federation of Indian Friendship Centres, Toronto

Find out more about Aboriginal approaches to raising and caring for children and how these approaches apply to children with disabilities. This session will provide information on the issues and challenges faced by Aboriginal families. Learn about what you can do support Aboriginal families impacted by FAS or a related condition.

■ C-5: Parent Support Strategies

Mary Berube, FAS/E Specialist, Edmonton

Parents and caregivers of individuals with FASD may suffer tremendous stress and anxiety. Appropriate supports can help parents and caregivers cope with the crises and concerns of caring for an individual with disabilities. This session will share a variety of approaches to caring for caregivers.

■ C-6: Learning the Dance: Reframing our Perceptions of how Children with FAS Sense the World

Dorothy Schwab, Interagency FAS/E Program, Winnipeg

Many alcohol affected individuals have difficulty processing and organizing the sensory information, making it difficult for them to perform the complex tasks necessary for learning and functioning in school and out in the community. This workshop will place an emphasis on re-framing our perceptions of how the alcohol affected individual views the world. This will lead to more effective strategies and better understanding when working with these individuals in the school, childcare or home environments.

■ C-7: Winnipeg Diagnostic Team

Dr. Albert Chudley, Clinic for Alcohol and Drug Affected Children (CADEC), Winnipeg

The Clinic for Alcohol and Drug Affected Children in Winnipeg provides diagnosis and intervention services for individuals with FAS and related conditions. This session will describe the clinic team and the way they work together to diagnose and provide services to children with FAS.



APRIL 11 – AFTERNOON

■ D-1: Coffre d'outils pour parents (en français, in French)

Suzanne Boivin, parent, Masson-Angers, Quebec

Plein de petits trucs pour aider nos enfants à grandir avec le SAF et ses effets. Vous repartirez avec un bon coffre bien rempli de choses à essayer. Toujours se souvenir que ces enfants ont une grande capacité d'apprentissage, il s'agit de trouver la bonne méthode.

■ D-2: Making it Work - Supporting Educational Strategies

Angeline Ramkissoon, David Livingstone Community School, Winnipeg

This session will address the organizational structure of school program models to assist students in the school system. It will give suggestions for teacher training, advocacy for students and parents, as well as funding and partnerships.

■ D-3: Ethical Perspectives

Caroline Tait, McGill University, Montreal

While it is accepted that alcohol use in pregnancy can harm an unborn child, the rights and responsibilities of women, their children and society are unclear. This discussion of the ethical perspectives around alcohol use in pregnancy will bring you new insights and ideas on how to address alcohol use and pregnancy.

■ D-4: Adolescent Issues

Chris Margetson, Fetal Alcohol Syndrome Assistance and Training, Guelph

Adolescence may bring increasing challenges for families and FASD adolescents. Holistic approaches, that can increase chances for health, safety and success for the family and the adolescent, will be explored. Maintaining realistic expectations while preparing for some level of independence, often finds families and FASD adolescents at odds. Keeping adolescents safe during this time is key and we will discuss things that have worked for others.

■ D-5: Teamwork, Case Management

Mary Berube, FAS/E Specialist, Edmonton

Prenatal exposure to alcohol may result in a wide range of associated disabilities, necessitating the involvement of many different service providers. This session will help service providers build teamwork and case management skills related to clients with FASD.

■ D-6: Parenting with FAS

Kim Meawasige, Ontario Federation of Indian Friendship Centres, Toronto

Individuals with FAS, due to difficulties interpreting and reacting to social situations, may be prone to early and unexpected parenthood. There have been many success stories of individuals with FAS raising happy healthy children, with the support of family, friends and service providers. Find out about the difficulties and challenges of parenting with FAS, and how to support parents with FAS.

■ D-7: Diagnosis

Dr. Christine Looch, Dr. Barbara Fitzgerald, Sunny Hill Health Centre for Children, Vancouver,

This session will provide you with a basic understanding of how children suffering from prenatal exposure to alcohol are diagnosed. It will familiarize you with both the process and the categories of diagnosis. The session will assist you in early identification and referral of children who may have FAS or a related condition.

Conference Location

Toronto Marriott Eaton Centre, 525 Bay Street, Toronto, Ontario, website: www.marriotteatoncentre.com
Telephone: 416 597-9200.

“Take One” Table

A “Take One” table will be located near the exhibits. You are welcome to leave copies of your recent resources on the table for conference participants.

Family Room

Families and caregivers of individuals with FASD are welcome to make use of the family room for networking and support. The family room is hosted by FASworld.

Accommodations

A block of rooms is reserved at the Toronto Marriott Eaton Centre Hotel for conference participants at the reduced rate of \$139, plus applicable taxes. The block of rooms and the price guarantee is only available until March 19, 2003. Please make your reservations by calling the hotel directly at 1-800-905-0667 and specify that you are attending the Best Start Fetal Alcohol Exposure conference.

Transportation

Air Canada has offered a 5% to 15% discount on airfares for conference participants, depending on the type of airfare purchased. Air Canada has also offered a 25% discount on their cargo rates. To find out about eligibility for discounts, contact your local travel agent or call 1-800-361-7585. Please quote **Event # CV104256** along with the conference name (**Fetal Alcohol Exposure – Best Start Resource Centre**).

Avis Car Rental is also providing discounted rates for conference participants. To find out more, **call Avis at 1-800-331-1600 or go online at www.avis.com** and quote the following discount number: **J993622**.

Parking

Underground parking is available at the hotel. The lot across the street offers full day parking as well.

Best Start is a key program of the Ontario Prevention Clearinghouse (www.opc.on.ca) and is funded by the Ontario Ministry of Health and Long-Term Care.



Registration Form



Registration deadline: March 15, 2003

Name:
 Organization:
 Address: City:
 Province: Postal Code:
 Telephone: Fax: E-mail:

CONCURRENT SESSIONS Please indicate your 1st and 2nd choice for each concurrent session

	April 10 am:	April 10 pm:	April 11 am:	April 11 pm:
1st Choice:	A-	B-	C-	D-
2nd Choice:	A-	B-	C-	D-

SPECIAL REQUIREMENTS:

Meals:
 Accessibility:
 Other:

REGISTRATION FEES:

Register early – space is limited! Registration includes continental breakfast and lunch.

- Early Bird Registration – Full conference \$175 (before January 31)
- Professional Registration – Full conference \$225
- Professional Registration – 1 day \$150
- Parent or Guardian – Full conference \$100
- Parent or Guardian – 1 day \$50
- Conference Speaker

Payment must accompany registration.

METHOD OF PAYMENT:

Cheque enclosed Money order enclosed Visa

Name of VISA card holder:

Visa number: Expiry date:

Signature: Date:

Registration deadline Friday March 15, 2003 Make cheque or money orders payable to OPC and send to:
Best Start: Ontario’s Maternal, Newborn and Early Child Development Resource Centre, 180 Dundas Street West - Suite 1900, Toronto, Ontario M5G 1Z8 Phone: 416-408-2249 ext. 260 or 1-800-397-9567
Fax: 416-408-2122, Website: www.beststart.org