



FASD Awareness Day Award



Presented to Bonnie Buxton & Brian Philcox by the Honourable Deb Matthews, Minister of Children and Youth Services for the province of Ontario on behalf of the Toronto FASD Coordinating Network and the FASD Stakeholders of Ontario. From left to right: Sharron Richards, Bonnie Buxton, Brian Philcox, Hon. Deb Matthews, Dr. Gideon Koren, Sheila Burns.

The Toronto FASD Coordinating Network and the FASD Stakeholders of Ontario presented their first FASD Awareness Day Award on September 9, 2009 to mark the 10th anniversary of FASD Awareness Day. The award recipients were Bonnie Buxton and Brian Philcox, who established and launched FASD Awareness Day, which is now an international event.

Bonnie and Brian became involved as advocates for those affected by FASD after their daughter Colette was diagnosed with ARND. They are co-founders of FASworld Canada as well as FASworld Toronto which holds monthly support group meetings. Bonnie is the author of the book *“Damaged Angels”*, which beautifully chronicles the compelling and compassionate stories of families caring for children and youth affected by FASD. Brian is a highly effective, articulate and persuasive communicator and advocate for those affected by FASD. They have devoted their lives to promoting awareness and understanding of FASD as a preventable disability and one that will require life long supports. News and information about FASD may be found at www.fasworld.com.

Public Health Agency of Canada Update

The Public Health Agency of Canada’s (PHAC) Ontario and Nunavut Region helped commemorate 10th International Fetal Alcohol Spectrum Disorder Day on September 9, 2009. PHAC’s Ontario and Nunavut Region supported this year’s Fetal Alcohol Canadian Expertise (FACE) Research Roundtable by assisting with the funding of the webcast of the proceedings. PHAC’s regional office also supports the stakeholders’ work in continuing to meet and network with others, as well as continues to work intersectorally in the area of FASD. Currently Donna De Filippis is the PHAC’s Ontario and Nunavut Regional Lead for FASD file and can be reached at (416) 954-9754.

NEW FASD COMMITTEE

CAS FASD Committee, Owen Sound
jferguson@greycas.org

PURPOSE :

This newsletter was developed to help people in Ontario work together to address FASD. It reports on the activities of FASD Stakeholders for Ontario and shares news of relevance to individuals, caregivers and service providers who work on FASD across Ontario. For submission requirements and previous editions visit: www.beststart.org/projects/index.html

FETAL ALCOHOL SPECTRUM DISORDER (FASD)

“FASD is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioural and learning disabilities with lifelong implications.”

FASD: Canadian Guidelines for Diagnosis, 2005

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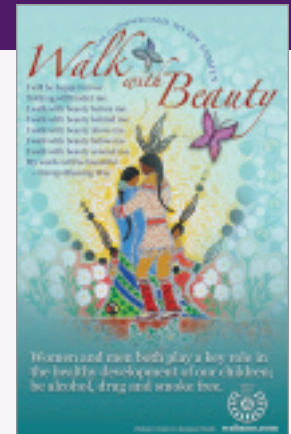
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URBAN ABORIGINAL WORKING GROUP

The Urban Aboriginal Working Group of FASD Stakeholders for Ontario printed 2,500 T-shirts with “We can Prevent Fetal Alcohol Spectrum Disorder” and 2000 posters of the “Walk with beauty” image. These promotional resources were sent to 133 reserves in Ontario for the Early Childhood Development Programs to help them raise awareness about drinking during pregnancy, in a positive and culturally relevant manner. Funding from the Public Health Agency of Canada supported this initiative.

Lead: Kimberly Meawasige, Ontario Federation of Indian Friendship Centres, kmeawasige@ofifc.org



CANADIAN FOUNDATION ON FETAL ALCOHOL RESEARCH

Created in September 2007 through a 5-year \$1million commitment by the Brewers Association of Canada, the Canadian Foundation on Fetal Alcohol Research (CFFAR) is an independent, non-profit foundation created to promote interest and fund research related to the short and long-term bio-medical, psychological and social effects of alcohol consumption during pregnancy, and the prevention of FASD. The second annual round of grants awarded for research, prevention and treatment of FASD was announced at the 10th Annual Fetal Alcohol Canadian Expertise (FACE) Research Roundtable on the occasion of International

FASD day. The 2009 grant recipients are:

- Dr. Bhushan M. Kapur, PhD, University of Toronto. “Placental transfer of formic acid in the presence and absence of folic acid”
- Dr. Krisztina Malisza, PhD, University of Winnipeg. “Neuroimaging and Cognitive Function in Children with ARND & ADHD”
- Dr. Ronald Roesch, PhD, Simon Fraser University. “An examination of the abilities, risks and needs of adolescents & young adults with FASD in the criminal justice system”

The CFFAR is also providing year two support to last year’s grantees who are continuing research into memory function in children with FASD, neurobiological effects of prenatal alcohol and stress, and biomarkers for FASD diagnosis.

NEW NATIONAL NETWORK FOR WOMEN’S ADDICTIONS SERVICES

Funded by the Canadian Institutes of Health Research, Connections is a national team of researchers studying how best to share knowledge between researchers and those who work in addiction agencies serving women, in order to improve services for pregnant or parenting women with substance use issues and their children. This fall, in order to investigate staff preferences for receiving information and research findings, Connections will be conducting an online survey with staff in

addictions agencies that serve women. Connections is developing a national network to bring together clinicians, program managers, executive directors, policy makers, and researchers working in the field of women’s addictions in Canada to network and share information, with regional meetings being planned for 2010.

To learn more about Connections or to join the Connections Network, please visit the website at www.connectionsCanada.ca.

INTERVENTION AND SUPPORT WORKING GROUP

Parents, caregivers and service providers feel that education, effective practices and respite are priority strategies, in order to improve quality of life. In 2008/09, with support from the Public Health Agency of Canada, this working group concentrated on these three areas of development and are finalizing three new reports. All three reports will soon be available at www.fasdontario.ca. For notification when the reports are uploaded please email patspadetto@tcafs.org.

The Education report contains the results of a survey of Ontario parents, caregivers, teachers and service providers. This report provides information on how to improve the quality of education for children affected with FASD, as well as recommendations for the education system and service providers.

The working group also investigated the effectiveness

of respite care and barriers to accessing respite services for families living with the effects of FASD. The respite report shares the results of a survey of Ontario parents and caregivers, additional research, and recommendations to increase the effectiveness of respite and supports for families in Ontario.

The report on effective practices is based on a literature review, survey of families, interviews with service providers who are effective in supporting families affected by FASD, additional information from topic experts, and letters to the Ontario government. This report will provide insight into the challenges in accessing service providers who have effective practices for families affected by FASD, and recommendations to address the needs of families in Ontario.

Lead: Pat Spadetto, *Timiskaming Brighter Futures*, pat.spadetto@tcafs.org

OJIBWE MOCCASINS: TEACHINGS FOR A HEALTHY PREGNANCY

The Union of Ontario Indians team has been quite busy this summer booking workshops and visiting communities. This program facilitates and provides FASD programs and services to 42 First Nation communities across Ontario. The featured workshop this summer was Creation of Ojibwe Moccasins: Teachings for a Healthy Pregnancy. Laurie McLeod-Shabogesis, the program coordinator designed this workshop and the moccasin pattern. The workshop is meant to be about 2.5 hours long and the workshop presents material on traditional teachings in Anishinabek culture, diet, spirituality, and healthy living habits. The environment of this workshop provides a comfortable setting for participants to socialize and converse about their own tips for a healthy pregnancy. With FASD still being such a prevalent issue nation-wide, this culturally-based workshop is intended to help create early awareness and understanding regarding the importance of a substance-free pregnancy. These services increase the understanding about bringing a healthy life into this world. For more information please email chochi.knott@anishinabek.ca or call (705) 657-9383.

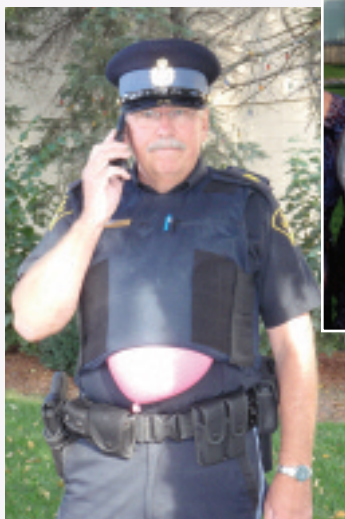


Olivia and Hilary Whetung, from Curve Lake First Nation, with the moccasins they made

FASDay 2009 – EVENTS ACROSS ONTARIO

September 9, 2009 was truly a highlight for FASworld and for families collaborating on FASDay events around the world. For the 10th anniversary of FASDay, there were events – many of them Pregnant Pauses – in all 24 time zones!

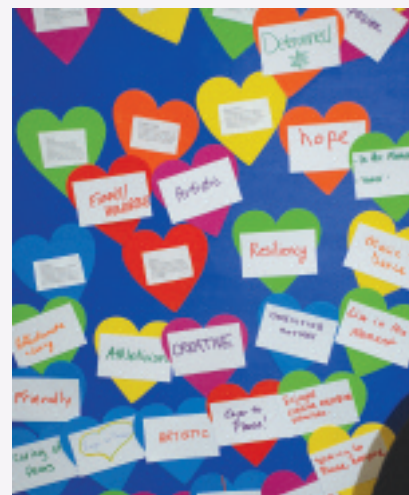
Pregnant Pause originated in London, England in 2008, is a relatively easy event to plan and organize, doesn't cost a lot of money to do and includes all ages. It would be wonderful if all communities in Ontario could think about holding their own Pregnant Pause event in 2010. It is anticipated that this event could become an international signature event bringing attention to the fact that FASD can be prevented if we all supported women to not drink while they are trying to become, planning on being or are pregnant.



Oxford County Kelly Vanderhoeven coordinated the first “flash mob” in Oxford County to promote international FASD Awareness Day. Local dignitaries, including the Warden, CAO, and Mayors, gathered at separate locations in Woodstock, Tillsonburg, and Ingersoll. The “Pregnant Pause” occurred at exactly 9:09 a.m., at which point dignitaries – with inflated balloons under their shirts to appear pregnant – paused and posed for local passers by and media. It was amusing to watch inquisitive citizens slow down their vehicles to look, stare and watch us as the groups made their way down the street and converged for the Pregnant Pause, which shows support for women to abstain from alcohol during the nine months of pregnancy.

Coverage for this event was extensive and included radio, newspapers, and internet. The Warden and Mayor brought their inflated balloons into a County Council meeting immediately following the Pregnant Pause event. The Mayor spoke about the Pregnant Pause and the importance of preventing FASD, thereby ensuring the event was noted in the County Council minutes. A true success story!

Peel The Peel FASD Steering Committee is comprised of eight partner agencies – Associated Youth Services of Peel, Credit Valley Hospital, ErinoakKids, Infant and Child Development Services Peel, Peel Children’s Aid, Peel Children’s Centre, Peel Health and Trillium Health Centre. They all work together to assess children from birth to six years of age and provide educational opportunities within the community. On September 9, 2009 awareness-raising events were held at each partner location. Activities included serving mocktail drinks, providing mocktail recipe books, presenting lunch and learn workshops, disseminating an FASD quiz and a myth versus fact sheet, providing experiential FASD learning stations, displaying FASD posters, providing key FASD messages on digital signage, and providing FASD resources for people to take home.





Sudbury Area The Sudbury / Manitoulin FASD Network, along with Our Children, Our Future hosted a pancake and ham breakfast along with many types of “Mocktails” to Pregnant and New Mom’s and families across the city. Shown in the pictures is Deputy Mayor Claude Berthiaume reading the proclamation declaring September 9th FAS Day for the city of Greater Sudbury and surrounding areas. The event was a huge success!

Northwestern Ontario The NorWest Community Health Centres and The FASD Committee celebrated FAS Day on September 1 in conjunction with a training event featuring Dan Dubovsky. He spoke on co-occurring disorders in individuals with FASD in front of an audience of more than 160 service providers. Dan is an FASD Specialist for the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) FASD Center for Excellence. He has worked for over 35 years in the field of mental health. In March 2007, St. Michael’s Hospital’s FASD Clinic began holding monthly FASD diagnostic clinics via telemedicine with the Thunder Bay site. We are continuing to increase local capacity for FASD diagnostics with partners, involving a number of specially trained health professionals.

Owen Sound Area The Children’s Aid Society of Owen Sound and the County of Grey understand the need to address FASD within their County. A Grey County 2008 study completed by Public Health indicated that alcohol consumption and binge drinking has almost doubled from a previous study completed in 2001. On September 9, 2009 the Grey Children’s Aid Society hosted an afternoon drop in event and invited members of the community, other service providers and the media. There was a Mocktail Stand serving non-alcohol drinks, activities for the children, and the opportunity for education and networking. FASD knots were also given out with an explanation as to the origins of this symbol. The afternoon was filled with lots of fun and community networking. Grey Children’s Aid Society also provided a two page overview of FASD and it’s characteristics to be part of the 2010 Child Welfare Agenda’s that will be distributed to over 7,000 workers provincially.



Toronto To mark FASD Awareness Day the Toronto FASD Coordinating Network, in partnership with the FASWorld Toronto, organized its first Pregnant Pause event. What better time to inaugurate this event than on the 10th anniversary of FASD Awareness Day. A group of children, youth, women and men gathered in front of the Royal Ontario Museum at the busy corner of Bloor St. & Avenue Road, in morning rush hour and using balloons to appear to be pregnant, paused for 99 seconds at 9 minute after 9 o’clock on September 9th to send a message reminding women to not drink if pregnant. Volunteers held signs with that message for passing car passengers and pedestrians to see. The fact that all participants, regardless of age or gender, appeared pregnant is indeed eye catching. The Aboriginal TV network, APTN, provided extensive coverage of the event, including interviews with those personally affected by FASD.



NORTH BAY & NIPISSING DISTRICT RECEIVE GRANT

In April, 2009, the Ontario Trillium Foundation announced a 2 year grant to promote education and awareness about FASD in North Bay and Nipissing District. Elaine Cousineau was hired as the FASD Community Education Coordinator. In year one she will prepare an FASD information package & presentation materials, deliver 50 presentations to a cross sector audience, and create a community vision for FASD services. In year two, she will conduct another 50 presentations and complete a Memorandum of Understanding that specifies a collaborative set of responsibilities across multiple sectors that will create a network of supports and services for those afflicted by FASD. A list of books, videos, DVDs and other literature can be viewed at www.cccnip.com. For more information about this project, email ecousineau@cccnip.com.



Elaine Cousineau with Trillium Foundation Plaque

FASD GRANT RECEIVED BY SIMCOE COUNTY



In April of 2008, Simcoe County services joined together sharing a common interest to build shared knowledge and capacity related to FASD. This resulted in a collaborative funding commitment among six organizations (Kinark Child and Family Services, Catulpa Community Support Services, Simcoe County Canada Prenatal Nutrition Program, New Path Youth and Family Services, Children's Treatment Network of York-Simcoe, Specialized Network of Care) to co-invest in a comprehensive and cohesive project to address FASD in Simcoe County. This unified and collaborative approach has resulted in motivation, engagement and commitment

to the local FASD agenda. At present, this group is working in partnership with over 25 organizations to mobilize awareness, effective interventions and support for children, youth, adults and families affected by FASD. The initiative received funding from Ontario Trillium Foundation and Ministry of Children and Youth Services, Child Welfare Secretariat for the 2009/2010 year.

This funding will support the ongoing community mobilization work as well as a clinical evaluation component in partnership with Behaviour Management Services of York and Simcoe related to implementation of a Neurobehavioural Accommodations Model® of intervention.

TORONTO FASD COORDINATING NETWORK

The Toronto FASD Coordinating Network was established in 2005 following a community consultation process. Their mandate of the Network is to enhance and build capacity throughout Toronto's service systems, to prevent and address FASD. The members represent a cross sector of care and service providers.

This Network develops needed resources, training events and awareness raising events. The FASD Training, Consultation and Mentoring Leadership Team provides training, case consultations and resources to agencies

and services in the City of Toronto. They have provided training for 1,391 service and care providers in the last 2 years. They have also facilitated numerous consultations to service and care providers, most involving children, youth and families being served by child welfare. The consultations bring together the significant people, including teachers and principals, involved in a child/youth's life to develop a case plan appropriate for the individual child/youth affected by FASD. They also mentor by making themselves available to anyone who may wish to speak to them about FASD.

ONTARIO'S FIRST FASD CLINIC FOR ADULTS

In 2008, the Adult Program at Surrey Place Centre launched a new diagnostic and treatment clinic specifically for adults with suspected FASD and intellectual disabilities. It is the first FASD diagnostic clinic just for adults in the province of Ontario. They have now finished their first year of operation and are pleased to report very positive outcomes, with 15 adult FASD assessments completed.

Surrey Place Centre is a community-based agency within the Developmental Disabilities sector. They are funded by the Ministry of Community and Social Services. The FASD clinic provides diagnostic, educational, and advocacy services to individuals 18 years of age and older living in the City of Toronto. Treatment services such as behaviour therapy, counseling, and case management may also be offered depending on eligibility.

Some people have asked “*Why do we need a diagnostic clinic specifically for adults?*” The response is that FASD is a life-long disorder and the difficulties faced by adults can be quite challenging and very different from those faced by children. Adults with FASD may require support with

finding meaningful employment/day activities, finding appropriate residential placements, dealing with substance abuse problems, and managing behavioural/legal difficulties. Adults with FASD also may have less family support available than children with FASD. In addition, the cognitive and functional assessment of adults with FASD can be very different from that of children. A clinic dedicated to the challenges of adults will be better prepared to assist with these and other important issues. To make a referral to the Surrey Place Centre FASD Adult Diagnostic Clinic, call Adult Intake at (416) 925-5141.



REPRESENTATIVE FOR THE MULTIPLE DISABILITIES COMMUNITY



Tracy and her son, Daniel, who was awarded Top Junior 4-H member at the 2008 Wallacetown Fair.

The Minister's Advisory Council on Special Education (MACSE) has appointed Tracy Grant as the representative for the Multiple Disabilities community. Tracy, her husband, Steve and their four boys are a former foster family, and Tracy currently serves her community as a Trustee on many committees for the Thames Valley District School Board as well as on the Mental Health Promotions Committee, Elgin Family and Children's Services and leads several groups for children in her area. Tracy is a parent of a child with Multiple Exceptionalities, including FASD. She is part of a new FASD network of agencies and parents in the Thames Valley area.

As a member of MACSE she is responsible for “collaborating with the Multiple Disabilities community on issues pertaining to students with special education needs, for keeping them informed about the deliberations of the Council and for representing their views at the Council table.” In order to assist her in her responsibilities, she is requesting the support and input of service providers and other parents of children who are affected by prenatal alcohol exposure, or who are challenged by other multiple exceptionalities. She can be contacted at the6grants@golden.net.

FASD Stakeholders for Ontario

It is exciting to see the variety and richness of activities in this season's newsletter. While Ontario is the only province without government-coordinated action on FASD, it is clear we have the capacity to bridge this gap.

The Stakeholders advanced FASD in several areas this summer. We submitted comments on regulations under the new developmental disabilities act and discussed issues related to FASD with the Ministries of Education and Child and Youth Services. We will be presenting at an FASD Learning Forum at MCYS later this month and to the Committee on Mental Health in October. We have also brought the issue forward to the Mental Health and Addiction Commission for consideration and linked with organizations supporting other neurobiological disorders/disabilities to identify common challenges and to work toward improving the systemic response.

We have made huge steps in the ten years since the first FASD Awareness Day and it is exciting to think where we will be in 2019. Be in touch at info@fasdontario.ca with comments and check our website www.fasdontario.ca to see the latest on Stakeholder and community activities. Special thanks are extended to the Public Health Agency of Canada for their on-going support.

Sheila Burns, Chair, FASD Stakeholders for Ontario

Feedback about FASD Ontario News:

If you have any comments about this newsletter, or suggestions for future editions, please contact: w.burgoyne@healthnexus.ca

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Also available in French

NEW FASD RESOURCES

Do You Have Questions about Your Child's Behaviour

Brochure by Norfolk County FASD Committee
http://net/sites/hnhu/Brochures/FASDAC_brochure.pdf



Acronyms and Abbreviations Database

Lexicon Database
 Canadian Centre on Substance Abuse
<http://ccsa.ca>

Motherisk Webcast

10th FACE Research Roundtable
www.motherisk.org/fas

Canadian Standards for School-based Youth Substance Abuse Prevention

Canadian Centre on Substance Abuse
<http://ccsa.ca/Eng/Priorities/YouthPrevention/CanadianStandards/Pages/default.aspx>

FASD Resource Toolkit

Northern Family Health Society
www.nfhs-pg.org/media/FASD_Resource_Toolkit_second_edition.pdf



FASD TRAINING

TRAINING EVENTS IN ONTARIO:

Problematic Substance Use in Pregnancy

October 16/17, 2009, Thunder Bay
 The PRIMA Project
www.addictionpregnancy.ca

FASD Certificate Program:

September 2009 – April 2010, Toronto
Train the Trainer: October 21-23, 2009 or April 7-9, 2010, Toronto
 Child Welfare Institute, Children's Aid Society of Toronto
www.childwelfareinstitute.torontocas.ca

FASD Peterborough Conference

November 5 2009, Peterborough
fasdpeterborough@cogeco.net

FASD and Education in Ontario

Spring 2010, Norfolk County, Ontario
 Norfolk County FASD Committee
angela.swick@hnhu.org

KEY TRAINING EVENTS OUTSIDE ONTARIO:

Consensus Development Conference on FASD: Across the Lifespan

October 7-9, 2009, Edmonton, Alberta
 Institute of Health Economics
www.buksa.com

Finding Success FASD Conference

Oct. 23-24, 2009, New Westminster, BC
 Surrey & Vancouver FASD Collaboration Roundtables
dorothea.kraas@childrens-foundation.org

National Networking Session on Women's Treatment Policy and Practice

November 15, 2009, Halifax, Nova Scotia
 Matrix Women's Services, Addiction Prevention and Treatment Services
 Capital District Health Authority, Canadian Centre on Substance Abuse
www.issuesofsubstance.ca

Addictions Treatment Design for Youth and Adults Living with FASD

November 18-19, 2009, Calgary, Alberta
 Organic Brain Dysfunction Triage Institute
www.obdtriage.com

Interviewing Women Regarding Substance Use in Pregnancy: Screening for FASD

November 25-26, 2009, Calgary, Alberta
 Organic Brain Dysfunction Triage Institute
www.obdtriage.com

Promising Practices, Promising Futures Alberta FASD Conference

February 8-9, 2010, Calgary, Alberta
 Alberta Children and Youth Services
<http://fasd.typepad.com/misc/FASD2010-AdvanceNotice.pdf>

Fourth National Biennial Conference on Adolescents and Adults with FASD

April 14-17, 2010, Vancouver, BC
 University of British Columbia Interprofessional Continuing Education
www.interprofessional.ubc.ca/Adults.html